



Kavod Senior 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</p>					
	<p>1 9:00 Mountain Balance—Pikes Peak 10:30 Bingo—Pikes Peak 12:00 Lunch & Learn: Parkinson’s 101: Community Education Outreach Program” - Pikes Peak</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 Bridge *11:45 JFS Food Bank & Pantry—trip 12:00 “What’s Happening at Kavod Lunch” with Life Enrichment –SHC 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 10:00 English Language Practice with Carol—Mt. Blue Sky 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</p>	<p>4 9:00 Tai Chi—Pikes Peak 10:00 Mind, Body Soul Workshop-Pikes Peak *11:30 King Soopers 1:00 Touchtown Learning Session-Mt. Blue Sky 2:30 Mindfulness Meditation-Mt. Blue Sky 4:30 Piano Music by Tory-DR</p>	<p>5 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>6</p>
<p>7 12:30 Piano Music while you dine by Christine-DR 5:00 Resident Sing Along-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 1:00 Russian Resident Council-SHC 2:30 DPL Bookmobile-WEST Building Gathering Room 3:15 DPL Bookmobile-EAST Building—Shul Classroom</p>	<p>9 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing-GR *11:45 JFS Food Bank & 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>10 9:00 Mountain Balance—Pikes Peak 10:00 Low Vision Support Group-GR 10:00 English Language Practice with Carol—Mt. Blue Sky 10:00 Gentle Yoga—Pikes Peak 11:00 MDCC Book Club—MBS 12:00 Blood Pressure Checks with Legacy—Gym 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 Parkinson—HWC/Gym 9:00 Tai Chi—Pikes Peak *9:30 Walmart—trip 12:15 The Jazz Cafe-GR 2:00 Challah Bread Braiding — Pikes Peak 2:00 The Brave Space-SHC 2:30 Mindfulness Meditation-Mt. Blue Sky 3:00 Kavod Travel Club-Pikes Peak 5:15 Birthday Celebration & Concert—Bistro/Main DR </p>	<p>12 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>13 10:00 Shabbat Services-with Seth Ward –SH</p> <div style="text-align: center; margin-top: 20px;"> <p style="background-color: #333; color: white; padding: 5px; display: inline-block;">NEXT PAGE</p> </div>

Kavod Senior Living at Cherry Creek

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>3 pm Painting & Wine with Polly—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>1:00 Resident Council Planning with Katie—3rd Floor Bridge</p>	<p>16 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Gratitude Sharing—GR</p> <p>*11:45 JFS Food Bank & Pantry - trip</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>17 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>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 Floor Bridge</p> <p>2:00 The Joy of Writing Workshop-SHC</p>	<p>18 *9:00 Mountain Casino—trip</p> <p>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>No Resident Council today</p> <p>2:30 Mindfulness Meditation-Mt. Blue Sky</p> <p>4:30 Piano Music by Tory-DR</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>12:30 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>12:30 Piano Music while you dine by Christine-DR</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>6:00 First Night Passover Seder-DR</p> <p><i>Passover begins at Sundown</i></p>	<p>23 10:00 Passover Services-SH</p> <p>Offices Closed all day for Passover</p> <p>5:00 Second Night Passover Seder-DR</p> 	<p>24 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>10:00 Food Give & Take-3rd floor bridge</p> <p>11:00 MDCC Book Club—MBS</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</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 floor bridge</p> <p>6:00 History & Culture of the Armenian People—SHC</p>	<p>25 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Cravings, Weight Gain & Blood Sugar—Pikes Peak</p> <p>2:30 Mindfulness Meditation-Mt. Blue Sky</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>*4:30 Cinzetti’s Italian Feast—trip</p> 	<p>30 10:00 Passover Services-SH</p> <p>Offices Closed all day for Passover</p>				 <p>PREVIOUS PAGE</p>

April 2024

Connie's CORNER



Hi everyone,

Spring has sprung and we're excited about all the trips, events and activities this month!

Be sure to join us for a delicious and informative **"Life Enrichment Lunch & What's Happening at Kavod"** on **Monday, April 1st at NOON in the Shul Classroom**. We will have coffee, tea, Sandwiches and other goodies 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

Enjoy an Active and Healthy Life at Kavod!



**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.



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, April 2, 9 & 16

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!**

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



**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**

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.

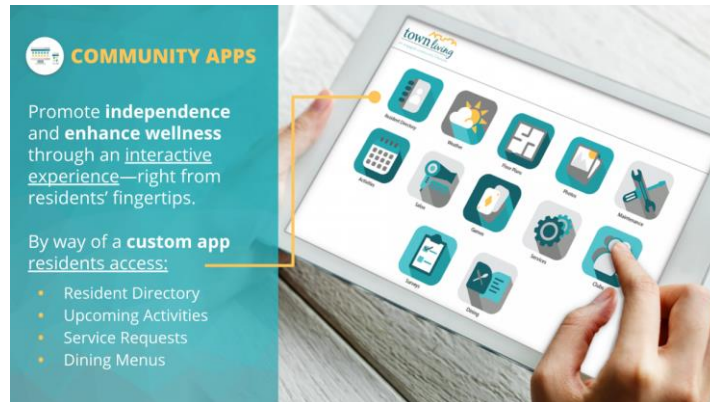
If you have books to donate, please do not drop them in the book return bin or leave carts of books near the bookshelves or by the Gift Shop Kiosk. Instead please call Genny, Volunteer Engagement Coordinator at 720-382-7820, who will determine if they are books that can be used according to criteria 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!



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.

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.

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

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 www.kavodseniorlife.org** 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://kavodseniorlife.org/campus-activities/activity-signup/>

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

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



Tuesdays, April 2, 9 & 16

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.

CINZZETTI'S

All You Can Eat Italian Feast

Wednesday, April 3

4:30 pm – Van Trip

**Cinzzetti's Italian
Restaurant**

Join us for an **“All You Can Eat Italian Feast”** at the world famous Cinzzetti's! Guests step foot into an authentic Tuscan Village centered around a cobblestone piazza.

Stroll through the food stations as chefs prepare authentic pasta, pizza, salads, desserts and more – right before your eyes!

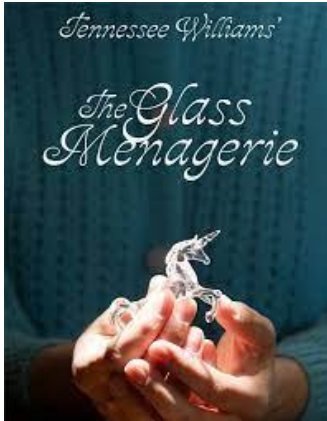
Over 60 authentic Italian dishes being prepared at fourteen specialty cooking stations- **all at one great price for seniors at \$17.99, not including tax or tip.**

Residents Cost: \$5 transportation + Pay for lunch there

Non-Residents Cost: \$15 transportation + Pay for lunch there

Deadline: April 1

Upcoming Trips



Sunday, April 14
1 pm – Van Trip

The Vintage Theatre presents ***The Glass Menagerie***

Join us for a wonderful afternoon to see the live performance of ***The Glass Menagerie***, by Tennessee Williams. A cramped apartment. A family struggling to escape the past. And a Gentleman Caller who brings the one thing they all desperately crave – hope. As spellbinding today as when it premiered 80 years ago, join us for Tennessee Williams' astonishing memory play about dreams, deception, and our collective need for connection. The theatre has a bar with sodas, cocktails and snacks available for purchase. Show run time is approximately 2 hours, and approximate return time to Kavod is 5 pm.

Resident Cost: \$28, includes ticket & transportation

Non-Resident Cost: \$40, includes ticket & transportation

Deadline: April 5



Thursday, April 18
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: April 15

Upcoming Trips



TRIPS
Coming in MAY 2024!



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

Join us as we attend the **2024 Celebrate Israel Parade & Walk Festival**. The kickoff for the event starts at 9 am. The parade/walk starts at 9:30 am. **You may ride in the Kavod van rather than walk.** More details coming in the May Voice!

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



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

TRIPS
Coming in JUNE 2024!



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



**TRIPS
Coming in JUNE 2024!**



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

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.

For dinner you will load up a cowboy tin plate with some scrumptious cowboy "grub" to include tender slices of Beef Brisket or Smoked



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, the farm has sloping terrane, with 4 lavender fields stretched over 17 acres. 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



Notes from Resident Council:

The April Resident Council meeting **will be CANCELED** this month. See you next month!

Please don't put garbage in the Battery Pail in east building. Ice Cream Sales will start a half hour later, (1:30) now.

Resident Council has an email for your communication ideas and concerns:
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



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.



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.**

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



Bingo!

Mondays

(No Bingo on April 8)

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

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.

Let's Talk!
English practice



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

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. Come join anytime, even to just sit and visit.

Classes & Events



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

Turkey and Tuna Sandwiches, Veggie Wraps, chips, soda and a cookie. Jodi Brown, the Parkinson Association of the Rockies CEO, will be here for an engaging session to cover topics like commonly used terminology, signs and symptoms of Parkinson's and exploring potential causes of Parkinson's. You will also learn about the ways in which individuals with Parkinson's and their Care Partners can lead fulfilling lives, emphasizing the importance of exercise and community connection.

This presentation is beneficial for those recently diagnosed, those who have been living with the condition for a period of time, for individuals caring for someone with Parkinson's or for anyone seeking to expand their understanding of the condition.

No cost or signup, just drop in!



Monday, April 1

Noon – Pikes Peak

Life Enrichment's Lunch & Learn:

"Parkinson's 101: Community Education Outreach Program"

April is Parkinson's Awareness Month. Please join us for a delicious boxed lunch with Tasty

Classes & Events



Monday, April 1

12:00 pm – Shul Classroom

Life Enrichment Lunch: What's Happening at Kavod

Join Susan for an **in-person** "Life Enrichment Lunch & What's Happening at Kavod!" We will have coffee, tea, sandwiches and other goodies to enjoy during the meeting.

Bring your monthly Voice & Calendar to follow along as we go over the trips, classes and 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!

Classes & Events



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.**



Sundays, April 7 & 21

12:30 pm – Main Dining Room

Music while you dine

Enjoy some lovely piano music by Christine during brunch.



Sunday, April 7

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



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.

**Resident Council Gathering
*For Russian Speaking Residents**

**Monday, April 8
1 pm – Shul Classroom**

From Resident Council President Katie Barbier: We have a Resident Council Gathering for our Russian speaking residents each month to share all of the information from our general meeting. We have a translator. This gathering will support the overall information that you may not be aware or need to know. We will bring the information and listen to your concerns. We have the District 3 Police Department come each month and report on what is happening in the Cherry Creek area.

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.



Resident Council's Newcomers Tea

Tuesday, April 9

2 pm – Shul Classroom

Welcome to Kavod. This Afternoon Tea is to provide information to new residents. We will meet in the Shul Classroom on the second floor in the east building. You will learn things like where to buy stamps, can I fax, do we have a Lost & Found, who do I call if I get locked out and many other tips to give you a head start in your new home.



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.



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.

Thursday, April 11
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.

Cost includes 4 Nights Lodging, Roundtrip Airfare, Ferry Boat transportation to Island, 3 Island excursions, shuttle to downtown Avalon and luggage handling. Restaurant on site but meals *not included*.

For pricing and more information call Connie Moore at 720.382.7813 or Dmitriy Umanskiy at 720.382.7821.

A NON-REFUNDABLE deposit of \$200 will be required to make a reservation and a signed agreement that acknowledges ***we do not give refunds on deposits or ANY payments for ANY reason!*** Everyone must be paid in full by the **deadline, August 1, 2024.** We strongly encourage obtaining travel insurance.

Classes & Events



Thursday, April 11

5:15 pm – Bistro/Dining Room

Birthday Celebration & Concert

Enjoy an evening of wonderful entertainment by Kavod favorite, The Pat Spratt 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!

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

Classes & Events



Sunday, April 14
3 pm – **Different date and time
this month!

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!



Art Show and Reception

Sunday, April 14

Dining Room

5 pm – 6 pm

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

Wine and Desserts Served!

Resident Council Planning with Katie

Monday, April 15

1 pm – 3rd 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.



Wednesday, April 17

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



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.**



Afternoon at the Movies

**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.



**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!

Classes & Events



Scrapbooking Fun

Sunday, April 28
3 pm – Shul Classroom

Scraping 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.

“Здравствуйте” (Zdravstvujte) “Hello”	“До свидания” (Do svidanija) “Goodbye”
“Меня зовут...” “My name is...”	“Где можно получить багаж?” “Where can I get my luggage?”

wikiHow

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.



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"**. 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

Tree of Life

Louis Gelfand, In Memory of Marion Gelfand,
z"ll