





# Kavod Senior Living at Cherry Creek

## Activity Calendar — MAY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Room Location Guide:</b></p> <p>GR—Gathering Rm (West)            SH —Shul (2nd floor East)            SHC-Shul Classroom (2nd floor East)            HWC-Health Wellness Center (West, top floor)            - Pikes Peak- PP            - Mt. Blue Sky-MBS</p>	<p><b>Color Guide:</b></p> <p>Blue = Life Enrichment classes            Green = Life Enrichment Trips            Purple = Health &amp; Wellness classes            Black = Religious or Other classes</p>		<p><b>1</b> 8:00 Kavod's Second Annual Health Conference-HWC            9:00 Mountain Balance—Pikes Peak            10:00 Gentle Yoga—Pikes Peak            10:00 English Language Practice with Carol—Mt. Blue Sky            12:00 Blood Pressure Checks with Legacy—Gym            1:00 Mahjong Players—SH Lobby            2:00 The Joy of Writing Workshop-SHC</p>	<p><b>2</b> 9:00 Tai Chi—Pikes Peak            10:00 "What's Happening at Kavod " Breakfast with Life Enrichment -SHC            *1:00 King Soopers            2:30 Mindfulness Meditation-Mt. Blue Sky            4:30 Piano Music by Tory-DR            5:00 Cinco de Mayo Mariachi Concert Celebration—DR</p>	<p><b>3</b> *9:30 Walmart—trip            10:00 Gentle Yoga—Pikes Peak            11:00 Mindfulness Fiber Arts—MBS            12:30 Legacy Strength for Seniors—Pikes Peak            1:30 COW-MOOOBILE ( Ice Cream) - 3rd floor Bridge            1:30 pm Jewelry Making Class with Sabina-SHC            6:00 Shabbat Service with Rabbi Steve—SH</p>	<p><b>4</b></p>
<p><b>5</b> 8:30 Celebrate Israel Walk &amp; Festival—trip            12:15 AJNAI Mongolian Youth Performance—DR            4 pm Painting &amp; Wine with Polly—Pikes Peak            5:00 Resident Sing Along-DR            6:00 "A Bissel" (A Little) Yiddish—SHC</p>	<p><b>6</b> 9:00 Mountain Balance—Pikes Peak            10:30 Bingo—Pikes Peak            12:00 Lunch &amp; Learn: "Elder Law &amp; Estate Planning Part 2"—Pikes Peak            2:30 DPL Bookmobile-WEST Building Gathering Room            3:15 DPL Bookmobile-EAST Building—Shul Classroom            1:30 Readers Theatre-Pikes Peak            5:15 European High Tea and Concert—Bistro/DR</p>	<p><b>7</b> 9:00 Tai Chi—Pikes Peak            10:00 Drop In Tech Help—3rd Floor Bridge            10:00 Bridge Players Club-3rd Floor Bridge            *11:45 JFS Food Bank &amp; Pantry - trip            1:00 Opening Minds through Art-Pikes Peak            1:00 Israel Independence Day Celebration with Denver Academy of Torah High School Students—SHC            2:30 Wii Bowling-Pikes Peak            2:30 Mindfulness Meditation-Blue Spruce            6:30 Cousins Coloring-SHC</p>	<p><b>8</b> 9:00 Mountain Balance—Pikes Peak            10:00 Low Vision Support Group-GR            10:00 English Language Practice-MBS            10:00 Gentle Yoga—Pikes Peak            12:00 Blood Pressure Checks with Legacy—Gym            1:00 Mahjong Players—SH Lobby            2:00 The Joy of Writing Workshop-SHC            2:00 Katie's Hand Crafts-3rd floor bridge            **4:45 ADL 2024 Governor's Holocaust Remembrance Program-trip</p>	<p><b>9</b> 9:00 Tai Chi—Pikes Peak            11:00 Mother's Day of Pampering Spa Day Event—Pikes Peak/Mt. Blue Sky            12:15 The Jazz Cafe-GR            2:30 Mindfulness Meditation-Mt. Blue Sky            6:30 Senior Prom at the JCC-trip</p>	<p><b>10</b> 10:00 Tri-State Denver Buddhist Temple—Trip            10:00 Gentle Yoga—Pikes Peak            11:00 Mindfulness Fiber Arts—MBS            12:30 Legacy Strength for Seniors—Pikes Peak            1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge</p>	<p><b>11</b> 10:00 Shabbat Services-with Seth Ward -SH</p>
<p><b>12</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak            12:15 Mother's Day Concert with "Barbershop Quartet" - DR            6:00 Understanding Judaism - SHC</p> 	<p><b>13</b> 9:00 Mountain Balance-Pikes Peak            10:30 Bingo—Pikes Peak            12:00 Legacy Speech Therapy Event &amp; Lunch-Pikes Peak            1:00 Resident Council Planning with Katie—3rd Floor Bridge            1:30 Readers Theatre-Pikes Peak</p>	<p><b>14</b> 9:00 Tai Chi—Pikes Peak            10:00 Gratitude Sharing-GR            *11:45 JFS Food Bank &amp; Pantry - trip            1:00 Opening Minds through Art-Pikes Peak            2:00 Resident Council Newcomers Tea-Shul Classroom            2:30 Wii Bowling-Pikes Peak            2:30 Mindfulness Meditation-Blue Spruce            6:30 Cousins Coloring-SHC</p>	<p><b>15</b> 9:00 Mountain Balance—Pikes Pk            10:00 Gentle Yoga—Pikes Peak            10:00 English Language Practice-MBS            12:00 Blood Pressure Checks with Legacy—Gym            12:15 Drumming with Karen-GR            1:00 Active Minds "The Fascinating History of Automobiles"—Pikes Peak            1:00 Mahjong Players—SH Lobby            2:00 The Joy of Writing Workshop-SHC</p>	<p><b>16</b> *9:00 Mountain Casino—trip            9:00 Tai Chi—Pikes Peak            1:00 Resident Council -Pikes Peak            No Mindfulness Meditation today            6:00 Hooked on Textile Arts with Ariella—*Pikes Peak</p>	<p><b>17</b> 10:00 Gentle Yoga—Pikes Peak            11:00 Mindfulness Fiber Arts—MBS            *12:15 Shalom Park Swim—trip            12:30 Legacy Strength for Seniors—Pikes Peak            1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge            6:00 Shabbat Service with Rabbi Kim—SH</p>	<p><b>18</b></p>  <p>NEXT PAGE</p>

# Kavod Senior Living at Cherry Creek

## Activity Calendar — MAY 2024

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>19</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>12:15 The Last Note Singers Concert—DR</p> <p>1:30 Fix it Day</p> <p>6:00 "A Bissel" (A Little) Yiddish—SHC</p>	<p><b>20</b> 9:00 Mountain Balance—Pikes Peak</p> <p>9:00 Garden Club ONLY-trip</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Garden Club ONLY-trip</p> <p>1:30 Readers Theatre-Pikes Peak</p> <p>2:30 DPL Bookmobile-WEST Building Gathering Room</p> <p>3:15 DPL Bookmobile-EAST Building—Shul Classroom</p>	<p><b>21</b> 9:00 Tai Chi—Pikes Peak</p> <p>*11:45 JFS Food Bank &amp; Pantry - trip</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Wii Bowling-Pikes Peak</p> <p>2:30 Mindfulness Meditation-Blue Spruce</p> <p>5:15 Birthday Celebration &amp; Concert—Bistro/Main DR</p> <p>6:30 Cousins Coloring-SHC</p> 	<p><b>22</b> 9:00 Garden Club ONLY-trip</p> <p>9:00 Mountain Balance—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:00 English Language Practice with Carol—Mt. Blue Sky</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>1:00 Garden Club ONLY-trip</p> <p>1:00 Mahjong Players—SH Lobby</p> <p>2:00 The Joy of Writing Workshop-SHC</p>	<p><b>23</b> 9:00 Tai Chi—Pikes Peak</p> <p>No grocery trip today</p> <p>2:30 Mindfulness Meditation-Mt. Blue Sky</p> <p>3:00 Kavod Travel Club-Pikes Peak</p> <p>5:00 Kavod Resident s Piano Recital with Tory-DR</p>	<p><b>24</b> *9:30 Buc-ees Travel Center &amp; Picnic at Parish Park—trip</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge</p>	<p><b>25</b> 10:00 Shabbat Services-with Seth Ward - SH</p>
<p><b>26</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>12:30 Piano Music while you dine by Christine-DR</p> <p>3:00 Scrapbooking Fun-SHC</p>	<p><b>27</b> Offices Closed for Memorial Day</p> <p>5:15 Victory 3 Memorial Day Concert—DR</p> 	<p><b>28</b> *8:30 Indian Hot Springs - trip</p> <p>9:00 Tai Chi—Pikes Peak</p> <p>10:00 Gratitude Sharing-GR</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Wii Bowling-Pikes Peak</p> <p>2:30 Mindfulness Meditation-Blue Spruce</p> <p>6:30 Cousins Coloring-SHC</p>	<p><b>29</b> 9:00 Mountain Balance—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:00 Give &amp; Take-3rd Flr Bridge</p> <p>10:00 English Language Practice with Carol—Mt. Blue Sky</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>1:00 Mahjong Players—SH Lobby</p> <p>2:00 The Joy of Writing Workshop-SHC</p> <p>2:00 Katie's Hand Crafts-3rd floor bridge</p> <p>*6:30 Lamont Symphony Orchestra—Trip</p>	<p><b>30</b> 9:00 Tai Chi—Pikes Peak</p> <p>*10:30 King Soopers—trip</p> <p>2:00 Challah Bread Braiding—Pikes Peak</p> <p>2:30 Mindfulness Meditation-Mt. Blue Sky</p> <p>5:15 Happy Hour &amp; Concert with the Ruslan and Inessa Band-Bistro &amp; East DR</p>	<p><b>31</b> 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge</p> <p>6:00 Resident Led Shabbat Service —SH</p>	 <p>PREVIOUS PAGE</p>

May 2024

## Connie's CORNER



Hi everyone,

Join us for an outing away from Kavod as well as some in-house events, activities and classes this month! Be sure to read the Voice from front to back for all the wonderful details! We will be doing many NEW trips that we've never done before, and some summer mountain favorites as well!

Be sure to join us for a delicious and informative **"Life Enrichment Breakfast & What's Happening at Kavod" on Thursday, May 2<sup>nd</sup> at 10 am in the Shul Classroom.** We will have breakfast goodies and coffee to enjoy during the meeting.

Stay in the know! Be sure to log-in to **Touchtown** for loads of content, videos and announcements, see instructions inside the Voice.

**We have iPads you can borrow from our Lending Library,** feel free to call Susan at 720-382-7849.

**Connie Moore**

**Director of Life Enrichment**

**720.382.7813**

[cmoore@kavodseniorlife.org](mailto:cmoore@kavodseniorlife.org)

**Enjoy an Active and Healthy Life at Kavod!**



## Tri-State Denver Buddhist Temple

Kavod Senior Life received a generous grant from the **Theodore & Maxine Murnick Family Foundation** to *Build Bridges of Understanding through Religion*. As part of this grant, we will be traveling to the Tri-State Buddhist Temple in downtown Denver on Friday, May 10<sup>th</sup> at 10 am.

Join us on this thought-provoking "adventure in understanding" where you will have an opportunity to learn something new about the Buddhist religion and culture, as well as enjoy a light lunch of traditional Japanese food with your friends and neighbors.

**Read more about this van trip in the "UPCOMING TRIPS" section of this publication on page 16.**

## Welcome New Residents

Jacques Depoyian – 1303 West Building  
Joy Lassegard – 207 West Building  
Martha Sentnor – 302 East Building  
Lyubov Shur – 703 East Building

# From Chaplaincy and Spiritual Services



## **Kehillat Kavod: Kavod's Jewish Community**

Services are held in the Shul, East Building, on the 2<sup>nd</sup> floor.

### **FRIDAY NIGHTS - KABBALAT SHABBAT**

**Friday, May 3  
6 pm - Shul**

Welcome Shabbat with Rabbi Steve

**Friday, May 17  
6 pm - Shul**

Welcome Shabbat with Rabbi Kim

**Friday, May 31  
6 pm - Shul**

Welcome Shabbat, Resident Led

### **SHABBAT MORNING SERVICES WITH**

**Dr. Seth Ward  
10 am - Shul**

**Saturdays, May 11 & 25**



**Every Sunday morning  
(Except 1<sup>st</sup> Sunday of the month)  
10 am in Pikes Peak**

*Join with Rev. Dale Lee and our welcoming non-denominational **Christian faith community** for a wonderful uplifting service and connecting community within our larger community.*

**Sunday, May 12  
10 am - Pikes Peak**  
Led by Reverend Dale

**Sunday May 19  
10 am - Pikes Peak**  
Led by Reverend Dale and  
Steve Miller on piano

**Sunday May 26  
10 am - Pikes Peak**  
**Musical Service and Communion**  
Led by Reverend Dale & Steve Miller on piano

# From Chaplaincy and Spiritual Services



## Mindfulness Practice Group

**\*\*NOW on Tuesdays too!**

**Tuesdays at 2:30 pm  
Blue Spruce**

**Thursdays at 2:30 pm  
Mt. Blue Sky**

**LOOK FOR US ON THE NORTH END OF H&W!** Depending on weather and noise we will meet either on the DECK OUTSIDE, IN MT. BLUE SKY, OR the small conf. room/Blue Spruce. Each location within a few feet of each other.

**(We do not meet during Resident Council meetings on Third Thursdays)**

**Dial-in available as well: 877 230-3480, then enter 2151**

Join us for 30-45 minutes of checking in and supporting our group practice of "Mindfulness," which can be described as "Moment to Moment Nonjudgmental Awareness." We practice to maintain resilience in challenging times, and as Viktor Frankl described, create more space between stimulus and response, which is where freedom truly lies. Increase joy and peace, self-compassion, and the ability to be with what is. All levels welcome. Contact Rabbi Steve with any questions: 720 382-7836, or [sbnadav@kavodseniorlife.org](mailto:sbnadav@kavodseniorlife.org)



**Sunday, May 5 & 19  
6 pm – Shul Classroom**

## **"A Bissel" (A Little) Yiddish with Malka**

Everyone has used a Yiddish word or phrase from time to time. When asked if you speak Yiddish, the common reply is A bissel! Many people understand Yiddish but can't speak it and truthfully, you know more Yiddish than you think. Join fluent Yiddish speaker Malka Amster for an hour of conversation in Yiddish in conjunction with the English language. No experience speaking Yiddish is necessary, but having fun is! A bee gezint!



**Tuesday, May 7  
1 pm – Shul Classroom**

In anticipation and preparation for Yom Haatzmaut, Israel's Independence Day, join the High School students of Denver Academy of Torah, learning and talking about Israel experiences, sharing memories, and discussing the importance of Israel in our lives.

Everyone welcome and light refreshments provided.

## From Chaplaincy and Spiritual Services



**Sunday, May 12  
6 pm – Shul Classroom**

### **Understanding Judaism ☆**

Come learn with master teacher and resident Malka Amster! Jewish customs, ceremonies, rituals and holidays shared in a relevant, fun and enlightening way. A refresher for someone and an introduction for others! All are welcome!



**Be sure to sign up!**

### **Annual ADL Governor's Holocaust Remembrance Program Trip at Temple Emanuel**

Wednesday, May 8  
Kavod van departs at 4:45 pm

**Read more about this van trip in the "UPCOMING TRIPS" section, page 15**



**Yom HaShoah, Holocaust Remembrance Day, is observed on Monday, May 6**



**Yom HaZikaron, honoring Israeli Fallen Soldiers, is observed on Monday, May 13**



**Yom HaAtzmaut, Israeli Independence Day, is observed on Tuesday, May 14**

# Remember

## WE REMEMBER THEM

Almighty One, what are human beings that you take note of them, the children of humanity that you should think of them? A human being is like a momentary breeze, a person's days are but a passing shadow. At dawn, life blossoms and renews itself, at dusk, it withers and dries up. You return a person unto dust. You say: Return, O children of humanity! (From Psalms 144 and 90)



**Allan Bernstein**



**Jackie Greenberg**



**Alice Albin**



**Djabarova Margarita**

**Ina Curtis (no photo available)**



## From the Director of Life Enrichment

### ***Food Bank of the Rockies trips***

***\*\*Please note, Jewish Family Services has asked us to bring only 6 residents each time we go to pick up commodity boxes and shop in the JFS Food Pantry.***

**Trips dates are as follows**, if you have filled out the application, please sign up for ONE of these dates this month:

**Van departs at 11:45 am**

**Tuesdays, May 7, 14 & 21**

**If you are interested in receiving a commodity box and shopping for food at the JFS, please pick-up the application at the front Reception window, complete the form and turn back in to the front Reception window, Attention: Connie Moore.** The first time you go to JFS they will give you a card with a barcode and you will need to bring it with you on the trip each time. Be sure to bring your own bags.

You can go to our front Reception window to **sign-up for ONE trip there each month.** There is no cost for this trip.

For more information and questions, please call Connie Moore at 720.382.7813 and leave a message. For information in Russian, please contact Marina Naroditskaya at 720.585.1489.

## The “Evergreen Box”

### **Delivery Program of the Food Bank of the Rockies Commodity Box**

The Food Bank of the Rockies offers home delivery of the food bank commodity box **for those Kavod residents that are physically unable to go to the Jewish Family Services to pick up their monthly box of commodities.** This program is known as the Evergreen Box. Residents will need to call the Food Bank of the Rockies directly to sign up for this program at 720.806.1990. The Food Bank of the Rockies staff will work with you to see if you are eligible for this service.

If you are currently enrolled in the Food Bank program they can work with you to transfer your case. If approved, they will deliver directly to your apartment, and when available, they will include a bag with fruit and vegetables. ***If you are not at home when they deliver, they will leave your items outside your apartment door.***

**\*\* Please note that if you choose to have your commodity box delivered, you will NOT be able to pick another one up on our trip to the monthly JFS!** You would still be allowed to go on our monthly trips to get items in the JFS Food Pantry.





Please thank  
the Life  
Enrichment Team!

# Life Enrichment



**Genny Hale**  
Life Enrichment, Volunteer  
Engagement Coordinator

Connie Moore, Director of Life Enrichment  
Dmitriy Umanskiy, Lead Driver & Program  
Assistant  
Stewart Schoenthal, Temp Trip Assistant  
Susan Schoenthal, Life Enrichment Coordinator  
Genny Hale, Volunteer Engagement Coordinator  
Elizabeth Stanbro, Intergenerational Program  
Coordinator

**(Also known as the "Activities & Volunteer"  
department at Kavod)**

**Did you know** that the bands that perform  
around Kavod for various special events and  
activities are provided by Life Enrichment?

**Did you know** that all of the Happy Hours,  
Birthday Parties, Birthday gifts, wine, beer,  
and snacks are provided by Life Enrichment?

**Did you know** that **ALL** of the trips scheduled  
and planned each month are provided by Life  
Enrichment?

**Did you know** that Touchtown and the  
monthly Voice & Calendar come from Life  
Enrichment?

**Please take a minute when you see this  
hard working team to thank them for all  
these things and SO much more!**



**Many thanks again to resident volunteer  
Ellen Weeks, featured in last month's  
column.**

## Volunteer Spotlight



**Loretta Boyd**

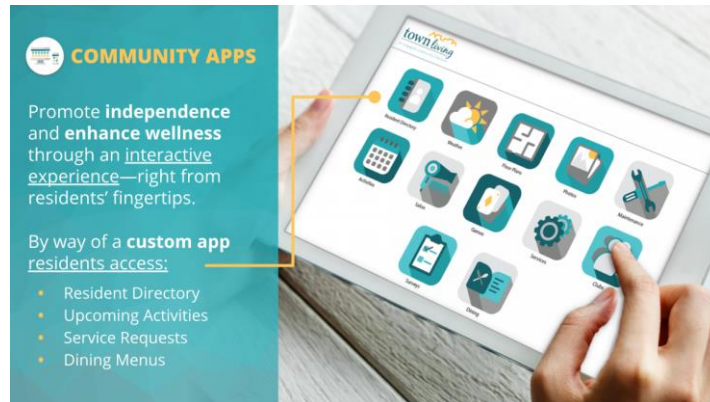
Dr. Martin Luther King Jr. once said, "Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart of grace. A soul generated by love."

That is Kavod resident Loretta Boyd's motto to live by and does she ever! Loretta is incredibly active in volunteering from delivering the Voice Newsletter, to serving on Kavod's Academy of Lifelong Learning Advisory Board, the Senior Loan project and having played a major role in planning last fall's Veteran's Day recognition and celebration.

Loretta is also very active in attending various activities, programs and trips offered at Kavod. Loretta said this wasn't always the case, in that volunteering is relatively new for her. She emphasized that her faith brought her to serve and that serving others fills her with joy and peace. Some other benefits of volunteering that she mentioned include making connections, a sense of belonging, good physical and mental health outcomes, higher self-esteem, and greater empathy for others.

Coming from a military family, Loretta put in countless volunteer hours planning the hugely successful Veteran's Day celebration because she feels strongly that it's important to honor our veterans who have sacrificed so much so that we can enjoy the freedoms and life that we have in the United States. Being on the Kavod Academy of Lifelong Learning Advisory Board she audits classes and trips, and helps in the planning of events at Kavod, which is very valuable input from a resident's perspective. Loretta mentioned that good volunteer traits to have are humility, patience and compassion. All of which Loretta regularly exemplifies. Kavod is so fortunate that Loretta so generously gives of her time and energy.

For those of you who haven't yet volunteered, I encourage you to do so if you can. It's rewarding and a great way to make new friends. For those who already volunteer, **please remember to turn in your volunteer time sheets to me if you volunteer! The volunteer mailbox is located next to the Gift Shop Kiosk on the 3<sup>rd</sup> floor bridge!** If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at [ghale@kavodseniorlife.org](mailto:ghale@kavodseniorlife.org).



## **Life Enrichment is very excited to help you learn about the FREE touchtown Community App!**

**Touchtown is A FREE, innovative way to communicate, connect and stay engaged at Kavod!**

**In case you are new, or haven't heard about Touchtown, contact me for all of the details.**

**Don't forget we have loaner iPads and we can help you download the App and get you started!**

**Please direct all questions to Connie Moore at 720.382.7813**

touchtown

# CONNECT

with us



**GET STARTED BY**

- 1** Searching for Touchtown in your device's app store
- 2** Downloading Community Apps
- 3** Logging in with the username and password provided by your community

**On your smartphone or tablet, go to the apps store and download the FREE touchtown Community Apps, and login in with the following:**

**USER NAME: 4575**

**PASSWORD: 4575**

**On your computer** you can access Community Apps by going to **[www.communityapps.com](http://www.communityapps.com)** and logging in with the same user name and password above.

# SENIOR PLANET

FROM ~~AARP~~

## **Making Technology Accessible...and Fun!**

Wherever you are in the world, you can subscribe to their newsletters and join free classes online and get help over the phone with technology issues.

Call the Senior Planet Hotline to speak with a technology trainer at no cost to you.

They will walk you through your questions on the phone: **888-713-3495**

**Also, sign up to join us as we go to their Community Center in Lowry for in-person classes in the future. Watch for these trips in the "TRIPS" section of the Voice.**

**If you'd like to drive there on your own, visit their website for in-person class schedules at [www.seniorplanet.org](http://www.seniorplanet.org).**

The Senior Planet center in Lowry is a stand-alone community center dedicated to leveraging the power of technology to improve the way we age.

The center offers Colorado residents age 60 and over a comfortable space to learn, work, and explore new ways to thrive in today's digital world.

## **WHAT YOU'LL FIND WHEN YOU STOP BY:**

The Senior Planet center hosts technology classes geared to people 60-plus, along with workshops, talks, and social events. The Lowry center is always busy with activities,

both scheduled and unscheduled. Besides attending workshops, seminars, presentations, and events related to digital technology, you can drop in to use their computers and wifi, play a video game, or check out one of the new tech gadgets they have on hand.

The best way to find out more about the Senior Planet center is to stop by in person at 7585 E Academy Blvd, Denver, CO 80230, go with us on the monthly trip, call them, or go to their website.

**You can also reach them by phone or fill out the form to contact them on their website: [www.seniorplanet.org](http://www.seniorplanet.org)**

### **Phone**

**Center: 720-328-0875**

**Senior Planet Hotline: 888-713-3495**

### **Regular Hours**

**Monday–Friday, 9:30am–5pm**

## ***TRIPS, CLASSES, AND EVENTS***

### ***Sign-ups, Cancellations and Refund Information***

**\*\*Please arrive 15 minutes prior to departure time for every trip!**

Please note that all classes, activities and trips are open to all non-residents and the community; however, priority will be given to Kavod residents.

Non-Residents can request to be picked up at the JCC and can mail their payments to Kavod Senior Life, Attention: Connie, Life Enrichment, 22 S. Adams Street, Denver, CO 80209, **or pay with a credit card and go online at <https://www.kavodseniorlife.org/life-enrichment/>** to sign-up and pay, click on Senior Living tab, Kavod Senior Living Events & Trips.

***All trips must be paid by deposit or in full at the time you sign up at the front Reception window and must be paid in full by the deadline. Call Connie with questions.***

**Sign-up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at <https://www.kavodseniorlife.org/life-enrichment>**

The Activity sign-up sheet inserted in the Voice is to help you track and remember what trips you have signed up for. You can fill it out and take it with you to the front office to pay for your trips.

**Please pay close attention to the deadline dates.** It is best to sign up and pay early to secure a reservation.

If you're unable to go on a trip, you must cancel by the deadline date to receive a refund. Exceptions must be approved by Life Enrichment Director. **There are NO refunds for concert, theatre or show tickets!**

**Please note that payments can be made for all trips in installments to make them affordable for everyone. Amount of payments can be determined with Connie, to tailor for your own needs. All trips must be paid in full by the deadline.**

**For any questions or concerns, please contact Connie Moore at 720.382.7813 or email [cmoore@kavodseniorlife.org](mailto:cmoore@kavodseniorlife.org)**

***Please sign-in at all classes when you attend!***

# Upcoming Trips



Sign-up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at

<https://kavodseniorlife.org/campus-activities/activity-signup/>

***\*\*Masks are no longer required at this time on the vans, but please wear one if that helps you feel more comfortable.***

***Be sure to arrive 15 minutes before departure*** on all trips. We depart promptly at the departure time. Passengers are loaded in the vans in the half-circle drive in front of the East building.

For questions, please call **Connie, Director of Life Enrichment at 720.382.7813.**



**Life Enrichment** schedules many **grocery and shopping trips** throughout the month, watch the calendar for dates and times. **Cost is \$3 round trip.**

**ATTENTION NON-RESIDENTS WHO REQUEST TO BE PICKED UP AT THE JCC ON OUR TRIPS**

The JCC has generously allowed parking in their lots while going on Kavod trips.

Please read the JCC "Parking Acceptance of Risk" below and know that by parking in the JCC parking lot you accept the parking risk as outlined below. Contact Connie at 720.382.7813 with any questions:

### **JCC Parking Acceptance of Risk:**

I understand that by parking in the JCC Denver parking lot that the JCC Denver cannot be held responsible for damage, loss, theft, claim, or demands, and is under no responsibility to protect the vehicles in the parking lot.

I understand that the JCC Denver parking lot is not intended nor designed as public parking and parking overnight is not permitted.

I understand the lot is not locked or secured and the JCC Denver does not guarantee the security of the cars or property in the parking lot.

I understand that ticketing may occur if my vehicle is left overnight or after hours of operation.

**I agree to assume full responsibility for and risk of property damage if I choose to park in the JCC Denver parking lot for the duration of a Kavod Senior Life or Kavod on the Road program.**

# Upcoming Trips



**Sunday, May 5**  
**Celebrate Israel Festival**  
**8:30 am – Van trip**

Join us as we attend the **2024 Celebrate Israel Parade & Walk Festival**. *The first 3 residents that signup will receive a t-shirt!*

- 9:00 am - Registration opens
- 10:00 am - Program begins
- 10:30 am - Live music and festival
- 1:00 pm - Event concludes

Show your solidarity at Am Yisrael Chai Festival: a JEWISHcolorado Celebrate Israel Event. Historically, Celebrate Israel has been Colorado's largest festival dedicated to the people, culture, and state of Israel. In these uncertain times, Am Yisrael Chai aims to continue to bring together Jewish people and allies from across the Centennial State for music, food, and connection.

We will depart at 1 pm to return to Kavod.

**Resident Cost: \$6**  
**Non-Resident Cost: \$10**  
**Deadline: May 3**



**Tuesdays, May 7, 14 & 21**  
**11:45 am – Van Trip**  
**JFS Food Bank & Pantry**

**\*\*NOW departing at 11:45 am!**

Each month we take residents to Jewish Family Services to pick up their commodity boxes and shop at no cost in the JFS Food Pantry. ***Please bring your own bags.***

You can go to the East building front Reception window to pick up the application, fill it out and then **sign-up for ONE trip each month**. There is no cost for this trip. **At the request of JFS, we are limited to 6 residents for each trip.**

**No cost but you must fill out the application and sign up. For questions call Connie at 720.392.7813.**



# Upcoming Trips



**Wednesday, May 8  
4:45 pm – Van Trip**

## **Annual Governor’s Holocaust Remembrance Program**

Join us as we attend the 43<sup>rd</sup> Annual Governor’s Holocaust Remembrance Program at Temple Emanuel, one of the largest such events in the United States.

The Governor’s Holocaust Remembrance Program allows people of all faiths to come together each year to honor Holocaust survivors, remember those who perished, educate the community about this horrible crime against humanity and translate those lessons into contemporary action. The event has been supported by every sitting governor of the State of Colorado since 1981.



The 2024 Program will feature a conversation with Holocaust Survivor **Manfred "Manny" Lindenbaum** and will recognize the winners of the 2024 “A Tribute to Moral Courage Student

Essay Contest.” The program typically features remarks from Governor Jared Polis,

a memorial prayer, and the lighting of the Holocaust memorial candelabra.

**Cost Residents: \$6 transportation**

**Cost Non-Residents: \$10 transportation**

**Deadline: May 6**



**Thursday, May 9**

**6:30 pm – Van Trip**

## **Senior Prom at the JCC**



Let’s party like it’s 1965! It’s time to relive your glory days at the second annual “Senior” Prom at the JCC Denver, in the Phillips Social Hall from 7 pm – 9 pm.

This event is for all adults over the age of 55. Come with a date, friend, sibling, or just fly solo. The theme this year is “**Old Hollywood**,” so be sure to dress in your finest eveningwear that is fit for the red carpet. Get ready to boogie, enjoy some light nosh, and clink your champagne glasses.

Light food and alcoholic/non-alcoholic beverages are included.

This event is free, *transportation is only \$3 round trip!* Please signup at the Front Office Reception Window.

**Resident Cost: \$3 transportation**

**Non-Resident Cost: \$6 transportation**

**Deadline: May 6**

# Upcoming Trips



## Tri-State Denver Buddhist Temple

**Friday, May 10  
10 am – Van trip**

Kavod Senior Life received a generous grant from the **Theodore & Maxine Murnick Family Foundation** to *Build Bridges of Understanding through Religion*. You will have an opportunity to take an "adventure in understanding" to the Tri-State Buddhist Temple in downtown Denver, founded 850 years ago and rooted in the culture of Japanese-Americans and their ancestors.

During this incredible trip you will enjoy a presentation by Reverend Diana Thompson in their very ornate sanctuary to learn about the Temple, its' contents, Buddhism, and the community that has been in Colorado for over a century.

Also enjoy a delicious light lunch of traditional Japanese food, and a video about their religious dance with an opportunity to learn a few dance movements and hear an ancient chant from this religious culture.

There will also be an open conversation with both Reverend Thompson and Rabbi Stephen Booth-Nadav, with time for questions and answers.

Our approximate departure time to return to Kavod is 2 pm.

**No cost, but please sign up at the front desk in the East office.**



**Thursday, May 16  
9 am – Van Trip  
Colorado Mountain Casinos**

Join us as we depart for the mountains for a day of fun! We drop everyone off at the Lodge casino in Black Hawk. You are welcome to go to whatever casino you choose.

**For a FREE RIDE around town, *Jump on the Black Hawk & Central City Tramway*** at the Lodge Casino. This Free local Bus Service connects you to destinations throughout The City of Black Hawk and Central City via 19 conveniently located bus stops.

**Please be sure to be back at the designated spot and time given by our driver and staff to depart back to Denver.** If you are not a gambler, just go for the beautiful mountain ride, visit local museums or have lunch!

**Cost Residents: \$8**

**Cost Non-Residents: \$10**

**Deadline: May 14**

# Upcoming Trips



## Friday, May 17 12:15 pm - Van Trip Shalom Park Pool

Features include Warm Water Therapy and Exercise Pool, Rehabilitation and Therapy Gym, Fitness Center and Aerobic Exercise Gym, Salon and Spa! **The van will depart Shalom promptly at 2:30 pm to return to Kavod.** A bistro is available to purchase snacks and drinks. **\*Please note!** There is no lifeguard on duty at this time.

**\*If you have *Silver Sneakers* the pool and gym are free! But you must be signed up for *Silver Sneakers*! You can check your eligibility and sign-up when you arrive. You will need your Social Security number.**

You can sign up online for Silver Sneakers (free to sign-up for seniors) **online at <https://tools.silversneakers.com/eligibility/checkeligibility>** **\*If you do not sign up for *Silver Sneakers* the cost of the pool is \$8 (Pay There!)**

**Residents Cost: \$3 transportation (Pay for Pool at Shalom Park)**

**Non-Residents Cost: \$6 transportation (Pay for Pool at Shalom Park)**

**Deadline: May 10**



## **\*\*Attention Garden Club Members ONLY!**

### **Garden Club Shopping trip**

**\*May 20 & 22**

***\*Choose ONE date and ONE time ONLY!***

**9 am OR 1 pm - Van Trip**

***This trip is for residents who are members of the Garden Club only.*** You will be shopping for your plants for your garden plots. We will provide transportation and assistance to load and unload your plants. **There are 2 trips to choose from**, one at 9 am and another at 1 pm on two different dates (see above).

**No cost for transportation, but you must sign-up at the Front Reception window in the East building.**

# Upcoming Trips



## Buc-ee's Travel Center & Picnic at Parish Park

**Friday, May 24  
9:30 am – Van Trip**

You've heard about it on the news, now see it in person! Buc-ees has opened it's first location in Colorado, and the crowds are going wild! Founded in 1982, the first Buc-ee's was a 3,000-square-foot general store and gas station in Lake Jackson, Texas.

The grand opening of the world's largest travel center at a whopping 72,000 square feet, isn't usually newsworthy, but for those in the know, **Buc-ee's is a cultural icon!** — a sprawling shrine to Texas food, clean bathrooms and the friendliest cartoon beaver. **The Johnstown location will attract more than 100,000 people a week, according to the city's development manager Sarah Crosthwaite, and could generate \$25 million in taxable sales yearly.**

Fans camped out on the day of the grand opening back in March, wanting to be the first inside the new Colorado iconic center!



The stores are meant to be havens for road travelers — open 24/7, 365 days a year with dozens of fueling

stations. **But the biggest Buc-ee's draw is the food!** There's almost always a middle station called the Texas Round Up, serving brisket and smoked turkey sandwiches. Buc-ee's takes its barbecue so seriously that it hired Pauly, an eight-title champion of the World's Championship Bar-B-Que Contest at the Houston Livestock Show and Rodeo, as its company-wide pit master.

**Since there is no seating area at Buc-ees, you can purchase your lunch and picnic items there, and after spending an hour or so in the center, we will go to the Parish Park picnic area just down the road where you can eat your lunch.** *You can also bring your own lunch for the picnic.*

**Residents cost: \$5 – *Bring your lunch or purchase lunch at Buc-ee's***

**Non-Residents cost: \$10 - *Bring your lunch or purchase lunch at Buc-ee's***

**Deadline: May 17**

# Upcoming Trips



**Tuesday, May 28**  
**8:30 am – Van Trip**  
**Indian Hot Springs**

Enjoy the wonderful indoor Indian Hot Springs **Mineral Water Swimming Pool** in Idaho Springs. Under the translucent dome lies a tropical paradise, complete with flowering plants and live Banana and Palm Trees. The swimming pool is continually fed with hot mineral water at 115°. With an average temperature of 90° to 100° the pool is a favorite with adults and children of all ages. **Bring your own towel!** Masks are optional at this time.

\*\*For Wheelchair access or those who cannot do the stairs: the Hot Springs does have an **outside wheelchair access door**, but the person would need to be able to get in the pool on their own once inside, **they do not have lift equipment to help them in the pool. *The Wheelchair accessible bathroom can be reached by a ramp leading to the first floor.***

We will depart the hot springs at Noon to go to downtown Idaho Springs for lunch (lunch

not included in price). *Approximate* return time to Kavod is 3 pm.

**Residents Cost: \$20 includes pool & transportation**

**Non-Resident Cost: \$35 includes pool & transportation**

**Deadline: May 17**



**Wednesday, May 29**  
**6:30 pm – Van Trip**

## **Lamont Symphony Orchestra**

Enjoy an exciting evening of music from the University of Denver, Lamont School of Music with their full Lamont Symphony Orchestra. The LSO spotlights several Lamont faculty members on this night of music by Mozart and Mahler. Ian Wisekal (oboe), Jeremy Reynolds (clarinet), Martin Kuuskmann (bassoon) and David Byrd-Marrow (horn) are the soloists in Mozart's Sinfonia Concertante. On the second half, Heidi Melton is the soprano soloist in Mahler's Symphony No. 4.

**Cost Residents: \$8**

**Cost Non-Residents: \$20**

**Deadline: May 22**

# Upcoming Trips



**TRIPS**  
**Coming in JUNE 2024!**



**UNIVERSITY OF**  
**DENVER**  
**Lamont School of Music**

**Monday, June 3**  
**6:30 pm - Van Trip**  
**Lamont Jazz Orchestra**

The Lamont Jazz Orchestra (LJO) is the University of Denver's premier large jazz ensemble. Made up of five saxes, four trombones, four trumpets, piano, bass, guitar and drums, the LJO performs the standard canon of jazz literature as well as original music by students and faculty.

**Cost Residents: \$8**

**Cost Non-Residents: \$20**

**Deadline: June 2**



**Wednesday, June 5**

**3 pm - Van Trip**

***Flying W Ranch in Colorado Springs***

**Dinner & Flying W Wranglers**

**Western Show**

**Van Trip**



Travel with us to Colorado Springs where the Old West comes alive in this working ranch and Western Village

amidst the unique rock outcroppings of the Garden of the Gods formation. You will have time to enjoy the grounds before dinner is served at 6:30 pm. Guests can see the ranch animals, and watch historical Old West demonstrations including Navajo rug weaving, silversmithing, and horse shoeing. The legacy and the romantic spirit of the Old West lives on at the Flying W Ranch.

# Upcoming Trips



## **Flying W Ranch in Colorado Springs**

(Continued)

For dinner you will load up a cowboy tin plate with some scrumptious cowboy "grub" to include tender slices of Beef Brisket or Smoked Turkey breast, foil-wrapped potatoes, Flying W Beans, chunky applesauce, and Old Fashioned Spice Cake, all served with biscuits, coffee, lemonade or iced tea.



**Then, at 7:30 pm,** the thoroughly entertaining **Flying W Wranglers**

top off a most memorable evening with a fast paced hour of cowboy music and family friendly bunkhouse humor. **The price includes transportation, admission to the Western Village, Dinner, and the Flying W Wrangler**

**Show.** \*\*Please note that it will be a late night, we will arrive back at Kavod at approximately 10:30 pm or later.

**\*\* Please note:** Installment payments can be made for this and all trips to make them affordable for everyone, must be paid in FULL by deadline. You can also pay with a credit card online at <https://kavodseniorlife.org/campus-activities/activity-signup/>

**Cost Residents: \$65 includes dinner, show and transportation**

**Cost Non-residents: \$75 includes dinner, show and transportation**

**Deadline: May 20**



**TRIPS**  
**Coming in JUNE 2024!**



**Enjoy the breathtaking views of the 35 foot waterfall, Helen Hunt Falls, from the base of the falls or take a**

short walk to the top and admire the view from the bridge across the falls. We recommend good walking shoes, sunscreen, hat, sunglasses and water bottle. We will have water available on the Kavod bus as well. And don't forget your camera or use your cell phone camera for all of the stunning outdoor photo opportunities!

**Helen Hunt Falls in Colorado Springs**  
**9 am - Van Trip**  
**Friday, June 14**

**After our visit to the Falls, we will depart to have lunch in Colorado Springs, or you can bring your own lunch to enjoy.**

***Approximate return to Kavod is 4 pm.***

**Residents Cost: \$10 + pay for lunch there**  
**Non-Residents Cost: \$25 + pay for lunch there**

**Deadline: June 10**

Join us as we travel to scenic Colorado Springs where we will



visit Helen Hunt Falls & Visitor Center located in the North Cheyenne Cañon Park. The Visitor Center offers an introduction to the natural features visitors will find, and visitors can also experience the area through interpretive exhibits and asking questions of





**TRIPS**  
**Coming in JUNE 2024!**

Online registration will open in April and paper registration forms will be available at the front desk by May 1. Please let the front desk know if you will need transportation.

<https://kavodseniorlife.org/conference/>

Contact Rebecca at 720-382-7848 for questions or assistance with registration.



Positive Aging Conference & Resource Fair

Wednesday, June 26  
9am - 2pm  
Temple Emanuel | 51 Grape St., Denver

**Cost: \$18**

Information & Registration:  
[KavodSeniorLife.org/Conference](https://KavodSeniorLife.org/Conference)

**SCHEDULE**

- 9:00 – 9:45am: Check-in, Light Breakfast & Resource Fair
- 9:45 – 11:00am: Keynote with Rabbi Dayle Friedman
- 11:15 – 12:00pm: Breakout Workshops
- 12:00 – 1:15pm: Lunch & Resource Fair
- 1:15 – 2:00pm: Breakout Workshops



**Join us for the annual Kavod on the Road Conference!**

- When:** Wednesday, June 26
- Where:** Temple Emanuel
- Time:** 9 am – 2 pm
- Cost: \$18** Includes a light breakfast and lunch.

**A Kavod van will be available for pick up at 8:45 am at Kavod and return at 2 pm from Temple Emanuel.**

**The conference will feature:**

- Keynote speaker Rabbi Dayle Friedman
- Two breakout sessions
- Resource fair with helpful services & vendors



**TRIPS  
Coming in JULY 2024!**



**Pollywog Station  
Lavender Farm Tour**

**Wednesday, July 10  
9 am - Van Trip**

Join us on a sensory journey through an enchanting lavender farm nestled in Parker, Colorado, just 45 minutes south of Denver. On this immersive tour you will discover a breathtaking array of lavender, and learn firsthand about the art and science of lavender cultivation in our unique climate. You can wander the tranquil nature trails, enveloped in the soothing fragrance of lavender fields. **As a delightful keepsake, everyone will receive a lavender sachet to cherish and take home.** Come



experience the beauty, scents and serenity of this lavender farm.

Please wear comfortable walking shoes. **\*Please note the farm has sloping terrain, and may not be suitable for walkers and wheelchairs. However, the 4 lavender fields stretch over 17 acres and can be still be seen and enjoyed without walking out into the fields.** The tour lasts 45 minutes and you will have time after the tour to explore the gift shop where you can find handcrafted lavender products sourced from the farm.

**After touring the farm,** we will head to the OPA Greek Grill for a delicious



lunch featuring Mediterranean specials such as the "Greek Lunch" for \$12.99 that includes Spanakopita, hummus and a Greek salad. Many more delicious menu items to choose from such as Fire Grilled Salmon, Lamb chops, Chicken or Beef Souvlaki plates and many more.

**Resident Cost: \$15 - includes transportation & tour, pay for lunch at restaurant**

**Non-Resident Cost: \$25 - includes transportation & tour, pay for lunch at restaurant**

**Deadline: July 3**



# Resident Council



Our May Gathering Councilwoman Amanda Sawyer will be here. Michael will give us the State of Kavod.

May 23, 2024 voter registration in the east lobby for new residents, from 3 to 4 pm. *Watch for Red Box in June.*

Russian Resident Council has been canceled due to lack of participation

Resident Council has an email for your communication ideas and concerns. **[kavodresidentcouncil@gmail.com](mailto:kavodresidentcouncil@gmail.com)**

Katie Barbier, President, 818 E

Roz Smith, East Bldg. Rep., 920 E

Karen Wollman, Vice President, 805 E

Lea Trager, East Bldg. Rep., 602 E

Peggy Phillips, South Bldg. Rep., 123 S

Doug Krug, West Bldg. Rep., 601 W

Bev Thompson, Community Outreach Chair, 710 E



DMV2GO, the mobile service for the Department of Motor Vehicles **will now be coming onsite every quarter** so you can renew your license, apply for a new license, get a Colorado ID, etc. **The next date they will be onsite is Monday, June 24, 2024.**



## Low Vision Newsletter

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, please contact Susan at 720-382-7849. It will be delivered to you along with the regular newsletter near the end of each month.



Remember some people may suffer adverse reactions to chemical perfumes and fragrances, so please do not wear

scented body sprays, perfumes, aftershave, or any scented personal products to classes, dining room and on outings on the van.

***Thank you for helping us keep our friends and neighbors comfortable and safe!***

# Classes & Events



**Tuesdays**

## **Opening Minds through Art 1 pm – Pikes Peak**

Opening Minds through Art (OMA) is in session! Enjoy “failure-free” art with a student volunteer art partner from Regis University. All materials provided. ***Please reach out to Elizabeth, Life Enrichment Intergenerational Coordinator at 303.476.0185 or email [estanbro@kavodseniorlife.org](mailto:estanbro@kavodseniorlife.org)***, to see if there are open spots or if you have any questions.



**Bingo!**

**Mondays**

**(No Bingo on May 27)**

**10:30 am – Pikes Peak Room**

Enjoy a stimulating hour of fun and good brain exercise! No cost, win fun prizes and Kavod Kash!



**Cousins Coloring Group**

**Tuesdays**

**6:30 pm – Shul Classroom**

**Cousins Coloring Group is back!** Join the host resident Diane Devine for a fun and relaxing evening of adult coloring and a great social hour.



**Tuesdays**

**In-Wii bowling**

**2:30 pm – Pikes Peak Room**

***\*\*Wii bowlers, please do not enter Pikes Peak before 2:30 pm as this interrupts the class in session before Wii bowling, thanks!***

Join your friends and neighbors for a fun afternoon of ***Wii bowling!***

**Beginners welcome!** We will teach you if you've never played before.

# Classes & Events



## Bridge Players Club

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays  
10 am - 3<sup>rd</sup> Floor Bridge

**Bridge on the Bridge!** Have you ever wanted to play bridge? Watch seasoned bridge players and learn how it's played. They can teach you the in's and out's of bidding and how to play a game that never gets old.

"Bridge not only stimulates the brain, but research has shown that regular bridge playing improves reasoning skills and long- and short-term memory.

You'll feel the neurons firing not only while you play, but long after too!



## Mahjong Players

Wednesdays at 1:00 pm – SH Lobby

*\*Moved to Lobby outside Shul Classroom*

Play Mahjong alongside experienced players.

**Call Susan if you are interested in playing at 720-382-7849.**



Wednesdays

10 am – Mt. Blue Sky

## English Language Practice Conversation Circles With Carol

Everyone is invited to this English Language Practice group as well. You have many opportunities to practice your English! Carol Cloues volunteers to lead an English Language Conversation Circle for residents to get additional practice speaking English apart from formal class instruction. This class is open to anyone **whose first language is not English** and who would like more English language speaking practice in a fun and supportive environment.



## Katie's Hand Crafts

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays

2 pm - 3<sup>rd</sup> Floor Bridge

This group is for beginners and seasoned knitters, crocheters or anyone who would like to learn a new skill in hand work. We can teach making socks, Lock latch hooking, racket knitting, and embroidery. Come join anytime, even to just sit and visit.

# Classes & Events



**Fridays**

**1:30 pm - 3<sup>rd</sup> Floor Bridge  
Cow-moobile (ice cream)**

Meet us on the Bridge at 1:00 pm to 3:00ish for ice cream.



**Reader's Theatre returns!**

**Mondays**

(No class on last Monday in May due to Memorial Day closing)

**1:30 pm - Pikes Peak**

**Kavod Player's Readers  
Theatre**

We are excited to let you know that the Kavod Player's Readers Theatre is back!

Join instructor **Renee Bergstrom** each Monday for some fun and dramatic inspiration with your friends and neighbors! Andrew is very excited to meet the Kavod

Players group and brings a lot of acting, directing and playwriting experience.

Whether you've been onstage a hundred times or never in your life, this class will encourage positive creative expression and provide you with a supportive group of like-minded artists. **No experience required and all levels of ability welcome.**

Readers Theatre is an easy, no-pressure way to participate in the performing arts. Actors carry binders and read from their scripts onstage. This means there's no memorization required! Stage movement is dependent upon each actor's comfort-level and abilities.

Everyone welcome!



**Drop In Tech Help!**

**Every 1<sup>st</sup> Tuesday of the Month**

**10 am - Noon**

**3<sup>rd</sup> Floor Bridge**

Join Emily from the Denver Public Library for Some tech help! Bring your own device, iPad, laptop, cell phone, etc., and she will help you.

# Classes & Events



**No Fused Glass Art Workshop in May, Melissa will be back in June!**



**Thursday, May 2  
10 am – Shul Classroom**

*Life Enrichment “What’s Happening”  
Breakfast at Kavod*

Join Susan for an **in-person** “Life Enrichment Breakfast & What’s Happening at Kavod!” We will have coffee, tea, and bagels to enjoy during the meeting.



**Thursday, May 2  
5 pm – Dining Room**

**Cinco de Mayo Concert  
with “Mariachi Viajeros”-**

Celebrate Cinco de Mayo in the main dining room with the talented “Mariachi Viajeros” of Denver!

# Classes & Events



## The Joy of Writing Workshop

Topic for May: Playwriting Playground

Wednesdays

2 pm - Shul Classroom

Join us to put the “play” in playwriting! This fun and affirming workshop will explore how to write for the stage: describe a setting to be realized in three dimensions, craft dialogue to be spoken aloud, and learn a system for using elements of “space” and “time” to engage an audience.

Appropriate for all levels of experience and physical abilities.



Instructor Mare Trevathan is a professional director, writer, actor, aspiring gardener, animal enthusiast, compulsive upcycler and recent kidney donor. Among her favorite

teaching experiences is "Refresh": a collaboration with architect Shubrah Raje and students in Ahmedabad, India creating performances inspired by buildings. Narrator of 850+ audiobooks, Mare teaches Voice

Acting at the Denver Center for the Performing Arts. She’s an Associate Artist with Local Theater Company, renowned for its development of new plays.

[maretrevathan.com](http://maretrevathan.com)

Calling all writers, at all levels of writing experience. Come join our weekly workshops to express yourself, try out new writing techniques, and share your work!

We welcome writers of all levels of experience!



Friday, May 3

1:30 pm – Shul Classroom

Create your own jewelry with Kavod volunteer, Sabina Zhornitsky. Participants will design and make beautiful easy to wear jewelry. Sabina is bilingual in English and Russian and enjoys sharing her talents. **All materials are supplied.**



Sunday, May 5

5 pm – Dining Room

**Kavod Sing Along Group**

If you love to sing come join us. No need to read music, singing for the fun of it!



# Classes & Events



**Sunday, May 5**  
**12:15 pm – Dining Room**



In celebration of Asian Pacific American Heritage Month, please welcome the **ANJAI Mongolian Morin Khuur Ensemble**, consisting of children and adults. Morin Khuur is a traditional Mongolian musical instrument, translated as Horse headed fiddle. This incredible instrument not only has a beautiful sound, but also has played an important role in Mongolian history of nomadic Mongolians with beautiful songs, praises, and folk tales from century to century and generation to generations.

**Don't miss this opportunity to see these incredible performers!**

## Classes & Events



**Sunday, May 5  
4 pm – Pikes Peak**

### **Painting & Wine with Polly**

**\*\*Please note we are now meeting in the Pikes Peak Room in the West Building!**

Join your friends and neighbors for a fun evening of painting and wine! Professional and FUN instructor, all materials, wine and laughter are provided!

No cost to you, just drop in!



**Monday, May 6  
Noon – Pikes Peak**

### **Life Enrichment's Lunch & Learn: "Elder Law, Part 2"**

Debra Schuster is back this month for **Part 2 of Elder Law & Estate Planning!**

Please join us for lunch that includes sandwiches, chips and a drink, and an

engaging second session with attorney Debra K. Schuster as she continues the discussion about estate planning and elder law.

Learn about what legal mechanisms to have in place for family and loved ones. Also, learn about your rights and resources available.

No cost or signup, just drop in!



**Tuesday, May 7  
1 pm – Shul Classroom**

In anticipation and preparation for Yom Haatzmaut, Israel's Independence Day, join the High School students of Denver Academy of Torah, learning and talking about Israel experiences, sharing memories, and discussing the importance of Israel in our lives.

Everyone welcome and light refreshments provided.

# Classes & Events



**Monday, May 6 & 20**

## Denver Public Library Bookmobile

We are excited to let you know that the Bookmobile will set up in both the West Building and the East Building when they are at Kavod. **Below are the times for each location:**

**2:30 pm – 3:10 pm**

**West Building, 1<sup>st</sup> floor Gathering Room**

**3:15 pm – 4 pm**

**East Building, 2<sup>nd</sup> floor Shul Classroom**

The Bookmobile sets up at each location so you can checkout and return books. Call 720-865-1112 or email [mobile-services@denverlibrary.org](mailto:mobile-services@denverlibrary.org) with questions or to place items on hold.



**Monday, May 6**

**5:15 pm – Bistro/Dining Room**

## *European High Tea & Concert*

Join us after dinner for a lovely European High Tea and concert with the Gypsy Mandolin Trio. You will be served a variety of European teas and desserts.



**Low Vision Support Group**

## **Kavod Low Vision Education & Peer Support Group**

**Wednesday, May 8**

**10 am – Gathering Room  
(West Building, first floor)**

***\*\*NO Call-in option, In-person ONLY!***

Join us for a presentation from Aging and Disability Resource Center: Services, nutrition, and how to get connected.

Learn about adaptive skills, technology, and resources for living with low vision from peers, guest speakers, and the Facilitator, Alexia Diaz, Beyond Vision Skills Trainer, 720-263-0429.

# Classes & Events



**Thursday, May 9**  
**12:15 pm – Gathering Room**

## *The Jazz Cafe*

Enjoy some lunchtime Jazz tunes with Kavod's favorite Jazz Band! Feel free to bring a sack lunch and join your friends and neighbors in the Gathering Room in the West building for a fun hour of jazz music.



## Mother's Day of Pampering

### Spa Day Event

**Thursday, May 9**

**11 am – 1 pm**

**Pikes Peak & Mt. Blue Sky**

**Calling all ladies!** Enjoy a lovely day of pampering with a choice of spa stations that include:

- Haircuts by Renee, **\*Pay with tips/gratuities & come with freshly washed and dry hair**
- Hand Massages & Nail Painting by Christy and Anjelica
- Chair Massages by Legacy
- Loving Hands Massages by Melanie
- Facials by Claire
- Esthetician Services by Rachel

You will also be treated to a **delicious lunch** of finger sandwiches, desserts, and a wine bar! **We will have a drawing to receive special spa gift bags, MUST BE PRESENT TO WIN!**



**Sunday, May 12**

**12:30 pm – Dining Room**

## *Mother's Day Celebration Concert*

Happy Mother's Day! Join your friends and neighbors for a lovely hour of music by **the Barbershop Quartet, "Just a Minute"**.

# Classes & Events



## Resident Council Planning with Katie Monday, May 13

1 pm – 3<sup>rd</sup> Floor Bridge

Join Katie from Resident Council to learn about all that they are planning for their upcoming events. Come join in and help make our community jump & shout with excitement.



## Resident Council's Newcomers Tea Tuesday, May 14 2 pm – Shul Classroom

Just moved in and have a million questions or confused? Welcome to Kavod with our Afternoon Tea. Want to understand the dining room or meet new people? Can I get stamps, can I fax, do we have a Lost & Found, who do I call if I get locked out & many other tips to give you a head start in your new home. We will have a variety of teas and tea sandwiches. You will receive an invitation prior to the tea. You will receive a swag bag from H & W & Resident Council.

Tuesdays, May 14 & 28  
10 am – Gathering Room

## Gratitude Sharing with Susan

*Gratitude makes for a positive attitude!*

Listen to speakers share about happiness, and delve into a variety of tasks to explore gratitude in new ways. We will discuss things we are grateful for, in addition to reading positive stories together.

You will also be invited to share your daily thoughts on gratitude with a **gratitude journal**, provided at no cost to you.



Wednesday, May 15

12:15 pm – Gathering Room

## Drumming with Karen!

**Drumming has many benefits! Here are just a few:**

- Improves cognitive function. Drumming can help to improve cognitive function including memory, attention, and problem-solving skills
- Reduces stress and anxiety
- Boosts mood
- Improves physical health
- Promotes social interaction

**Drums are provided, join in on the fun!**

# Classes & Events



## The Fascinating History of Automobiles

**Wednesday, May 15**

**1 pm - Pikes Peak Room**

From the hand cranked Model T that came in any color you want as long as it's black, to modern cars that have more circuits and chips than most computers, the automobile has a rich and still evolving history. Join Active Minds as we tell the story of the invention that replaced the horse and buggy. Along the way, we'll take a look at mass production, labor, environmental impacts, and the introduction of self-driving cars.



**Thursday, May 16**  
**6 pm - \*Pikes Peak**

## Hooked on Textile Arts with Ariella

Please join Ariella Booth-Nadav for a fun social circle of knitting, crocheting and other textile arts. Supplies will be available to use for those who don't already have their own to bring. You can bring your own projects or if you're new to knitting and crocheting, Ariella can teach you the fundamentals to get started. Beginners and everyone welcome!  
***\*This month we will meet in Pikes Peak!***



**Sunday, May 19**

**12:15 pm - Dining room**

## The Last Note Singers

***"Singing is a joy, and a healing power"***

Enjoy a lovely hour of a cappella singing by this grassroots community choir who has been bringing musical joy to Denver since 1978.

They have performed at Rockies games, the Botanic Gardens, Denver Zoo, Georgetown Winter Festival, and many other events.

# Classes & Events



## Fix-it day!

**Sunday, May 19**  
**1:30 pm – 3:30 pm**  
**By Appointment Only**

- Need some help with a small project in your apartment?
- Fill out the Form that was in this Voice and turn in to the Front Desk in the East Office by Monday, May 6!
- Or Call Genny at 720.382.7820 to get an appointment!

Kavod is very fortunate this month to be collaborating with volunteers from **Optum** for a Fix it Day at Kavod. Residents can request help with small projects such as: hanging pictures or curtains, organizing shelves, setting up televisions, assembling easy to assemble furniture, and other small handyman jobs.

drinks dessert  
& dancing Birthday Celebration



**Tuesday, May 21**  
**5:15 pm – Bistro/Dining Room**

## Birthday Celebration & Concert

**Back by popular demand! Enjoy an evening of wonderful entertainment by Kavod favorite, the Mandolin Ranch Band!**

\*\*Residents Doug and Isaak Gelfand will be on hand to announce the birthday names and hand out the birthday gifts!

If you have a birthday this month you will receive your birthday gift at this party. If you are unable to attend the party to receive your gift, please call Dmitriy at 720.382.7821.

**Everyone welcome, join in the fun even if it's not your birthday,** celebrate with your friends and neighbors!

Life Enrichment will have wine, beer, sodas and cupcakes for everyone in the Bistro!

# Classes & Events



**Our deepest apologies for some of the East building birthdays being left off last month!** If you did not get your birthday gift at the

April birthday party, ***please call Susan at 720.382.7849 and she will get your gift to you.***

## **Birthdays Missed from April:**

### **East Building**

Vincent Colbert  
Lyubov Dolgina  
Boyd Fox  
Marvin Friebert  
Edward Katsnelson  
Irina Kornova  
Alexander Kotelnikov  
Eileen Marcks



### **East Building**

Erica Abarbanell  
Nora Barnett  
Rose Burns  
Zinaida Elicheva  
Jonathan Harding

Olga Jirnov  
Jean Johnson  
Marla Kahhan  
Mayya Kogan  
Tamara Krioukovskaia  
Neal Levin  
Roza Nisnevich  
Tatyana Pavlushkina  
Janice Rubin  
Maria Siliezar  
Yevheniia Vyshnevetska  
Debra Wilson

### **South Building**

Nancy Bane  
Svetlana Bardina  
Alexandra NicGriogair  
Galina Noskova  
Svitlana Yavorska  
Nina Zhymanova

### **West Building**

Dee Anderegg  
Lucille Askay  
Mikhail Borisov  
Judith Brodsky  
Maria De Aragao  
Juana Dominguez  
Constanta Muresan  
Marilyn Porter  
Barbara Roby  
Nicholas Rousis  
Jane Ryan  
Sydney Teibel  
Phyllis Winslow



# Classes & Events



**Thursday, May 23**  
**3 pm – Pikes Peak**

Join us to learn all about the BIG Trip to Catalina Island in September 2024. Come to our monthly Travel Club meetings to get information and make your payments. Or contact Dmitriy or Connie to make payments.



**Travel with us to Catalina Islands,  
California**

**September 8 – 12, 2024**

**Sign up through Connie or Dmitriy ONLY,  
please do not go to the Front Desk.**

## **Beginning Russian Conversation (For English Speakers) HAS ENDED**

Unfortunately our wonderful Volunteer, Adelya Baimukhamedova, is unable to continue these sessions so this class is cancelled.



**Sunday, May 26**  
**12:30 pm – Main Dining Room**

## **Music while you dine**

Enjoy some lovely piano music by Christine during brunch.



## **Scrapbooking Fun**

**Sunday, May 26**  
**3 pm – Shul Classroom**

Scrappping our family history and your genealogy history. You do not need to be an expert! You can start any time. This is an opportunity to get that box of photos organized and displayed. We have acquired lots of new paper, stickers, and other supplies. Scrapbook not provided. (Do not buy until later). Call Katie at 630.292.6226 for further information.

# Classes & Events



**Monday, May 27**

**5:15 pm – Dining Room**

## **Memorial Day Celebration**

**With “The Victory Three”**

Enjoy a patriotic concert by The Victory Three singing trio, songs from the most popular American musical acts of the 1940s!



**Wednesday, May 29**

**10 am – 2 pm**

## **Give & Take**

Items to be dropped off from 10 am to 11 am, but you can pick up throughout the event. No clothes or shoes. Appliances must work. For questions, contact Katie Barbier.



## **Challah Braiding**

**Thursday, May 30**

**2 pm – Pikes Peak**

Enjoy a fun afternoon of creating Challah braids! Each attendee will braid dough for one full-size Challah bread. Learn different styles of Challah braiding and take your braided loaf home with you to bake fresh for Shabbat! For Assisted Living residents who attend, the instructor will bake your loaves of Challah for you. No cost and all materials provided.



**Thursday, May 30**

**5:15 pm – Bistro & Dining Room**

## **Holiday Happy Hour & Concert with the Ruslan and Inessa Band**

Grab your glass of wine, beer or soda in the Bistro and then kick up your heels in the dining room and enjoy the vibrant sounds of this popular band!



### **Maria Droste Counseling Center Intern Update**

*The internships for Eric and Scarlet are wrapping up early this month, in addition, will our six-year partnership with Maria Droste's internship program. Maria Droste Counseling Center has reallocated their interns for next year to the school system only due to grant funding. We are currently seeking a new counseling agency to collaborate with in the future. In the meantime, if you are interested in one-on-one therapy we have great referrals for in-person or virtual. Please reach out to your care coordinator if interested..*

### **Telephone Buddy**

If you would like to visit with someone, are lonely, or feeling isolated and want someone to check on you one to two times per week, please call 303-333-3482 and request a telephone buddy! Great opportunity to develop new friendships and companions.

### **Groceries**

If you need support in ordering groceries please leave a message at 720.382.7838. Reminder if you order on your own to make sure that they deliver it to your door! *\*If you receive groceries that are not yours, please call or bring them to the front desk. If not claimed the groceries will be placed on the 5<sup>th</sup> floor of the East building.\**

### **Access-a-Ride Application Support**

*Are you having difficulty taking the bus, understanding stops, etc.?*

**Access- a-Ride** provides local charter bus transportation in the Denver metro area for people with disabilities.

**To qualify you must** - Be unable to get to/from a bus stop, on/ off a lift-equipped bus on your own, or have a disability that prohibits you from riding the bus independently.

**\*\*If you are interested in applying - call for 720.382.7838!**

### **H&W Center Class Offerings for May 2024**

#### **Mondays and Wednesdays**

**9am – HWC/Pikes Peak**

**Mountain Balance**

This is a health and fitness program with a concentration on strengthening balance skills. The exercises are available for seated or standing with support (ALL levels are encouraged to attend). The program will include assessments if desired so you can track your improvement.

#### **Wednesdays and Fridays**

**10am – HWC/Pikes Peak**

**Gentle Yoga**

Join Buffy and Regina – from Mile High Fitness, as she guides you through a session filled with stretching, breathing and being present with your amazing self!

*All levels are welcome for chair or mat use. Hope to see you there!*



**Tuesdays and Thursdays**  
**9am – HWC/Pikes Peak**  
**Tai Chi with Eric** *\*all levels\**

**Health Benefits of Tai Chi:**

- Improves lower body and leg strength
- Enhances mental capacity and concentration
- Reduces blood pressure
- Helps with arthritis pain

**Wednesdays**  
**12pm – Gym**  
**Blood Pressure Checks with Legacy**

Stop by the H&W Center's gym for a FREE blood pressure check!

**Fridays**  
**11am – HWC/Mt Blue Sky**  
**Mindfulness Fiber Arts**

Learn about mindfulness, create art and learn about how beneficial they are when combined! Whether you are an experienced artist, meditator, or have no previous experience, this practice is for you! **Art includes; Drawing, Slow Stitching, Weaving**

**Fridays**  
**1230pm — HWC/Pikes Peak**  
**Strength Training for Seniors with Legacy**

*Did you know strength training not only builds strength, but...*

- *Improves balance*
- *Helps you sleep better*
- *May help prevent dementia, other degenerative*

Join a Legacy staff member as they lead the group through all levels strength training.

**Wednesday, May 1<sup>st</sup>**  
**8 am-3 pm – Health and Wellness Center**  
**Kavod's Second Annual Health Conference**

Join for one or all of the events Kavod is offering to highlight services and activities available at Kavod! The day will kick off with breakfast with CU provider, Dr Mandy Peng!!

We will have special classes offered for balance, nutrition, movement, English classes, art classes and more! Breakfast, lunch and refreshments will be available. If interested please sign up at the front desk!



**Monday, May 13<sup>th</sup>**  
**12pm - HWC/Pikes Peak**  
**Legacy Celebration for Better Speech +**  
**Hearing Month!**

*Do you find yourself forgetting about appointments?*  
*Misplacing your keys?*  
*Can't remember why you walked into another room?*  
*Having difficulty swallowing or notice you cough after drinking/eating?*  
*Want to get your brain health in tip-top shape?*  
*Speech therapy can help you!*

Join the Legacy team **on May 13th at 12:00 PM** in Pikes Peak to celebrate and learn more about Speech Therapy services with Legacy, including how we can help with memory, cognition, communication, and swallowing disorders. Come prepared with questions about speech, language, and hearing and learn how *we* can help **you!**

*\*Boxed lunches, refreshments, and snacks provided!\**



***H&W Health Providers; if interested in an appointment please call 720.382.7838.***

Services by Appointment Only	Frequency	Location
1-on-1 Mental Health Counseling	By appointment only; call your care coordinator for a referral	Blue Spruce or Evergreen
Audiology	Scheduled as needed	Health Services Area
Chiropractic/Acupuncture	2 <sup>nd</sup> Tuesday/4 <sup>th</sup> Friday; by appointment only	Health Services Area
CU Geriatric Medicine Clinic	NOW TAKING NEW PATIENTS; call #720.382.7800 for an appointment	Health Services Area
Dermatology	1 <sup>st</sup> Friday; by appointment only	Health Services Area
Optometry Clinic	3 <sup>rd</sup> Friday; by appointment only	Health Services Area
Podiatry Clinic	2 <sup>nd</sup> Friday; by appointment only	Health Services Area
Dental Clinic	Scheduled as needed	Health Services Area
VNA Nail Clinic	3 <sup>rd</sup> Tuesday every 3 months; by appointment only	Health Services Area



May is  
**Better  
Speech &  
Hearing  
Month!**

*Do you find yourself forgetting about appointments?*

*Misplacing your keys?*

*Can't remember why you walked into another room?*

*Having difficulty swallowing or notice you cough after drinking/eating?*

*Want to get your brain health in tip-top shape?*

*Speech therapy can help you!*

Join us in **Pikes Peak (HW) on Monday, May 13th from 12 pm – 1 pm** to celebrate and learn more about Speech Therapy services with Legacy, including how we can help with memory, cognition, communication, and swallowing disorders. Come prepared with questions about speech, language, and hearing and learn how we can help **you!**

***\*Lunch will be provided!\****

**Give us a call or visit us in the Health and Wellness Center any time!**

**303-321-2452**



## **March Gifts**

### **ACTIVITIES**

Sandra Kolesnikova

### **BISTRO**

Jay Mactas, In Honor of Tracy Kapaun

### **GARDENS**

Colorado Garden Foundation

### **GENERAL**

Evelyn Dean-Olmsted

Deanie Andersen, In Honor of Tracy Kapaun

Garrett Barter

Robert Coffee

Amelia Dorn

David & Linda Fogel

Marty & Beth Gold, In Memory of Sara

Behmoaras, z'll

Cassandra Perlmutter, In Memory of Sara

Behmoaras, z'll

### **HEALTH & WELLNESS**

Sandra Kolesnikova

### **SHUL**

Raisa Kaufman,

Sandra Kolesnikova