





Kavod Assisted Living at Cherry Creek

Activity Calendar — MAY 2025





Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Room Location Guide:</i></p> <p>GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) Bistro—East building HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS</p>	<p><i>Color Guide:</i></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 Tai Chi—Pikes Peak 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice Group—MBS 5:00 Space Odyssey BBQ & Trivia—Pikes Peak/MBS 6:00 Game Night with Katie—SHC</p>	<p>2 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 5:15 “What’s Happening in Assisted Living this month with Life Enrichment”—GR 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Book Club—MBS 6:00 Soulful Shabbat Service with Rabbi Steve—SH</p>	<p>3 *NEW 2:00 Saturday Social Hour with Emma—GR</p>
<p>4 *8:30 Celebrate Israel Festival—trip</p> <p>2:00 Improv Comedy Workshop—Pikes Peak/ MBS</p>	<p>5 9:00 Mountain Balance-Pikes Pk 10:30 Bingo—Pikes Peak 11:00 Conversation on the Edge—SHC 12:00 Life Enrichment Lunch & Learn: “How to Get Organized”—Pikes Peak 1:00 Readers Theatre-Pikes Peak 2:00 The Power of Myth—MBS 2:30 DPL Bookmobile—GR 5:15 Sing Along with Christine—GR 5:15 Ballet Folklorico & Happy Hour for Cinco de Mayo—<u>EAST</u> Dining Room</p>	<p>6 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 12:15 Active Minds “Georgia O’Keeffe ”—GR 1:00 Opening Minds through Art—Pikes Peak *2:00 King Soopers—trip 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC</p>	<p>7 9:00 Mountain Balance—PikesPk 10:00 BUNCO Games with Lauren—GR 10:00 Gentle Yoga—Pikes Peak *11:00 Mystery Lunch—trip 11:00 Therapeutic Grief Group-MBS *NEW 11:30 Good Vibes with Rick & Coffee in the Bistro *NEW 12:30 “On the Other Hand” with Rabbi Birdie Becker—SHC 1:00 Fused Glass Art Workshop-PPeak 1:00 Mahjong Players—3rd floor Brdg 2:00 Art with Isaak—SHC 5:15 Painting & Wine with Polly—GR 6:00 Mahjong Evening Players—3rd floor bridge</p>	<p>8 9:00 Tai Chi—Pikes Peak 10:30 *Special Celebration Mother’s Brunch, Bubbly & Dillard’s Fashion Show—<u>*EAST</u> Dining Room 2:30 Mindfulness Practice Group—MBS 3:00 Travel Club-Pikes Peak 5:00 Dancing to the Oldies—GR</p>	<p>9 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge *NEW 2:00 TimeSlips with Elizabeth—MBS</p>	<p>10 10:00 Shabbat Services-with Seth Ward -SH</p>
<p>11 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 12:15 Mother’s Day Concert with “Elvis”—GR</p> 	<p>12 9:00 Mountain Balance—Pikes Peak 10:30 Bingo—Pikes Peak 11:30 Best of the Rest—SHC 1:00 Readers Theatre—Pikes Peak 2:00 The Power of Myth—MBS 3:30 AL Bingo—GR 5:15 Sing Along with Christine-GR</p>	<p>13 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing—GR 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Pk 11:30 Kavod Dog Show—Outside East Building No Opening Minds through Art today *NEW 2:00 Current Events—SHC 2:30 Mindfulness Practice Group—MBS 6:00 Computer 101 Workshop—MBS 6:00 Cousins Coloring—SHC</p>	<p>14 9:00 Mountain Balance-Pikes Pk 10:00 Low Vision Support Group—GR 10:00 Gentle Yoga—Pikes Peak 11:00 Therapeutic Grief Group-MBS 12:15 Assisted Living Birthday Party Celebration-GR *NEW 12:30 “On the Other Hand” with Rabbi Birdie Becker—SHC 1:00 Mahjong Players—3rd floor bridge 1:00 Herbalism Series with Jenna-PP *NEW 2:00 Afternoon Trivia Fun, Games & Snacks with Emma—GR 2:00 Art with Isaak—SHC</p>	<p>15 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak 12:00 Walk the Halls Lunch & Learn—Pikes Peak *NEW 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice—MBS 6:00 Game Night with Katie—SHC</p>	<p>16 9:00 <u>Garden Club ONLY—trip</u> 9:00 Relaxation Hour—PP 10:00 Gentle Yoga—PP 11:00 Mindfulness Fiber Arts—MBS 12:15 Denver Botanic Gardens Sensory Adventures—GR 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Book Club—MBS <u>2:00 Garden Club ONLY—trip</u> 6:00 Shabbat Musical Service with Rabbi Kim—SH</p>	<p>17</p> 

Kavod Assisted Living at Cherry Creek

Activity Calendar — MAY 2025

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>1810:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div>	<div>199:00 Garden Club ONLY—trip</div> <div>9:00 Mountain Balance—Pikes Peak</div> <div>10:30 Bingo—Pikes Peak</div> <div>1:00 Readers Theatre—Pikes Peak</div> <div>2:00 Garden Club ONLY—trip</div> <div>2:00 The Power of Myth—MBS</div> <div>2:30 DPL Bookmobile—GR</div> <div>5:15 Sing Along with Christine-GR</div>	<div>209:00 Tai Chi—Pikes Peak</div> <div>10:00 Gratitude Sharing—GR</div> <div>10:00 Bridge Players Club-3rd Floor Bridge</div> <div>10:00 Boxing for Seniors-Pikes Peak</div> <div>1:00 Opening Minds through Art-Pikes Peak</div> <div>2:30 Mindfulness Practice Group—MBS</div> <div>6:00 Cousins Coloring—SHC</div>	<div>219:00 Mountain Balance-Pikes Peak</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 Therapeutic Grief Group-MBS</div> <div>11:30 Life Enrichment BBQ & Summer Concert—West Building, Top Deck/Pikes Peak</div> <div>1:00 Active Minds “The Lewis & Clark Expedition”—Pikes Peak</div> <div>1:00 Mahjong Players—3rd floor bridge</div> <div>2:00 Art with Isaak—SHC</div> <div>*NEW 2:00 Afternoon Trivia Fun, Games & Snacks with Emma—GR</div> <div>4:30 Tech Help—3rd floor bridge</div> <div>6:00 Mahjong Evening Players—3rd floor bridge</div> <div>6:00 Cousins Coloring—SHC</div>	<div>229:00 Tai Chi—Pikes Peak</div> <div>10:00 Dance for Health—Pikes Peak</div> <div>*10:30 Greek Theotokos Cathedral—trip</div> <div>2:30 Mindfulness Practice—MBS</div> <div>5:00 Dancing to the Oldies—GR</div>	<div>239:00 Relaxation Hour—Pikes Peak</div> <div>*10:00 Shalom Park Swim—trip</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>10:45 Sacred Grounds—Bistro</div> <div>11:00 Mindfulness Fiber Arts—MBS</div> <div>12:30 Legacy Strength for Seniors—Pikes Peak</div> <div>1:00 Book Club—MBS</div> <div>1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</div> <div>*NEW 2:00 TimeSlips with Elizabeth—MBS</div>	<div>2410:00 Shabbat Services- with Seth Ward & New Moon Blessing—SH</div> <div>*NEW 1:00 Afternoon Movie Club & Snacks with Emma—GR</div>
<div>2510:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div> <div>3:00 Let’s Get Scrappy—SHC</div> <div>6:00 Rosh Chodesh Group—SHC</div>	<div>26EAST Offices Closed for Memorial Day</div> <div></div> <div>12:15 Memorial Day Concert—GR</div>	<div>279:00 Tai Chi—Pikes Peak</div> <div>10:00 Gratitude Sharing—GR</div> <div>10:00 Bridge Players Club-3rd Floor Bridge</div> <div>10:00 Boxing for Seniors-Pikes Peak</div> <div>*NEW 12:00 Jazz Café & Coffee Hour—Bistro</div> <div>1:00 Opening Minds through Art-Pikes Peak</div> <div>12:15 Active Minds “A Musical Salute to Spring”—GR</div> <div>*NEW 2:00 Going Away Party for Emma—GR</div> <div>2:30 Mindfulness Practice Group—MBS</div> <div>*4:00 Wishbone Dinner—trip</div> <div>6:00 Cousins Coloring—SHC</div>	<div>289:00 Mountain Balance-PP</div> <div>10:00 English Language Practice-MBS</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 Therapeutic Grief Group-MBS</div> <div>1:00 Mahjong Players—3rd floor bridge</div> <div>2:00 Art with Isaak—SHC</div> <div>4:30 Tech Help-3rd floor bridge</div> <div>6:00 Mahjong Evening Players—3rd floor bridge</div>	<div>299:00 Tai Chi—Pikes Peak</div> <div>12:15 AL Resident Council—GR</div> <div>*2:00 Super Target—trip</div> <div>2:30 Mindfulness Practice—MBS</div>	<div>309:00 Relaxation Hour—Pikes Peak</div> <div>*10:00 The Art of Creative Aging Art Exhibit & Lunch at First Watch—trip</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 Mindfulness Fiber Arts—MBS</div> <div>12:30 Legacy Strength for Seniors—Pikes Peak</div> <div>1:00 Book Club—MBS</div> <div>1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</div> <div>6:00 Resident Led Shabbat Services—SH</div>	<div>31</div> <div></div> <div>PREVIOUS PAGE</div>

MAY 2025

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!

Be sure to attend the **"What's Happening in Assisted Living with Life Enrichment"** on **Thursday, May 1st at 5:15 pm in the Gathering Room. *Bring your suggestions and ideas!***

Stay in the know! Be sure to log-in to **Uniguest**, to see everything going on, 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!**



Spotlight

Assumption of the Theotokos Cathedral

Kavod Senior Life received in combination generous grants from the Murnick Family Foundation, Laura Jane Musser Fund, and The Virginia Hill Foundation, making it possible to continue supporting our Bridging Diversity program. This funding will include interfaith panel discussions at Kavod and provide participants the opportunity to visit and tour various houses of worship and meet with clergy or leadership from other cultures.

Our first program on May 22, is a trip funded by the grants for an educational tour of Assumption of the Theotokos Cathedral in Glendale, home to the annual Greek Festival. We will enjoy a tour of the church and learn about the history and traditions of the Greek Orthodox faith before sitting down for a traditional Greek meal together

More details in the "Trips" section in this issue of the Voice.

Welcome New Residents

Gwyneth
Eugenia
Nadezhda

From Chaplaincy and Spiritual Services



Kehillat Kavod:

Kavod's Jewish Community

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

FRIDAY NIGHTS - KABBALAT SHABBAT

Friday, May 2

6 pm - Shul

Soulful Shabbat Service with Rabbi Steve

Friday, May 16

6 pm - Shul

Shabbat Musical Service with Rabbi Kim

Friday, May 30

6 pm - Shul

Resident Led Shabbat Service

SHABBAT MORNING SERVICES

Saturday, May 10

Dr. Seth Ward

10 am - Shul

Saturday, May 24

Dr. Seth Ward

10 am - Shul

*New Moon Blessing

New! Mini-Series with Rabbi Birdie Becker!!

ON THE OTHER HAND!

Wednesdays: May 7, May 14

12:30 pm -1:30 pm

Shul Classroom.

Did you know there is more than one set of Ten Commandments? More than one story of Creation? More than one Calendar regularly used? Join Rabbi Birdie Becker in a fun and engaging exploration of things you thought you knew. Everyone welcome to participate.



Sunday, May 25

6 pm - Shul Classroom

Rosh Chodesh Group with Malka!

We come together as women to honor the New Moon of **Iyar**!

We would love for you to join us in this beautiful, time-honored celebration!

From Chaplaincy and Spiritual Services



**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, May 11
10 am – Pikes Peak**
Led by Reverend Dale

**Sunday May 18
10 am – Pikes Peak**
Sunday Service Led by Reverend Dale & Steve Miller on piano

**Sunday May 25
10 am – Pikes Peak**
Musical Service and Communion
Led by Reverend Dale & Steve Miller on piano



WE REMEMBER THEM

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



Sara Moses

Henia Palmer (No photo available)

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear Residents:

Happy May! We hope this month brings sunshine and flowers as we celebrate mothers and graduates and honor those who served in the military who are no longer with us. Here are this month's updates:

- On May 17, Resident Council hosted a Town Hall about potential changes with Social Security, Medicare, Medicaid and HUD. Kavod leaders, along with special guest speakers, shared that most federal decisions are still in flux and that residents can advocate by calling elected officials. Around 80 residents and employees attended (in person and on Zoom). Resident Council will post flyers about future Town Halls on this subject.
- After nearly a year of waiting, the East cargo elevator is finally working! Thanks to Jeff, our Facilities team and our new elevator company, Uprise, for its successful opening. We appreciate everyone's patience.
- If you haven't visited our Bistro, please stop by! Life Enrichment is hosting a "Good Vibes with Rick" & "Jazz Café" each month for your listening enjoyment. Stop by and tap, clap, or dance while having a cup o' Joe!

- Kavod Beautification Project Update: We have heard good things about the new East lobby wallcovering and lights, and hopefully - by the time of this publication - we will have received new furniture.
 - Phase II is underway, which will bring continued changes to the East and South lobby areas.
 - An Art Committee will decide where several pieces of artwork and statues will be placed around the buildings. If you have suggestions, contact Kara Harvey and the Committee will consider them.
- We have had a few instances of residents attempting to give money to staff. We want to reiterate that staff members are not allowed to accept gifts or money from residents. If you would like to donate in honor of an employee, please do so through the front office or our Development Director, Gaile Waldinger.
- As a reminder, Kavod employees are also unable to assist residents with personal tasks such as hanging up pictures, lifting, carrying items, and helping in apartments. This policy is for your safety and that of the employee.
- We have had several residents report noise disturbances of barking dogs. If you have a pet or furry friend, please ensure they are trained not to bark when you are away. Also, please pick up after your dogs, especially on the west lawn. We have cameras that can reveal those not picking up after their dogs, which is a house rule; those in violation will be notified. Please keep our lawns and property of Kavod clean and sanitary.

Thank you for being part of our community.
Enjoy this beautiful Colorado spring.

Michael Klein & Kara Harvey



**Please thank
The Life
Enrichment Team!**

Connie Moore, Director of Life Enrichment

Dmitriy Umanskiy, Lead Driver & Program Assistant

Stewart Schoenthal, Driver & Trip Assistant

Susan Schoenthal, Life Enrichment Coordinator

Genny Hale, Volunteer Engagement Coordinator

Elizabeth Stanbro, Intergenerational Program Coordinator

Emma Bourroughs, Life Enrichment Activity Assistant

(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 hardworking team to thank them for all these things and SO much more!

Life Enrichment



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



Assisted living residents

Myra Shuman-Bast and **Lois Henry**

are two peas in a pod. These good friends do a

lot together including volunteering at the Gift Shop Kiosk. Both exude joy and love when you meet them so it's no wonder that they bring lots of smiles to Kavod. The similarities don't stop there. Both volunteered as Candy Strippers in the past and both love to dance. In fact Myra was quite the dancer when it came to ballet, belly dancing and even acrobatics and Lois is always the first on her feet at Kavod dances!

Continued next page



(Continued)

For Myra, volunteering is an intergenerational thing with her mother being a Candy Stripper, and with her daughters volunteering to feed the homeless with food they make for them. Myra also once served as a Girl Scout troop leader for over 100 girls and she proudly states she never lost a girl on any trip! Lois, for her part, also volunteered to teach Sunday school before coming to Kavod which she absolutely loved. Both ladies say that having a positive attitude is the key to successfully volunteering.

They both love meeting new people at the Gift Shop Kiosk and people from all parts of the world. Lois loves learning about new cultures and Myra likes practicing some of the foreign languages she knows. Kavod is the luckiest place in the world to have both Myra and Lois as volunteers!

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



There is a new process for signing up for tech help with either Lauren or Jacob.

Lauren provides tech help on the bridge Wednesdays from 4:30 pm to 6 pm. Jacob provides tech help the last two Wednesdays from 5pm to 6pm on the bridge. They will help residents with every day tech questions with phones, laptops, watches or iPads.

If you need help please go to the front office to schedule an appointment. If you need to cancel please also go to the front office. As these are volunteers with very limited schedules, it is extremely important that if you can't make your appointment you ***give at least 24 hours notice to cancel*** so that another resident who is on the waitlist can be helped. Kavod is fortunate to have such an important service. Please be advised that spaces fill quickly and weeks in advance, so please be patient as these are volunteers with limited availability. Also, not all types of requests can be helped. When you make an appointment, you will be advised if the type of tech help you need is something these volunteers can help resolve.



Thursday, May 1

5 pm - Pikes Peak/MBS/Deck

Bar-B-Que and Trivia night

Kavod Space Odyssey workshop finale with questions from all the previous nights' learnings. Prizes will be given for trivia winners, and for the photo contest entries.

Enjoy a complimentary hamburger, hot dog, or veggie burger, along with chips and a soda!

No Cost but please RSVP with Genny at 720-382-7820 so that we have an accurate count for materials and food.

FROM LIFE ENRICHMENT



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.



Please remember that due to some people having allergies and asthma, DO NOT wear fragrances on outings in the Kavod vans or in classes, and do not spray air fresheners in the hallways of our buildings.

Thank you!

TRIPS FROM LIFE ENRICHMENT



For the Assisted Living trips, the Kavod Van will pick you up in front of the WEST building. Be sure to be in the West Lobby 15 minutes before departure time! ***Signup with Susan at 720-382-7849. Reservations are required.***



**Sunday, May 4
Celebrate Israel Festival
8:30 am – Van trip**

Join us as we attend the **2025 Celebrate Israel Parade & Walk Festival**. ***The first 3 residents that signup will receive a t-shirt!***

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

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

allies from across the Centennial State for music, food, and connection.

We will depart at 1 pm to return to Kavod.



***King Soopers Shopping trip
Tuesday, May 6***

****Depart at 2:00 pm in front
of West Building***

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

Please call Susan at 720-382-7849 to sign up



MYSTERYLUNCH

Wednesday, May 7

**11 am – Van trip
MYSTERY Lunch**

Travel with us to a surprise destination for lunch! We promise a fun ride with great company and good food!

Please call Susan at 720-382-7849 to sign up

TRIPS FROM LIFE ENRICHMENT



****Attention Garden Club
Members ONLY!**

Garden Club Shopping trip

***May 16 & 19**

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

9 am OR 2 pm - Van Trip

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



Thursday, May 22

10:30 am – Van Trip

Assumption of the Theotokos Cathedral

Kavod Senior Life received in combination generous grants from the Murnick Family Foundation, Laura Jane Musser Fund, and The Virginia Hill Foundation making it possible to continue supporting our Bridging Diversity program. This funding will include interfaith panel discussions at Kavod and provide participants the opportunity to visit and tour various houses of worship and meet with clergy or leadership from other cultures.

Our first program funded by the grants is an educational tour of Assumption of the Theotokos Cathedral in Glendale, home to the annual Greek Festival. We will enjoy a tour of the church and learn about the history and traditions of the Greek Orthodox faith before sitting down for a traditional Greek meal together.

Our approximate return time to Kavod is 1:30 pm.

Please call Susan at 720-382-7849 to sign up

TRIPS FROM LIFE ENRICHMENT



Friday, May 23 10 am - Van Trip Shalom Park Pool

Features include Warm Water Therapy and Exercise Pool, Rehabilitation and Therapy Gym, Fitness Center and Aerobic Exercise Gym, Salon and Spa! **The van will depart Shalom promptly at 1pm to return to Kavod. *Please note!** There is no lifeguard on duty at this time.

Please call Susan at 720-382-7849 to sign up.



Tuesday, May 27 4 pm - Van trip Wishbone Restaurant

Join us for a delicious dinner at the Wishbone Family Restaurant, where you can choose from their famous Fried Chicken, Seafood and Steak selections. Save room for dessert!

Please call Susan at 720-382-7849 to sign up.



Super Target Shopping trip Thursday, May 29

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

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

***Please call Susan at 720-382-7849 to sign
up.***



The Art of Creative Aging Art Exhibit at 40 West Gallery & Lunch at First Watch

Friday, May 30
10 am—trip

Join us as we travel to the 40 West Gallery in Lakewood to see a beautiful art exhibit. **The exhibit will include artwork by many Kavod OMA and Mindful Fiber Art artists!** This exhibit celebrates the art of older adults.



After the gallery visit we will go to "First Watch" for lunch. First Watch is an award-winning breakfast,

brunch, and lunch favorite that specializes in both traditional and innovative creations all freshly prepared to order. ***Please call Susan at 720-382-7849 to sign up.***

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.



Friday, May 2

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!

*Bring your monthly Voice and Calendar.

Enjoy some delicious cookies and bring your ideas and suggestions for any new things you would like to do or places you would like to go!



Tuesday, May 6

12:15 pm - Gathering Room

"Georgia O'Keeffe"

Born in Wisconsin in 1887, Georgia O'Keeffe would emerge at a young age as a promising artist. Eventually she would come to be renowned for her abstraction of natural forms such as flowers, clouds and, perhaps most famously, desert spaces of the American Southwest. Join Active Minds as we trace the outlines of one of the most prominent figures in 20th Century modern art.



Wednesday, May 7

BUNCO Games with Lauren!

10 am - Gathering Room

Join Lauren, the Assisted Living Care Coordinator for some Bunco fun! Learn how to play Bunco, a simple dice game that is perfect for socializing and entertainment. No special skills are needed—just roll dice, follow the rules and have fun!

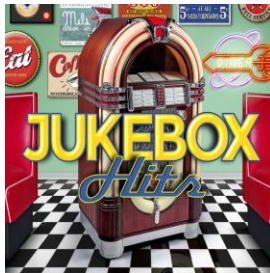
Assisted Living Activities



Wednesday, May 7

Painting & Wine with Polly **5:15 pm – Gathering Room**

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



Thursdays, May 8 & 22
5 pm – Gathering Room

Dancing to the Oldies

Join your friends and neighbors twice a month after dinner for a fun hour of toe tappin tunes and dancing to the oldies!



Fridays, May 9 & 23
2 pm – Mt. Blue Sky

TimeSlips with Elizabeth

Join Elizabeth for a fun hour of TimeSlips, a creative storytelling adventure that uses imagination instead of memory to help people connect and grow.

We will use a photograph to spark conversation and then weave responses into a story. Everyone contributes to the making of the story.



Tuesdays, May 13 & 27
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, May 14

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!



Assisted Living Activities



Sunday, May 11

12:15 pm – Dining Room

Mother's Day Celebration Concert

Happy Mother's Day! Join your friends and neighbors for a fun hour of entertainment as **"Elvis" comes to Kavod to serenade and celebrate for this special occasion!**



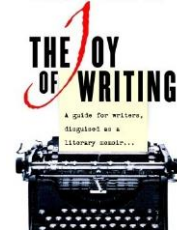
Friday, May 16

12:15 pm – Gathering Room

Denver Botanic Gardens presents

Sensory Adventures at Kavod

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.



Joy of Writing with Denny

Thursdays, May 1 & 15

***2:30 pm – Shul Classroom**

Now starting at 2:30 pm, join Denny for a fun and educational hour of writing exercises. Denny brings a vast amount of skill, knowledge and experience and is ready to guide our writer's to the next level.



Improv Comedy Workshop

Sunday, May 4

2 pm - Pikes Peak/MBS

Please join us for a fun Improv comedy workshop. Several comedians with the organization *Improv for All* will be at Kavod to lead fun and interactive games with residents on how to perform improv. Laughter has been shown to improve health and well-being! We look forward to seeing you there!



Monday, May 5
Noon – Pikes Peak
Life Enrichment's Lunch & Learn:
"How to Stay Organized and Safe"

Please join us for a very informative Lunch & Learn with Amy Larchik, a professional organizer with Life Caddie. She will be discussing ways to stay organized including strategies for calendaring and keeping living spaces neat, organized and safe. Amy is a very engaging presenter and welcomes questions from participants. We hope to see you there!

Enjoy sandwiches and drinks,
compliments of Life Enrichment!



Monday, May 5
5:15 pm – EAST Dining Room

Ballet Folklorico & Happy Hour for Cinco de Mayo

Celebrate Cinco de Mayo in the main dining room with the talented Ballet Folklorico, performing traditional cultural dances from different parts of Mexico with colorful costumes and beautiful music.

Ladies Special Celebration!



Mother's Brunch, Bubbly & Dillard's Fashion Show

Thursday, May 8
Breakfast: 10:30 am
Fashion Show: 11:15 am
EAST Dining Room

**Calling all ladies who are mothers or who
have a mother to celebrate!**

(Continued next page)



Mother's Brunch, Bubbly & Dillard's Fashion Show

(Continued)

Enjoy a delicious **HOT breakfast buffet** with scrambled eggs, veggie sausage patties, hash browns, French toast & syrup, cinnamon rolls, fruit platters and hot coffee and tea.

We'll also have a Mimosa Bar set up for a special treat of Mimosas to drink, along with plain Orange Juice.



***The exciting Fashion Show starts at 11:15 am**, the Kavod resident models will walk the runway modeling beautiful outfits provided by Dillard's of Park Meadows. Be there to cheer them on! **No cost and no sign up required, just drop in!**



Summer BBQ & Concert Wednesday, May 21 11:30 am - West Building, Top Deck/Pikes Peak

Enjoy a Summer BBQ and LIVE Concert on the Deck with Life Enrichment!

Enjoy ONE entrée of Sirloin burger, All Beef Hot Dog or Veggie Burger, Potato Salad, Chips and a Soda and a LIVE summer concert by the ***Kurty Family Polka Band!***

Please call Susan at 720-382-7849 to sign up.





Garden Area Update

We are installing additional garden beds in the back of the West to move some residents off the wait list for the Garden Club. I apologize for the construction! We do ask that you please do not touch or remove items from the garden plots if they are not assigned to you. We have had several items harvested or tools taken from the plots without permission. In addition, pots are not allowed by gardeners, residents or guests, they are a trip hazard. Please be mindful of your fellow community members. Thank you!

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. Golden Voice Outreach also provides virtual companionship with a weekly phone call - <https://www.goldenvoiceoutreach.org/>

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 720.382.7855!**

Special H&W Offerings for May 2025

Mondays

2pm—HWC/Mt Blue Sky
The Power of Myth

Join us as we explore "The Power of Myth"! Joseph Campbell was an author, a professor, and a student of mythology.

The Power of Myth connects Campbell's knowledge of human mythology (archetypal stories in various cultures) to our daily lives, giving us inspiration, perspective on the human condition that we are part of, and self-compassion. This is a great opportunity for guided discussion on how this book can inspire us to lead our own Hero's Journey through life!

Tuesdays

10am – HWC/Pikes Peak
Boxing for Seniors

Boxing for Seniors is designed to be accessible and beneficial for residents of all skill levels. Come for a fun, engaging 30-minute session where we focus on breath work, balance, strength, conditioning, and cardio. Whether you are in a chair or on your feet, the class is tailored to meet you where you are, providing exercises and techniques to build confidence, coordination, and fitness.



Wednesday, May 14th

**10am – Gathering Room
Low Vision Group**

Join Lydia Van der Vorst, Kavod Care Coordinator and Low Vision instructor, as she supports your low vision journey with monthly presenters, opportunities to apply for in-home low vision support, processing your vision loss and more!

Wednesday, May 14th

**1pm – HWC/Pikes Peak
Herbalism Series w. Jenna Gusto**

Did you ever wonder where aspirin comes from, how the marshmallow was invented, why we were taught to eat a salad before our meal, or why hops are in beer? Herbalism is a historical, multi-cultural study woven into each of our lives whether we know it or not. Come learn about the principles of herbalism, the past and present of modern herbalism, how herbs heal holistically while enjoying hands-on activities with herbs. Join Jenna Gusto, a certified herbalist with special guests throughout this series to connect with nature in a new and exciting way. *The herbalism series will be a monthly offering every 2nd Wednesday from 1-2pm.*

Wednesdays

11am—HWC/Mt Blue Sky

Therapeutic Grief Group: *“The Wisdom of Suffering: A Journey into Meaning & Transformation”*

“Embrace your grief. For there, your soul will grow.” - Carl Jung

This group is designed to support individuals in navigating the complexities of difficult emotions and internal experiences. Including grief, depression, regret, and loneliness just to name a few. Inspired by Carl Jung & depth psychology, the group explores grief as a transformative process that fosters deeper meaning, self-understanding, and renewal. We view grief not as something to “get over,” but as a sacred passage into greater depth, wisdom, and connection with the soul’s unfolding journey.

The group will be co-facilitated by:

Jeremy Vera and Benjamin Duffy are both in the Clinical Master’s program for Contemplative Psychotherapy and Buddhist Psychology at Naropa University.



Thursdays, May 15th and 22nd

10am – HWC/Pikes Peak

Dance for Health

The Colorado Ballet presents Dance for Health! Dance for Health provides holistic, evidence-based activities for the individual to manage and adapt to physical, mental, and social health challenges. Trained reaching artists teach each Dance for Health session, engaging the “dancer” in everyone through a joyful, interactive, artistic practice. This program will be held the 3rd and 4th Thursday from April – October with exception for 5/22/25 due to Kavod BBQ.

Thursday, May 15th

12pm – HWC/Pikes Peak

Lunch n’ Learn: Walk the Halls

Come learn about Kavod’s Walk the Halls program, walking safety and fall prevention tips to empower your next walk while exploring and enjoying the community.

- Legacy Rehab will be providing safety and prevention tips in addition to balance assessments.
- Walk the Hall is a resident ran program that supports walking and a healthy lifestyle! Katie will provide details and benefits of the program.

Resident led walks will be starting! Great opportunity to meet the leaders!



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

Did you know?

Speech therapy *isn't* just about the way you talk!

Really?

Yes! *Everyone* can benefit from speech therapy!

How so?

Well, we all know how important it is to exercise your body. Speech language pathologists (SLPs) assess memory and cognition to come up with a specialized program for exercising your brain.

What else can a speech therapist do?

SLPs can also help with: swallowing pills, coughing after eating or drinking, word-finding, articulation, gurgly voice, organizational skills, and more!

I want to learn more!

Great! We'd love to help you!

**Come visit us in the Health & Wellness Center or give us a call:
303-321-2452**



March Gifts

GENERAL

Mark Barter, In Memory of Jean Kamer, z"ll
Mark Barter
Amy & Carl Boymel, In Honor of Scott Fisher
Jack Defez
Louis Gelfand
Stanley Ginsburg, In Memory of Toby
Ginsburg, z"ll
Robert & Diane Hochstadt
Judith Lanes, In Memory of Jean Kamer, z"ll
Eileen Naiman, In Memory of Julia Vean, z"ll
Bernard & Carol Papper
Martin Pfefer
Marci & Steve Rottler, In Memory of Jean
Kamer, z"ll
Beverly Rouleau, In Memory of Jean Kamer,
z"ll
Howard Schiff, In Memory of Jean Kamer, z"ll
Barry & Esther Shafran
Connie Suson, In Memory of Jean Kamer, z"ll
Marilyn Tepper, In Memory of Jean Kamer, z"ll
Lisa Wigutoff, In Memory of Jean Kamer, z"ll

KAVOR ON THE ROAD ANNUAL CONFERENCE SPONSORSHIP

ANB Bank

KAVOD ON THE ROAD

Marlene Siegel

SHUL

Larisa Ace, In Memory of her parents, z"ll