



Kavod Assisted Living at Cherry Creek

Activity Calendar — FEBRUARY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Guide: GR—Gathering Rm (West) SH—Shul (2nd floor East) SHC—Shul Classroom (2nd floor East) HWC—Health Wellness Center (West, top floor) - Pikes Peak—PP - Mt. Blue Sky—MBS</p>	<p>Color Guide: Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes</p>					
1 6:00 Rummikub Games—GR	2 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 12:15 AL Food Committee—GR 1:00 Readers Theatre—Pikes Peak 2:30 Tu B'Shevat Seder with Rabbi Steve—Shul Classroom 5:15 Sing Along with Christine—GR	3 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club—3rd Floor Bridge 10:00 Boxing for Seniors—Pikes Peak 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 4:30 Authentic Relationship Group—Pikes Peak 6:00 Rummikub Games—GR	4 9:00 Mountain Balance—PP 11:30 Good Vibes with Rick & Coffee in the Bistro 12:00 Gentle Yoga—Pikes Peak 12:15 "AL What's Happening at Kavod"—GR 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Authentic Relationship Group—Pikes Peak 5:15 Painting & Wine with Polly—GR	5 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 1:00 Current Events—MBS 1:00 Beginners Mahjong—3rd floor bridge 2:30 Mindfulness Practice—MBS 6:00 Natalie's Knitting and Crocheting Circle—SHC	6 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Café—East Lobby 6:00 Resident Led Shabbat Services—SH	7 12:15 Tabletop Olympic Games with Madison—GR
8 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 1:30 Tech Help with Claire—3rd floor bridge	9 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR 3:30 AL Bingo—GR 5:15 Sing Along with Christine—GR	10 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 1:00 Opening Minds through Art—Pikes Peak *2:00 King Soopers shopping—trip 2:30 Mindfulness Practice —MBS 4:30 Authentic Relationship Group—Pikes Peak 6:00 Rummikub Games—GR	11 9:00 Mountain Balance—PP 10:00 Low Vision Support Group—GR 11:00 MultiFaith Engagement Panel—DR 12:00 Gentle Yoga—Pikes Peak 12:15 Valentine's Day Tea Party—GR 1:00 Herbalism—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Authentic Relationship Group—Pikes Peak	12 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 11:00 Black History Month Lunch & Learn—Pikes Peak/MBS 1:00 Beginners Mahjong—3rd floor bridge 2:00 Valentine's Day Craft—GR 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR *6:00 Lamont School of Music Choirs Concert—trip 6:00 Natalie's Knitting and Crocheting Circle—SHC	13 9:00 Relaxation Hour—PP 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Café—East Lobby 2:00 TimeSlips with Elizabeth—MBS 2:00 Ceramics & Nature—Pikes Peak 4:30 Roses Giveaway for Valentines Day—AL Dining Room	14 10:00 Shabbat Services with Dr. Seth Ward—SH



Super Bowl Sunday

3:30 Tailgating Begins Pikes Peak

4:30 Super Bowl Party—Pikes Peak

5:00 Game Night with Katie—SHC

6:00 Rummikub Games—GR



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15 10:00 Non-Denominational Christian Services with Steve Miller on piano—Pikes Peak  12:45 Birthday Celebration & Concert with Leonard Barrett Jr— DR 6:00 Rummikub Games—GR	16 10:30 Bingo—Pikes Peak 12:15 Maya Angelou Poetry Sharing Group with Madison—GR 1:00 Readers Theatre—Pikes Peak 5:15 Sing Along with Christine—GR	17 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 10:00 Bridge Players Club—3rd Floor Bridge 12:15 Chinese New Year Fun—GR 1:00 Opening Minds through Art—PP 2:30 Mindfulness Practice Group—MBS 4:30 Authentic Relationship Group—Pikes Peak 5:30 Fat Tuesday Mardi Gras Happy Hour & Concert—EAST DR 6:00 Rummikub Games—GR	18 9:00 Mountain Balance—Pikes Peak 11:00 Heart Healthy Kavod—Pikes Peak/MBS 1:00 Mahjong Players—3rd floor bridge 1:00 Active Minds “New York City”—Pikes Peak 2:00 Art with Isaak—SHC 2:00 Red Hat Meeting—Mt. Blue Sky	19 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 1:00 Beginners Mahjong—3rd floor bridge 1:00 Current Events—MBS 2:00 Super Walmart shopping—trip 2:30 Mindfulness Practice—MBS 6:00 Natalie’s Knitting and Crocheting Circle—SHC	20 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:15 Denver Botanic Gardens Sensory Adventures—GR 12:30 Legacy Strength Training for Seniors—PP 1:00 Book Club—MBS 1:00 Ice Cream Cafe—East Lobby 6:00 Musical Shabbat Service with Rabbi Kim—SH	21 12:15 Afternoon Movie & Snacks with Madison—GR
22 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak 2:00 Afternoon Trivia & Snacks with Madison—GR 5:00 Game Night with Katie—SHC 4:00 Rising Star Missionary Baptist Church Choir—EAST DR 6:00 Rummikub Games—GR	23 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—PP 2:30 DPL Bookmobile—GR 5:15 Sing Along with Christine—GR	24 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 12:00 Jazz Café & Coffee Hour—Bistro 12:15 Active Minds “The Great Migration”—GR 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS *3:30 The Old Spaghetti Factory dinner—trip 4:30 Authentic Relationship Group—Pikes Peak 6:00 Rummikub Games—GR	25 9:00 Mountain Balance—Pikes Peak 11:00 Heart Healthy Kavod—Pikes Peak/MBS 12:00 Gentle Yoga—Pikes Peak 12:15 Good Vibes & Tunes with Rick—GR 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC	26 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 12:15 AL Resident Council—GR 1:00 Beginners Mahjong—3rd floor bridge 1:00 Current Events—MBS 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR 6:00 Natalie’s Knitting and Crocheting Circle—SHC	27 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—PP 1:00 Book Club—MBS 1:00 Ice Cream Café—East Lobby 2:00 TimeSlips with Elizabeth—MBS 2:00 Ceramics & Nature—Pikes Peak	28 10:00 Shabbat Services with Dr. Seth Ward—SH
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FEBRUARY 2026

Connie's CORNER



Hi Everyone,

Be sure to choose a class or trip to attend this month! My **Activity Tip** for you is to take your monthly calendar and highlight what you would like to do each day, put it on your refrigerator and look at it each morning to remind you what you want to do that day!

Be sure to attend the **"AL What's Happening in Assisted Living with Life Enrichment" on Wednesday, February 4 at 12:15 pm in the Gathering Room. Bring your Voice, Calendar, suggestions and ideas!**

Stay in the know! Be sure to log-in to **Uniguest/formerly 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 me if you're interested.

Connie Moore
Director of Life Enrichment
720.382.7813
cmoore@kavodseniorlife.org



Celebrate Black History Month at Kavod

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month.

To honor and learn more about Black History Month, join us on Thursday, February 12 at 11 am in Pikes Peak for a Colorado Black History presentation by historian, award-winning documentary filmmaker, and theatre director, donnie betts.

Also, the Rising Star Missionary Baptist Church Choir is back to celebrate with a concert on **Sunday, February 22 at 4 pm** in the EAST Building Dining Room with a Coffee and Dessert Reception to follow.

From Chaplaincy and Spiritual Services



Tu B' Shevat Seder with Rabbi Steve

Monday, February 2

2:30-3:30 pm | Shul Classroom

Tu B'Shevat, is the Jewish New Year for Trees. It helps us connect with the cycles of nature in the middle of winter, and will be celebrated using a 16th C. Kabbalistic "Four Worlds" model. Not a meal, but each "world" will be honored with different kinds of fruits, nuts, and fruit of the vine! Come enjoy... open to all!

(Tu B'Shevat = Full Moon!)



Making Sense in Challenging Times
A Zen Priest, an Orthodox rabbi, a Muslim elder and an Osage teacher share wisdom from their traditions for the New Year in America.



Wednesday Feb. 11
11 am - 1 pm - Main Dining Room

Join us for an engaging panel and conversation.... and a complimentary delicious lunch!

Our "Building Understanding Through Multifaith Engagement" programs are made possible by the generous funding from the Murnick Family Foundation, Laura Jane Musser Fund, and The Virginia Hill Foundation.

Remember

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)



Boris Ponteleev

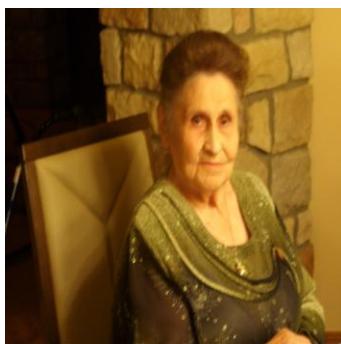


Korma Washburn



Svetlana Bardina

May their memories be for a blessing!



Tatyana Blyumkin

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,

Did you know 2026 marks the 55th anniversary of Kavod Senior Life? We have come a long way since our doors first opened in 1971! Here are a few updates for you this month:

HUD Funding: At the time of this writing, Congress has not passed the HUD budget for this year. We have received our regularly scheduled payments over the last six months. We will continue to monitor the payment progress and provide more news at Resident Council meetings, where we also will share information on changes to Medicare, Medicaid and SNAP benefits.

Artwork: We hope you enjoy the art that adorns the public spaces of the East, South, and West lobby areas, as well as the East/South hallway. The family of one of Kavod's founders and visionaries, Elaine Wolf, after whom the main dining room is named, donated all artwork and sculptures. We are incredibly grateful for the beautiful pieces to display for residents and guests of Kavod.

Staff News: Join us in congratulating Hamza Robleh as our new Resident Property Manager, effective February 1, 2026. He and his wife, Zeinab, and their children will still live on-site at

Kavod, while Hamza will continue to provide on-call services during non-business hours. Hopefully, by the time of this publication, we will have added a few part-time property managers to assist Hamza for a couple days a week and as backup. We extend our gratitude for Zeinab, Adewah, Ibrahim Alforahy and Shannon Tanner for serving Kavod as night managers over the last 4-5 years.

Check In Reminder: Remember to push your red "Check In" button between the hours of 5am and 10am every day (unless you are on the away list). Not only is this a requirement in our House Rules, it results in 50-70 follow up calls and subsequent visits from our Care Coordinators and Night Managers. Pushing your button lets us know you are okay and helps avoid unneeded calls or interruptions to your day.

Safety Protocols: Due to the number of floors in each of Kavod's buildings, the City and County of Denver requires annual evacuation drills. In 2026, Kavod's Facility Safety Administrators will be planning, preparing, and implementing an evacuation drill for each building. You will be notified when and how to evacuate well in advance of the drill.

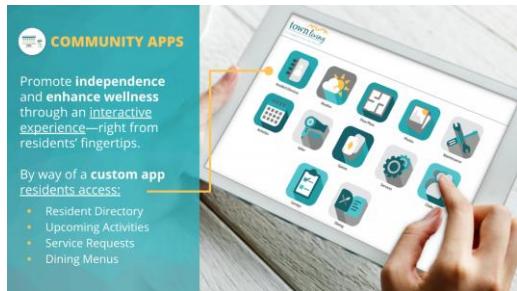
No Smoking: As of February 1, our entire campus is now smoke free and the smoking hut is no longer in use. We are working on repurposing it, and welcome your suggestions.

Be well,
Michael and Kara

Michael Klein & Kara Harvey



Uniguest Community Apps



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



Uniguest
Community Apps

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 Touchtown, 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**

Life Enrichment

Volunteer Spotlight

Many thanks to resident Faith Katz who is the new Gift Shop Kiosk Manager.

Faith is originally from Pittsburgh, Pa. In 2008, she arrived in Denver and came to Kavod in July of 2023.

Over the years, she has worked for TWA in reservations; owned an interior decorating business concentrating on custom window treatments; and created a tutoring business designed to teach English to speakers of other languages. In 2025, Faith retired from the Community College of Aurora where she held the position of an English as a Second Language instructor.

She has 3 daughters and 3 grandchildren. Faith says, "Family is very important to me, so I try to visit them as often as possible. In addition, because I enjoy the outdoors, I spend time in the Colorado mountains both hiking and sight seeing."

Be sure to stop by the Gift Shop Kiosk on the 3rd floor bridge to say hello to Faith!

Thanks to ALL the Gift Shop Kiosk volunteers, we appreciate your dedication and service to your fellow residents!

Please call Connie at 720-382-7813 if you would like to volunteer.

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 Connie at 720-382-7813. Reservations are required.***



King Soopers Shopping trip
Tuesday, February 10

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

Be sure to bring cash or your credit card for this shopping trip. Please call Connie at 720-382-7813 to sign up.



Thursday, February 12
6 pm - Van Trip

Lamont Choirs Concert

The Lamont Choirs return for a luminous winter program featuring works by Reena Esmail and Ola Gjeilo. The Lamont Chorale, under the direction of Catherine Sailer, is joined by Voces Aureas, led by Kevin Padworski, and Voces Fortes, led by Jeff Talley. Together, these ensembles bring warmth and brilliance to a rich selection of choral music for high, low, and mixed voices.

Please call Connie at 720-382-7813 to sign up. (No need to bring money, costs paid through Life Enrichment, Kavod).



Super Walmart Shopping trip

Thursday, February 19

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

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

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

TRIPS FROM LIFE ENRICHMENT



**Tuesday, February 24
3:30 pm – Van trip**

The Old Spaghetti Factory

Join us for a lovely and delicious Italian dinner at the historic and beautiful Old Spaghetti Factory. Dining here is an experience not to be missed!



Choose from the extensive authentic Italian 3 course meal menu with choices like Lasagna, Spaghetti

and Meatballs, Chicken Parmigiana and their world famous Mizithra Spaghetti sauce! An old school ambiance and unique décor of antique lighting, stained glass and an old-fashioned trolley car for guests to dine in, make this outing one to remember!



*Please call Connie at 720-382-7813 to sign up.
(No need to bring money, costs paid through Life Enrichment, Kavod).*



FROM ELIZABETH STANBRO, LIFE
ENRICHMENT INTERGENERATIONAL
PROGRAM COORDINATOR



Be sure to congratulate OMA participants from Kavod whose work was chosen to be in the recent Virtual Art Show:

Deb Hitt, Otti Seiden, Barbara Strickland, Mae Finney, Marian Butterfield, Iris Jacobson, Judith Donohue, Diane Devine, and Peggy Phillips.

Deb Hitt won the Van Gogh Award and Ottie Seiden won the best Ink Blot Award!

Copy or paste the link below to check out the Virtual Opening Minds Through Art Show:

<https://www.youtube.com/watch?v=pwS6bbyHuWY>



February Fun with Madison! *NEW!

All activities listed below are in the Gathering Room

AL What's Happening

Wednesday, February 4, 12:15 pm - GR

Tabletop Olympic Games

Saturday, February 7, 12:15 pm - GR

AL Bingo

Monday, February 9, 3:30 pm - GR

Valentine's Day Tea Party

Wednesday, February 11, 12:15 pm - GR

Valentine's Day Craft

Thursday, February 12, 2:00 pm - GR

Maya Angelou Poetry Sharing Group

Monday, February 16, 12:15 pm - GR

Chinese New Year Fun

Tuesday, February 17, 12:15 pm - GR

Afternoon Movie & Snacks

Saturday, February 21, 12:15 pm - GR

Afternoon Trivia & Snacks

Sunday, February 22, 2:00 pm - GR

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.



Wednesday, February 4 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!



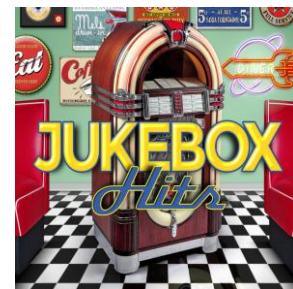
Wednesday, February 4 12:15 pm - Gathering Room

What's Happening this month with Life Enrichment

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

*Bring your monthly Voice and Calendar.

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



Thursdays, February 12 & 26 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!

Assisted Living Activities



Fridays, February 13 & 27

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.

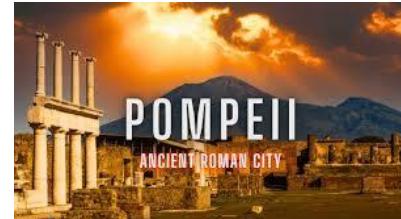


Friday, February 20

12:15 pm – Gathering Room

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.



Tuesday, February 24

12:15 pm – Gathering Room

“Pompeii”

Explore the ancient Roman city of Pompeii, famously preserved by the catastrophic eruption of Mount Vesuvius in 79 CE. Join Active Minds as we reveal daily life frozen in time—from bustling markets and grand villas to public baths and theaters. Discover the lives of aristocrats, merchants, slaves, and families through archaeology, art, and architecture. Learn how Pompeii’s sudden destruction offers a unique window into Roman society, culture, and urban life nearly 2,000 years ago.



Friday, February 13

4:30 pm – AL Dining Room

The Life Enrichment team will be handing out **Red Roses** starting at 4:30 pm in Assisted Living Dining Room.

Many thanks to Wish of A Lifetime for providing the Roses!

Thursday, February 12
11 am – Pikes Peak/Mt. Blue Sky

Colorado Black History with Historian donnie betts



Join Historian, award-winning documentary filmmaker, theatre director and podcast host donnie betts (he purposely uses lower case for his name) for a live, fascinating talk about Colorado Black History, the first Black female doctor, Dr. Justina Ford, the history of 5 Points in Denver, and his own life story.

We will have a variety of sandwiches and wraps, chips and cold beverages for you to enjoy during this captivating presentation.

No cost and no need to signup, just drop in!



drinks dessert & dancing Birthday Celebration

****NEW day and time!**

Sunday, February 15
12:45 pm – EAST Dining Room
Birthday Celebration with



Leonard Barrett Jr.

Happy Birthday to everyone celebrating a birthday this month.

All birthday gifts will be delivered to those with birthdays.

If you don't receive your gift by the end of the month, call Dmitriy at 720.382.7821.



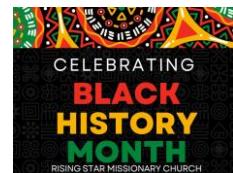
**Fat Tuesday, February 17
5:30 pm - EAST Dining Room**

Celebrate Mardi Gras! The Life Enrichment team will be in the dining room Bistro to serve you a glass of wine, beer or soda to enjoy the evening. And to liven up the night, the incredible **Thunderhill Jazz Band** be here to help you celebrate Mardi Gras and dance the night away!

Life Enrichment will provide beads, hats and horns to help you celebrate Mardi Gras.

**Rising Star Missionary
Baptist Church Choir Concert**

**Sunday, February 22
4 pm - EAST Dining Room**



**Join us for a wonderful concert by the
Rising Star Missionary Baptist Church
Choir to celebrate and honor Black
History Month.**

**Dessert and Coffee Reception
after the concert.**



Heart Healthy Kavod in February!

What is Heart Healthy Kavod? It is a program created with and for Kavod residents! The program includes; heart healthy education, exercise, nutrition and lunch! The heart education topics will include; A-fibrillation (A-Fib), hypertension, coronary artery disease and heart healthy habits led by CU Geriatric Fellows. Raffles for each class and if you attend all three classes you are entered in for a \$100 gift card. *Mark your calendars for 11am on February 18th and 25th! See you there!

H&W Department Interns

Welcome Dani Arenas-Berenstein and Ghaith Altamimi! Dani is pursuing her Masters in Social Work from DU. She will be onsite Wednesdays, Thursdays and Fridays through August. Ghaith is pursuing his Public Health degree from MSU. He will be onsite on Tuesdays and Wednesdays through early May. We welcome them both as they will be learning from our community, leading a few focus groups, supporting Project Story and the Low Vision Group, etc.

Access-a-Ride and Access-on-Demand 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 February 2026

Tuesdays and Thursdays

10am - HWC/Pikes Peak

Boxing for Seniors *ADDITIONAL CLASS ADDED*

You asked for it! Boxing for Seniors is now offered Tuesday and Thursday at 10am. What is Boxing for Seniors?? It is a class designed to be accessible, beneficial for residents of all skill levels and FUN!!! Come for a 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.



2nd Tuesday of the Month
10 am-1pm – SNAP Enrollment and
Information
East Lobby

Are you interested in receiving funds to support your monthly grocery bill? What is SNAP?

SNAP (Supplemental Nutrition Assistance Program) is the largest U.S. federal program helping low-income individuals and families buy food. It aims to improve nutrition and health by supplementing grocery budgets, with benefits calculated based on income, household size, and resources.

Stop by the East lobby on the 2nd Tuesday of the month to learn more, apply or recertify! If you have any questions, call 720.382.7855 to learn more and what to bring!

Tuesdays
430-6pm – HWC/Pikes Peak
Authentic Relationships Group

More details to come! Please keep an eye out for a flyer!

Wednesday, February 11th

1pm – HWC/Pikes Peak

Herbalism Series Workshop

A very valentine cacao electuary Chocolate lovers, alert! We will be learning all about the magic of cacao, the plant where chocolate comes from. A class favorite, asked upon request, comes back to make a decadent medicinal treat.

****GENTLE YOGA WILL NOW BE**
AT 12pm on Wednesdays!**

***Note: Gentle Yoga will be part of Heart Health Kavod classes on February 18 & 25**

Heart Healthy Kavod

Wednesday, February 18th and 25th

11 am-12:30 pm – HWC/Pikes Peak and Mt Blue Sky

Please join us in the H&W Center as we live and breathe heart health with a 75-minute class including exercise (for ALL levels/accessibilities), heart healthy food demo (with a recipe and food to take home) and education (CU Geriatric Medicine Fellows will be providing heart healthy education). This is a 2-part series! *LUNCH WILL BE SERVED!*