

Kavod Assisted Living at Cherry Creek

Activity Calendar — APRIL 2024






Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Guide:</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>Color Guide:</p> <p>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes <i>*EAST DR refers to dining room in EAST Building at 22 S. Adams St.</i></p>					
	<p>1 9:00 Mountain Balance—Pikes Peak 10:30 Bingo—Pikes Peak 12:15 “What’s Happening in Assisted Living this month” with Life Enrichment”—GR 5:15 Sing Along with Christine-GR</p>	<p>2 9:00 Tai Chi—Pikes Peak 10:00 Drop In Tech Help—3rd Floor Bridge 10:00 Bridge Players Club-3rd Floor 12:15 Active Minds “Renewable Energy ” - GR 1:00 Opening Minds through Art-Pikes Peak 2:30 Mindfulness Meditation-Blue Spruce 2:30 Wii Bowling-Pikes Peak 6:30 Cousins Coloring-SHC</p>	<p>3 9:00 Mountain Balance—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 MDCC Book Club—MBS 12:00 Blood Pressure Checks with Legacy—Gym 1:00 Fused Glass Art Workshop-Pikes Peak 1:00 Mahjong Players-3rd Flr Bridge 2:00 The Joy of Writing Workshop-SHC 5:00 Painting & Wine with Polly—GR</p>	<p>4 9:00 Tai Chi—Pikes Peak 10:00 Mind, Body Soul Workshop-Pikes Peak 12:15 Your Life Story & Nostalgic Treats—GR 1:00 Touchtown Learning Session-Mt. Blue Sky 2:30 Mindfulness Meditation-Mt. Blue Sky *4:00 Mystery Dinner—Trip</p>	<p>5 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:15 Afternoon Movie with Julie—GR 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 Kim-SH</p>	<p>6</p>
<p>7 5:00 Resident Sing Along -EAST DR 6:00 “A Bissel” (A Little) Yiddish—SHC</p>	<p>8 9:00 Mountain Balance—Pikes Peak No Bingo today 11:15 Solar Eclipse Special Event—West Building Deck/ Pikes Peak 12:15 AL Resident Council—GR 2:30 DPL Bookmobile-WEST Building Gathering Room 3:15 DPL Bookmobile-EAST Building—Shul Classroom 5:15 Sing Along with Christine-GR</p>	<p>9 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing-GR 1:00 Opening Minds through Art-Pikes Peak *2:00 Super Target—Trip 2:30 Wii Bowling-Pikes Peak 2:30 Mindfulness Meditation-Blue Spruce 6:30 Cousins Coloring-SHC</p>	<p>10 9:00 Mountain Balance—Pikes Peak 10:00 Low Vision Support Group-GR 10:00 Gentle Yoga—Pikes Peak 11:00 MDCC Book Club—MBS 12:00 Blood Pressure Checks with Legacy—Gym 12:15 Birthday Party Celebration-GR 1:00 Mahjong Players-3rd Flr Bridge 2:00 The Joy of Writing Workshop-SHC 2:00 Katie’s Hand Crafts-3rd floor bridge</p>	<p>11 All day: Pump it for Parkinsons—HWC/Gym 9:00 Tai Chi—Pikes Peak 12:15 The Jazz Cafe-GR 2:00 The Brave Space-SHC 2:00 Challah Bread Braiding — Pikes Peak 2:30 Mindfulness Meditation-Mt. Blue Sky</p>	<p>12 10:00 Gentle Yoga—Pikes Peak *11:00 Evergreen Mountain Town & lunch—Trip 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>13 10:00 Shabbat Services-with Seth Ward -SH</p> <div style="text-align: center; margin-top: 20px;"> <p style="font-size: small; margin-top: 5px;">NEXT PAGE</p> </div>

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Activity Calendar — APRIL 2024

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>14 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>5:00 Opening Minds through Art Show & Reception—DR</p> <p>6:00 Understanding Judaism - SHC</p>	<p>15 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:30 AL Food Committee-GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p>16 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>*2:00 King Soopers—trip</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>17 9:00 Mountain Balance—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 MDCC Book Club—MBS</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>12:15 Drumming with Karen-GR</p> <p>1:00 Active Minds “Genghis Khan & the Mongolian Empire”—Pikes Peak</p> <p>1:00 Mahjong Players-3rd Flr Bridge</p> <p>2:00 The Joy of Writing Workshop-SHC</p>	<p>18 9:00 Tai Chi—Pikes Peak</p> <p>11:00 Myth Busters: Death Edition- Pikes Peak</p> <p>12:30 Afternoon Movie with Susan-GR</p> <p>2:30 Mindfulness Meditation-Mt. Blue Sky</p> <p>3:00 Coloring with Christy & Refreshments—GR</p> <p>6:00 Hooked on Textile Arts with Ariella-SHC</p>	<p>19 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:15 Denver Botanic Gardens Sensory Adventures-GR</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p> <p>*5:30 Pre-Passover Musical Shabbat Service with Rabbi Josh & Rabbi Steve—SH</p>	<p>20</p>
<p>21 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>12:15 Active Minds “The Music of Flowers”—GR</p> <p>3:00 Beginning Russian Conversation (For English Speakers)-SHC</p> <p>6:00 “A Bissel” (A Little) Yiddish—SHC</p>	<p>22 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>2:30 DPL Bookmobile-WEST Building Gathering Room</p> <p>3:15 DPL Bookmobile-EAST Building—Shul Classroom</p> <p><i>Happy Earth Day!</i></p> <p>5:15 Sing Along with Christine-GR</p> <p>6:00 First Night Passover Seder-EAST DR</p> <p><i>Passover begins at Sundown</i></p>	<p>23 10:00 Passover Services-SH</p> <p>EAST Offices Closed all day for Passover</p> <p>12:15 Afternoon Tea & Baby Boomer Trivia with Julie—GR</p> <p>5:00 Second Night Passover Seder-DR</p> 	<p>24 9:00 Mountain Balance-PP</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 MDCC Book Club—MBS</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>12:15 Good Vibes & Tunes with Rick—GR</p> <p>1:00 Mahjong Players-3rd Flr Brdg</p> <p>2:00 The Joy of Writing Workshop-SHC</p> <p>2:00 Katie’s Hand Crafts-3rd Flr brdg</p> <p>6:00 History & Culture of the Armenian People—SHC</p>	<p>25 9:00 Tai Chi—Pikes Peak</p> <p>12:15 The Social Hour with Anna-GR</p> <p>2:30 Mindfulness Meditation—Mt. Blue Sky</p> <p>*4:30 Candlelight Dinner Theatre—trip</p>	<p>26 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>27 10:00 Shabbat Services-with Seth Ward - SH</p>
<p>28 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>3:00 Scrapbooking Fun-SHC</p>	<p>29 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>5:15 Sing Along with Christine-GR</p>	<p>30 10:00 Passover Services-SH</p> <p>EAST Offices Closed all day for Passover</p> <p>12:15 Ice Cream Social—GR</p> 	<p>Color Guide:</p> <p>Blue = Life Enrichment classes</p> <p>Green = Life Enrichment Trips</p> <p>Purple = Health & Wellness classes</p> <p>Black = Religious or Other classes</p> <p>*EAST DR refers to dining room in EAST Building at 22 S. Adams Street</p>	<p>Room Location Guide:</p> <p>GR—Gathering Rm (West), 1st floor</p> <p>SH —Shul (2nd floor East)</p> <p>SHC-Shul Classroom (2nd floor East)</p> <p>HWC-Health Wellness Center (West, top floor)</p> <p>- Pikes Peak- PP</p> <p>- Mt. Blue Sky-MBS</p>		 <p>PREVIOUS PAGE</p>

April 2024

Connie's CORNER



Hi Everyone,

We have lots of fun activities, trips, classes and events this month so be sure to read the Voice from cover to cover!

Join us for our "Life Enrichment "What's Happening in Assisted Living this month" on Monday, April 1st at 12:15 pm in the Gathering Room.

We will have cookies to enjoy during the meeting. Bring your suggestions and ideas!

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

Be Happy, Healthy, and Active!



Rabbi Stephen Booth-Nadav
Chaplain

Passover: Because you were slaves in the land of Egypt!

Thirty-six times the Torah repeats how we must treat the stranger: "You shall not oppress a stranger, for you know the feelings of the stranger, having yourselves been strangers in the land of Egypt." (Exodus 23:9) When a stranger resides with you in your land, you shall not wrong him. The stranger who resides with you shall be to you as one of your citizens; you shall love him as yourself, for you were strangers in the land of Egypt. (Leviticus 19:33-34).

Our tradition is quite clear: We are called upon to protect the stranger, the refugee, the immigrant.

Article continued next page

Welcome New Residents

Olha Bohatyrova – 911 East Building
Sandi Ellis – 312 East Building
Iryna Koval – 906 West Building
Rabbi Marlene Richter - 311 West Building
Denise Saxton – 125 South Building

From Chaplaincy and Spiritual Services

Passover: Because you were slaves in the land of Egypt!

(Article continued from cover page)

We are consistently reminded of our obligation to take care of those around us, to raise our voices in the face of oppression and to treat everyone as we would want to be treated ourselves. Far from exempting us from this special responsibility, the Jewish people's history of hardship is exactly the reason why we are called upon to show *chesed*, lovingkindness, to immigrants in our midst. As the Torah says, we know the heart of the stranger, because we were once strangers in the land of Egypt.

And this is why Passover is so important and so central in Judaism. Without this story of liberation from slavery, Judaism would be something completely different. At Kavod we can all see this central Jewish value in action.

We are pleased to be able to offer a full complement of Passover programs, with **two seders and two services**. We are called to rest, to eat matzah, to "tell" (not just read) the story of our liberation as if we ourselves experienced it... and most of us have experienced our own versions. Here we will gather in community, with invited guests and family, in song and celebration. The first Seder on Monday night will be more

traditional and start at 6 pm. The second Seder will be more contemporary and start at 5pm. Everyone welcome!



(Please sign up for Seders in front office)

SPECIAL PASSOVER SEDERS AND SERVICES

**First Night Passover Seder
Led by Dr. Seth Ward**

**Monday, April 22
6 pm - Dining Room**

**Second Night Passover Seder
Led by Rabbi Stephen Booth-Nadav**

**Tuesday, April 23
5 pm - Dining Room**

**First Day Passover Service
(abbreviated)
Led by Dr. Seth Ward**

**Tuesday, April 23
10 am - Shul
(Followed by Passover Kiddush!)**

**Last day Passover and Yizkor
Service Led by Dr. Seth Ward**

**Tuesday, April 30
10 am - Shul**



Kehillat Kavod:

Kavod's Jewish Community

Services are held in the Shul, East Building, on the 2nd floor.

FRIDAY NIGHTS - KABBALAT SHABBAT

Friday, April 5

6 pm - Shul

Welcome Shabbat with Rabbi Steve

Friday, April 19

****Early start!**

5:30 pm - Shul

A Special pre-Passover musical Shabbat with Rabbi Josh and Rabbi Steve with enhanced Kiddish (served at 6:40 pm since Dining Room is closed for Passover cleaning)

SHABBAT MORNING SERVICES WITH

Dr. Seth Ward

10 am - Shul

Saturdays, April 13 & 27



**Every Sunday morning
(Except 1st 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, April 14

10 am - Pikes Peak

Led by Reverend Dale

Sunday April 21

10 am - Pikes Peak

Led by Reverend Dale and Steve Miller on piano

Sunday April 28

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**

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



**Sunday, April 7 & 21
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. This lively group delves into Yiddish culture and language through the lens of its participants, handouts and humor. This spirited gathering will help you use more words and phrases to incorporate into English. No experience speaking Yiddish is necessary, but having fun is! A bee gezint!.

From Chaplaincy and Spiritual Services



**Sunday, April 14
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!

SPECIAL PROGRAM!

**Wednesday, April 24
6 pm – Shul Classroom**

History and Culture of the Armenian People,

**The role of the Armenian Apostolic Church
in their survival and preserving their
identity.**

***(Including a moment to remember those who
died in the Armenian genocide of 1915)***

Join us as several members of the Denver Armenian community present a fascinating multimedia presentation on one of the oldest Christian denominations in the world.

In 300 C.E., the country of Armenia was the first to adopt officially the religion of Christianity. Though generally within the Eastern Orthodox tradition, the Armenian Apostolic Church is independent.

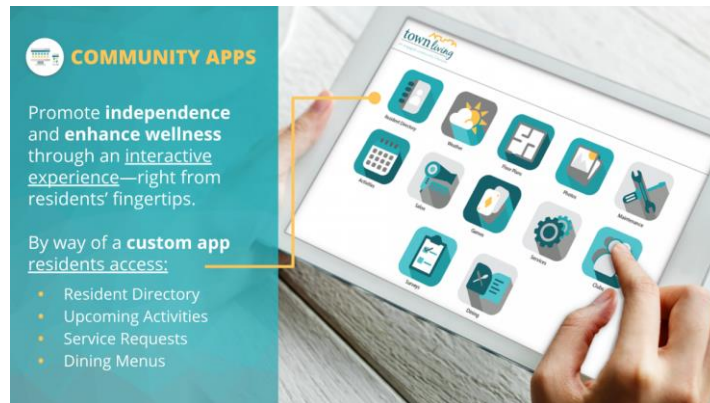
Throughout almost two thousand years of persecution, occupation, and attempts at forcible assimilation and religious conversion by a variety of foreign invaders, and especially following the 1915 genocide, their religion paid a central role in keeping the Armenian people alive and connected with their own ancient traditions, while living under extended subjugation and in the Diaspora. (Not unlike the Jewish experience.) We will learn about specific traditions that have stood the test of time!

Come learn and enjoy! We will have several presenters, Kosher for Passover, Middle Eastern, Armenians desserts, and more!



Our Moderator will be Gregory Movesian.

Gregory grew up in northern New Jersey in the 1950's and '60's. His grandparents on both sides of the family are Armenian. His paternal grandmother was one of the few survivors in Harpoot, and she survived the death march into the Syrian desert as well where she was imprisoned in a concentration camp until her release into the care of a French convent in Constantinople. She died at the age of 100 in 1999. Other members of Greg's family fled after the massacres in the 1890's and the Young Turk revolution in 1908. Most of Greg's family are from Adana, Harpoot and Chimish Kazakh where they lived for many centuries.



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** and logging in with the same user name and password above.



**Please thank
the Life
Enrichment Team!**



**Meet our new Life Enrichment Van Driver,
Program Assistant,
JULIE BERGIN**

Please join me in welcoming our new Van Driver and Program Assistant, Julie Bergin.

Julie comes to us with many years of driving experience and credentials, and we're excited for her to join our team.

Be sure to say hello on the next van trip!

Connie Moore
Director of Life Enrichment

Connie Moore, Director of Life Enrichment
Dmitriy Umanskiy, Lead Driver & Program Assistant
Julie Bergin, Van Driver/Life Enrichment 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!



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.**

Life Enrichment



Genny Hale
Life Enrichment, Volunteer
Engagement Coordinator



“Volunteering is a way of living your interests,” says Kavod resident Ellen Weeks, who enjoys walking. Delivering the Voice each month becomes a sprint through her entire building.

Every month for the past couple of years, Ellen Weeks has faithfully delivered the Voice Newsletter and often additional announcements as well. Ellen has many qualities that have made her an exceptional volunteer, including being detail oriented, resourceful and having situational awareness.

Volunteering is not new to Ellen. She has been service oriented since her childhood both in and out of the country. She recounted her fondest memories of volunteering were with the first hospice in Denver in the 1980s. One poignant story she remembers is about a gentleman who was in

hospice in a coma, and she brought a kitten to him. When the man felt the kitten he began to giggle. Ellen has brought that same resourcefulness and awareness to Kavod through her many great suggestions on how to better deliver the Voice. Ellen’s other interests include cats, reading and knitting. Ellen says to ask yourself this question, “What are your interests that you can turn into service?”

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 3rd floor bridge!**

If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at ghale@kavodseniorlife.org.



VOLUNTEERS AT WORK!

This information pertains only to the books in English in the English library and in the bookcases at the end of each hall in the East building. Next month there will be a column addressing the books in Russian in the Russian library.

You may have noticed a new book return on the West side of the bridge. That book return is where books in English borrowed from the English shelves on the bridge or in the East building may be returned for the library volunteers to re-shelve. This book return will help keep the Kavod community neat and will ensure that books get properly re-shelved.

If you have books to donate, please do not drop them in the book return bin or leave carts of books near the bookshelves or by the Gift Shop Kiosk. Instead please call Genny, Volunteer Engagement Coordinator at 720-382-7820, who will determine if they are books that can be used according to criteria established for the bookshelves. Please note that if there is a book on the English library shelves on the bridge or at the end of each hallway in the East building (with the exception of the 2nd floor) that you'd like to keep rather than return, please do so. For the books outside of the Shul on the second floor, those books need to be returned.

The English books have been organized in the following manner for ease in finding what you'd like to read:

- **East Building Second Floor:**
Jewish religion reference books & pastoral care from a Jewish perspective. Books are in English and Hebrew. Please do not keep these.
- **West Building Third Floor Bridge:**
Fiction, biography, large print, hardback and paperback books in English.
- **East Building Third Floor Bridge:**
Variety of Russian language books (rules for this will be addressed in May Voice Newsletter column).
- **East Building Fourth Floor:-**
Paperbacks mostly fiction in English.
- **East Building Fifth Floor:**
Paperbacks mostly fiction in English.
- **East Building Sixth Floor:**
Paperbacks mostly fiction in English.
- **East Building Seventh Floor:**
Hardback books in Russian.
- **East Building Eighth Floor:**
Nonfiction books: religion, self-help, dogs, cookbooks, compilations, coffee table in English.
- **East Building Ninth Floor:**
Hardback and paperback books in Russian.

If you have any questions, or for book donations, please contact Genny Hale, Volunteer Engagement Coordinator at 720-382-7820 or at GHale@KavodSeniorLife.org.

Let's keep our books and community looking great!

TRIPS FROM LIFE ENRICHMENT



Please call Connie at 720-382-7813 to sign up for this month's trips.

For the Assisted Living trips, the Kavod Van will pick you up in front of the WEST building. Be sure to be on time! Signup with Connie at 720-382-7813. Reservations are required.



**Thursday, April 4
4 pm – Van Trip**

Mystery DINNER Trip

Travel with us to a surprise destination for Dinner! We promise a fun ride, great food, service and ambiance in the restaurant, and lots of fun! ***Please call Connie at 720-382-7813 to sign up, (Cost paid by Life Enrichment, Kavod).***

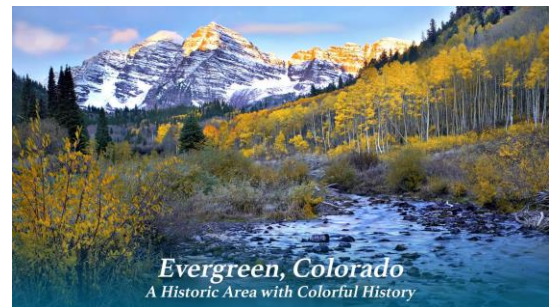


***Super Target Shopping trip
Tuesday, April 9***

****Depart at 2 pm in front
of West Building***

Be sure to bring cash or your credit card for this shopping trip.

Please call Connie at 720-382-7813 to sign up.



**Friday, April 12
11 am – Van Trip**

Evergreen Mountain Town & Lunch

Join us for a scenic drive through **the beautiful Rocky Mountains** located just outside of Denver.

After the drive, we will go to the neighboring mountain town of Evergreen for lunch.

No need to bring money, costs are covered by Life Enrichment/Kavod

Please call Connie at 720-382-7813 to sign up.

TRIPS FROM LIFE ENRICHMENT



King Soopers Shopping trip Tuesday, April 16

*Depart at **2 pm** in front
of **West** Building

**Be sure to bring cash or your credit
card for this shopping trip.**

***Please call Connie at 720-382-7813 to
sign up.***



**Thursday, April 25
4:30 pm – Van Trip**

“The Secret Garden”

**Join us for a night out like no other to
the Candlelight Dinner Playhouse!**

The Candlelight Dinner Playhouse is
the largest and most popular

professional dinner theater in
Colorado, performing musicals and
hosting Grammy award-winning
performers in an elegant setting.

Enjoy a lovely evening of live theatre to
see “**The Secret Garden**,” an
enchancing classic by composer Lucy
Simon, and Pulitzer Prize-winner
Marsha Norman. The Secret Garden’s
compelling tale of forgiveness and
renewal is sure to be unforgettable.

You will choose from a list of delicious
main entrees for a three course dinner,
all expertly served by the talented
actors!

***Please call Connie at 720-382-7813 to
sign up, (Cost paid by Life Enrichment,
Kavod).***

Assisted Living Activities



Mondays

Piano Sing Along with Christine

5:15 pm - Gathering Room

Join Christine on the piano right after dinner to sing and reminisce with favorite old songs.



Monday, April 1

12:15 pm - Gathering Room

What's Happening this month with Life Enrichment

Join Susan from Life Enrichment to hear about this month's classes, events and trips!

Enjoy some delicious cookies!

Bring your ideas and suggestions for any new things you would like to do or places you would like to go!



Tuesday, April 2

12:15 pm - Gathering Room

"Renewable Energy"

Join Active Minds as we survey the current state of renewable energy and look at the various forces that will influence how these resources will evolve in the future.

Energy from renewable sources (solar, wind, geothermal, hydro, etc.) is an important part of the future of energy in the U.S. and the world. The issues involved are complex, involving technical challenges, economic issues, as well as environmental, political and social factors.



Wednesday, April 3

Painting & Wine with Polly

***5 pm - Gathering Room**

We're starting a bit early today at 5 pm!

Join your friends and neighbors for a fun evening of painting and wine! **No cost**, professional instructor, all materials, wine and laughter are provided!

Assisted Living Activities



**Thursday, April 4
12:15 pm – Gathering Room**

Your Life Story & Nostalgic Treats

Join us to create your own life story in print! Works as a wonderful gift for your family, with all the information you may not have told them over the years. Like things your mother used to say to you, where your grandparents came from and other fascinating details of your life. We will not only discuss your personal history, but we will get it down in print for your family to read and cherish. **Don't miss the yummy and fun nostalgic treats!**



**Afternoon at the Movies with Julie
Friday, April 5
12:30 - Gathering Room**

You choose the Bring a friend to share in the fun. Snacks provided.



**Monday, April 8
12:15 pm – Gathering Room**

Assisted Living Resident Council

Join Christy Martinez, Director of Assisted Living, for the Assisted Living Resident Council Meeting. Bring your ideas and suggestions, your voice matters.



**Tuesday, April 9
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.

Assisted Living Activities



Wednesday, April 10

12:15 pm – Gathering Room

Birthday Celebration & Concert

Enjoy a fun afternoon of music, dessert and dancing! If you have a birthday this month you will receive your birthday gift at this party. **Everyone welcome, come even if it's not your birthday to celebrate with your friends and neighbors!**



EAST BUILDING

Judith Maselli
Sara Moses
Barbara Shafran
Tamara Shevchenko
Serhii Solodkov
Esperanza Toro Camacho

SOUTH BUILDING

April Allen
Faina Lukovsky
Judy Thessin
Suren Wolff

WEST BUILDING

Ivan Chisacov
Robert Cohn
Susan Greenwood
Lorraine Jerige
David Johnson
Donna Keown
Liudmila Kuzminykh
Cynthia Luria
Penny Raeth-Brown
Jane Ryan



Thursday, April 11

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.

Assisted Living Activities

DENVER BOTANIC GARDENS

Friday, April 15

12:15 pm – Gathering Room

Denver Botanic Gardens presents

Sensory Adventures at Kavod: “Cyanotype Paper Nature Prints”

Denver Botanic Gardens comes to you! A horticultural therapist will work with us to create nature-based experiences that take place right here at Kavod. Each program will be different and designed to fulfill participant goals while providing an enriching and engaging opportunity. **This month our fun activity is “Cyanotype Paper Nature Prints.”**



Wednesday, April 17

12:15 pm – Gathering Room

Drumming with Karen

Join us right after lunch for a NEW fun and stimulating activity!

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



Afternoon at the Movies

With Susan

Thursday, April 18

12:30 - Gathering Room

Bring a friend to share in the fun. Snacks provided.

This docudrama tells the true story of an heiress who achieved fame as an opera star in the pre-WWII era — due to her total lack of singing ability. Meryl Streep stars as Florence Foster Jenkins, and Hugh Grant plays her manager and long-time companion, St. Clair Bayfield.

Assisted Living Activities



Thursday, April 18
"Coloring & Refreshments"
3 pm – Gathering Room

Join Christy Martinez, Director of Assisted Living and Anjelica Rosse, Wellness Coordinator, for coloring and refreshments.



Sunday, April 21
12:15 pm – Gathering Room

"The Music of Flowers"



Who can resist the beauty of flowers? Composers certainly can't, as we'll discover in this fragrant Active Minds program. Many floral-flavored works are intended for singers – as in songs by Mozart, Schubert and pop-music hit-makers. Flowers have also inspired some of opera's beloved melodies. We'll hear those, along with orchestral works by Strauss, Tchaikovsky and Mahler.



Wednesday, April 24

Good Vibes & Tunes with Rick

12:15 pm – Gathering Room

Enjoy some good vibes and tunes with Rick Weingarten and his Vibraphone right after lunch! Rick is a Kavod favorite and has been coming to Kavod to entertain for many years.

JOIN US FOR
**Social
HOUR**

Thursday, April 25
12:15 pm – Gathering Room

The Social Hour with Anna

The Social Hour is a group led by your Care Coordinator, Anna. This is a chance to connect with each other, share stories, discuss topics of interest, and engage in other fun activities together. Please join us for conversation, connection, and fun!

General Classes & Events



Bingo!

Mondays

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

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***, to see if there are opens spots or if you have any questions.



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.

General Classes & Events



Bridge Players Club

1st and 3rd Tuesdays
10 am - 3rd 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 - 3rd floor Bridge

Play Mahjong alongside experienced players.
Call Susan if you are interested in playing at 720-382-7849.



Katie's Hand Crafts

2nd & 4th Wednesdays
2 pm - 3rd 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. This month I will be teaching felting. We will make a felted shamrock pin. Felting has been around for years, anyone can do this craft. Projects can be simple and quick or more involved. We meet on the bridge the Second & Fourth Wednesday each month at 2 pm to 4 pm. Come join anytime, even to just sit and visit.



Fridays

1:30 pm - 3rd Floor Bridge
Cow-moobile (ice cream)

Meet us on the Bridge at 1:00 pm to 3:00ish for ice cream. We have reduced sugar & dairy free. In addition doggie ice cream. Looking for one more volunteer to help with the Cow-moobile.. We have added ordering mailing labels for \$5 for 60. Just ask. Pick up your address labels during this time

General Classes & Events



Drop In Tech Help!

Every 1st Tuesday of the Month

April 2

10 am – Noon

3rd 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.



Wednesday, April 3

Fused Glass Art Workshops

1 pm – Pikes Peak

Join Artist Melissa Sweetser for a fun afternoon making fused glass art items.

****Please note: This class will be capped at 15 participants, no signup needed, walk-in, first come, first served basis.***

She will take the projects to her studio to be fired and they will be returned to you once completed, typically about a week. In the future, additional workshops will be available featuring night lights and sun catchers and other fused glass giftware.

All materials provided!



The Joy of Writing Workshop

****Now on Wednesdays**

2 pm - Shul Classroom

Our writing group will now be meeting on Wednesday afternoons.

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, April 5

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.**

General Classes & Events



Sunday, April 7
5 pm – EAST 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!



Solar Eclipse Special Event!

Monday, April 8
11:15 am – West Building, South Deck
& Pikes Peak

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, United States and Canada. A rare solar eclipse will fade daylight to the level of a moonlit night in some portions of the U.S. A solar eclipse happens when a rare alignment of the sun and the moon casts a shadow on Earth. The total solar eclipse will be an important moment for scientific observers and a massive nationwide spectator event.

Join renowned local Astronomer, Dr. Jerry Galloway who will bring telescopes and have a program around the event as it happens.

Residents can view the movement of the eclipse through the telescopes. Dr. Galloway will be narrating the eclipse as it happens and aid residents who would like to view the eclipse through the telescope.

A photo booth will be setup in Pikes Peak for residents who would like to have their photo taken and a special commemorative photo printed for their keepsake of the event.

Denver will reach 65% totality during the solar eclipse. **The partial eclipse will begin in Denver at 11:28 a.m. and end at 1:53 p.m.**, with the max eclipse at 12:40 p.m. at 65% totality. The partial eclipse will last two hours, 25 minutes in Denver.

Except during the brief total phase of a total solar eclipse, when the Moon completely blocks the Sun's bright face, **it is not safe to look directly at the Sun without specialized eye protection for solar viewing!**

Viewing any part of the bright Sun through a camera lens, binoculars, or a telescope without a special-purpose solar filter secured over the front of the optics will instantly cause severe eye injury!

We will have safety glasses available.

General Classes & Events



Monday, April 8 & 22

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, 1st floor Gathering Room

3:15 pm – 4 pm

East Building, 2nd 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 with questions or to place items on hold.



Low Vision Support Group

Kavod Low Vision Education & Peer Support Group

Wednesday, April 10

**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.



Challah Braiding

**Thursday, April 11
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, April 11
2 pm – Shul Classroom**

The Brave Space (LGBTQ+)

"Brave Space" is a safe space for LGBTQ+ residents and our allies! We have open discussions on our family and friends in the LGBTQ community. *(This is a fully confidential meeting. What is said here stays here.*

All attending will be asked to agree to keep full confidentiality.

General Classes & Events



Art Show and Reception

Sunday, April 14

EAST Dining Room

5 pm – 6 pm

Join us to celebrate the creativity of the Resident and Regis Student Artists

Wine and Desserts Served!



GENGHIS KHAN AND THE MONGOLIAN EMPIRE

Wednesday, April 17

1 pm - Pikes Peak Room

Genghis Khan founded and ruled over the Mongolian Empire, the largest contiguous land empire in the history of the world. Often misunderstood, Genghis Khan was far more than the world's greatest conqueror. Time magazine and the Washington Post named him "the most important person of the last millennium." **Join Active Minds as we explore how this illiterate warrior-nomad came to have such a lasting and profound impact on world politics and modern society.**



Thursday, April 18

6 pm – Dining Room

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!

General Classes & Events



Sunday, April 21

3 pm – Shul Classroom

Beginning Russian Conversation (For English Speakers)

At the request of Kavod residents, there will be monthly beginning Russian conversation classes **for native English speakers who wish to learn simple phrases and vocabulary in Russian.** Volunteer, Adelya Baimukhamedova, a native speaker of Russian who is fully bilingual in English as well, will lead a fun and interactive class.



Scrapbooking Fun

Sunday, April 28

3 pm – Shul Classroom

Scrapping 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.



New Addition to the H&W Department!

Please welcome Quentin! He will be joining the H&W Department in the H&W Services Assistant role. He will be scheduling onsite clinics, providing reminders, supporting the H&W Department with application and follow up support, and much more! Call #720.382.7855 to reach Quentin!

Maria Droste Counseling Center Interns + Activities

The internships for Eric and Scarlet will be ending in late May but their offerings for engagement outside of one-on-one therapy are going strong with the MDCC book club on Wednesdays at 11am starting up **“The Wind-Up of Bird Chronicle”**. In addition, you may find the chalkboard on the bridge. This is an opportunity for **“Friendship and Community”**.



Maria Droste Counseling Center Interns + Activities *(continued)*

Every week, starting April 1, check the chalkboard on the bridge, for a discussion question; this is an opportunity for residents to engage in anonymous conversations by writing their thoughts directly on the chalkboard. This activity can be an outlet for being a change maker, spreading positivity you want to see in the world, a way to express your knowledge and skills to spark conversations that showcase a range of positive life events and points of view! You may find messages and values that resonate with you, provide you with a sense of well-being, and inform you that you are not alone.

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 5th 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!**

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.

Thursday, April 4th
10am – HWC/Pikes Peak
Mind Body Soul Workshop

Please join our special guest + guide, Jamie Flower, as she guides attendees through a self-care retreat complete with meditation, journaling, nutritious lunch and much more!

Thursday, April 11th
All Day – HWC/Gym
Pump It for Parkinson’s

This is a ONE-DAY event, held on World Parkinson’s Day, to raise awareness about the benefits of exercise for those living with Parkinson’s disease!!

Kavod’s Goal is for 30,000 steps to be stepped per NuStep! If you have not been upstairs to the HWC/gym, a NuStep is a recumbent cross trainer! The NuStep’s will have balloons and a clipboard for you to document your steps! There will be refreshments, snacks and all participants will be entered in for a raffle for a gift card for a new pair of shoes!!

In addition, Legacy will be offering an extra special “pump it” strength class on Friday, April 12th, we hope you can support Kavod in reaching the 30,000 steps for Parkinson’s awareness!!



Thursday, April 18th

11am – HWC/Pikes Peak

**Myth Busters: Death Edition with Dr
Barbara Morris and Jamie Sarche from
Feldman**

Join Dr. Barbara Morris and Jamie Sarche for "MythBusters: Death Edition." Together participants will test their knowledge, challenge their beliefs surrounding funerals and memorial services, direct language regarding death and grief, debunk common misconceptions or dispositions, medical aid in dying, and more in a fun and interactive way. With their guidance and expertise, Barbara and Jamie will engage us in conversations that we tend to avoid and encourage us to normalize them with our families and loved ones. ***Lunch will be served***

Barbara Morris, MD, (she/her/hers) a geriatrician at Stride Community Health Center in Lakewood, Colorado, is a strong proponent of the Colorado End of Life Options Act. Barbara is a fierce defender of every Coloradan's right to patient centered end of life care with equal access to all legal options. In her consulting practice, she works with patients and families to understand their care management and end of life needs. She is proud to be a founding member of End of Life Options Colorado Board of Directors. Barbara lives in Golden, Colorado with her

husband and brave, blind golden retriever. She thrives on enjoying the beauty and peace of the Colorado Mountains. In addition to her role with End-of-Life Options Colorado, Barbara is an emeritus member of the Board of Directors of The Family Tree in Denver. She is proud to have served on over 20 volunteer teams in the United States as well as India, Vietnam, Ecuador, Peru, Tanzania, Paraguay, Guatemala, and Cuba.

Thursday, April 25th

10am – HWC/Pikes Peak

**Cravings, Weight Gain and the Blood Sugar
Rollercoaster**

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite.

Learn how nutrient dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.

Join as Julie from Natural Grocers guides us on a cravings and ways to support healthy blood sugar levels!



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 nd Tuesday/4 th 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 st Friday; by appointment only	Health Services Area
Optometry Clinic	3 rd Friday; by appointment only	Health Services Area
Podiatry Clinic	2 nd Friday; by appointment only	Health Services Area
Dental Clinic	Scheduled as needed	Health Services Area
VNA Nail Clinic	3 rd Tuesday every 3 months; by appointment only	Health Services Area



February Gifts

GENERAL

Evelyn Dean-Olmsted

Jack Defez

Raymond Ericksen

Bud & Marilyn Hyman

Michael & Wendy Klein, In Memory of Max Appel, z"ll

Lee & Burton Levy

Julie Livingston

Schrag Revocable Living Trust/Lorraine Schrag

Gaile Weisbly Waldinger, In Honor Joyce Foster

Gaile Weisbly Waldinger, In Memory of Johnathan Frank, z"ll

Gaile Weisbly Waldinger, In Memory of Don Perlmutter, Ellen Brown, Max Appel, z"ll

HEALTH & WELLNESS

Sandra Kolesnikova

KAVOD ON THE ROAD

Marian Lauterbach, In Honor of Rebecca Gershten

SHUL

Emiliya Nisnevich, In Memory of Victor Nisnevich, z"ll

Emma Zborovskaya, In Memory of Genrietta, z"ll