



# Kavod Senior Living at Cherry Creek

## Activity Calendar — MARCH 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Room Location Guide:</b>            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>  <b>Blue = Life Enrichment classes</b>  <b>Green = Life Enrichment Trips</b>  <b>Purple = Health &amp; Wellness classes</b>  <b>Black = Religious or Other</b></p>					
<p><b>1</b> 12:00 Piano Music while you dine by Christine-DR</p> <p>12:15 Sweets &amp; Gift Bags, join us for Purim Fun—Gathering Room (1st floor, West Building)</p>	<p><b>2</b> 10:30 Bingo—Pikes Peak</p> <p>11:00 Conversations on the Edge—SHC</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p><b>6:00</b> Erev Purim, Megillah Reading—Shul</p> <p><b>Purim begins at Sundown</b></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>*11:45 JFS Food Bank &amp; Pantry—trip</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>4</b> 10:00 English Language Practice -MBS</p> <p>11:30 Good Vibes with Rick &amp; Coffee in the Bistro</p> <p>12:00 Gentle Yoga—MBS</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>*6:00 Lamont Symphony Orchestra &amp; Choirs—trip</p>	<p><b>5</b> 9:00 Tai Chi—Pikes Peak</p> <p>*10:00 Forest Bathing—trip</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>11:30 Life Enrichment “What’s Happening at Kavod” Lunch—SHC</p> <p>12:30 Legacy Strength Training for Seniors—Pikes Peak</p> <p>*1:00 King Soopers—trip</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Cafe -East Lobby</p> <p>6:00 Soulful Shabbat Service with Rabbi Steve—SH</p>	<p><b>7</b></p>
<p><b>8</b> Set clocks ahead one hour!</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—DR</p>  <p>2:00 Claire’s Jewelry Making—Shul Classroom</p> <p>3:00 Painting &amp; Wine with Polly—Pikes Peak</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>2:30 DPL Bookmobile—GR</p> <p>6:00 SoulFULL Necklace Workshop —SHC</p>	<p><b>10</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 SNAP Enrollment—East Lobby</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>*11:45 JFS Food Bank &amp; Pantry trip</p> <p>1:00 Opening Minds through Art-PP</p> <p>2:00 Resident Council Clothing Drive “Pick up bags”—East Lobby</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>4:45 Authentic Relationship Group—Pikes Peak</p>	<p><b>11</b> *9:30 Super Walmart—trip</p> <p>10:00 English Language Practice—MBS</p> <p>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>4:30 Tech Help with Lauren—3rd floor bridge</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>*4:00 “Hello Dolly” at the Candlelight Dinner Playhouse—trip</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—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>14</b> 10:00 Shabbat Services with Dr. Seth Ward (End of Exodus)—SH</p>  <p>NEXT PAGE</p>

# Kavod Senior Living at Cherry Creek

## Activity Calendar — MARCH 2026

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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— DR</p>  <p>3:30 Resident Council Academy Awards Party—Pikes Peak</p> <p>4:00 Ice Cream Social with the Israeli Scouts—West Lobby</p> 	<p><b>16</b> *9:00 Sav A Lot Grocery—trip</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:15 Happy Hour Meet &amp; Greet with Megan &amp; Ming—Bistro</p>	<p><b>17</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>*11:45 JFS Food Bank &amp; Pantry—trip</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>1:00 Resident Council Clothing Drive “Clothing Drop Off”—East Lobby</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—DR</p> 	<p><b>18</b> *10:00 Butterfly Pavilion &amp; lunch—trip</p> <p>10:00 English Language Practice-MBS</p> <p>10:30 DBT Skills Group with Benjamin—Pikes Peak</p> <p>1:00 Active Minds “Amelia Earhart ”—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><b>19</b> *9:00 King Soopers—trip</p> <p>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>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—Pikes Peak</p> <p>*10:00 Fast Food Friday—trip</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Sacred Grounds with Rabbi Steve—Bistro</p> <p>11:00 Mindfulness Fiber Arts—MBS</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 Café—East Lobby</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><b>22</b> 10:00 Non-Denominational Christian Services and Communion with Rev. Dale &amp; Steve Miller on piano—Pikes Peak</p> <p>12:00 Piano Music while you dine by Christine-DR</p>	<p><b>23</b> 10:30 Bingo—Pikes Peak</p> <p>11:00 DMV2GO—SHC</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:30 DPL Bookmobile—GR</p>	<p><b>24</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>*11:00 <i>Mystery Lunch</i>—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><b>25</b> *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>5:30 Spring Klezmer Concert with the KvetchUP Band—DR</p>	<p><b>26</b> 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 King Soopers—trip</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>4:30 Piano Music by Tory—DR</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 Café—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>1:00 Readers Theatre—Pikes Peak</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>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>PREVIOUS PAGE</p>

March 2026

## Connie's CORNER



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!

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

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

We wish Elizabeth Stanbro all the best as she moves on to another opportunity. **OMA (Opening Minds through Art) sessions will continue.**

Stay in the know! Be sure to log-in to **Unigest/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



## 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 in the West building!**

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!



*Honor. Community. Jewish Values.*

## 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*



## Community Connection

Can you believe we're already three months into the year? With trips, Life Enrichment classes, discussion groups, Resident Council Events, and the Great Chili Cook-off of 2026. It's been a busy and fun start to the year. Thank you to Tanya, Kavod's Human Resource Coordinator, for organizing the chili event—it was a wonderful way for residents and staff to connect.

Thank you to everyone who joined us for the Super Bowl Party. Even though the Broncos didn't make it, it was still an exciting time together!

## Resident Council News

**For everyone's safety**, please do not open lobby doors for visitors. All guests must use the vestibule phone and keypad. **ALL caregivers and visitors** must also **use the kiosk** for a **visitor's sticker** to be printed out for them. Even if they visit with the same resident every day. **Remember, this is for your safety and for the safety of all residents.**

**Dining consultant Scott Daniels** recently met with residents and shared feedback with staff. Please remember that improvements take time.

## March Events

### 👕 Clothing Drive

📅 Pick up Bags – Tuesday

March 10, 2026

🕒 2 - 4 PM

📍 East Lobby

📅 Clothing Drop-Off – Tuesday

March 17, 2026

🕒 1 - 3 PM

📍 East Lobby

Donations support the Abused Women's Shelter, a great organization that gives women and their children a safe place to stay while figuring out their future. They are looking to make a better life for themselves and their children.

### 👑 Academy Awards Party

📅 Sunday, March 15, 2026

🕒 Walk Red Carpet 3:30pm

📍 Pikes Peak

- Ballots will be handed out for you to pick your favorites. Refreshments! **BYOD (bring your own drink)**
- It's a fun night and a great excuse to dust off your tierra or tucks.

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# Resident Council

(Continued)

## Next Resident Council Meeting

📅 **March 19, 2026**

🕒 **1:00–2:00 PM**

📍 **Pikes Peak**

**Guest:** Makhammat Nuriyev, Dining Director, will be back again as guest speaker. He will answer questions and welcome suggestions regarding the dining program. **Makhammat hopes to include his Kitchen Manager in these discussions**, so please bring your questions and ideas.

## Coming in April

🍪 **Bake Sale** – April 21  
(Sign-up coming soon)

✦ Check Resident Council easels in East & West Lobbies and on the 3rd Floor Bridge for updates.

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

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

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

\*Sandy Brodsky

\*Linda Mason Gallagher

\* Bob Lawrenson

\***Secretary**\* Beverly Bolden apt. 408E

Email:

[kavodresidentcouncil@gmail.com](mailto:kavodresidentcouncil@gmail.com) or call with any questions or suggestions



## 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.

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## The Volunteer Connection

(Continued)

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.

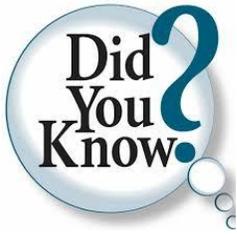


## Low Vision Newsletter

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.

# Life Enrichment



**Please thank  
The Life  
Enrichment  
Team!**



## ***Happy Hour Meet & Greet!***

**Join Megan and Ming on Monday, March 16 at 2:15 pm in the Bistro for a fun Happy Hour and Meet & Greet. Enjoy wine, beer, soda, water, cheese, fruit and crackers.**

**You'll have an opportunity to hear all about them and ask any questions you may have.**

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?

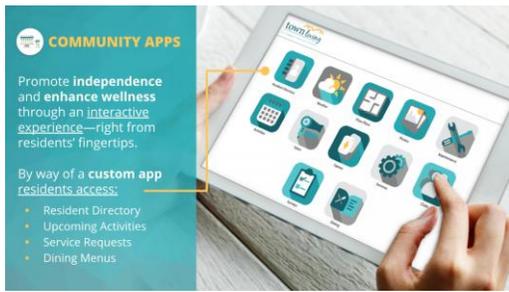
***Did you know*** that **ALL** of the trips scheduled and planned each month are provided by Life Enrichment?



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!**



**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, 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](mailto:cmoore@kavodseniorlife.org)

***Please sign-in at all classes when you attend!***

# Upcoming Trips



**Tuesdays, March 3, 10 & 17**  
**11:45 am – Van Trip**  
**JFS Food Bank & Pantry**

Each month we take residents to Jewish Family Services to pick up their commodity boxes and shop at no cost in the JFS Food Pantry. ***Please bring your own bags.***

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

You can go to the East building front Reception window to pick up the application, fill it out and then **sign-up for ONE trip each month**. There is no cost for this trip. **At the request of JFS, we are limited to 6 residents for each trip.**

**No cost, but you must fill out the application and sign up.**

**For questions call Connie at 720.382.7813.**



## **Lamont Symphony Orchestra & Choirs**

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

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

**Cost Residents: \$8**

**Cost Non-Residents: \$20**

**Deadline: March 2**

## FOREST BATHING



**Thursday, March 5  
10 am – Van Trip**

### **Denver Botanic Gardens “Forest Bathing”**

Forest Bathing is a nature based Well-Being Practice, drawing upon the beauty, awe, and wisdom in nature. Come join us for a relaxed beautiful walk in the gardens and experience:

- voluntary nature-engagement activities, reflection time and more!
- \*BONUS - Informal Tea Ceremony at the end (unfortunately not in the Tea House)

Your Guide is Susan Kaplan, MSW, a Courage & Renewal Facilitator and Wellness Practitioner with Forest Bathing Guide, Forest Therapy Intervention Practitioner, Walk & Talks, Yoga, and Mindfulness practices.

**\*Seating is limited.** Afterwards you will have your own time to time explore the gardens and/or to have lunch there.

Depart time from the Gardens is 1 pm.

**Cost Residents: \$5 transportation**

**Deadline: March 4**



**Thursday, March 12  
4 pm — Van Trip**

***Hello, Dolly!***

### **Candlelight Dinner Playhouse**

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

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

Cost includes ticket to the show, coffee and tea, fresh baked bread, crisp garden side salad, and choice of included entrée from the menu. Upgraded entrées, appetizers, desserts, alcoholic beverages, and soft drinks are available for additional purchase at the theatre, please note you will receive a separate bill if these additional items are ordered.

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

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

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

**Deadline has passed, check East Office Receptionist for availability.**



**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. Plan to pay around \$20-\$25 for lunch there. Be sure to welcome and visit with Simon from Regis University, joining us to assist on this trip for his service learning project.

**Resident Cost: \$10**

**Non-Resident Cost: \$15**

**Deadline: March 13**

**\*NEW TRIP!**

**Friday, March 20**  
**10 am - Van Trip**

## **Fast Food Friday!**



Thanks to a resident's suggestion, we're trying a new trip to enjoy some fast food joints!

Our first trip will be to the world famous IN-N-OUT BURGER. The very first IN-N-OUT opened in 1948 in California, and the rest is history!

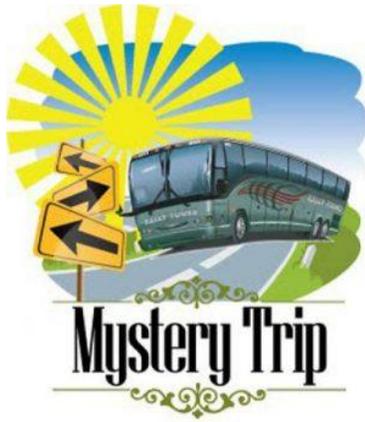
Very affordable food, and fast fun service make this a perfect Fast Food Friday joint!

Choose from burgers, fries, sodas and shakes!

**Cost Residents: \$5**

**Cost Non-Residents: \$10**

**Deadline: March 16**



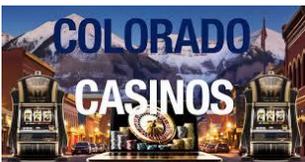
Tuesday, March 24  
11 am – Van Trip

## Mystery Lunch trip

Travel with us to a **SURPRISE** destination for lunch! Bring along your appetite and *at least* \$25 to cover your meal, tax and tip.

We promise a fun ride with great views and good food!

**Cost Residents: \$5 transportation**  
**Cost Non-Residents: \$10 transportation**  
**Deadline: March 20**



Wednesday, March 25  
9 am – Van Trip

## Colorado Mountain Casinos

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

For a **FREE RIDE** around town, **Jump on the Blackhawk & Central City Tramway** at the Lodge Casino. This Free local Bus Service connects you to destinations throughout The City of Black Hawk and Central.

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

**We will depart at 2 pm to return to Kavod.**

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

**Cost Residents: \$8**  
**Cost Non-Residents: \$10**  
**Deadline: March 23**



**TRIPS**  
**Coming in APRIL 2026!**



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. **More details in the April Voice!**

**Cost Residents: \$3 transportation**  
**Cost Non-Residents: \$5 transportation**  
**Deadline: April 10**



**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.**



**Friday, March 6  
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!**



**Sunday, March 8  
12:30 pm – 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  
12:45 pm – Dining Room**

**Birthday Celebration with  
The Michael Friedman Jazz Duo**

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.*



**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!

**No cost, just drop in!**



**Monday, March 16  
2:15 pm – Bistro**

### **Meet & Greet Happy Hour Megan & Ming from Life Enrichment**

Join Megan and Ming on Monday, March 16 at 2:30 pm in the Bistro for a fun Happy Hour with cheese, fruit and crackers to enjoy. You'll have an opportunity to hear all about them and ask any questions you may have.

**Refreshments will be served!**



**Tuesday, March 17**

### **The Celtic Steps Irish Dancers 5:30 pm – Main 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.

**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 – Main 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:

- Navigate and manage difficult emotions
- 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"ll

Deanie Andersen

Rabbi Birdie Becker

Daniel Bennett

Harold Berenson

Mandie Bircherm

Ethan Black

Sharon Caulfield

Jodi Cooper

Patsy Davidson

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

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"ll

Jean & Don Kaplan

Gail & Stuart Kassin, In Memory  
of Michael Kassin, z"ll

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

Sandra Brodskly

Jan Buckstein

Connie Burke

Stephen Canges

Rhona Cohen

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

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"ll

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