







# Kavod Assisted Living at Cherry Creek

## Activity Calendar — APRIL 2026





Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Room Location Guide:</b></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><b>Color Guide:</b></p> <p>Blue = Life Enrichment classes            Green = Life Enrichment Trips            Purple = Health &amp; Wellness classes            Black = Religious or Other classes</p>					
			<p><b>1</b> 10:30 DBT Skills Group with Benjamin—Pikes Peak            11:30 Good Vibes with Rick &amp; Coffee in the Bistro            12:00 Gentle Yoga—MBS            12:15 “What’s Happening in Assisted Living”—GR            1:00 Mahjong Players—3rd floor bridge            3:30 CAPABLE Chat—East Lobby            4:30 Tech Help with Lauren—3rd floor bridge            5:00 Passover Seder—AL Dining Room/GR  <i>Passover begins at Sundown</i></p>	<p><b>2</b></p> <p><b>Offices Closed All Day for Passover</b></p>  <p>5:00 Passover Seder—AL Dining Room/GR</p>	<p><b>3</b> 10:00 Gentle Yoga—PP            11:00 Relaxation Hour—Pikes Peak            11:00 Mindfulness Fiber Arts—MBS            12:15 Jeopardy Game with Madison—GR            12:30 Legacy Strength Training for Seniors—Pikes Peak            1:00 Book Club—MBS            1:00 Ice Cream Cafe—East Lobby            2:00 Good Friday Christian Service —Pikes Peak            6:00 Resident Led Shabbat Service—SH</p>	<p><b>4</b></p>
<p><b>5</b> 10:00 Easter Sunday Christian Service with Rev. Dale—Pikes Peak</p>  <p>6:00 Rummikub Games—GR</p>	<p><b>6</b> 10:30 Bingo—Pikes Peak            11:00 Conversations on the Edge—SHC            11:45 Spring Wreath Making with Ming—Pikes Peak            12:15 AL Food Committee—GR            1:00 Readers Theatre—Pikes Peak            2:30 DPL Bookmobile—GR</p>	<p><b>7</b> *9:00 Tai Chi—Pikes Peak            10:00 Boxing for Seniors—Pikes Peak            10:00 Bridge Players Club-3rd Floor Bridge            1:00 Opening Minds through Art-Pikes Peak            2:30 Mindfulness Practice —MBS            4:45 Authentic Relationship Group—Pikes Peak            6:00 Rummikub Games—GR</p>	<p><b>8</b> All day: Pump it for Parkinson’s—HWC/Gym            10:00 Low Vision Support Group—GR            10:30 DBT Skills Group with Benjamin—Pikes Peak            12:15 Trivia Fun with Madison—GR            12:00 Gentle Yoga—MBS            1:00 Herbalism—Pikes Peak            1:00 Mahjong Players—3rd floor bridge</p>	<p><b>9</b> 10:00 Passover Yizkor Service —SH</p> <p><b>Closed All Day for Passover</b></p> 	<p><b>10</b> 10:00 Gentle Yoga—PP            11:00 Sacred Grounds—Bistro            11:00 Relaxation Hour—Pikes Peak            11:00 Mindfulness Fiber Arts—MBS            12:30 Legacy Strength Training for Seniors—Pikes Peak            *1:00 King Soopers shopping—trip            1:00 Book Club—MBS            1:00 Ice Cream Cafe —E. Lobby            2:00 Ceramics &amp; Nature—PP            3:00 Kindness Rock Garden Painting with Madison—GR</p>	<p><b>11</b> 10:00 Shabbat Services with Dr. Seth Ward—SH (Announce New Moon! + Avot)</p>  <p>NEXT PAGE</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>12</b> 10:00 Non-Denominational Christian Services with Rev. Dale &amp; Steve Miller on piano—Pikes Peak</p> <p>12:45 Cherry Tones Choir Concert— DR</p> <p>2:00 Claire's Jewelry Making — Shul Classroom</p> <p>4:00 Tech Help with Simon—3rd Floor Bridge</p> <p>6:00 Rummikub Games—GR</p>	<p><b>13</b> 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p>	<p><b>14</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Opening Minds through Art—PP</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>3:00 AL Bingo with Madison—GR</p> <p>4:45 Authentic Relationship Group—Pikes Peak</p> <p>6:00 Rummikub Games—GR</p>	<p><b>15</b> 10:30 DBT Skills Group with Benjamin—Pikes Peak</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Active Minds "The Future of Bees"—Pikes Peak</p> <p>12:15 World Creativity Day Craft with Madison—GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Red Hat Meeting—Mt. Blue Sky</p> <p>4:30 Tech Help with Lauren—3rd floor bridge</p> <p>*4:45 ADL Governor's Holocaust Remembrance Program—trip</p>	<p><b>16</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:15 Painting &amp; Wine with Polly—GR</p>	<p><b>17</b> 10:00 Gentle Yoga—PP</p> <p>11:00 Relaxation Hour—PP</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:15 Denver Botanic Gardens Sensory Adventures—GR</p> <p>12:30 Legacy Strength Training for Seniors—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Cafe -East Lobby</p> <p>6:00 Musical Shabbat Service with Rabbi Kim—SH</p>	<p><b>18</b></p>
<p><b>19</b> 10:00 Non-Denominational Christian Services with Rev. Dale &amp; Steve Miller on piano—Pikes Peak</p> <p>12:45 Birthday Celebration &amp; Concert with Shack &amp; Z Rhythm &amp; Blues — EAST DR</p> <p>1:30 Tech Help with Claire—3rd floor bridge</p> <p>2:00 Afternoon Movie "Enchanted" with Madison—GR</p> <p>6:00 Rummikub Games—GR</p>	<p><b>20</b> No Bingo today</p> <p>11:00 Lunch &amp; Learn: Let's Stay Well with Kalina—Pikes Peak &amp; MBS</p> <p>1:00 Readers Theatre—PP</p> <p>2:15 Senior Planet presentation—SHC</p> <p>2:30 DPL Bookmobile—GR</p>	<p><b>21</b> 9:00 Pet Clinic—Pikes Peak</p> <p>9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>4:45 Authentic Relationship Group—Pikes Peak</p> <p>6:00 Rummikub Games—GR</p> <p>Israeli Independence Day </p>	<p><b>22</b> 10:30 DBT Skills Group with Benjamin—Pikes Peak</p> <p>12:00 Gentle Yoga—MBS</p> <p>12:15 Earth Day: "Everlasting Cactus Garden" with Madison—GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>4:30 Tech Help with Lauren—3rd floor bridge</p> <p>Happy Earth Day! </p>	<p><b>23</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>11:00 Yappy Hour Dog Social with Ming—East Lawn</p> <p>12:15 AL Resident Council—GR</p> <p>1:00 Current Events—MBS</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p>	<p><b>24</b> 10:00 Gentle Yoga—PP</p> <p>*11:00 Imperial Chinese Restaurant lunch—trip</p> <p>11:00 Relaxation Hour—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength Training for Seniors—PP</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Cafe—East Lobby</p> <p>2:00 Ceramics &amp; Nature—Pikes Peak</p>	<p><b>25</b> 10:00 Shabbat Services with Dr. Seth Ward—SH (A Double Portion! + Avot)</p> <p>12:15 Surprise Bingo with Madison—GR</p>
<p><b>26</b> 10:00 Non-Denominational Christian Services and Communion with Rev. Dale &amp; Steve Miller on piano—Pikes Peak</p> <p>12:15 What's in the box with Madison—GR</p> <p>4:00 Piano Recital "Book of Esther" by Kobi Fishman &amp; Reception—EAST DR</p>	<p><b>27</b> 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>*1:00 Super Target shopping—trip</p> <p>2:15 Volunteer Meet-Up: Connection &amp; Training—Pikes Peak &amp; MBS</p> <p>3:00 AL Bingo with Madison—GR</p>	<p><b>28</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>12:00 Jazz Café &amp; Coffee Hour—Bistro</p> <p>12:15 Active Minds "The Erie Canal"—GR</p> <p>1:00 Opening Minds through Art-PP</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>4:45 Authentic Relationship Group—Pikes Peak</p>	<p><b>29</b> 10:30 DBT Skills Group with Benjamin—Pikes Peak</p> <p>10:00 SL Resident Council Bake Sale/ Flea Market—EAST DR</p> <p>12:00 Gentle Yoga—MBS</p> <p>12:15 Good Vibes &amp; Tunes with Rick—GR</p> <p>12:15 Spring Fling Trivia Lunch with Ming—Pikes peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>4:30 Tech Help with Lauren—3rd floor bridge</p>	<p><b>30</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>1:00 Current Events—MBS</p> <p>2:30 Mindfulness Practice—MBS</p>		 <p><b>PREVIOUS PAGE</b></p>

APRIL 2026

## Connie's CORNER



Hi Everyone,

I would like to remind everyone to ***sign-in on the attendance sheets at every class, event and activity that you attend.*** If you don't sign-in there's no way to know if the class, event or activity is well attended and ***could get cancelled in the future!***

Be sure to attend the **"What's Happening in Assisted Living with Life Enrichment"** on Wednesday, April 1<sup>st</sup> 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](mailto:cmoore@kavodseniorlife.org)



## Spotlight

**Rabbi Stephen Booth-Nadav**  
Chaplain

### **Passover: Because you were slaves in the land of Egypt!**

The story of the Exodus from Egypt is THE central Jewish story. We are called to retell that story and to live deeper into it each year at Passover.

Thirty-six times the Torah repeats how we must treat the stranger: "You shall not oppress a stranger, for you know the feelings of the stranger, having yourselves been strangers in the land of Egypt." (Exodus 23:9) "When a stranger resides with you in your land, you shall not wrong him. The stranger who resides with you shall be to you as one of your citizens; you shall love him as yourself, for you were strangers in the land of Egypt." (Leviticus 19:33-34). Our tradition is quite clear. We are consistently reminded of our obligation to take care of those around us, to raise our voices in the face of oppression and to treat everyone as we would want to be treated ourselves. Far from exempting us from this special responsibility, the Jewish people's history of hardship is exactly the reason why we are called upon to show *chesed*, lovingkindness, to immigrants in our midst.

And fortunately for us at Kavod, immigration stories are all around us. These are not just disconnected stories.

# From Chaplaincy and Spiritual Services



## **SPECIAL PASSOVER SEDERS AND SERVICES**

### **Passover begins this year at sundown on Wednesday, April 1.**

This year we will have Seders on the first and second day, April 1 and 2 at 5 pm in the Assisted Living Dining Room and Gathering Room.

Guest dinner tickets can be purchased at the front desk.

### **Last day Passover and Yizkor Service**

**Thursday, April 9  
10 am – Shul**

Contact Rabbi Steve with any questions:  
[sbnadav@kavodseniorlife.org](mailto:sbnadav@kavodseniorlife.org), 720 382-7836.

## **Kehillat Kavod: Kavod's Jewish Community**

**Services are held at 6 pm in the Shul, East Building, on the 2<sup>nd</sup> floor.**

NOTE: It is a tradition to learn Pirkei Avot from Passover to Shavuot. So...Starting on Saturday, April 11 until Shavuot, each Shabbat Service will include learning one Mishnah teaching from Pirkei Avot/Wisdom of the Ancestors.

### **FRIDAY NIGHTS - KABBALAT SHABBAT**

**Friday, April 3**

**6 pm - Shul**

Resident Led Shabbat Services

**Friday, April 17**

**6 pm - Shul**

Musical Shabbat Service with Rabbi Kim.

### **SHABBAT MORNING SERVICES**

**10 am – Shul**

**Saturday, April 11**

**Shabbat Services with Dr. Seth Ward  
(Announce New Moon! + Avot)**

**Saturday, April 25**

**Shabbat Services with Dr. Seth Ward  
(A Double Portion! + Avot)**

# From Chaplaincy and Spiritual Services



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.

**Friday, April 3**

**2 pm – Pikes Peak**

**Good Friday Services** Led by Reverend Dale

**Sunday, April 5**

**10 am – Pikes Peak**

**Easter Sunday Service**

Led by Reverend Dale & Steve Miller on piano

**Sunday, April 12**

**10 am – Pikes Peak**

Led by Reverend Dale & Steve Miller on piano

**Sunday, April 19**

**10 am – Pikes Peak**

Led by Reverend Dale & Steve Miller on piano

**Sunday April 26**

**10 am – Pikes Peak**

**Musical Service and Communion**

Led by Reverend Dale & Steve Miller on piano



Easter is a joyful time for Christians as well as a season of thoughtful reflection, renewed hope, and recommitment to faith. The rise from death to life and the liberation from the darkness of the tomb manifest in the story of Easter are breath-taking, heart-rending, and inspirational.

Stunning as the events of Easter are, it is easy to become lost in the wonder of what happened twenty centuries ago while failing to see their life-changing relevance for life in the 21<sup>st</sup> century.

To embrace the wonders of Easter is to see its miracles in the spectacular events of a distant past and in the unfolding of the everyday, ordinary, and mundane experiences of today.

Be assured the blessings of Easter, so powerfully shown to us in stories of yesteryear, are present with us now as they were long ago and will be for all time.

***Rev. Dale Morris Lee***

# LEADERSHIP CORNER



**Michael Klein**  
**President & CEO**



**Kara Harvey**  
**Chief Operating Officer**

Dear residents,

We are grateful for longer evenings of light and sunshine that started last month, as well as sprigs of green popping up around the Kavod community.

Here are some recent updates to share:

- We have some new team members in the Life Enrichment department. Ming Hwong is our Life Enrichment Coordinator and Megan Dearman is our Volunteer Engagement Coordinator. Join us in welcoming Ming and Megan to Kavod!
- The West building will have work done to fix the ledges starting in April. This project may take up to six months. Our Facilities team will inform you through notices and Kavod's communication system.
- Please utilize the laundry rooms in your buildings rather than going to the other buildings. Be courteous and use only a maximum of two machines at a time.
- Passover begins early in April, and will be celebrated a little differently this year. Please read Rabbi Steve's updates and other postings to keep up on happenings.

While it's a month early, we wish everyone a happy Passover, Easter and spring.

## Pet Responsibilities

There are reports of residents not picking up their dog waste on the property. The Pet Agreement states the "Tenant agrees to comply with the following:"

- a) All applicable health and safety codes; and
- b) All other applicable governmental laws and regulations, such as, but not limited to, licensing, vaccinations, disposition of excrement, etc."

Residents who have signed the agreement have acknowledged the following:

Tenant understands that a violation of any of the Pet Agreement or Pet Rules may be grounds for removal of the pet or termination of the pet owner's tenancy (or both).

Thank you for being a responsible pet owner.

Thank you,

*Michael Klein & Kara Harvey*



## **Kavod's Emergency Notification System Tips:**

If you are not receiving calls from Kavod's Emergency Number (also known as Regroup), please call your phone provider and tell them to either "whitelist", have them remove it from the auto spam filter, or add the number 720.608.6852.

Please add the number 720.608.6852 to your contacts, name it and save it.

If you are receiving the notification but it's not in your preferred language, please stop by the front desk to make a change.

## **PET CLINIC**

Thanks to a generous grant from a private funder, Kavod Resident Council is offering a series of pet clinics where you can receive a pet wellness exam, toenail trim and vaccines (up to \$100 worth of services) at Kavod by veterinarians Dr. Fishman and Dr. Waldbaum in April.

If you are interested in having your pet seen, please stop by the front desk for a sign up form and to secure a spot at the next clinic.



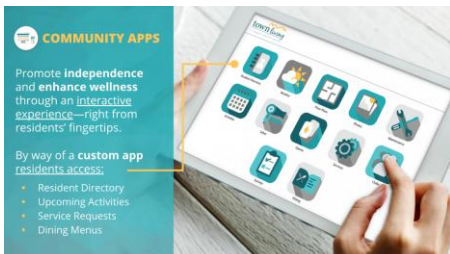
## **Kavod's Rocky Mountain Red Hatters**

**By Katie Barbier**

Rocky Mountain Red Hatter's here at Kavod are bringing back and sponsoring the "Adopt a Purse Program." This program is about providing purses filled with hygiene products to women at a battered women's shelter here in Denver. If you have purses you can drop off at Bev's apt 710 East or Deb's apt 611 East. We will be filling the purses with items such as toothpaste, soap, shampoo, brushes, makeup, and other items they can use at the shelter. Help us bring back the program. If you are wondering about the Red Hat group, come to one of our meetings on the 3<sup>rd</sup> Wednesday of the month at 2 pm in Mt. Blue Sky. We will find you a Red Hat!



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**

## **The Volunteer Connection**



**Megan Dearman**  
**Volunteer Engagement Coordinator**

Thank you for the warm welcome to Kavod! It has been an honor to meet you and get to know some of you over these past few weeks. I have already received several calls from residents who are eager to volunteer, as well as with wonderful suggestions for our volunteer community—to all of you, I say thank you! Please keep them coming.

**I would like to put out a special call for help for our resident gift shop.** I recently spent time cleaning out our volunteer storage unit and discovered a few brand-new items for sale. We are currently working on sprucing up the gift shop kiosk to showcase these finds. Many of you have been asking what days and times the shop will be open. At the moment, we don't have enough volunteers to staff it consistently. If you are interested in being a cashier, selling items, and enjoying some good conversation with your neighbors, please sign up and help us with this need!

(continued next page)

## The Volunteer Connection

(continued)

**In other news, have you met Lauren** our community volunteer who has been offering tech help on the bridge? She's doing a wonderful job and is ready to help you on the bridge. Staying tech-savvy is more than just a convenience; research from the Milken Institute shows that for older adults, particularly those who may be physically isolated, increased internet access is associated with a significant decrease in loneliness. Technology serves as a vital tool for maintaining connections with friends and family, which is essential for emotional well-being. If you would like to work with Lauren, please know that ***you now need to make an appointment through me first.*** I prefer email, but you are welcome to call me as well!

Finally, I have heard many stories about the **"Fix-It Day"** program, where volunteers helped residents with small tasks in their apartments. This was a very successful and appreciated program, and I know many of you have missed it. I am thrilled to announce that **we are bringing "Fix-It Day" back this May, thanks to Temple Sinai Denver!** Whether you need help hanging a picture, moving a piece of furniture, or organizing a closet, our volunteers are here to help. You will find a sign-up form in this month's *Voice*; please fill it out and turn it into the front desk if you are interested.

I look forward to a busy and productive spring with all of you!

**See you at the Volunteer Meetup: Connection & Training on Monday, April 27 at 2:15 pm in Pikes Peak/MBS!**

## 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 or let Madison know when you see her. Reservations are required.***



**King Soopers Shopping trip  
Friday, April 10**

**\*Depart at 1 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 or let Madison know you'd like  
to sign up.**

**Please call Connie at 720-382-7813 or let  
Madison know you'd like to sign up.**



**Wednesday, April 15  
4:45 pm – Van Trip**

**45<sup>th</sup> Annual Governor’s Holocaust Remembrance Program**

Join Us for the 45th Annual Governor's Holocaust Remembrance Program at Temple Emanuel featuring a memorial ceremony and a message from Governor Jared Polis, who will also present a new *Award for Excellence in Holocaust Education*, honoring an educator's work teaching about the Holocaust, lessons that are more critical than ever.

Hidden child Holocaust Survivor Agi Day will share a keynote presentation before joining local educators for a panel discussion on how Holocaust education empowers the next generation to recognize and challenge hate.

***Please call Connie at 720-382-7813 or let Madison know you'd like to sign up.***



**Friday, April 24  
11 am – Van trip**

**Imperial Chinese Restaurant**

Join us for a delicious and fun lunch at the Imperial Chinese Restaurant, where you will experience exquisite Chinese cuisine in the

heart of Denver, in an atmosphere of understated elegance. Chosen as the best Chinese restaurant by Westword’s Reader’s Choice in 2024, you’re sure to have an amazing dining experience.

Enjoy a choice of traditional dishes meticulously crafted from the finest ingredients.

***Please call Connie at 720-382-7813 or let Madison know you'd like to sign up.***

***(No need to bring money, costs paid through Life Enrichment, Kavod).***



**Super Target Shopping trip  
Monday, April 27**

**\*Depart at 1 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 or let Madison know you'd like to sign up.**



## April Fun with Madison!

**\*NEW!**

### Jeopardy Games

Friday, April 3, 12:15 pm - GR

### AL What's Happening

Wednesday, April 1, 12:15 pm - GR

### Trivia Fun

Wednesday, April 8, 12:15 pm - GR

### Kindness Rock Painting

Friday, April 10, 3 pm - GR

### AL Bingo

Tuesday, April 14, 3 pm - GR

### World Creativity Day Craft, Tea Light Candle Holders

Wednesday, April 15, 12:15 pm - GR

### Afternoon Movie "Enchanted"

Sunday, April 19, 2 pm - GR

### Earth Day: "Everlasting Cactus Garden"

Wednesday, April 22, 12:15 pm - GR

### Surprise Bingo

Saturday April 25, 12:15 pm - GR

### What's in the Box?

Sunday April 26, 12:15 pm - GR

### AL Bingo

Monday, April 27 at 3 pm - GR

## Assisted Living Activities



### ON HOLD: Piano Sing Along with Christine

Please note that Christine will be away from Kavod until mid-May, so there will be no Sing Alongs until then. We'll start again at that time, thanks.



**Wednesday, April 1**

**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!**

## Assisted Living Activities



**Wednesday, April 16**

### **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!

DENVER BOTANIC  
**GARDENS**

**Friday, April 17**

**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, April 28**  
**12:15 pm – Gathering Room**

### **“The Erie Canal”**

The Erie Canal was an engineering marvel that altered the course of the early history of the United States. The Canal, once thought to be an impossible task, changed the economic profile of the country and provided a major catalyst for industrialization and growth. The Canal's 200 year-old story is a tapestry of backroom political dealings, surging boomtowns, and surveyors who had never worked on a canal project. Join Active Minds as we discuss one of the most influential and impressive feats of civil engineering in American history.



**Thursday, April 23**  
**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!



**Monday, April 6**  
**11:45 am – Pikes Peak**

**Spring Wreath Making with Ming**

One of the things I noticed when I first arrived at Kavod is how residents decorate their doors with a seasonal wreath. Join us for a fun, hands-on workshop where you'll create your own spring-inspired wreath using a variety of flowers and seasonal decorations. All materials provided, so come ready to get creative!



**Sunday, April 12**  
**12:45 pm –EAST Dining Room**

**The Cherry Tones Spring Concert**

The Cherry Tones is a small singing ensemble representing a larger group called The Cherry Creek Chorale. They are a talented group known for their captivating performances of a cappella and accompanied jazz and pop standards. The CherryTones never fail to impress with their outstanding voices. Be sure to catch this magical singing group to elevate your day!



**Sunday, April 19**  
**12:45 pm – Dining Room**

**Birthday Celebration**  
**with The Shack & Z Rhythm & Blues Band**

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.*



**Let's Stay Well with Kalina!**

**Monday, April 20**  
**11 am – Pikes Peak & MBS**

Come discover new ways to address your wellness! This 1 ½ hour workshop takes a look at what daily wellness looks like, and how to build a Wellness Toolbox to support your daily mental health and well-being. An introduction on the WRAP - Wellness Recovery Action Plan program that addresses many stages of well-being along with planning for moments that may lead to crisis and how to address your wellness post-crisis.

Join us for this interactive, joyful and creative workshop with Kalina Ross of The Golden Age Foundation! **A light complimentary lunch will be provided for attendees.**

Bring yourself and an open heart!

Did somebody say Wellness Bingo? See you soon!



**Monday, April 20**  
**2:15 pm –Shul Classroom**  
**Introduction to Senior Planet**  
**from AARP**

Join us for an *Introduction to Senior Planet from AARP*. Senior Planet is the flagship program of Older Adults Technology Services (OATS) from AARP, an award-winning nonprofit founded in 2004 with a mission to harness the power of technology to change the way we age. Through free programs offered both in person and online, Senior Planet helps older adults learn technology skills that can improve health and wellness, strengthen social connections, save money, and stay engaged in their communities.

**During this presentation, you'll learn about the many classes, tools, and resources available to help you thrive in today's digital world!**



**Thursday, April 23**  
**11 am – East Lawn/by Smoke Hut**  
**Yappy Hour Dog Social with Ming**

Dog parent, this one is for you! Bring your furry friend and come meet fellow pet owners right here at Kavod. It's a relaxed, fun meetup perfect for socializing —for both pups and their people. A wonderful way to connect and build community. *All dogs and humans welcome!* 🐾



**Sunday, April 26**  
**4 pm – Dining Room**  
**Esther in Sound:**  
**A Musical Workshop on Courage,**  
**Character & Composition**  
**by Kobi Benel**

The residents of Kavod are warmly invited to a special interactive piano workshop led by Kobi Benel, a 15-year-old sophomore at Denver Jewish Day School. Kobi has been playing piano since early childhood and has developed a deep love for classical. In his own music, Kobi seeks to tell stories not just with melody, but with mood. In this original composition inspired by the Megillat Esther, Kobi presents a musical retelling of the Purim story. The piece unfolds in three parts:

- An opening introduction that evokes the grandeur and mystery of ancient Persia,
- Distinct character themes representing Esther, Mordechai, and Haman — each expressed through different musical colors and motifs,
- A closing section that moves from tension to triumph, capturing the drama and ultimate redemption of the story.

## A Musical Workshop on Courage

(continued)

As part of the workshop, Kobi will introduce the piece, explain how he translates character and narrative into musical themes, and share insights into his compositional process.

**Following the performance, residents will be invited to participate in a Q&A** conversation — an opportunity to ask about music, creativity, classical composers, or the Purim story itself.

Kobi also composes original works and enjoys exploring the intersection of classical structure and Jewish storytelling. He is honored to share this meaningful musical experience with the community.



**Monday, April 27**  
**2:15 pm – Pikes Peak/MBS**

### **Volunteer Meet-Up: Connection & Training**

Calling all volunteers! We're getting together to catch up and ensure everyone is set up for success. We'll be discussing our upcoming roles and walk through a quick tutorial on how to log your hours using Activity Pro. To make it even better, we'll have **refreshments and snacks** to enjoy while we chat. We can't wait to see you there!



**Wednesday, April 29**  
**12:15 pm – Pikes Peak**

### **Spring Fling Lunch & Trivia with Ming**

Gather your friends and get ready to compete! Join us for a Jeopardy-style trivia lunch where teams of 2 or more will go head-to-head across a range of easy to moderately challenging questions. Complimentary Lunch is included and prizes are up for grabs — don't miss out!

No need to signup, just drop in!



### **Low Vision Newsletter**

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, **please contact Ming at 720-382-7849.**



### **CAPABLE program**

The CAPABLE (Community Aging in Place. Advancing Better Living for Elders) is a person-directed, home-based program that addresses both function and healthcare expenses. The program is FREE and includes 6 meetings with an Occupational Therapist, 4 meetings with a Registered Nurse and a Handyperson to make modifications in your home! Stop by the East lobby the 1<sup>st</sup> Wednesday of the month or call #720.382.7838 to learn more about CAPABLE!

### **Monthly SNAP Enrollment and Information**

*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 **2<sup>nd</sup> Tuesday of the month from 10am - 11am** to learn more about SNAP, check your status, and set up an appointment to apply or recertify! If you have any questions, **call 720.382.7855** to learn more and what to bring!

### **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!**

### **Mountain Balance Break**

You may see Mountain Balance is missing from the calendars for Wednesdays. We are seeking your feedback on new timing for this class, etc. If you have attended this class in the past but stopped – please let us know why and what would bring you back! Please call 720.382.7855 with your feedback!

### **Special H&W Offerings for April 2026**

#### **Wednesday, April 8**

#### **All Day - HWC/Gym**

#### **Pump it for Parkinson's**

This is a ONE-DAY event, held on World Parkinson's Day, to raise awareness about the benefits of exercise for those living with Parkinson's! Kavod's Goal is for 40,000 steps to be stepped! If you have not been upstairs to the HWC/gym, a NuStep is a recumbent cross trainer! The NuStep's will have balloons and a clipboard by them to record your name + steps! There will be refreshments, snacks and all participants will be entered in for a raffle for a new pair of shoes!



### **SAVE THE TOPIC**

**Tuesday (Date to be determined)**

**11am - HWC/Pikes Peak**

**Healthy Heart, Healthy Brain**

Research indicates that what is good for your heart is good for your brain. Conditions like high blood pressure, high cholesterol, and diabetes can harm blood vessels, reducing blood flow to the brain and increasing the risk of cognitive decline and dementia. By managing your heart health, you are actively protecting your brain. Join Maly, Prevention Services Coordinator with the State of Colorado, as she shares more the connection between heart health and memory loss!

**Wednesday, April 1<sup>st</sup>**

**330-5pm - East lobby**

**CAPABLE Chat**

Are there goals you have that you have been unable to reach? Stop by our table outside the dining room to learn more about the CAPABLE program and how it can support you in your home! The program includes 6-OT appointments, 4- RN visits and home modification in your home to support you aging in place. No cost to you!

**Wednesday, April 8<sup>th</sup>**

**1pm - HWC/Pikes Peak**

**Herbalism Series Workshop: *Home All-Purpose super herb spray***

Spring is here! You know what that means, spring cleaning. Herbs aren't just good for our body. We will welcome the new season with timeless herbs known for their antibacterial properties and make a cleaning spray. Come join herbalist, Jenna Gusto, as she guides you through the world of the importance of using "clean" cleaning products! Advance registration is required. Please sign up at the front desk!

**Wednesdays in April**

**1030-11am - HWC/Pikes Peak**

**DBT Skills Group with Benjamin**

Join our recent Naropa graduate, Benjamin, as he guides attendees to develop evidence-based skills to:

- Navigate and manage difficult emotions
- Build stronger, more supportive relationships
- And more!

DBT Skill Groups are good for anyone at any age! We hope to see you there! Please call 720.382.7838 if interested in joining!



## January - February Gifts

### ACTIVITIES/LIFE ENRICHMENT

Jean Driscoll

### GENERAL

Garrett Barter

Harvey & Jackie Bolshoun

Jack Defez

Lisa & Vern Engbar

Raymond Ericksen, In Memory of Mary Ericksen, z"ll

Rob Geller

Scott & Tracy Kozak

Kroger Corporation

Debbie & Gary Mandelbaum

Gaile Weisbly Waldinger

Ellen Welner Lozow

### GENERAL OPERATIONS GRANT

Singer Family Foundation

The Virginia W. Hill Foundation

### HEALTH & WELLNESS

Charities Aid Foundation America

Kara Harvey

Michael & Wendy Klein, In Memory of Rev. Cecily Sawyer Harmon, z"ll

### KAVOD ON THE ROAD PARTNERSHIPS

Feldman Mortuary

Temple Sinai

### KAVOD ON THE ROAD ANNUAL CONFERENCE – SPONSORSHIP

ANB Bank

Councilwoman Amanda Sawyer

### KAVOD ON THE ROAD

Jean Driscoll

### SAFETY AND SECURITY GRANT

Future Without Violence

State of Colorado

### SHUL

Raisa Kaufman

Alla Khazanova, In memory of the holocaust victims, z"ll

### SUMMER EVENT 2025 SPONSORSHIPS

Marx/Okubo