





Kavod Senior 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) 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</p>			<p>1 9:00 Tai Chi—Pikes Peak 11:30 “What’s Happening at Kavod” Lunch with Life Enrichment –SHC *2:00 King Soopers—trip *NEW 2:30 Joy of Writing with Den-ny—SHC 2:30 Mindfulness Practice Group—MBS 4:30 Piano Music by Tory—DR 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 *10:30 Yorkshire Fish & Chips—trip 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 6:00 Soulful Shabbat Service with Rabbi Steve—SH</p>	<p>3</p>
<p>4 *8:30 Celebrate Israel Festival—trip 12:00 Piano Music while you dine by Christine-DR 2:00 Improv Comedy Workshop—Pikes Peak/MBS 3:00 Painting & Wine with Polly—Pikes Peak</p>	<p>5 9:00 Mountain Balance-Pikes Peak 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 Ballet Folklorico & Happy Hour for Cinco de Mayo—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 *11:45 JFS Food Bank & Pantry - trip 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC</p>	<p>7 9:00 Mountain Balance—Pikes Peak 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 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 bridge 2:00 Art with Isaak—SHC 4:30 Tech Help-3rd floor bridge 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—Dining Room 2:30 Mindfulness Practice Group—MBS 3:00 Travel Club-Pikes Peak</p>	<p>9 *8:30 Indian Hot Springs—trip 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Sen-iors—Pikes Peak 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</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 12:45 Mother’s Day Concert with “Barbershop Quartet” - DR</p> 	<p>12 *9:30 Super Walmart—trip 9:00 Mountain Balance—Pikes Peak 10:30 Bingo—Pikes Peak 11:30 Best of the Rest—SHC 1:00 Readers Theatre—Pikes Peak 1:00 Planning with Katie—3rd Floor Bridge 2:00 The Power of Myth—MBS</p>	<p>13 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Flr Brdg 10:00 Boxing for Seniors-Pikes Peak 10:00 Gratitude Sharing-GR *11:45 JFS Food Bank & Pantry—trip 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 Cousins Coloring—SHC 6:00 Computer 101 Workshop—MBS</p>	<p>14 *9:00 Mountain Casino—trip 9:00 Mountain Balance-Pikes Pk 10:00 Low Vision Support Group—GR 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 11:00 Therapeutic Grief Group-MBS *NEW 12:30 “On the Other Hand” with Rabbi Birdie Becker—SHC 1:00 Herbalism Series with Jenna-PP 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Tech Help—3rd floor bridge 6:00 Mahjong Evening Players—3rd floor bridge</p>	<p>15 *10:15 Casa Bonita —trip 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 4:30 Piano Music by Tory—DR 6:00 Game Night with Katie—SHC</p>	<p>16 9:00 Garden Club ONLY—trip 9:00 Relaxation Hour—Pikes Pk 10:00 Gentle Yoga—Pikes Pk 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 (Ice Cream) 3rd floor brdg 2:00 Garden Club ONLY—trip 6:00 Shabbat Musical Service with Rabbi Kim—SH</p>	<p>17</p> 

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BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>18 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>*11:45 “Denver Center for Performing Arts “Little Shop of Horrors”—trip</p>	<p>19 9:00 <u>Garden Club ONLY—trip</u></p> <p>9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:00 <u>Garden Club ONLY—trip</u></p> <p>2:00 The Power of Myth—MBS</p> <p>2:30 DPL Bookmobile—GR</p>	<p>20 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors-Pikes Pk</p> <p>*11:45 JFS Food Bank & Pantry—trip</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>5:15 Birthday Celebration & Concert with “Young Hearts Duo”—Bistro & Main DR</p> <p>6:00 Cousins Coloring—SHC</p> 	<p>21 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Therapeutic Grief Group-MBS</p> <p>*11:30 Life Enrichment BBQ & Summer Concert—West Building Top Deck/Pikes Peak</p> <p>1:00 Active Minds “The Lewis & Clark Expedition”—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p> <p>4:30 Tech Help—3rd floor bridge</p> <p>6:00 Mahjong Evening Players—3rd floor bridge</p>	<p>22 9:00 Tai Chi—Pikes Peak</p> <p>*10:30 Greek Theotokos Cathedral—trip</p> <p>10:00 Dance for Health—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p>	<p>23 9:00 Relaxation Hour—Pikes Peak</p> <p>*10:00 Shalom Park Swim—trip</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:45 Sacred Grounds—Bistro</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p>	<p>24 10:00 Shabbat Services-with Seth Ward & New Moon Blessing—SH</p>
<p>25 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>3:00 Let’s Get Scrappy—SHC</p> <p>6:00 Rosh Chodesh Group—SHC</p>	<p>26 Offices Closed for Memorial Day</p>  <p>5:15 Memorial Day Concert—DR</p>	<p>27 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Gratitude Sharing—GR</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>*NEW 12:00 Jazz Café & Coffee Hour—Bistro</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>*NEW 2:00 Current Events—SHC</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>6:00 Cousins Coloring—SHC</p>	<p>28 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Therapeutic Grief Group-MBS</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p> <p>4:30 Tech Help—3rd floor bridge</p> <p>*6:30 Lamont Symphony Orchestra—Trip</p> <p>6:00 Mahjong Evening Players—3rd floor bridge</p>	<p>29 *9:00 King Soopers—trip</p> <p>9:00 Tai Chi—Pikes Peak</p> <p>10:00 Dance for Health—Pikes Peak</p> <p>*1:00 Resident Council-Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p>	<p>30 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>*10:00 The Art of Creative Aging Art Exhibit & Lunch at First Watch—trip</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p> <p>6:00 Resident Led Shabbat Services—SH</p>	<p>31</p>  <p>PREVIOUS PAGE</p>

MAY 2025

Connie's CORNER



Hi Everyone,

We've had some lovely weather and we're excited to enjoy the sunshine on 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 **Thursday, May 1st at 11:30 am in the Shul Classroom**. We will have sandwiches, chips, drinks 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!



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 "Upcoming 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
Easter 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 April 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" 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



Resident Council Meeting

Thursday, May 29

1 pm – HWC/Pikes Peak

This is a sad time in Kavod. We lost some dear friends over the last few weeks. Sara Mertz, Henia Palmer and Sara Moses. We also lost Little Jaky, Barabra Stricklan's little fur baby. Please say a prayer for all of them.

Did you get to witness Kavod's very own **Beverly Thompson** be honored with the **Channel 7 Everyday Hero Award**? What an afternoon. 80 bags of clothing were collected. **Standing ovation for Kavod residents!** You came through for the homeless men and women. Resident Council purchased 75 pairs of men's underwear, 80 pairs of women's underwear, 96 hygiene kits, three boxes of Poise, 144 ct. each box for women, 300 disposable razors, and 100 pairs of unisex socks. This was purchased with generous donations. When you see Beverly running through the halls, **give her a Kavod High Five.**

Let's not forget the **Give & Take**. A wonderful tradition here at Kavod. Remember, we have a 90-day return policy. Bring your items down to the next Give & Take on **Wednesday, June 5th**. Mark your calendars.

We're announcing for May, **The Kavod Dog Show on Tuesday, May 13th @ 11:30**. Get your fur babies ready for whatever category you enter them in. Oh, did I tell you, you can enter them in all of the categories? They

are.... Good on a leash, cutest costume, listen to any command (even, "eat your snack" lol), youngest, oldest, biggest, and of course smallest. Don't be shy. Your fur babies aren't. All participants will receive a doggie bag. **1st place will also receive a \$35 PetSmart gift card, photo, ribbon & certificate. 2nd place will get a \$20 PetSmart gift card, photo, ribbon & certificate. 3rd place will get a \$10 gift card, photo, ribbon & certificate.** Everyone goes home a winner. The event will be **OUTSIDE** in front of the East building. Our judges will be members of the staff. **Rain date is Tuesday, May 20th @ 11:30.**

So many other events happening in May. Mother's Day Fashion Show, watch for Reader's Theater to announce their dates for The Wizard of Oz, I hope you purchased your ticket for Casa Bonita. Whewwww! How exciting. Life Enrichment Summer BBQ on the west bldg deck Demetri's cooking :) **REMEMBER: The Resident Council Monthly meeting is Thursday, May 29th.** We're going to Casa Bonita on our regular meeting date. Enjoy your Memorial Day weekend. No matter what you do or who you do it with, **Honor our Fallen Soldiers.**

Executive Board

Resident Council Co-Chairs:

*Karen Wollman Apt. 805 E
Phone # 918-815-2995

*Roz Brooks Apt. 920 E
Phone # 303-726-8781

*Secretary – Beverly Bolden Apt. 408 E

Board & Program / Planning Committee

*Sandy Brodsky

*Agnes Zeffreys

*Doug Krug

* Linda Mason Gallagher

* Bob Lawrenson



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

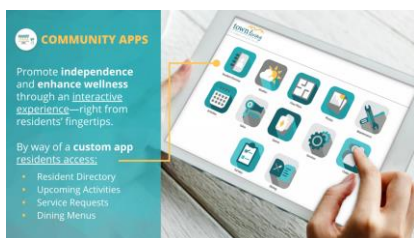
5 pm - Pikes Peak/MBS/Deck

Bar-B-Que and Trivia night Kavod

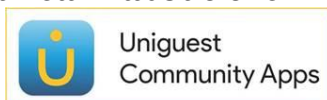
Space Odyssey workshop finale with questions from all the previous nights' learnings. Prizes will be given for trivia winners, and for the photo contest entries.

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.



Life Enrichment is very excited to help you learn about the FREE



Community App!

Learn how to access daily information about our trips, classes, events, menus and much more! **Uniguest (formerly Touchtown) is a FREE, innovative way to communicate, connect and stay engaged at Kavod!**

In case you are new, or haven't heard about Uniguest, contact us for all of the details.

Log in with the following:

USER NAME: 4575

PASSWORD: 4575

On your computer you can access Community Apps by going to **www.communityapps.com** and logging in with the same user name and password above. **Please direct all questions to Connie Moore at 720.382.7813**



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.

TRIPS, CLASSES, AND EVENTS

Sign-ups, Cancellations and Refund Information

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

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

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

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

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

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

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

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

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

For any questions or concerns, please contact Connie Moore at 720.382.7813 or email cmoore@kavodseniorlife.org

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://www.kavodseniorlife.org/life-enrichment>

*****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 will 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



Friday, May 2
10:30 am – Van Trip
Yorkshire Fish and Chips

This little neighborhood joint has been offering authentic English fish and chips, serving the finest seafood, made-to-order chips from fresh potatoes, and their trademark batter made from scratch daily since 1971. Yorkshire serves Fish & Chips, Shrimp, Scallops, Oysters, Chicken Strips, Clam Strips and more. 5280 magazine has named it the "best road stop" for good reason. The average cost for lunch is \$19 - \$24, not including tax and drink.

Residents Cost: \$5 transportation + pay for lunch at the site

Non-Residents Cost: \$8 transportation + pay for lunch at the site

Deadline: May 1



Tuesdays, May 6, 13 & 20

**11:45 am – Van Trip
JFS Food Bank & Pantry**

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 720.382.7813.



**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.

Resident Cost: \$6

Non-Resident Cost: \$10

Deadline: May 3

Upcoming Trips



Friday, May 9 8:30 am – Van Trip Indian Hot Springs

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

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

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

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

Residents Cost: \$20 includes pool & transportation

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

Deadline: May 7



Wednesday, May 14 9 am – Van Trip Colorado Mountain Casinos

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

****We will depart at 2 pm to return to Kavod.**

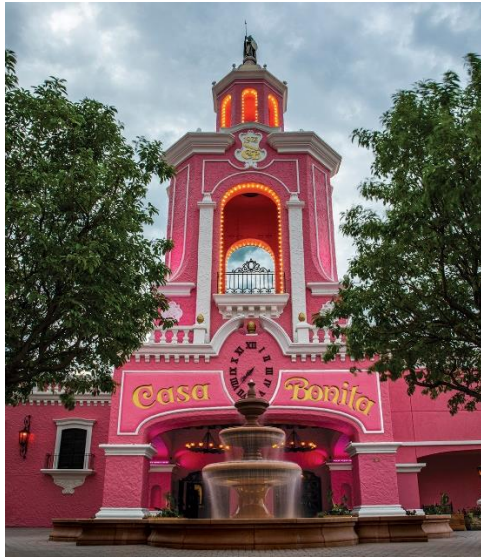
For a FREE RIDE around town, *Jump on the Blackhawk & Central City Tramway* at the Lodge Casino. This Free local Bus Service connects you to destinations throughout the City of Black Hawk and Central City via 19 conveniently located bus stops. This friendly, free service is made possible by the support of local casinos. Buses operate continuously, 7 days a week, from late morning until early the following morning.

Cost Residents: \$8

Cost Non-Residents: \$10

Deadline: May 12

Upcoming Trips



**Thursday, May 15
10: 15 am – Van Trip**

Casa Bonita!

You've read about it, maybe seen the movie about it and heard about it on the news, now experience Casa Bonita for yourself!

Called "**The Greatest Restaurant in the World**", Casa Bonita is a cultural institution in the Denver area since it's opening in 1974. In 2015, Casa Bonita was recognized as an official landmark by the Lakewood Historical Society.

Casa Bonita was almost lost after closing during the pandemic, but thanks to the South Park creators from Colorado who spent **\$60 million** to fully remodel the restaurant and

improve the menu, Casa Bonita was saved and has reopened!



You will be magically transported back in time to 1970s Mexico in a village with a stunning waterfall, cliff divers, live Mariachi music, shows and games. For lunch you will **choose one** selection from the menu of Cheese or

Chicken Enchiladas, Burritos, Tacos, Carnitas, Taco Salad, and Green Chili Brisket. There is a vegan selection of Vegan Corn Rajas. You may also choose a hamburger, cheeseburger or chicken tenders. Included in your meal is

soda, chips and salsa and their famous Sopaipillas!

***Alcoholic beverages are not included!**



After lunch you will have an hour to walk around and watch the cliff divers, puppet shows, Mariachi Band, and dare to explore Black Bart's Cave, all included in the cost. Don't forget to stop in the gift shop for a souvenir before we depart!

Residents Cost: \$35 (includes lunch, entertainment & transportation)

Non-Residents Cost: \$45 (includes lunch, entertainment & transportation)

Deadline: May 8

Upcoming Trips



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

Garden Club Shopping trip

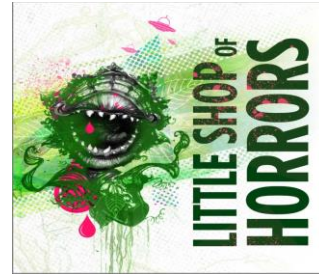
***May 16 & 19**

****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).

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



Sunday, May 18

11:45 am - Van Trip

**Denver Center for Performing Arts
presents "Little Shop of Horrors"**

Feast on the Denver Center's production of a beloved sci-fi musical that has rocked the globe for generations. Unforgettable musical numbers, including the title track, "Skid Row," and "Suddenly, Seymour," will provide massive dose of nostalgia for theatre-lovers. For newcomers to musical comedies, *Little Shop of Horrors* provides a delicious introduction to the joyful, larger-than-life world of Broadway.

Residents Cost: \$36

Non-Residents: \$46

Deadline: May 9

Upcoming Trips



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.

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

Deadline: May 16



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.

****If you have Silver Sneakers the cost is \$5 for the pool, *If you DO NOT have Silver Sneakers then the cost is \$10, (Pay There!)***

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

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

Deadline: May 16

Upcoming Trips



Lamont School of Music *presents* Lamont Symphony Orchestra

Wednesday, May 28

6:30 pm – Van Trip

Enjoy a wonderful evening of music with friends and neighbors at the Lamont School of Music. The Lamont Symphony Orchestra welcomes the DU Honors Solo Competition Winner, with conductors Lawrence Golan, Ana Vashakmadze and Bryant Denmark.

The evening program begins with Quinn Mason's Inspiration! Festive Overture, a dynamic and uplifting work that showcases the composer's gift for blending traditional orchestral sound with fresh, modern energy. Next, experience the virtuosity of the DU Honors Solo Competition Winner. The evening concludes with both orchestral suites from Bizet's Carmen, bringing to life the fiery rhythms, memorable melodies, and vivid characters of this beloved opera.

The approximate return time to Kavod is 10 pm.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: May 21



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.

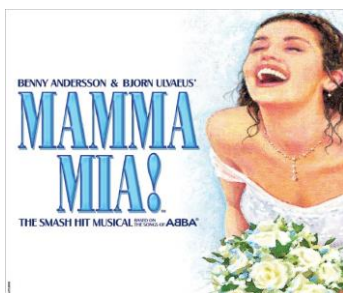
Residents Cost: \$3 transportation – pay for lunch there

Non-Residents Cost: \$6 transportation – pay for lunch there

Deadline: May 16



TRIPS Coming in JUNE 2025!



Thursday, June 26
12:15 pm – Van Trip

Denver Center for Performing Arts *presents* “Mamma Mia!”

Enjoy an afternoon of incredible theatre at the Denver Center for Performing Arts in the Buell Theatre. A mother. A daughter. 3 possible dads, and a trip down the aisle you'll never forget!

Set on a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. For nearly 25 years, people all around the world have fallen in love with the characters, the story, and the music that make *MAMMA MIA!* the ultimate feel-good show.

Residents Cost: \$42

Non-Residents: \$48

Deadline: June 9



Pollywog Station Lavender Farm Tour

Tuesday, June 24
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. 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: June 17

TRIPS Coming in JUNE 2025!



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



Morning Keynote:
Colorado Attorney General Phil Weiser
Protecting Older Coloradans



Afternoon Speaker:
Dr. Cary Levy,
CU Medicine
Scientific Pearls to Optimize Body and Brain Across the Lifespan

Join us for our 12th annual event full of education, inspiration and information on living well in the second half of life!

Kavod ON THE ROAD Positive Aging Conference

**Wednesday, June 18
9:00am - 2:30pm**

Temple Emanuel | 51 Grape Street, Denver
Cost: \$18 includes a light breakfast & lunch
A Kavod van will be leave Kavod at 8:45am and return at 2:40 AT NO CHARGE - sign up at the front desk.

SCHEDULE

9:00 - 9:45am: Check-in, Light Breakfast & Resource Fair
9:45 - 11:00am: Opening and Morning Keynote
11:15 - 12:15pm: Breakout Workshops (5 choices)
12:15 - 1:00pm: Lunch & Resource Fair
1:15 - 2:30pm: Afternoon Speaker and Closing

April 15: Online registration opens and paper registration forms available at the front desk.
Let the front desk know if you need transportation
KavodSeniorLife.org/Conference
Questions: Jackie Schwartz - 720.382.7848

Conference Sponsors

Major Sponsor
ANB Bank.

Key Sponsor

AMANDA SAWYER
Colorado's Premier Mystery Dinner Theatre

Essential Sponsor

OFFICE ON AGING
Colorado Department of Human Services

Kavod on the Road Partners

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Metrowest Educational Alliance

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Jewish Family Service

Shalom

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TRIPS Coming in JULY 2025!

**Thursday, July 17
4:30 pm - Van Trip**

Adams Mystery Playhouse *presents* **The Bernice Murders**

Join us for a delicious dinner and a fun evening at the **Adams Mystery Playhouse**, Colorado's premier Mystery Dinner Theatre and only full time "Mystery Mansion!" Get ready for an adventure and murder mystery on the Countess Luxury Line cruise ship!

Tropical and Luau Attire is recommended, so get out your Hawaiian shirts!
Or Dress like Bernice in your favorite Polyester Pant Suit!

Dinner, tips, transportation all included, but any Bar charges are not included.

Cost Residents: \$55 includes transportation

Cost Non-Residents: \$65 includes transportation

Deadline: July 7

A Kavod van will be available for pick up at 8:45am and return at 2:00pm at no charge.

The conference will feature:

- **Keynote speaker Attorney General Phil Weiser**
- **Breakout sessions**
- **Resource fair with helpful services & vendors**

Cost: \$18 includes a light continental breakfast and lunch

Online registration will open in April and paper registration forms will be available at the front desk by May 1. Please let the front desk know if you will need transportation.
<https://kavodseniorlife.org/conference/>

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



TRIPS

Coming in SEPTEMBER 2025!



Thursday, September 11

8 am – Van Trip

**Royal Gorge Train Ride & First Class
Lunch in the Vista Dome**

****Please note that unfortunately the train is not wheelchair accessible. Everyone will need to be able to go up a few stairs. You may take your walkers, staff will be on hand to help with getting on and off the train.***

All aboard! Travel with us to **The Grand Canyon of the Arkansas River, known as the Royal Gorge!**

- Price includes round trip transportation to Cañon City, Colorado
- Two-hour train ride through the Royal Gorge Canyon, a chef prepared, first class three course lunch in the Vista Dome

- Cost can be split into 3 payments; can also pay with credit card online at <https://www.kavodseniorlife.org/life-enrichment/>

****Please note the Royal Gorge Route Railroad only allows those aged 13+ for this class of ride and lunch service.***

****Everyone please remember to stay together with the group.***

Trip Itinerary:

11:00 AM | Approximate arrival
 11:30 AM | Group Check-in
 12:00 PM | Group Boards the train
 12:30 PM | Train departs & Lunch in Vista Dome
 2:30 PM | Train returns to Depot
 5:00 PM | Dinner stop in Colorado Springs (not included in cost)
 8:00 PM | Approximate return time to Kavod

Cost Residents: \$225 includes three course lunch in the Vista Dome, 2 hour train ride & round-trip transportation

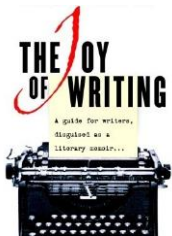
Cost Non-Residents: \$265 includes three course lunch in the Vista Dome, 2 hour train ride & round-trip transportation

Deadline: August 14



Thursday, May 1
11:30 am – Shul Classroom
“What’s Happening”
Life Enrichment Lunch

Join Susan for an **in-person** “Life Enrichment Lunch & What’s Happening at Kavod!” We will have a variety of boxed lunches and drinks to enjoy during the meeting. Bring your monthly Voice & Calendar to follow along as we go over the trips, classes and events. **No cost, just drop in!**



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!



Wednesday, May 7
11:30 am – Bistro in
Dining Room

Good Vibes with Rick & Coffee

Purchase a hot cup of delicious coffee and enjoy an hour of LIVE music by Rick Weingarten!



Monday, May 5
5:15 pm – 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

Dining Room

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

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 signup required, just drop in!**



Sunday, May 11

12:45 pm – Dining Room

*Mother's Day
Celebration Concert*

Happy Mother's Day! Join your friends and neighbors for a lovely hour of music by **The Barbershop Quartet.**



Tuesday, May 20

5:15 pm – Bistro/Dining Room

**Birthday Celebration
with "The Young Hearts Duo"**

Everyone welcome to celebrate with your neighbors and friends who have birthdays each month!

****If you have a birthday this month, you can pick up your gift from Life Enrichment staff in the Bistro at this party!** If you are unable to attend the party to receive your gift, please call Dmitriy at 720.382.7821.



**Wednesday, May 21
1 pm – Pikes Peak**

**Active Minds Presents:
“The Lewis & Clark Expedition”**

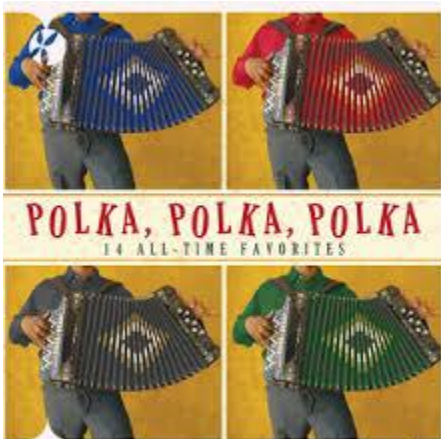
Join us for a program focusing upon Lewis & Clark’s expedition that opened the West over 200 years ago. We will discuss the achievements and challenges of the expedition as well as the legacies it left for the young nation. Building upon the experiences from the expedition, we will also discuss the evolution of our country’s relationship with Native Americans and the lands they inhabited.



**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!

Price includes: 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!**



**Signup and pay
at East Front
Desk.**

**Residents
Cost: \$10**

**Non-Residents
Cost: \$15**

**Deadline: May
15**



**Tuesday, May 27
12:00 pm – Bistro**

**Jazz Café & Coffee Hour
*A Cup of Jazz!***

Join your friends and neighbors for a hot cup of coffee and treats from the Kavod Bistro and an hour of LIVE Jazz Music!



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

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KAVOD ON THE ROAD

Marlene Siegel

SHUL

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