



# Kavod Assisted Living at Cherry Creek

## Activity Calendar — MARCH 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> 12:15 Sweets &amp; Gift Bags, join us for Purim Fun—Gathering Room (1st floor, West Building)</p> <p>6:00 Rummikub Games—GR</p>	<p><b>2</b> 10:30 Bingo—Pikes Peak</p> <p>11:00 Conversations on the Edge—SHC</p> <p>12:15 AL Food Committee—GR</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>5:15 Sing Along with Christine—GR</p> <p>6:00 Erev Purim, Megillah Reading—Shul</p> <p><i>Purim begins at Sundown</i></p>	<p><b>3</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>11:15 Brunch n' Learn about Audria!—Pikes Peak</p> <p>12:15 Colorado Trivia for 303 Day with Madison—GR</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><b>4</b> 11:30 Good Vibes with Rick &amp; Coffee in the Bistro</p> <p>12:00 Gentle Yoga—MBS</p> <p>12:15 "AL What's Happening at Kavod"—GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:30 CAPABLE Chat—East Lobby</p> <p>4:30 Tech Help with Lauren—3rd floor bridge</p>	<p><b>5</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>10:30 CAPABLE Chat—MBS</p> <p>1:00 Current Events—MBS</p> <p>2:30 Mindfulness Practice—MBS</p> <p>4:30 Piano Music by Tory—DR</p>	<p><b>6</b> 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</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>2:00 Kindness Rock Painting with Madison—GR</p> <p>6:00 Soulful Shabbat Service with Rabbi Steve—SH</p>	<p><b>7</b></p>
<p><b>8</b> <i>Set clocks ahead one hour!</i> </p> <p>10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>12:30 Dragon &amp; Lion Dances for Chinese New Year Celebration—EAST DR</p> <p>2:00 Claire's Jewelry Making—Shul Classroom</p> <p>2:00 International Women's Day Celebration with Madison—GR</p> <p>6:00 Rummikub Games—GR</p> <p><i>International Women's Day</i></p>	<p><b>9</b> 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:00 Kings Soopers shopping—trip</p> <p>2:30 DPL Bookmobile—GR</p> <p>5:15 Sing Along with Christine—GR</p> <p>6:00 SoulFULL Necklace Workshop —SHC</p>	<p><b>10</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>12:15 St. Patrick's Day Bingo—GR</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:30 Mindfulness Practice —MBS</p> <p>4:45 Authentic Relationship Group—Pikes Peak</p> <p>6:00 Rummikub Games—GR</p>	<p><b>11</b> 10:00 Low Vision Support Group—GR</p> <p>11:00 Lunch n' Learn with Benjamin and DBT—MBS</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Herbalism—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>5:15 Painting &amp; Wine with Polly—GR</p>	<p><b>12</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>5:00 Dancing to the Oldies—GR</p>	<p><b>13</b> 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</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>2:00 Ceramics &amp; Nature—Pikes Peak</p>	<p><b>14</b> 10:00 Shabbat Services with Dr. Seth Ward (End of Exodus)—SH</p>  <p>NEXT PAGE</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>15</b> 10:00 Non-Denominational Christian Services with Steve Miller on piano—Pikes Peak</p> <p>12:45 Birthday Celebration &amp; Concert with Michael Friedman Jazz Duo— <a href="#">EAST DR</a></p> <p>3:30 Resident Council Academy Awards Party—Pikes Peak</p> <p>4:00 Ice Cream Social with the Israeli Scouts—<a href="#">West Lobby</a></p> <p>6:00 Rummikub Games—GR</p>	<p><b>16</b> 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>5:15 Sing Along with Christine—GR</p>	<p><b>17</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</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>5:30 Celtic Steps Irish Dancers—<a href="#">EAST DR</a></p> <p>6:00 Rummikub Games—GR</p> 	<p><b>18</b> *10:00 Butterfly Pavilion &amp; lunch—trip</p> <p>10:30 DBT Skills Group with Benjamin—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>1:00 Active Minds "Amelia Earhart"—Pikes Peak</p> <p>2:00 Red Hat Meeting—Mt. Blue Sky</p> <p>4:30 Tech Help with Lauren—3rd floor bridge</p>	<p><b>19</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>2:00 Super Target shopping—trip</p> <p>2:30 Mindfulness Practice—MBS</p> <p>Aging As A Sacred Invitation: A Poetry Experience</p> <p>5:30 Happy Hour—SHC</p> <p>5:45 Performance—SHC</p>	<p><b>20</b> 9:00 Relaxation Hour—PP</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts-MBS</p> <p>11:00 Sacred Grounds with Rabbi Steve—Bistro</p> <p>12:15 Denver Botanic Gardens Sensory Adventures—GR</p> <p>12:00 Salad Bar n' Learn with Legacy: Sciatica—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Cafe -East Lobby</p> <p>2:00 Spring Watercolor painting with Madison—GR</p> <p>6:00 Musical Shabbat Service with Rabbi Kim—SH</p> <p><i>Happy first day of Spring!</i></p>	<p><b>21</b></p> <p>2:00 World Poetry Day &amp; Tea with Madison—GR</p>
<p><b>22</b> 10:00 Non-Denominational Christian Services and Communion with Rev. Dale &amp; Steve Miller on piano—Pikes Peak</p> <p>12:15 World Water Day Movie Screening (Ponyo) with Madison—GR</p> <p>6:00 Rummikub Games—GR</p>	<p><b>23</b> 10:30 Bingo—Pikes Peak</p> <p>11:00 DMV2GO—SHC</p> <p>12:15 AL Meet &amp; Greet with Megan &amp; Ming—GR</p> <p>1:00 Readers Theatre—PP</p> <p>2:30 DPL Bookmobile—GR</p> <p>3:00 AL Bingo—GR</p> <p>5:15 Sing Along with Christine—GR</p>	<p><b>24</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 "Cowboy Music from Our Wide Open Spaces"—GR</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><b>25</b> 12:00 Gentle Yoga—MBS</p> <p>10:30 DBT Skills Group with Benjamin—Pikes Peak</p> <p>12:15 Good Vibes &amp; Tunes with Rick- GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>4:30 Tech Help with Lauren—3rd floor bridge</p> <p>5:30 Spring Klezmer Concert with the KvetchUP Band—<a href="#">EAST DR</a></p>	<p><b>26</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</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>27</b> 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—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>28</b> 10:00 Shabbat Services with Dr. Seth Ward (Shabbat HaGadol) —SH</p>
<p><b>29</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p>	<p><b>30</b> 10:30 Bingo—Pikes Peak</p> <p>*12:00 Carmine's Pizza—trip</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>5:15 Sing Along with Christine—GR</p>	<p><b>31</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 Cesar Chavez Day Documentary with Madison—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>PREVIOUS PAGE</b></p>

MARCH 2026

## Connie's CORNER



**Hi Everyone,**

We spring forward in time this month, **so be sure to set your clocks ahead one hour on Sunday morning, March 8!**

We have lots of fun activities, trips, classes and events this month so be sure to read the Voice from cover to cover!

Be sure to attend the **"AL What's Happening in Assisted Living with Life Enrichment"** on **Wednesday, March 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](mailto:cmoore@kavodseniorlife.org)



## Sweet Treats & Gift Bags: Purim Preparation with Young Adults

Join the Denver Moishe Pod—an enthusiastic group of Jewish young adults—for a festive and feel-good Purim gathering on **Sunday, March 1<sup>st</sup> at 12:15 pm in the Gathering Room!**

We'll enjoy free snacks (including plenty of dark chocolate), decorate masks, and assemble gift bags filled with Purim goodies to share.

Come for the treats, stay for the creativity, and help us spread a little extra sweetness this Purim.

Enjoy refreshments, no cost and no sign-up required, just drop in!

## From Chaplaincy and Spiritual Services



**Erev Purim  
Monday, March 2  
6 pm - Shul**

A very untraditional/crazy (mostly English) Megillah reading (sung to traditional trope) created by the amazing Cantor Jack Kessler). Costumes and/or masks welcome. Groggers, hametaschen and libations also welcome and provided. **An hour of great and needed fun and levity to begin Purim!** W. Rabbi Steve and friends.

### **ALERT: PASSOVER BEGINS WEDNESDAY NIGHT APRIL 1!**

Seders will be Wednesday and Thursday nights at 5 pm

Yizkor the following Thursday, April 9

All are welcome!

Watch the April Voice for details.

If you have questions, please contact Rabbi Steve at 720 382-7836, or email at [sbnadav@kavodseniorlife.org](mailto:sbnadav@kavodseniorlife.org)



**NOT TO BE MISSED!!!**

**Thursday, March 19  
AGING AS A SACRED INVITATION:  
A POETRY EXPERIENCE**

**HAPPY HOUR BEGINS AT 5:30 pm  
PERFORMANCE AT 5:45 pm  
Shul Classroom**

**Colorado Poet Rosemerry Wahtola Trommer** is one of the most prolific, insightful and exciting poets in Colorado today, now touring the United States leading transformative workshops and giving life changing readings that elucidate the deeper truths and challenges of life. **DO NOT MISS!**

Rosemerry's poetry explores what the soul knows—how heartbreak can foster courage, compassion and communion; and how our greatest and smallest losses can nourish love, beauty and inner spaciousness, and more.

You will see yourself and what YOUR soul knows in her words.

PS. If you would be interested in an intimate half-day poetry workshop earlier in the day with Rosemerry, please contact Rabbi Steve ASAP. Open to anyone who has participated in the Soul of Aging series, and others after speaking with Rabbi Steve.

## New Passover Changes at Kavod



This year we will have two Seders, on Wednesday, April 1 and Thursday, April 2 at 5 pm.

Yizkor will occur on Thursday April 9.

This year we will **ONLY** provide **certified** Kosher for Passover **dinners** in the **assisted living dining room and the Gathering Room in the west building** throughout the holiday.

All kitchens will be kashered for Passover. However, the food in the main dining room will be **kosher-style** (but not certified Kosher for Passover).

We have reviewed this with Dovey Heller, our mashgiach and Rabbi Stephen Booth Nadav.

There will be limited seating and those who want to attend the Seders and dinners **will need to sign up at the front desk.**

Based on the numbers who sign up, we also hope to accommodate families who may want to attend the Seders or other meals during this period.

The cost for non-residents will be \$25 per person for the Seder dinners and \$15 per person for the regular dinners.

For those who are not interested in these options, the main dining room will continue to be open. No leavened food products will be served during this time.

**If you have any questions, please reach out to Rabbi Steve, Michael or Kara.**

# LEADERSHIP CORNER



**Michael Klein**  
**President & CEO**  
**Operating Officer**



**Kara Harvey**  
**Chief**

Dear residents,

**HUD updates.** Good news. The House and Senate worked out their differences and came up with a funding bill for 2026. The President signed the bill. We will share updated information on this at the next Resident Council meeting, as well as some proposed new requirements regarding verification of citizenship.

**Visitor Requirements:** To help with campus safety, caregivers and visitors should use the call box in order for you to let them in. They should not use their cell phones to contact you because you are not able to buzz them in. Please also ask caregivers to wear a name badge from their company and to sign in at the kiosk at the front entrances.

**Home Care Recommendation:** If you are in need of home care or a home health provider, Kavod's preferred

agencies are Alpine Home Care and Berkley Home Health. Please reach out to your care coordinator for more information.

**South Elevator Update:** Our elevator company, Uprise, has been working diligently on modernizing one of the elevators since the end of November 2025. The first elevator passed inspection in early February and the second elevator is now in process. It takes up to eight (8) weeks, not including all of the inspections needed, to ensure the elevator is safe. Thank you for your patience as the modernization of the elevators will be completed soon.

**Perfect Score:** Our West building underwent an extensive review of our physical plant including exterior grounds, common areas and resident rooms by HUD. We received a 100% score! Congratulations to Jeff, Artem and the rest of the Facilities team. If you see anyone from Facilities, please thank them for a job well done.

**Communication:** Please attend our Resident Council meetings! Kara and Michael will attend and share all the items listed here, answer questions, and address any other questions and concerns which you may have.

Thank you,  
*Michael Klein & Kara Harvey*

# Life Enrichment

## The Volunteer Connection



**Megan Dearman**

### **Volunteer Engagement Coordinator**

I am so incredibly thankful to begin my journey here at Kavod. Throughout my life, I have seen firsthand the transformative power of volunteering. I've stood on both sides of the experience: I have served as a volunteer during times of community need, where helping others changed my life for the better. I have also been the one in need, receiving help from volunteers when I didn't know where else to turn.

My passion for this led me to Metropolitan State University of Denver, where I studied community wellness and resilience. Diving into sociology, psychology, and lifestyle medicine, I learned a scientific truth that I had already felt in my heart: volunteering isn't just good for the community, it is beneficial to the volunteer's own health.

According to research in lifestyle medicine, social connection is a powerful "buffer system" for our bodies. Engaging with others through volunteering strengthens our immune, endocrine, and cardiovascular systems.

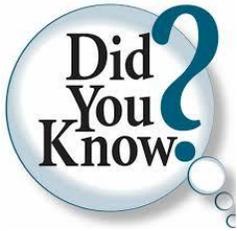
Volunteering can also help us keep our mind sharp and our spirit bright, because it is a unique kind of mental exercise. Whether it's giving change back as the community gift shop cashier or planning our next Kavod community event, these tasks stimulate the brain and strengthen problem-solving skills. This mental stimulation encourages us to think ahead, plan next steps, and stay cognitively active. Research shows that volunteering releases dopamine, the brain's "feel-good" chemical, leading to more relaxed and positive feelings.

By shifting our focus toward helping others, we inadvertently strengthen ourselves. Whether it's the joy of a shared conversation or the satisfaction of a job well done, volunteering reminds us that we are part of something larger than ourselves.

At its heart, volunteering is about connection, and I am honored to be part of a community like Kavod where that connection can truly flourish.



# Life Enrichment



**Please thank  
The Life  
Enrichment  
Team!**

Connie Moore, Director of Life Enrichment  
Dmitriy Umanskiy, Lead Driver & Program Assistant  
Stewart Schoenthal, Driver & Trip Assistant  
Ming Hwong, Life Enrichment Coordinator  
Megan Dearman, Volunteer Engagement Coordinator  
Vacant, Intergenerational Program Coordinator  
Madison Magor, Life Enrichment Activity Assistant

**Did you know** that the bands that perform around Kavod for various special events and activities are provided by Life Enrichment?

**Did you know** that all of the Happy Hours, Entertainment in the Dining Room & Bistro, Birthday parties and gifts are provided by Life Enrichment?

**Did you know** that Uniguest (formerly Touchtown) and the monthly *Voice* & Calendar come from Life Enrichment?

**Did you know** that **ALL** of the trips scheduled and planned each month are provided by Life Enrichment?



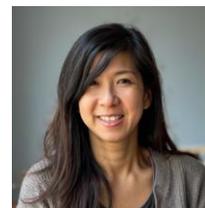
**Monday, March 23  
12:15 pm -Gathering Room**

**Meet & Greet  
Megan & Ming from Life  
Enrichment**

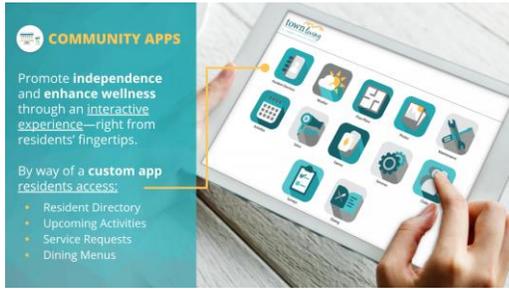
Join Megan and Ming on Monday, March 23 at 12:15 pm for a fun opportunity to hear all about them and ask any questions you may have. Refreshments will be served!



Volunteer Engagement Coordinator,  
Megan Dearman



Life Enrichment Coordinator,  
Ming Hwong



**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**

**CALLING ALL BRIDGE PLAYERS!**



**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.**

This will be delivered to you along with the regular newsletter near the end of each month.



**Bridge Players Club**

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays  
10 am - 3<sup>rd</sup> Floor Bridge**

Looking for bridge players of all levels to play bridge in an established group and a new advanced group.

"Bridge not only stimulates the brain, but research has shown that regular bridge playing improves reasoning skills and long- and short-term memory. You'll feel the neurons firing not only while you play, but long after too." (Google).

**If you are interested in joining, just drop in on 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays!**

## 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 Monday, March 9***

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

**Wednesday, March 18**

**10 am – Van Trip**

### **Butterfly Pavilion**

Join us for a fun outing to the Butterfly Pavilion, the first stand-alone, Association of Zoos and Aquariums accredited non-profit invertebrate zoo in the world. Enjoy unique, hands-on learning experiences in the exhibits and educational programs.

**Immerse yourself and walk among free-flying butterflies in the Wings of the Tropics Rainforest**, a tropical paradise!

Explore the Survival exhibit, home of Rosie the tarantula and other species of arthropods. Be amazed at the incredible diversity of underwater invertebrates at the "Water's Edge." And experience the outdoor gardens designed to provide habitat for native invertebrates with a focus on native pollinators, while providing a place to wonder, relax and learn.

After our visit to the Butterfly Pavilion, we will go to lunch at a nearby restaurant. Be sure to welcome and visit with Simon from Regis University, joining us to assist on this trip for his service learning project. **No need to bring money, Butterfly entrance and lunch are paid by Kavod.**

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

## TRIPS FROM LIFE ENRICHMENT



### **Super Target Shopping trip**

**Thursday, March 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 or let Madison know you'd like  
to sign up.**



**Monday, March 30  
12 pm – Van Trip**

### **Carmine's New York Pizza**

Join us for delicious, authentic New York Pizza  
for lunch at Carmines Pizza and Pasta!  
Don't miss out on the fun and fabulous food!

**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).**



## **March Fun with Madison!**

**\*NEW!**

**All activities listed below are in the  
Gathering Room**

### **Colorado Trivia for 303 Day**

Tuesday, March 3, 12:15 pm - GR

### **AL What's Happening**

Wednesday, March 4, 12:15 pm - GR

### **Kindness Rock Painting**

Friday, March 6, 2 pm - GR

### **International Women's Day Celebration Tea Party & Desserts**

Sunday, March 8, 2 pm - GR

### **St. Patrick's Day Bingo**

Tuesday, March 17, 12:15 pm - GR

### **Spring Watercolor Painting with Flower Watercolor Stencils**

Friday, March 20, 2 pm - GR

### **World Poetry Day Reading & Tea**

Saturday, March 21, 2 pm - GR

### **World Water Day Movie Screening (Ponyo)**

Sunday, March 22, 12:15 pm - GR

### **AL Bingo**

Monday, March 23, 3 pm - GR

### **Cesar Chavez Day Documentary**

Tuesday, March 31, 12:15pm - 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, March 4**

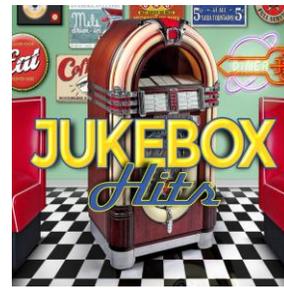
**12:15 pm - Gathering Room**

**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, March 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!



**Wednesday, March 11**

**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!

Friday, March 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.



Sunday, March 1

12:15 pm – Gathering Room

**Sweet Treats & Gift Bags:  
Purim Preparation with Young Adults**

Join the Denver Moishe Pod—an enthusiastic group of Jewish young adults—for a festive and feel-good Purim gathering! We'll enjoy free snacks (including plenty of dark chocolate), decorate masks, and assemble gift bags filled with Purim goodies to share.

**Come for the treats, stay for the creativity, and help us spread a little extra sweetness this Purim.**



Tuesday, March 24

12:15 pm – Gathering Room

**“Cowboy Music  
from Our Wide Open Spaces”**

Saddle up for a romp through America's West in this spirited Active Minds program, with music from movies, TV shows and concert halls. Ride along with the Cartwrights and Marshall Dillon, hop on a donkey and visit the Grand Canyon or go waltzing at a barnyard dance. Cowboy hats not required.



**Sunday, March 8**  
**12:30 pm – EAST Dining Room**

**Celebrate Chinese New Year!**

The Colorado Asian Cultural Heritage Center Dragon & Lion Dance Association students are trained by the world famous Great Grand Master Robin Chan Siew Kee from Singapore, Grand master Siow Phiew & Master Albert Fong Kong Yip from Malaysia & Master Phong Vo from Colorado. **Enjoy an exciting performance of beautiful costumes, dragons and music to celebrate the year of the Horse!**



**Sunday, March 15**  
**4 pm – West Lobby**

**Ice Cream Social**  
**with the Israeli Scouts**



Enjoy some delicious ice cream served by the Israeli Scouts! We'll have a variety of toppings, regular ice cream, sugar free ice cream, whip cream, nuts and cherries to build the sundae of your dreams!



**Tuesday, March 17**  
**The Celtic Steps Irish Dancers**  
**5:30 pm – EAST Dining Room**

Enjoy an hour of amazing Irish music and dance with the Irish dancers from **Celtic Steps School of Irish Dance**.

These dancers represented Colorado at the World Championships in Glasgow, Scotland. Celtic Steps will show you the best of Irish Dance! **Celtic Steps** shares their Irish culture through the grace, energy, and strength of Irish dance.

**Don't miss this exciting performance!**



**Monday, March 23**  
**11 am – Shul Classroom**

DMV2GO, the mobile service for the Department of Motor Vehicles will be onsite so you can renew your license, apply for a new license, or get a Colorado ID.

*You will need to contact the county motor vehicle for anything regarding handicap placards or vehicle services*

**You must sign-up in the East office for your time slot.**

- \* Colorado State IDs are free to adults older than 60 years of age.
- \* For all ages, driver's licenses cost \$32.



*(Continued)*

**Accepted forms of payment** are cash, check or money order made out to the Department of Revenue or DOR, and credit card.

\*If you need to **renew** a Colorado Driver License, you will need to bring your CO driver's license, Social Security Card (but not required for renewal), VA Card or current Passport. Passports that are expired less than 10 years can be used as proof of ID for a renewal. *An unexpired passport is required only for first time issuance. Green cards and certificates of citizenship are acceptable as proof of identity.*

For proof of address bring two of the following: Bank Statement, Phone or Utility Bill, CO driver's license for proof of address.

**Wednesday, March 25**

**5:30 pm - EAST Dining Room**

**Spring Klezmer Concert  
with the KvetchUP Band**

Enjoy a fun and lively hour of Klezmer music by the KvetchUP band! KvetchUP is a 6 piece klezmer band based in Colorado. Moving seamlessly between energetic dance music and soulful melodies, their goal is to engage communities in meaningful and memorable ways. KvetchUP has performed as a featured group with the Lamont Wind Ensemble at the Newman Center for Performing Arts.

To kvetch is Yiddish for to complain...but that's no fun!



## Welcome the CAPABLE program to Kavod!

CAPABLE (Community Aging in Place. Advancing Better Living for Elders) is a person-directed, home-based program that addresses both function and healthcare expenses. Join for our upcoming educational meetings to learn more about CAPABLE or leave a message at 720.382.7838 to sign up!

### 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 – 1pm to learn more, 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!**

### Special H&W Offerings for March 2026

**Tuesday, March 3<sup>rd</sup>**

**11:15 am – HWC/Pikes Peak  
Brunch n’ Learn about Audria!**

Join Heidi, co-founder of Audria, for brunch and a presentation on Audria. Audria is compassionate AI software, easily accessible on iPads, phones, and computers, that facilitates warm, natural conversations for individuals with memory loss and their families. Customized to each person's dementia level, it fosters connection and reduces anxiety through familiar voices and cherished memories, connecting families' one meaningful conversation at a time.

**Wednesday, March 4<sup>th</sup>**

**2:30-5 pm – 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!

**Thursday, March 5<sup>th</sup>**

**10:30 am – HWC/Mt Blue Sky**

**CAPABLE Chat**

Are there goals you have that you have been unable to reach? Come 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, March 11<sup>th</sup>**

**11am – HWC/Mt Blue Sky**

**Lunch n' Learn with Benjamin and DBT**

Join us for a relaxed Lunch & Learn on Dialectical Behavior Therapy (DBT), a practical, skills-based approach to managing strong emotions, reducing stress, and improving communication. We'll explore simple DBT tools—like mindfulness, coping strategies, and ways to handle conflict—that can be used every day to feel more balanced, connected, and in control.

**Wednesday, March 11<sup>th</sup>**

**1 pm – HWC/Pikes Peak**

**Herbalism Series Workshop: *Herbal Mouthwash***

The mouth is actually a biome containing its own ecosystem and is a map of our body systems. Learn what herbs create a happy and healthy mouth for long-term teeth vitality. We will be making an herbal

mouthwash. Come join herbalist, Jenna Gusto, as she guides you through the world of herbal mouthwash! Advance registration is required. Please sign up at the front desk!

**Wednesdays – STARTING March 18<sup>th</sup>**

**\*NEW\***

**10:30 am – HWC/Pikes Peak**

**DBT Skills Group with Benjamin**

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

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

DBT Skill Groups are good for anyone at any age! We hope to see you there! Please sign up at the front desk if interested.

**Friday, March 20<sup>th</sup>**

**12 pm – HWC/Pikes Peak**

**Salad Bar n' Learn with Legacy: Sciatica**

Did you know about 40% of people in the U.S. experience some form of sciatica during their lifetime? Join Michael Harmon, PT and Site Director for Legacy, as he leads you through a brief presentation and shows stretching to help ease the pain of sciatica. Bring a plate! We will have a salad bar to enjoy during or following the presentation.



**Michael Harmon, MPT**  
*Rehab Director*

**Welcome Michael to the Legacy team!**

I am a proud native of Monrovia, Liberia and raised in Wilmington, Delaware. I have lived in Colorado since 2000 after acquiring my Masters of Physical Therapy from the University of Delaware.

Raised as an Episcopal, I was always surrounded by Judaism, from the school I attended founded by Jews, swimming for the JCC and my grandmother who faithfully wore a star of David necklace. It had to be fate that I was attracted to Annie Hellerstein, a wonderful Jewish girl in 2006. Two years later the knot was tied under a chuppah and two years after that, my journey back to the Tribe was complete after my conversion in 2010. My journey into and within Judaism has been a path full of wonder and joy and highlighted by a trip to Israel in 2016.

I have been further blessed by two wonderful daughters, Edina and Eliana and I look forward to raising them into proud Jewish women. I am honored to serve the Jewish community by working through Legacy Healthcare at Kavod Senior Living as a physical therapist.



## November - December Gifts

### ACTIVITIES

Ava & Bert Philippus

### CAPABLE PROJECT

The Harry & Jeanette Weinberg Fund, Inc.

### COLORADOGIVES 2025

Alweis Family, In Memory of Don Alweis, z"l

Deanie Andersen

Rabbi Birdie Becker

Daniel Bennett

Harold Berenson

Mandie Bircham

Ethan Black

Sharon Caulfield

Jodi Cooper

Patsy Davidson

Tanya Davoll, In Memory of My mother, Ann, z"l

Eileen Doherty

Mimi Eckstein, Dedicated to Danny Sheehan

Raymond Ericksen

Todd Flannery

Roslyn Fleischman

Barbara Frodin

Sharon Gottesfeld

Rafael Haciski

Kara Harvey

Hahn Family Fund

Joe Hodas

Christopher Hornsby

Alan & Terry Hershey

Jamie & Mark Idelberg

Tracy Kapaun & Anne Deines, In Memory of Al Kapaun, z"l

Jean & Don Kaplan

Gail & Stuart Kassan, In Memory of Michael Kassan, z"l

JoAnn Kay

Melvyn & Roberta Klein

Wendy & Michael Klein

Jay Mactas, In Honor of Michael Klein

Bonnie Merenstein

Marilyn Mishkin

Connie Moore, Dedicated to the Kavod Staff

Eileen Naiman

William Peairs & John Cunningham

Debbie & Frank Piazza

Debbie Reinberg & Paul Simon

Glen & Walli Richardson,

Dedicated to the Kavod Staff

Deborah Rothschild

Ben & Beth Shanker

Susan Shaner

Diana & Alan Sher

H. Edward Silver

Barbara Singer

Anne Shimek

Yuliya Sopkin

Linda Spilka

Shirley Stafford

Gaile Weisbly Waldinger

Louis Wolfe

Karen Wollman

Adrienne Young

Sura Veta

Christie Ziegler

### GENERAL

Sherri Alpert & Ray Gottesfeld

Elaine Appel

Garrett Barter

Joan Beldock & David Brahinsky

Bill Berger

Lynn & George Bishop

Saundra Brodsky

Jan Buckstein

Connie Burke

Stephen Canges

Rhona Cohen

Sarah Sue Fun, In Memory of parents & siblings, z"l

Anthony & Alia Gerber

Audrey Gilden, In Memory of

David Gilden

Larry & Dot Kerzner

Harry & Lillian Hoffman

Angelika Kagan

Linda Kalat, In Memory of Max and Minnie Gang, z"l

Sheila Karsh & Bob Steapp

Sandy & Robert Klein

Eudice Lewkowitz

Julie Livingston

Robert Mintz

Larry Nathan, In Honor of Elaine Wolf

Jeremy & Gerri Persin

Michael

Barbara & Dick Reinish

Dorothy Resnick, In Honor of Gary & Judy Saltzman

Gerard & Sheila Rudofsky

Lelan Rudofsky

Dena Schneider

Nancy Siegel

Susie Sigman

Howard Bellowe & Dr. Jacqueline Stern

Ernest Stone

Allan & Helena Striker

Kelly Hodges

Alyson Sprafkin & Michael

Waldinger

Harold & Sharron Weinstein

Steven & Barbara Zimmerman, In Honor of Art Protskoff

### GENERAL OPERATIONS GRANT

The Daniels Fund

### HEALTH & WELLNESS

Cindy Diamond, In Memory of Alvin Feldman

### SHUL

Sandra Kolesnikova

Julie Rotenberg