





Kavod Senior Living at Cherry Creek

Activity Calendar — FEBRUARY 2026







Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	Color Guide: Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other					
1 12:00 Piano Music while you dine by Christine-DR 3:00 Painting & Wine with Polly—Pikes Peak	2 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 1:00 Readers Theatre—Pikes Peak 2:30 Tu B'Shevat Seder with Rabbi Steve—Shul Classroom  Tu B'Shevat NEW YEAR FOR THE TREES	3 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Peak *11:45 JFS Food Bank & Pantry—trip 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 4:30 Authentic Relationship Group-Pikes Peak	4 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice-MBS 11:30 Good Vibes with Rick & Coffee in the Bistro 12:00 Gentle Yoga—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC *6:00 Lamont Symphony Orchestra—trip	5 9:00 Tai Chi—Pikes Peak *9:30 King Soopers—trip 10:00 Boxing for Seniors-Pikes Peak 1:00 Current Events—MBS 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 11:30 Life Enrichment "What's Happening at Kavod" Lunch—SHC 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe -East Lobby 6:00 Soulful Shabbat Service with Rabbi Steve—SH	7
8 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 1:30 Tech Help with Claire—3rd floor bridge  <i>Super Bowl Sunday</i> 3:30 Tailgating Begins Pikes Peak 4:30 Super Bowl Party—Pikes Peak 5:00 Game Night with Katie—SHC	9 *9:00 *New Cracker Barrel—trip 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR 6:00 SoulFULL Necklace Workshop —SHC	10 9:00 Tai Chi—Pikes Peak 10:00 SNAP Enrollment—East Lobby 10:00 Boxing for Seniors-Pikes Peak *11:45 JFS Food Bank & Pantry trip 1:00 Opening Minds through Art-Pikes Peak 2:30 Mindfulness Practice Group—MBS 4:30 Authentic Relationship Group-Pikes Peak	11 9:00 Mountain Balance-PP *9:30 Super Walmart—trip 10:00 English Language Practice-MBS 10:00 Low Vision Support Group—GR 11:00 MultiFaith Engagement Panel - DR 12:00 Gentle Yoga—Pikes Peak 1:00 Herbalism—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC	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 Current Events—MBS 2:30 Mindfulness Practice—MBS *6:00 Lamont School of Music Choirs Concert—trip 6:00 Natalie's Knitting and Crocheting Circle—SHC	13 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 11:00 Sacred Grounds with Rabbi Steve—Bistro 12:30 Legacy Strength Training for Seniors—PP 1:00 Book Club—MBS 1:00 Ice Cream Cafe -East Lobby 2:00 Ceramics & Nature—Pikes Peak 4:00 Roses Giveaway for Valentines Day—East Lobby 	14 10:00 Shabbat Services with Dr. Seth Ward —SH  

Kavod Senior Living at Cherry Creek

Activity Calendar — FEBRUARY 2026

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<div><div>15</div><div>10:00 Non-Denominational Christian Services with Steve Miller on piano—Pikes Peak</div><div>12:45 Birthday Celebration & Concert with Leonard Barrett Jr— DR</div><div></div></div>	<div><div>16</div><div>*9:30 Sprouts —trip</div><div>10:30 Bingo—Pikes Peak</div><div>1:00 Readers Theatre—Pikes Peak</div><div></div></div>	<div><div>17</div><div>9:00 Tai Chi—Pikes Peak</div><div>10:00 Bridge Players Club-3rd Floor Bridge</div><div>10:00 Boxing for Seniors-Pikes Peak</div><div>*11:45 JFS Food Bank & Pantry—trip</div><div>1:00 Opening Minds through Art-PP</div><div>2:30 Mindfulness Practice Group—MBS</div><div>4:30 Authentic Relationship Group-Pikes Peak</div><div>5:30 Fat Tuesday Mardi Gras Happy Hour & Concert—DR</div><div></div></div>	<div><div>18</div><div>9:00 Mountain Balance—Pikes Peak</div><div>10:00 English Language Practice-MBS</div><div>11:00 Heart Healthy Kavod—Pikes Peak/MBS</div><div>1:00 Active Minds “New York City”—Pikes Peak</div><div>1:00 Mahjong Players—3rd floor bridge</div><div>2:00 Art with Isaak—SHC</div><div>2:00 Red Hat Meeting—Mt. Blue Sky</div></div>	<div><div>19</div><div>9:00 Tai Chi—Pikes Peak</div><div>*9:30 King Soopers—trip</div><div>10:00 Boxing for Seniors-Pikes Peak</div><div>1:00 Resident Council—Pikes Peak</div><div>2:30 Mindfulness Practice—MBS</div><div>6:00 Natalie’s Knitting and Crocheting Circle—SHC</div></div>	<div><div>20</div><div>9:00 Relaxation Hour—Pikes Peak</div><div>10:00 Gentle Yoga—Pikes Peak</div><div>11:00 Mindfulness Fiber Arts—MBS</div><div>12:30 Legacy Strength Training for Seniors—PP</div><div>1:00 Book Club—MBS</div><div>1:00 Ice Cream Café—East Lobby</div><div>6:00 Musical Shabbat Service with Rabbi Kim—SH</div></div>	<div><div>21</div></div>
<div><div>22</div><div>10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak</div><div>12:00 Piano Music while you dine by Christine-DR</div><div>4:00 Rising Star Missionary Baptist Church Choir—DR</div><div>5:00 Game Night with Katie—SHC</div></div>	<div><div>23</div><div>10:30 Bingo—Pikes Peak</div><div>1:00 Readers Theatre—Pikes Peak</div><div>2:30 DPL Bookmobile—GR</div><div>*6:00 Lamont Jazz Orchestra —trip</div></div>	<div><div>24</div><div>9:00 Tai Chi—Pikes Peak</div><div>10:00 Boxing for Seniors-Pikes Peak</div><div>12:00 Jazz Café & Coffee Hour—Bistro</div><div>1:00 Opening Minds through Art—Pikes Peak</div><div>2:30 Mindfulness Practice Group—MBS</div><div>4:30 Authentic Relationship Group-Pikes Peak</div></div>	<div><div>25</div><div>*9:00 Mountain Casino—trip</div><div>9:00 Mountain Balance-PP</div><div>10:00 English Language Practice-MBS</div><div>11:00 Heart Healthy Kavod—Pikes Peak/MBS</div><div>12:00 Gentle Yoga—Pikes Peak</div><div>1:00 Mahjong Players—3rd floor bridge</div><div>2:00 Art with Isaak—SHC</div></div>	<div><div>26</div><div>9:00 Tai Chi—Pikes Peak</div><div>10:00 Boxing for Seniors-Pikes Peak</div><div>1:00 Current Events—MBS</div><div>2:30 Mindfulness Practice—MBS</div><div>6:00 Natalie’s Knitting and Crocheting Circle—SHC</div></div>	<div><div>27</div><div>9:00 Relaxation Hour—Pikes Peak</div><div>10:00 Gentle Yoga—Pikes Peak</div><div>11:00 Mindfulness Fiber Arts—MBS</div><div>12:30 Legacy Strength Training for Seniors—PP</div><div>1:00 Book Club—MBS</div><div>1:00 Ice Cream Café—East Lobby</div><div>2:00 Ceramics & Nature—Pikes Peak</div></div>	<div><div>28</div><div>10:00 Shabbat Services with Dr. Seth Ward —SH</div></div>
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February 2026

Connie's

CORNER



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!

Join us for the "Life Enrichment Lunch & What's Happening at Kavod" on Friday, February 6 at 11:30 am in the Shul Classroom.

We will have a variety of sandwiches, chips and drinks to enjoy during the meeting.

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 in the main dining room on Sunday, February 22 at 4 pm 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)



Svetlana Bardina

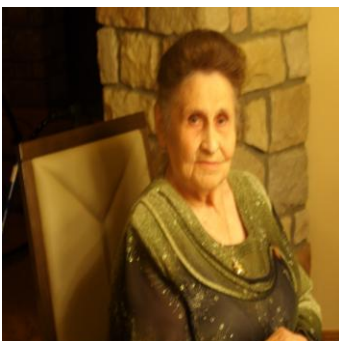


Boris Ponteleev



Korma Washburn

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



Community Connections

Kavod Senior Life is a welcoming, diverse community, and we have seen so many new faces over the past year. Take a moment to introduce yourself to a neighbor and share information about your **Resident Council** and all the good work we do for our community. Kavod is truly a special place—and a wonderful place to live.

We've experienced several changes over the past few weeks. Some changes you may have loved immediately, while others may have taken a little time to consider. Many residents have admired the beautiful sculptures placed in the lobbies by Kara and Gaile, as well as artwork displayed in the hallway between the East and South buildings. The majority of these enhancements came from the art collection of Elaine Wolf, one of Kavod's founders and namesake of our East Dining Room. Upon Elaine's passing, her daughter Sandy Wolf and her daughters generously donated a substantial amount of Elaine's collection for the enjoyment of Kavod's residents. Sandy and daughters, who now lead the Melvin and Elaine Wolf Foundation, continue to carry on Elaine's legacy of support of Kavod. You will see more of Elaine's art collection displayed throughout the buildings in the coming weeks.

Resident Council News

The Kavod Resident Council kicked off **2026 with a bang!** Our quarterly **Give & Take**

event was once again a great success. Thank you to everyone who participated and to those who helped make it happen.

Remember—if you're not satisfied with your "purchase," we offer a **90-day return policy**. Returns and exchanges can be made at our next **Give & Take** in **May**.

For the next several months, **Makhammat Nuriyev**, Kavod's Dining Director, will be a guest speaker at Resident Council meetings. He will answer questions and welcome suggestions regarding the dining program.

Makhammat hopes to include his Kitchen Manager in these discussions, so please bring your questions and ideas.

Super Bowl Sunday

Sunday, February 8, 2026

📍 *Pikes Peak*

- Tailgating begins at **3:30 PM**
- Kickoff at **4:30 PM**

Come for the fun and stay for the commercials! Resident Council will provide:

- Chips & Queso
- Lil' Smokies
- Sweet & Sour Meatballs

Feel free to add to our table of goodies.

Thank you to Life Enrichment for contributing snacks, chips and dips for this event.

BYOD – Bring Your Own Drink

(Continued next page)

Resident Council

(Continued)

Upcoming Events – March

🎬 Academy Awards Watch Party

Sunday, March 15, 2026

📍 *Pikes Peak*

Walk the red carpet starting at **3:30 PM**.

🍦 Resident Council Ice Cream Café

Join us every **Friday from 1:00–2:30 p.m.** in the **East Lobby!**

Stop by to enjoy **delicious ice cream**, great **conversation**, and to **support the Resident Council**. We look forward to seeing you there! 🍦

📅 Mark Your Calendar!

The next **Resident Council Meeting** will be held on:

📅 **Thursday, February 19th at 1:00 PM**

📍 **Pikes Peak Room**

📌 Stay Informed!

****Remember to check the **Resident Council easels** regularly for the latest announcements, upcoming events, and important updates.

You'll find them in the **lobbies of the East & West buildings** and on the **3rd floor bridge**

Executive Board – Council Co-Chairs, Board & Program / Planning Committee

*Karen Wollman apt. 805E #918-815-2995

*Roz Brooks apt. 920E #303-726-8781

*Sandy Brodsky

*Linda Mason Gallagher

* Bob Lawrenson

SecretaryBeverly Bolden apt. 408E

Email: kavodresidentcouncil@gmail.com or call with any questions or suggestions

Life Enrichment



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.

Life Enrichment

FROM ELIZABETH STANBRO, LIFE
ENRICHMENT INTERGENERATIONAL
PROGRAM COORDINATOR



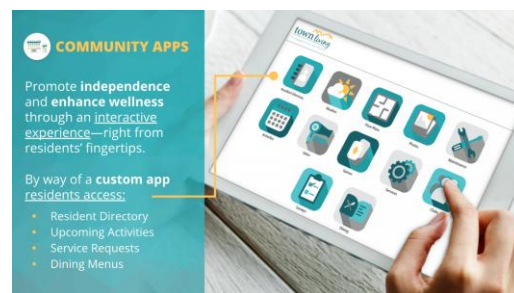
Be sure to congratulate OMA participants from Kavod whose work was chosen to be in the recent Virtual Art Show:

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

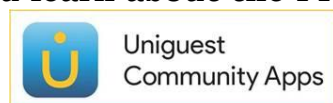
Deb Hitt won the Van Gogh Award and Ottie Seiden won the best Ink Blot Award!

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

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



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 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**

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



Tuesdays, February 3, 10 & 17
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.***

***Please remember, you can be refused service for not following the rules for rude behavior. The JFS volunteers should be treated with respect and kindness. This trip is a privilege and we are thankful for the opportunity for our residents to go there to receive commodity boxes and shop there in their food pantry.**

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.



Wednesday, February 4
6 pm – Van Trip

Lamont Symphony Orchestra Season Opening Gala Concert

Experience an evening of rich musical storytelling with the Lamont Symphony Orchestra, led by student conductors Bryant Denmark and Ke-Yuan Hsin. The program features Strauss's Die Fledermaus Overture, Britten's haunting Passacaglia from Peter Grimes, and Florence Price's charming Dances in the Canebrakes, orchestrated by William Grant Still. Soprano Maggie Sczekan is the soloist on Barber's Knoxville: Summer of 1915, and the concert concludes with Haydn's spirited Symphony No. 64, "Tempora Mutantur."

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: February 2

Upcoming Trips



Monday, February 9

9 am – Van Trip

Breakfast at the **NEW Cracker Barrel Restaurant & Old Country Store

We will travel to the NEW Cracker Barrel location near Northfield shopping area.

Enjoy a delicious home-style breakfast, prepared from scratch. They offer traditional country cooking favorites like Hickory Smoked Breakfast meats, Grits, Homemade Buttermilk Biscuits and Country Gravy, or try the wonderful Wild Maine Blueberry Pancakes. The best you've ever tasted! You will have time to shop in the unique gift shop.

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

Non-Residents Cost: \$10 transportation + pay for breakfast at site

Deadline: February 8



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.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: February 9

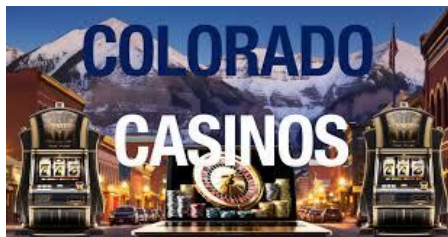
Upcoming Trips



**Monday, February 23
6 pm – Van Trip
Lamont Jazz Orchestra**

Be among the first to hear bold new works by some of today's leading voices in modern jazz composition. The Lamont Jazz Orchestra, conducted by Remy Le Boeuf, premieres commissioned pieces by Miho Hazama, Nick DePinna, Tracy Yang, John Sturino, and Drew Zaremba. This concert showcases the next generation of large ensemble writing—innovative, expressive, and deeply connected to the evolving language of jazz.

Cost Residents: \$8
Cost Non-Residents: \$20
Deadline: February 20



Wednesday, February 25

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.

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.

Route and schedule information can be found at: www.CityofBlackHawk.org or by contacting MV Transportation at 303-761-3145. ***All buses are ADA accessible.***

We will depart at 2 pm to return to Kavod.

Please be sure to be back at the designated spot given by our driver and staff by 2 pm to depart back to Denver.

Cost Residents: \$8
Cost Non-Residents: \$10
Deadline: February 20

Upcoming Trips



TRIPS Coming in March 2026!



Lamont Symphony Orchestra & Choirs

**Wednesday, March 4
6 pm – Van Trip**

The Lamont Symphony Orchestra and Choirs join forces for their annual collaborative concert, presenting Brahms' Ein deutsches Requiem. Conducted by Catherine Sailer, this masterwork offers solace and reflection through soaring melodies and lush orchestration. Performed by the full forces of Lamont's talented vocalists and instrumentalists, the Requiem promises a powerful celebration of life, loss, and hope.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: March 2



Thursday, March 12

4 pm — Van Trip

Hello, Dolly!

Candlelight Dinner Playhouse

Enjoy a wonderful dinner where the actors are your servers at this live theatrical performance. This is Colorado's largest, most elegant and most spacious professional dinner theater!

This musical adaptation of Thornton Wilder's hit play *The Matchmaker* bursts with humor, romance, energetic dance and some of the greatest songs in musical theatre history. The romantic and comic exploits of Dolly Gallagher Levi, turn-of-the-century matchmaker and "woman who arranges things," are certain to thrill and entertain again and again.

Cost includes ticket to the show, coffee and tea, fresh baked bread, crisp garden side salad, and choice of included entrée from the menu.

Upgraded entrées, appetizers, desserts, alcoholic beverages, and soft drinks are available for additional purchase at the theatre, please note you will receive a separate bill if these additional items are ordered.

Sign-up and pay now to reserve your seat. ***Make payments to make it affordable, must be paid in full by the deadline.***

Cost Residents: \$80 – includes show, dinner and transportation

Cost Non-Residents: \$95 – includes show, dinner and transportation

Deadline for final payment: February 20



**Friday, February 6
11:30 am – Shul Classroom**

“What’s Happening”

Life Enrichment Lunch & Learn

Join us for a “Life Enrichment Lunch & Learn *What’s Happening at Kavod.*”

We will have a variety of sandwiches, chips and drinks to enjoy during the meeting.

Bring your monthly Voice & Calendar to follow along as we learn about all the trips, classes and events.

No cost, just drop in!

donnie betts



**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!



**Friday, February 13
4 pm – East Lobby**

The Life Enrichment team and the Resident Kavod Academy of Lifelong Learning Advisory Board will be handing out **Red Roses** starting at 4 pm in the East Lobby until the Roses are gone.

ONE Rose per person only!

Must be present to receive the Rose.

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



**Fat Tuesday, February 17
5:30 pm – 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.



**Sunday, February 15
12:45 pm – Bistro/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.*

**Rising Star Missionary
Baptist Church Choir Concert
Sunday, February 22
4 pm – Main 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!***