





Kavod Senior Living at Cherry Creek

Activity Calendar — APRIL 2026







Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Guide:</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>Color Guide:</p> <p>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other</p>					
			<p>1 10:00 English Language Practice-MBS 10:30 DBT Skills Group with Benjamin—Pikes Peak 11:30 Good Vibes with Rick & Coffee in the Bistro 12:00 Gentle Yoga—MBS 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>2</p> <p style="text-align: center;">Closed All Day for Passover</p>  <p>5:00 Passover Seder—AL Dining Room/GR</p>	<p>3 10:00 Gentle Yoga—PP 11:00 Relaxation Hour—PP 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 2:00 Good Friday Christian Service —Pikes Peak 6:00 Resident Led Shabbat Service—SH</p>	<p>4</p>
<p>5 10:00 Easter Sunday Christian Service with Rev. Dale—Pikes Peak</p>  <p>3:00 Painting & Wine with Polly—Pikes Peak</p>	<p>6 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 11:45 Spring Wreath Making with Ming—Pikes Peak 1:00 Readers Theatre—Pikes Peak 4:30 Passover Piano Concert with Doug—DR *6:00 CU Boulder Spring 2026 Inaugural Concert—trip</p>	<p>7 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 4:45 Authentic Relationship Group—Pikes Peak</p>	<p>8 *9:30 Super Walmart—trip *All day: Pump it for Parkinson’s—HWC/Gym 10:00 English Language Practice—MBS 10:00 Low Vision Support Group—GR 10:30 DBT Skills Group with Benjamin—Pikes Peak 12:00 Gentle Yoga—MBS 1:00 Herbalism Series—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 4:30 Tech Help with Lauren—3rd floor bridge</p>	<p>9 10:00 Passover Yizkor Service —SH</p> <p style="text-align: center;">Closed All Day for Passover</p> 	<p>10 10:00 Gentle Yoga—Pikes Peak 11:00 Sacred Grounds with Rabbi Steve—Bistro 11:00 Relaxation Hour—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe –East Lobby 2:00 Ceramics & Nature—Pikes Peak</p>	<p>11 10:00 Shabbat Services with Dr. Seth Ward—SH (Announce New Moon! + Avot)</p>  <p style="text-align: center;">NEXT PAGE</p>

Kavod Senior Living at Cherry Creek

Activity Calendar — APRIL 2026

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>12 10:00 Non-Denominational Christian Services with Rev. Dale & 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>13 *10:00 Denver Museum of Nature & Science—trip</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p>	<p>14 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 SNAP Enrollment—East Lobby</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>*11:45 JFS Food Bank & Pantry—trip</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>*2:00 King Soopers—trip</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>4:45 Authentic Relationship Group—Pikes Peak</p>	<p>15 10:00 English Language Practice—MBS</p> <p>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>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Red Hat Meeting—MBS</p> <p>4:30 Tech Help with Lauren—3rd floor bridge</p> <p>*4:45 ADL Governor's Holocaust Remembrance Program—trip</p>	<p>16 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Resident Council—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>*6:00 CU Philharmonic Orchestra—trip</p>	<p>17 *10:00 Stanley Market-place—trip</p> <p>10:00 Gentle Yoga—Pikes Peak</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—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Café—East Lobby</p> <p>6:00 Musical Shabbat Service with Rabbi Kim—SH</p>	<p>18</p>
<p>19 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>12:45 Birthday Celebration & Concert with Shack & Rhythm & Blues — DR </p> <p>1:30 Tech Help with Claire—3rd floor bridge</p>	<p>20 No Bingo today</p> <p>11:00 Lunch & Learn: Let’s Stay Well with Kalina—Pikes Peak & MBS</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:15 Senior Planet presentation—SHC</p> <p>2:30 DPL Bookmobile—GR</p>	<p>21 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>*11:45 JFS Food Bank & Pantry—trip</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>4:45 Authentic Relationship Group—Pikes Peak</p> <p>Israeli Independence Day </p>	<p>22 *9:00 Mountain Casino—trip</p> <p>10:00 English Language Practice-MBS</p> <p>10:30 DBT Skills Group with Benjamin—Pikes Peak</p> <p>12:00 Gentle Yoga—MBS</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>23 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 Dollar Tree—trip</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>11:00 Yappy Hour Dog Social with Ming—East Lawn</p> <p>1:00 Current Events—MBS</p> <p>2:30 Mindfulness Practice—MBS</p>	<p>24 10:00 Gentle Yoga—Pikes Peak</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 Café—East Lobby</p> <p>2:00 Ceramics & Nature—Pikes Peak</p>	<p>25 10:00 Shabbat Services with Dr. Seth Ward—SH (A Double Portion! + Avot)</p>
<p>26 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>4:00 Piano Recital "Book of Esther" by Kobi Fishman & Reception—DR</p>	<p>27 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:15 Volunteer Meet-Up: Connection & Training—Pikes Peak & MBS</p>	<p>28 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 King Soopers—trip</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>12:00 Jazz Café & Coffee Hour—Bistro</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>29 10:00 English Language Practice—MBS</p> <p>10:30 DBT Skills Group with Benjamin—Pikes Peak</p> <p>10:00 Resident Council Bake Sale/ Flea Market—DR</p> <p>12:15 Spring Fling Trivia Lunch with Ming—Pikes peak</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>4:30 Tech Help with Lauren—3rd floor bridge</p>	<p>30 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>*6:00 Lamont “A Brass Celebration”—trip</p>		 <p>PREVIOUS PAGE</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!***

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

Join us for the "Life Enrichment Lunch & What's Happening at Kavod" on Friday, April 3rd 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 a daily calendar, menus, and much more! See instructions inside the *Voice*.

Connie Moore
Director of Life Enrichment
720.382.7813
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, 720 382-7836.

Kehillat Kavod: Kavod's Jewish Community

Services are held at 6 pm in the Shul, East Building, on the 2nd 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 21st 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 3rd Wednesday of the month at 2 pm in Mt. Blue Sky. We will find you a Red Hat....

Resident Council Community Connection

Spring has finally arrived. Less layers and more walks. Do you have a favorite path you take? Walk over to Polaski Park and watch the dogs run around or cross over Steele St. to walk the Cherry Creek Trail? The Cherry Creek North Arts Festival will be coming soon.

Our annual clothing drive was a **TREMENDOUS** success. We received an abundance of bags from Kavod residents and staff. This drive benefits Women and children of Denver and surrounding areas. Thank You Kavod Residents and Staff.

We are still emphasizing the safety of our residents. Please do **NOT** open lobby doors for visitors. ALL guests must use the vestibule phone (not their cell phone) and keypad. ALL caregivers and visitors must also use the kiosk for visitor stickers. Even if they come to Kavod every day. This is for your safety.

April Events

Bake Sale/Flea Market

📅 Wednesday, April 29, 2026

🕒 10am - 12pm

📍 Dining Room

Watch for Flyers

- We are planning a **Bake Sale/Flea Market**.

Do you bake? Cookies. Cakes. Pies. Candy. Sign Up will be on the east side table on the Bridge.

This sale is the Resident Council's largest fundraiser of the year. These funds will help us create the events we present to you throughout the year including Friendsgiving, Super Bowl Party & the upcoming Dog Show.

- On the **Flea Market** side, we will be renting tables to residents for you to sell whatever you have in crafts or items you have that you would

like to put a price on, i.e., jewelry, pictures, household items. Something you'd find at a flea market. **No clothing or shoes.**

Table Rentals are \$10 for a full table or \$5 for sharing half a table. Cash Only. Tables MUST be reserved no later than Wednesday April 15, 2026. Residents keep the money they collect.

Contact Roz Brooks 303-726-8781 or Karen Wollman 918-815-2995 for table reservations.

Upcoming in May

- Kavod Annual Dog Show. Get your fur baby ready for the spotlight.

🍦 Ice Cream Café

📅 Fridays

🕒 1:00-2:30 PM

📍 East Lobby

📅 Current Events Group

📅 Thursday April 23 & 30

🕒 1:00-2:00 PM

📍 Mt. Blue Sky

- Interesting bi-partisan discussions on local, state, national and international happenings. Our world is ever changing.

(Continued next page)

Next Resident Council Meeting

📅 April 16, 2026

🕒 1:00–2:00 PM

📍 Pikes Peak

Guest Speakers:

John Silva – DPD

EW Partners – Cherry Creek West
Developers

Makhammat Nuriyev, Dining Director

Kara Harvey COO

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

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

*Sandy Brodsky

*Linda Mason Gallagher

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

* Bob Lawrenson

*Beverly Bolden apt. 408E/Secretary

VOLUNTEERS ALWAYS WELCOME AND
NEEDED

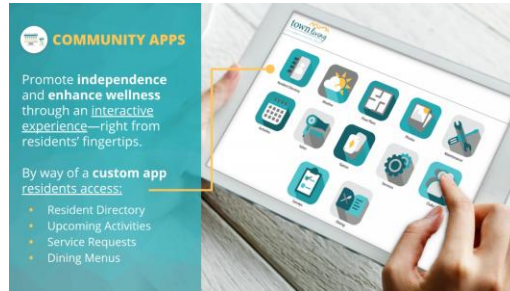
✉ kavodresidentcouncil@gmail.com

📞 Questions or suggestions welcome!

Life Enrichment



Uniguest
Community Apps



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



Uniguest
Community Apps

Community App!

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

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

Log in with the following:

USER NAME: 4575

PASSWORD: 4575

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

Life Enrichment



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!

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, 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, April 7, 14 & 21
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.



College of Music
UNIVERSITY OF COLORADO BOULDER

Spring 2026 Inaugural Concert

Monday, April 6
6 pm - Van Trip

Join the CU Boulder Concert Band and Campus Band for an exciting evening of music. These bands comprise students with majors representing nearly every program on campus. Exploring traditional and contemporary works for band, the ensembles are known for their consistently high level of performance. We hope to see you there!

Cost Residents: \$10

Cost Non-Residents: \$20

Deadline: April 4



Monday, April 13
10 am – Van Trip

Join us as we explore the museum exhibits for the FREE day this month! You will have a chance to see the **Vasily Konovalenko Gem Carvings of Russian Folk Life on the 3rd floor**, the ONLY collection of the remarkable gem sculptures on public display outside of Moscow! You will also have the choice to see the exhibit **Brick Planet: A magical journey made with LEGO® bricks, Discover “Teen Rex”, Space Odyssey, Egyptian Mummies, Discovery Zone, Expedition Health, Prehistoric Journey, and Wildlife Hall, all located on the 3rd floor.**

We will depart the museum at NOON to have lunch in a nearby restaurant.

Bring at least \$20 to pay for your lunch at the restaurant.

Residents Cost: \$5

Non-Residents Cost: \$10

Deadline: April 8



Wednesday, April 15
4:45 pm – Van Trip

45th 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.

Cost Residents: \$3 transportation

Cost Non-Residents: \$5

transportation

Deadline: April 10



**Philharmonic Orchestra
Spring 2026 Concert**

**Thursday, April 16
6 pm – Van Trip**

The CU Boulder Philharmonic Orchestra performs a diverse repertoire, including symphonies and large-scale orchestral works by major composers, at Macky Auditorium. Experience a concert of unparalleled musical excellence with the Boulder Philharmonic Orchestra.

Cost Residents: \$10

Cost Non-Residents: \$20

Deadline: April 14



Friday, April 17

10 am – Van Trip

Stanley Marketplace

Enjoy a fun outing to **Stanley Marketplace** where dining, shopping, wellness, and creativity come together under one historic roof, all just minutes from downtown Denver in Aurora, Colorado. What was once an aviation manufacturing facility is now a buzzing hub filled with 50+ locally owned small

businesses, from restaurants and boutiques to breweries, fitness studios, wellness pros, and creative workspaces.

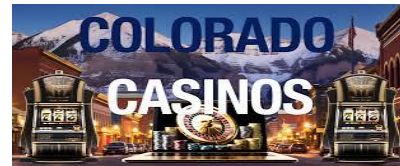
You will have time to explore all the shops and choose a restaurant for lunch, such as the Denver Biscuit Company, Rosenberg’s Deli, Maria Empanada, Chi Lin Asian Eatery, Rolling Smoke BBQ, Sweet Cow Ice Cream Shop and MANY more, something for everyone!

We will depart at 1:30 pm to return to Kavod.

Cost Residents: \$5

Cost Non-Residents: \$10

Deadline: April 10



Wednesday, April 22

9 am – Van Trip

Colorado Mountain Casinos

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

We will depart at 2 pm to return to Kavod.

Cost Residents: \$8

Cost Non-Residents: \$10

Deadline: April 15



UNIVERSITY OF
DENVER

Lamont School of Music

Lamont School of Music
“A Brass Celebration”

Thursday, April 30
6 pm - Van Trip

“Jennie’s Concert: A Brass Celebration” is a tribute to all musicians who aspire to those qualities, which allow us to be all that we can be. Featuring brass performances, notably highlighted by the Lamont Trombone Studio and University of Denver Trumpet Studio.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: April 21



TRIPS

Coming in MAY 2026!



Lamont Symphony Orchestra

Wednesday, May 27
6 pm - Van Trip

The Lamont Symphony Orchestra closes its season with a dynamic program showcasing the next generation of musical talent. Student conductors Ke-Yuan Hsin and Bryant Denmark lead Rossini’s playful Il signor Bruschino Overture and Debussy’s luminous Clair de lune. The winner of the Honors Solo Competition takes center stage in a featured concerto performance. Conductor Lawrence Golan concludes the evening with Brahms’ radiant and pastoral Symphony No. 2.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: May 20



Friday, April 3

11:30 am – Shul Classroom

“What’s Happening”

Life Enrichment Lunch & Learn

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!**



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 –Dining Room

The Cherry Tones Spring Concert

The CherryTones 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.*



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!* 🐾

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!



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.

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.

Volunteer Meet Up

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.**

SLAM THE SCAM!

Tips to Stay Safe from Scammers!



- Buying a gift card to pay someone?
- STOP. It's a scam!**
- Gift cards are for gifts.



Do NOT use a gift card to pay: the IRS or Social Security, tech support, a family member in trouble, ransom or to avoid arrest or deportation, a member of the military, or to keep your utilities on.

Report gift card scams at: ReportFraud.ftc.gov

If you receive a suspicious call:



- Hang up
- Don't believe them
- Don't trust your caller ID
- Don't give them money
- Don't give them personal information
- Report the scam at oig.ssa.gov



SSA.GOV/SCAM

Social Security Administration | Publication No. 86-024 | June 2023 | Produced at U.S. taxpayer expense



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 1st 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 **2nd 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 1st

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 8th

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