




Kavod Assisted Living at Cherry Creek

Activity Calendar — MAY 2026







Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Guide:</p> <p>GR—Gathering Rm (1st floor West) SH—Shul (2nd floor East) SHC—Shul Classroom (2nd floor East)</p> <p>HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS</p> <p>Bridge—3rd Floor Bridge</p>	<p>Color Guide:</p> <p>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes</p>				<p>1 9:00 Breakfast with CU's Dementia Roadmap Team—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:15 Kindness Rock Painting with Madison—GR 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe—East Lobby 6:00 Soulful Service with Rabbi Steve —SH</p>	<p>2</p>
<p>3 12:15 Sunday Film Fest with Madison—GR</p> <p>12:45 Piano Concert: A Musical Afternoon with Siwon & Harrison—<u>EAST DR</u></p>	<p>4 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 12:15 AL Food Committee—GR 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR</p>	<p>5 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 10:00 Bridge Players Club—Bridge 12:15 Cinco de Mayo Bingo with Madison—GR 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice—MBS 4:45 Authentic Relationship Group—Pikes Peak 5:15 Ballet Folklorico for Cinco de Mayo—<u>EAST DR</u></p>	<p>6 10:00 DBT Skills Group with Benjamin—Pikes Peak 11:30 Good Vibes with Rick & Coffee in the Bistro 12:00 Gentle Yoga—MBS 12:15 "What's Happening in Assisted Living"—GR 1:00 Mahjong Players—Bridge 3:30 CAPABLE Chat—East Lobby 4:30 Tech Help with Lauren—Bridge 5:15 Painting & Wine with Polly—GR 6:00 *Special Celebration Mother's Day "Ladies Night Out Happy Hour & DJ"—Pikes Peak/ MBS</p>	<p>7 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak 12:15 Nurse Thank You Card Making with Madison—GR 1:00 Current Events—MBS 2:00 Garden Club ONLY—trip 2:30 Mindfulness Practice—MBS</p>	<p>8 10:00 Gentle Yoga—PP 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 Garden Club ONLY—trip 2:00 Ceramics & Nature—Pikes Peak</p>	<p>9 10:00 Shabbat Services with Dr. Seth Ward "Double Portion"—SH</p>
<p>10 10:00 Non-Denominational Christian Services with Rev. Dale —Pikes Peak</p> <p>12:45 Mother's Day Concert with the Barbershop Quartet—<u>EAST DR</u></p>  <p>6:00 Rummikub Games—GR</p>	<p>11 10:30 Bingo—Pikes Peak *1:00 King Soopers shopping—trip 1:00 Readers Theatre—Pikes Peak 3:00 Writing Class about Life—Mt. Blue Sky 6:00 SoulFULL Necklace Workshop —SHC</p>	<p>12 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 10:00 Bridge Players Club—Bridge 1:00 Opening Minds through Art—Pikes Peak 2:00 Wise Aging through Jewish Mindfulness—SHC 4:45 Authentic Relationship Group—Pikes Peak 6:00 Rummikub Games—GR</p>	<p>13 10:00 Low Vision Support Group—GR 10:00 DBT Skills Group with Benjamin—Pikes Peak 12:15 No-Sew Playing Card Holder with Madison—GR 12:00 Gentle Yoga—MBS 1:00 Herbalism—Pikes Peak 1:00 Mahjong Players—Bridge 4:30 Tech Help with Lauren—Bridge</p>	<p>14 10:00 Uniguest Learning Session with Ming—Bridge 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak 1:00 Current Events—MBS 2:00 Garden Club ONLY—trip 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR 6:00 Resin Arts Class with April—Pikes Peak</p>	<p>15 10:00 Gentle Yoga—PP 11:00 Mindfulness Fiber Arts—MBS 12:15 Denver Botanic Gardens Sensory Adventures—GR 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe -E. Lobby 2:00 Garden Club ONLY—trip 6:00 Musical Shabbat Service with Rabbi Kim—SH</p>	<p>16 12:15 Blast from the past Trivia with Madison—GR</p>



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>17 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>12:30 Sunday Film Fest with Madison—GR</p>  <p>12:45 Birthday Celebration & Concert with the Spratt Band— <u>EAST DR</u></p> <p>2:00 Fix-it Day</p> <p>6:00 Rummikub Games—GR</p>	<p>18 No Bingo today</p> <p>11:15 Life Enrichment BBQ & Summer Concert—West Building Top Deck/Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>3:00 Writing Class about Life—Mt. Blue Sky</p>	<p>19 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:00 Wise Aging through Jewish Mindfulness—SHC</p> <p>2:30 AL Bingo Fun with Madison—GR</p>	<p>20 10:00 English Language Practice-MBS</p> <p>10:00 DBT Skills Group with Benjamin—Pikes Peak</p> <p>*11:00 MYSTERY lunch trip</p> <p>11:00 Sacred Grounds with Rabbi Steve—Bistro</p> <p>11:00 "Safety for Seniors" by the VOA—SHC</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Active Minds "Thailand"—Pikes Peak</p> <p>1:00 Mahjong Players—Bridge</p> <p>4:30 Tech Help with Lauren—Bridge</p>	<p>21 10:00 Relaxation Hour—Pikes Peak</p> <p>11:00 Boxing for Seniors—Pikes Peak</p> <p>11:00 Yappy Hour Dog Social with Ming—East Lawn</p> <p>2:30 Mindfulness Practice—MBS</p> <p>Shavuot begins at Sundown</p>	<p>22</p> <p>Closed all day for Shavuot</p> 	<p>23 10:00 Shavuot & Yizkor Service with Dr. Seth Ward—SHC</p> <p>12:30 Watercolor Painting with Madison—GR</p>
<p>24 10:00 Non-Denominational Christian Services (Pentecost) with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>1:30 Tech Help with Claire— Bridge</p> <p>6:00 Rummikub Games—GR</p>	<p>25</p> <p>Closed all day for Memorial Day</p> 	<p>26 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>12:00 Jazz Café & Coffee Hour—Bistro</p> <p>12:15 Active Minds "Latin Jazz Fiesta"—GR</p> <p>1:00 Opening Minds through Art—Pikes Peak</p>	<p>27 10:00 English Language Practice—MBS</p> <p>10:00 DBT Skills Group with Benjamin—Pikes Peak</p> <p>12:15 Good Vibes & Tunes with Rick- GR</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Mahjong Players—Bridge</p> <p>4:30 Tech Help with Lauren—Bridge</p> <p>*6:00 Lamont Symphony Orchestra—Trip</p>	<p>28 10:00 Relaxation Hour—Pikes Peak</p> <p>11:00 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>29 10:00 Gentle Yoga—PP</p> <p>*11:30 Clyfford Still Museum tour & Olive Garden lunch— trip</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>2:00 Ceramics & Nature—Pikes Peak</p> <p>6:00 Resident Led Shabbat Service —SH</p>	<p>30</p>
<p>31 10:00 Non-Denominational Christian Services and Communion with Rev. Dale — Pikes Peak</p> <p>2:00 Claire's Jewelry Making —Shul Classroom</p>						 <p>PREVIOUS PAGE</p>

Voice

Monthly Newsletter for Kavod Assisted Living Residents

MAY 2026

Connie's CORNER



Hi Everyone,

Be sure to join us for some-classes, trips and events this month!

Be sure to attend the **“What’s Happening in Assisted Living with Life Enrichment” on Wednesday, May 6 at 12:15 pm in the Gathering Room.** I will be joining Madison and all of you, so be sure to bring your Voice, Calendar, questions, 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

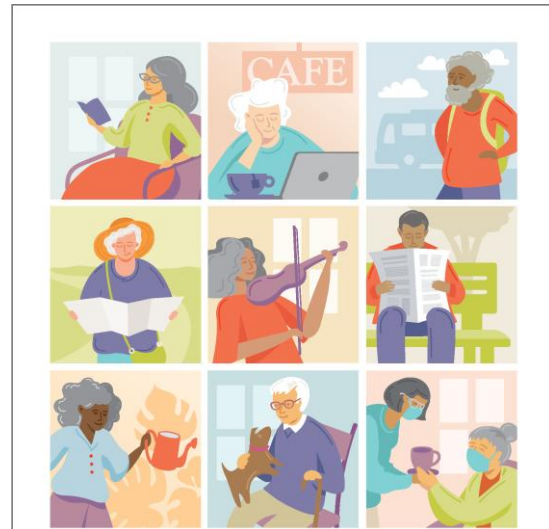


Spotlight

**MAY IS
OLDER AMERICANS MONTH**

May is Older Americans Month!

At Kavod Senior Life, we are proud to **CHAMPION YOUR HEALTH** and happiness through life-enriching activities and exciting outings designed to help you live your very best life!



From Chaplaincy and Spiritual Services

MAY RELIGIOUS SERVICES WITH KEHILLAT KAVOD

NOTE: EACH SHABBAT SERVICE UNTIL SHAVUOT WILL INCLUDE LEARNING ONE MISHNAH/TEACHING FROM PIRKEI AVOT/WISDOM OF THE ANCESTORS... as is customary for this season!



**Shavuot begins at Sundown
on Thursday, May 21**

**SHAVUOT & YIZKOR SERVICE:
Saturday, May 23
10 am with Dr. Seth Ward**

Mindfulness Practice & Special Tuesday Series

Mindfulness Practice is offered every Tuesday and Thursday.

Regular Thursday Series (Mt Blue Sky)

2:30 pm on May 7, 14, 21 and 28

***Beginning Tuesday, May 12**, we have a special series called **Wise Aging Through Jewish Mindfulness** with longer sessions starting at 2 pm:

***Wise Aging Through Jewish Mindfulness
Tuesdays, May 12 & 19
2 pm - 3:15 pm - Shul Classroom**

All are welcome to this special **six part series**. *(You don't have to be Jewish or have meditation experience.)*

From The Institute for Jewish Spirituality (IJS), based on *Wise Aging*, the now-classic book by Rabbi Rachel Cowan and Linda Thal, we'll explore how meditation and mindfulness can help us meet physical and emotional challenges, learn to grow in acceptance of ourselves and others, deepen our friendships and familial relationships, live with greater joy, gratitude, and resilience, and shape a legacy for the future.

(Continued next page)

*Wise Aging Through Jewish Mindfulness

(Continued)

Facilitated locally by Rabbi Steve, we will watch video presentations from IJS and engage in our own conversations, journaling, sharing and practice. *Optional homework in the book Wise Aging that Kavod will provide.*

- **Learn** tools and practices for exploring – and celebrating – the latter stage of our lives.
- **Connect** deeply with others on the same trajectory.
- **Nurture** your capacity to counter the “declinist” view of aging – the ageism that pervades society and which we too often internalize.
- **Cultivate** equanimity about the aging process.
- **Clarify** your understanding of your essential, most authentic self.
- **Develop** your capacity simply to be, rather than to seek meaning only in productivity and accomplishment.
- **Identify** those aspects of your life and identity which no longer serve you
- **Strengthen** your ability to release these to the past.
- **Celebrate and Share** the wisdom which you have developed over a lifetime.

All levels welcome, BUT LET RABBI STEVE KNOW IF YOU ARE COMING AND WOULD LIKE A FREE COPY OF THE BOOK!

Contact Rabbi Steve with any questions:

720 382-7836, or sbnadav@kavodseniorlife.org



Kehillat Kavod: Kavod's Jewish Community

Services are held at 6 pm in the Shul, East Building, on the 2nd floor.

FRIDAY NIGHTS - KABBALAT SHABBAT

**Fridays, May 1, 15 & 29
6 pm - Shul**

SHABBAT MORNING SERVICES

**Saturday, May 9
10 am - Shul**

Shabbat Services with Dr. Seth Ward

**Saturday, May 23
10 am - Shul**

Shavuot & Yizkor Service with Dr. Seth Ward



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.

- No Service first Sunday
- All other Sundays at 10 am in Pikes Peak

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,

Kara and I have some updates for you, as we do every month in the Voice. Our goal is to keep you informed about important happenings around our campus.

- We are pleased to share that we completely modernized both South elevators. We realize how important it is to have these elevators working, so we invested a significant amount of money to upgrade them. The elevators have not had a complete overhaul in many years.
- We replaced the West building generator. With winter storms, tornados, and possible energy interruptions, we wanted to make sure we had a strong backup system in case of a crisis.
- We are grateful to our wonderful maintenance department for coordinating both of these complicated projects (the elevator upgrade and the generator replacement).

- By the time of this publication, we will have started repairing the West building landings.
 - The garden areas will be blocked off during the repairs to ensure debris does not cause any injuries.
 - The project will continue into the fall months. Regroup messages will be sent to you with pertinent updates.
- We are just starting enrollment in our CAPABLE program. We have 35 openings for this grant-based funding project, which will help support participants to age well in their apartments with support from a nurse (RN), occupational therapist and a handyman. Mandie and her team can share more information about this proactive program, developed at Johns Hopkins University. We encourage you to learn more!
- At the time of this writing, we are waiting to learn more about President Trump's proposal for HUD funding in October. If needed, we may ask your help to advocate for funding by reaching out to our elected officials. We will keep you posted.

Be well,

Michael Klein & Kara Harvey



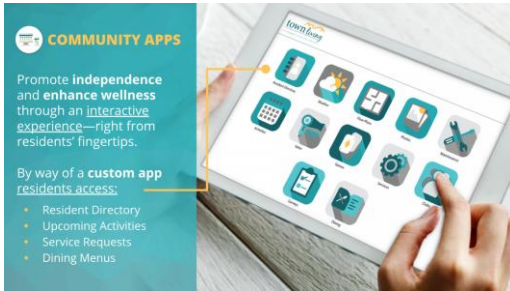
Megan Dearman

Volunteer Engagement Coordinator

We are so excited to welcome back a very special volunteer this month! Siwon will be joining us in the main dining room to play the piano with his friend Harrison on Sunday, May 3rd at 12:45 pm. Many of you may recognize Siwon's name from the beautiful Valentine's Day cards he made for our community. Each card was lovingly handcrafted, complete with an origami creation and even a photo of his dog! It truly meant so much to all of us, and we are excited that he wants to come back and share his musical talents with us.

I'd like to clear up a small mix-up about Fix-It Day. Don't worry, it's still happening on May 17! We are grateful to our wonderful volunteers from Temple Sinai Denver, who will be here to lend a helping hand with various projects around the community. Thank you to everyone who has already turned in their requests.

If you have any questions, please don't hesitate to call me at 720-382-7849.



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! **Unigest (formerly Touchtown) is a FREE, innovative way to communicate, connect and stay engaged at Kavod!**

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

Log in with the following:

USER NAME: 4575

PASSWORD: 4575

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

TRIPS 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.***



****Attention Garden Club Members ONLY!**

Garden Club Shopping trip

***May 7, 8, 14 or 15**

Choose *ONE* date *ONLY!

2 pm - Van Trip

This trip is for residents who are members of the Garden Club only. You will be shopping for your plants for your garden plots. We will provide transportation and assistance to load and unload your plants. **Choose *ONE* date at 2 pm (see dates above).**

Costs are paid for by the Singer Family Foundation.

Contact Mandie at 720-382-7838 to sign up or for more information.



King Soopers Shopping trip Monday, May 11

***Depart at 1 pm in front of West Building**

Be sure to bring cash or your credit card for this shopping trip. *Please call Connie at 720-382-7813 or let Madison know you'd like to sign up.*

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



Wednesday, May 20

11 am - trip

Mystery Lunch trip

Travel with us to a surprise destination for lunch! We promise a fun ride with great views, good food and fun! Meals are paid for through Life Enrichment, no need to bring money.

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



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*.

****Please note: This will be a late night outing, we will return at approximately 10 pm to Kavod.***

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



**Friday, May 29
11:30 am - Van Trip
Clyfford Still Museum &
Olive Garden lunch Trip**

Join us for a guided private tour at the award-winning Clyfford Still Museum, home to nearly everything he created, approximately

3,125 pieces representing 93% of his lifetime of work. Clyfford Still (1904–1980) was among the first generation of Abstract Expressionist artists who redefined American painting. At the Still, visitors will find a world-class collection gifted to the City and County of Denver.



After the museum tour, we will depart for lunch at the Olive Garden Italian Restaurant. Choose from a variety of delicious Italian-American entrees, baked bread sticks, homemade soups and iconic garden salad, something for everyone to enjoy. Don't miss out on this fun outing!

Meals are paid for through Life Enrichment, no need to bring money.

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



Fun in MAY with Madison!

Kindness Rock Painting

Friday, May 1 at 12:15 pm - GR

Sunday Film Fest

Sunday, May 3, 12:15 pm - GR

Cinco de Mayo Bingo

Tuesday, May 5, 12:15 pm - GR

Nurse Thank You Card Making

Thursday, May 7, 12:15 pm - GR

No-sewing Card Holders

Wednesday, May 13, 12:15 pm - GR

Blast from the past Trivia

Saturday, May 16, 12:15 pm - GR

Sunday Film Fest

Sunday, May 17, 12:30 pm - GR

AL Bingo Fun

Tuesday, May 19, 2:30 pm - GR

Watercolor Painting

Saturday, May 23, 12:30 pm - GR

Assisted Living Activities



ON HOLD: Piano Sing Along with Christine

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



Wednesday, May 6

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! Connie, Director of Life Enrichment will also be dropping by to say hello and talk with you about some ideas for summer outings!

*Bring your monthly Voice and Calendar and **bring your ideas and suggestions for any new things you would like to do or places you'd like to go!**

Assisted Living Activities



Wednesday, May 6

Painting & Wine with Polly 5:15 pm – Gathering Room

Join your friends and neighbors for a fun evening of painting and wine! **No cost**, professional instructor, all materials, wine and laughter are provided!

DENVER BOTANIC
GARDENS

Friday, May 15

12:15 pm – Gathering Room

Sensory Adventures at Kavod

Denver Botanic Gardens comes to you! A horticultural therapist will work with us to create nature-based experiences that take place right here at Kavod. Each program will be different and designed to fulfill participant goals while providing an enriching and engaging opportunity.

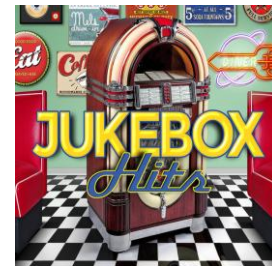


Tuesday, May 26

12:15 pm – Gathering Room

“Latin Jazz Fiesta”

Join Active Minds as we explore the origins and evolution of Latin Jazz, tracing its roots from Caribbean rhythms of the 1800s to the Cubop movement of 1940s New York. Through historic performances and discussion, we'll examine the contributions of Dizzy Gillespie, Chano Pozo, Tito Puente, Mario Bauzá, and others whose innovations fused Afro-Cuban percussion with American jazz, shaping a vibrant cross-cultural musical tradition.



Thursdays, May 14 & 28

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!

Special Events!



Tuesday, May 5
5:15 pm – Dining Room
Ballet Folklórico
for Cinco de Mayo

Celebrate Cinco de Mayo in the main dining room with the talented Ballet Folklórico, performing traditional cultural dances from different parts of Mexico with colorful costumes and beautiful music.

Celebrating Moms



Ladies Night Dance Party
Happy Hour, Food & DJ

Wednesday, May 6
6 pm – Pikes Peak & Mt. Blue Sky

Mother's Day is a heartfelt tradition where we pause to honor and appreciate the

extraordinary women in our lives. At Kavod Senior Life, we love celebrating the women who enrich our community.

Join us for a fun night of a party buffet of hors d'oeuvres, happy hour bar with wine, beer and non-alcoholic drinks.



Dance to the sounds of Hugo Lavarde, DJ extraordinaire, who will be in the house to play all your favorite tunes for dancing and singing along!

No cost or need to sign up, just drop in!



Sunday, May 10
12:45 pm – EAST Dining Room
Mother's Day
Celebration Concert

Happy Mother's Day! Join your friends and neighbors for a lovely hour of music by **The Barbershop Quartet**.

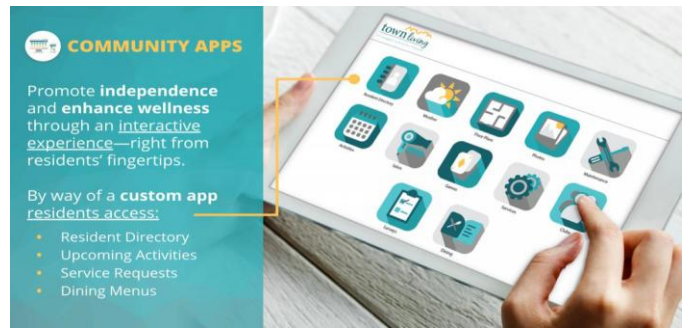


Mondays, May 11 & 18
3 pm – Mt. Blue Sky
Writing about Life

Sheila Witherington—a Kavod resident—is a career journalist, writer, editor, publisher, and researcher, who recently joined Kavod’s Advisory Board. She believes everyone has a story to tell about life—whether it is a memory, a moment from daily life, or something suppressed. She is excited to help bring those stories to life on paper in a relaxed, supportive setting. She has taught many novices to write, and she edited the work of university academics as Technical Editor of the National Center on Adult Literacy in Philadelphia.

All materials provided. Learn that YOU CAN WRITE the painless way.

We will start with one page writing in any genre you choose, eventually share what we have written if we like, and have fun. The class is open to all residents, and translation into Russian and Farsi will be available. No experience needed—just bring yourself and expect to laugh, cry, and remember what was never said.



Thursday, May 14
10 am – 3rd floor bridge

Uniguest (formerly Touchtown)
Learning Session with Ming

We’re excited to tell you about a great way for you to stay connected to Kavod Senior Life.

With our free Community App, you can have the latest information about Kavod at your fingertips like:

- Upcoming classes and trips
- What’s on the dinner menu
- Announcements
- Virtual Museums & Activities
- Photos

Bring your smartphones, laptops and tablets to this session for help downloading our Community App. ****Please note you may need your pin for iPhones to download apps.***



**Thursday, May 14
6 pm – Pikes Peak**

Resin Arts Class with April

Join April for a fun art class using resin to make UV alphabet and other beautiful keychains. Learn how to color and add other elements to the resin. All materials supplied, and everyone takes home a Resin keychain they made!



**Sunday, May 17
12:45 pm – EAST Dining Room**

Birthday Celebration with The Spratt 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.*



Fix-it day!

Sunday, May 17

2 pm – 4 pm

By Appointment Only

- Volunteers will be here from the Temple Sinai to help with some small tasks in your apartment.
- The Fix-it-day form was distributed in April and everyone should already have turned it in, but please call Megan at 720.382.7849 with any questions.



Life Enrichment

Summer BBQ & Concert

Monday, May 18

11:15 am - West Building, Top Deck/Pikes Peak

Enjoy a Summer BBQ and LIVE Concert on the Deck with Life Enrichment!

Price includes: ONE entrée of Sirloin burger, All Beef Hot Dog or Veggie Burger, Potato Salad, Chips and a Soda.

LIVE music by **MicroGrass** playing a blend of American and Bluegrass music with a dash of Cajun flavor for added fun!

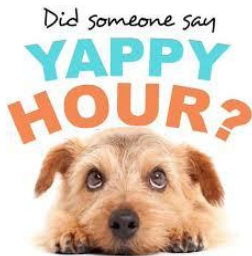
Please call Connie at 720-382-7813 or let Madison know you'd like to sign up.



**Wednesday, May 20
11 am - SHC**

Safety for Seniors by the VOA

Join us for a Safety for Seniors presentation focused on simple, practical tips to help you feel more confident in your day-to-day life. This relaxed and informative session will cover ways to stay safe at home, out and about, and on the road including; fall prevention, fire safety, and situational awareness. It's all about learning helpful strategies and feeling empowered to stay safe and independent. Led by expert volunteers through Volunteers of America's RSVP program.



**Thursday, May 21
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!* 🐾



**From left to right:
Top: Loretta Boyd, Karen Wollman
Bottom: Ken Shelton, Beverly Thompson**

Many thanks to Ming, Life Enrichment Coordinator, for creating and coordinating the fun event and getting donations for the prizes!

Congratulations to the Winners of Kavod Bracket Bash! Many thanks to our generous sponsor Karyn and Cole Chotin (The Chotin Foundation).



Friday, May 1st

9am – HWC/Pikes Peak

Breakfast with CU's Dementia Roadmap Team

H&W Department Intern Update!

We have Yabesera, MSU Public Health Intern, beginning with us in late May. She will be interning with the H&W Department throughout the summer. She will be on-site on Tuesdays, Wednesdays and Thursdays. She looks forward to meeting everyone!

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 currently available only this year! If you are chosen as a participant you can expect; six meetings with an Occupational Therapist, four 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 hoping to bring this **back in June at a new time and day**. 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 May 2026

Friday, May 1st
9am – HWC/Pikes Peak
Breakfast with CU’s Dementia Roadmap Team

Wednesday, May 6th
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, May 13th
1pm – HWC/Pikes Peak
Herbalism Series Workshop: *Pain management oil*

Come join herbalist, Jenna Gusto, as she guides you in developing your own tool to manage your pain. You will create an effective herbal pain management oil, using dried herbs known for anti-inflammatory and analgesic properties—such as Arnica, Comfrey, St. John’s Wort, Ginger, and Turmeric! Advance registration is required. Please sign up at the front desk!

Wednesday, May 13th
10am – Gathering Room
Low Vision Group: *Domino Service Dogs*

Join Lydia Van der Vorst, Kavod Care Coordinator and Low Vision instructor, is working on arranging a presentation with “Domino Service Dogs” for the May Low Vision group meeting! If you have ever been interested in the benefits of a service dog with low vision, we encourage you to join! The

Low Vision group is available to support you on your low vision journey with monthly presenters, opportunities to apply for in-home low vision support, processing your vision loss and more!

Wednesdays in May
10-11am – 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
- Navigate and manage difficult emotions
- 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!