





Remember those who have served this
Memorial Day

Kavod Assisted Living at Cherry Creek

Activity Calendar — MAY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 FREE Wellness Clinic-HWC 9:30 NEW Balance Mountain-HWC/PP 10:30 Chair Yoga-HWC/Pikes Peak 11:00 Volunteer Appreciation Party-DR 12:15 NEW Opening Minds through Art-HWC/Mt. Evans 12:30 English Help with Marita-HWC/BS 1:00 Blood Pressure Clinic-HWC /Aspen Rm 1:00 NEW Postural Strengthening with Legacy-HWC/Pikes Peak 5:30 Painting & Wine with Polly-GR 6:30 Pet Club Meeting-HWC/Pikes Peak	2 9:30 Gentle Yoga with Heather-HWC/Pikes Peak 10:00 NEW The Soul of Aging—SHC 10:30 Fitness Fun –HWC/Pikes Peak 11:00 Coloring for Fun & Stress Relief with Melanie-HWC/Mt. Evans 12:30 Chicken Soup for the Soul -GR 2:00 Wii Bowling-Gathering Room 3:30 NEW Music & Memory-GR 5:00 AL Happenings-GR Holocaust Remembrance Day	3 10:30 Legacy's MOVE & GROOVE Class—HWC /Pikes Peak 12:15 Emma's Emigos-GR 1:15 Target shopping-trip 2:00 Residents Free Food Store-5th Fl-E 4:30 Kiddush—GR 6:30 Special Shabbat services with Rabbi Birdie-SH	4 9:00 am Shabbat Services-SH 10:30 Jewish Beliefs Series Talk (as part of end of services)
5 10:00 FREE Health Promotion Clinic-HWC/Health Services 6:00 Bible Discussion Group-3rd Floor Lobby-South Building	6 9:30 Tai Chi-HWC/Pikes Peak 10:00 Good Morning Kavod-ME 12:30 New Coloring with Grace—GR 1:00 Jackpot Bingo-HWC/PP No TedTalks today 4:00 Joe's Crab Shack-trip	7 9:30 Gentle Yoga with Heather-HWC/PP 10:30 The Bible God's Word-SHC 11:30 NEW Healthy Relationships-HWC/Blue Spruce 12:15- AL Food Committee-GR 12:30 Legacy Blood Pressure Clinic-Bridge 1:00 Mindfulness Training with Rabbi Steve-SH 2:00 Wii Bowling Leagues-HWC/Pikes Peak 3:30 NEW Scattergories - GR 5:30 Happy Hour "Opera Kadabra"-DR 6:30 Cousins Coloring-SHC	8 9:30 NEW Balance Mountain-HWC/Mt. Evans 10:30 Chair Yoga-HWC/Mt. Evans 12:15 NEW Opening Minds through Art-HWC/Mt. Evans 12:30 English Help with Marita-HWC/BS 1:00 Blood Pressure Clinic-HWC/ Aspen Room	9 9:00 VNA Foot Clinic-HWC/Aspen 9:30 Gentle Yoga-HWC/Pikes Peak 10:00 Mobile Post Office-street W. Bldg 10:30 Fitness Fun—HWC /Pikes Peak 12:30 Chicken Soup for the Soul -GR 12:30 Challah Baking-HWC/ME 2:00 Wii Bowling-HWC/Pikes Peak 3:30 NEW Music & Memory-GR 6:00 Health Matters: Respiratory Health-HWC/Pikes Peak	10 9:00 1st Group Garden Club ONLY shopping-trip 9:30 Strength & Balance—HWC /PP 11:30 2nd Group Garden Club ONLY shopping-trip 12:30 Sing along with Tory-GR 1:00 Active Minds-SHC 2:00 Residents Free Food Store-5th Fl, East 3:30 A Taste of Shabbat-SHC 4:30 Kiddush—GR	11 9:00 am Shabbat Services-SH 10:30 Jewish Beliefs Series Talk (as part of end of services)
12 10:00 Non-Denominational Christian Service-HWC/PP 12:15 Mothers Concert-GR 6:00 Bible Discussion Group-3rd Floor Lobby-South Building 	13 9:30 Tai Chi-HWC/Pikes Peak 10:00 Good Morning Kavod-ME 1:00 Jackpot Bingo-PP 2:30 Kavod Travel Club-HWC/ME 2:30 Bookmobile-street West Building 6:00 AUDITIONS Kavod's Got Talent-HWC/Pikes Peak	14 9:30 Gentle Yoga with Heather-HWC/PP 10:30 The Bible God's Word-SHC 11:00 Salt Grass Steak House-trip 12:30 Legacy Blood Pressure Clinic-Bridge 1:00 Mindfulness Training with Rabbi Steve-SH 2:00 Wii Bowling Leagues-HWC/Pikes Peak 6:30 Cousins Coloring-SHC	15 9:30 NEW Balance Mountain-HWC/Pikes Peak 10:30 Chair Yoga-HWC/Pikes Peak 12:15 NEW Opening Minds through Art-HWC/Mt. Evans 12:30 English Help with Marita-HWC/Blue Spruce 1:00 Blood Pressure Clinic-HWC/Aspen Rm 2:30 "The African Americans" Film Series-SHC 6:00 Green New Deal-SHC	16 9:30 Gentle Yoga-HWC/PP 10:00 NEW The Soul of Aging—SHC 11:30 Russian Victory Day-DR 10:30 Fitness Fun—HWC /Pikes Peak 11:00 Hot Topix-SHC 12:15 Jazz Trio-GR 2:00 Wii Bowling-GR 3:30 NEW Music & Memory-GR 6:00 Movie Night with Susan-GR	17 10:30 Legacy's MOVE & GROOVE Class—HWC /Pikes Peak 12:15 Emma's Emigos-GR 2:00 Residents Free Food Store-5th Floor, East 3:30 A Taste of Shabbat-SHC 4:30 Kiddush—GR	18 9:00 am Shabbat Services-SH 10:30 Jewish Beliefs Series Talk (as part of end of services)
19 10:00 Non-Denominational Christian Service-HWC/Pikes Peak 6:00 Bible Discussion Group-3rd Floor Lobby-South Building	20 9:30 Tai Chi-HWC/Pikes Peak 10:00 Good Morning Kavod-ME 11:30 Bingo-HWC/Pikes Peak 12:30 New Coloring with Grace—GR 1:00 Low Vision Workshop-SHC 5:30 NEW TIME/LOCATION Cover to Cover Book Club-HWC/Pikes Peak	21 9:30 Gentle Yoga with Heather-HWC/PP 10:30 The Bible God's Word-SHC 12:30 Legacy Blood Pressure Clinic-Bridge 1:00 Mindfulness Training with Rabbi Steve-SH 2:00 Wii Bowling Leagues-HWC/Pikes Peak 3:30 NEW Scattergories - GR 6:00 Resident Birthday Party "Drinks, Desserts & Dancing"-HWC/Deck 6:30 Cousins Coloring-SHC	22 9:30 NEW Balance Mountain-HWC/Pikes Peak 10:30 Chair Yoga-HWC/Pikes Peak 12:15 NEW Opening Minds through Art-HWC/Mt. Evans 12:30 English Help with Marita-HWC/BS 1:00 Blood Pressure Clinic-HWC/ Aspen Rm 1:00 NEW Postural Strengthening with Legacy-HWC/Pikes Peak	23 9:30 Gentle Yoga with Heather-HWC/Pikes Peak 10:30 Fitness Fun—HWC /Pikes Peak 12:30 Don Garcia Music Hour-GR 12:30 Challah Baking-HWC/ME 2:00 Wii Bowling-HWC/Pikes Peak 3:30 NEW Music & Memory-GR 6:30 Lamont Chorale-trip	24 9:30 Strength & Balance—HWC/ Pikes Peak 1:00 Sing along with Tory-HWC-Pikes Peak 2:00 Residents Free Food Store-5th Floor, East 4:30 Kiddush—GR 6:30 Special Shabbat services with Rabbi Steve-SH	25 9:00 am Shabbat Services-SH 10:30 Jewish Beliefs Series Talk (as part of end of services)
26 10:00 Non-Denominational Christian Service-HWC/PP 6:00 Bible Discussion Group-3rd Floor Lobby-South Building	27 Offices Closed for Memorial Day 	28 9:30 Gentle Yoga with Heather-HWC/PP 10:30 The Bible God's Word-SHC 11:00 Food Bank Distribution-5th Floor East 12:30 Legacy Blood Pressure Clinic-Bridge 1:00 Mindfulness Training with Rabbi Steve-SH 2:00 Wii Bowling Leagues-HWC/Pikes Peak 5:30 Greek Nights & Songs of Eastern Europe with Planina-DR 6:30 Cousins Coloring-*HWC/ME	29 National Senior Health and Fitness Day - Activities all day!-HWC 9:30 Benson Sculpture Park & Garden-trip 9:30 NEW Balance Mountain-HWC/PP 10:30 Chair Yoga-HWC/Pikes Peak 12:15 NEW Opening Minds through Art-HWC/Mt. Evans 12:30 English Help with Marita-HWC/BS 1:00 Blood Pressure Clinic-HWC/Aspen Rm	30 9:30 Gentle Yoga with Heather-HWC/Pikes Peak 10:30 Fitness Fun –HWC/Pikes Peak 12:15 Potted Plant Project-Gardens Area 2:00 Wii Bowling-HWC/Pikes Peak 3:30 NEW Music & Memory-GR 5:15 Arvada Center Music Program- "Calvin's Music Hour"-GR	31 No Legacy's MOVE & GROOVE Class today 2:00 Golden Age Players-HWC/ME 2:00 Residents Free Food Store-5th Floor, East 3:30 A Taste of Shabbat-SHC 4:30 Kiddush—GR	GR—Gathering Rm SH —Shul SHC-Shul Classroom HWC-Health Wellness Ctr (former Penthouse) Pikes Peak- PP Mt. Evans-ME