



# Kavod Assisted Living at Cherry Creek

## Activity Calendar — JANUARY 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Room Location Guide:</b></p> <ul style="list-style-type: none"> <li>GR—Gathering Rm (West)</li> <li>SH —Shul (2nd floor East)</li> <li>SHC-Shul Classroom (2nd floor East)</li> <li>Bistro—East building</li> <li>HWC-Health Wellness Center (West, top floor)</li> <li>- Pikes Peak- PP</li> <li>- Mt. Blue Sky-MBS</li> </ul>	<p><b>Color Guide:</b></p> <ul style="list-style-type: none"> <li><b>Blue = Life Enrichment classes</b></li> <li><b>Green = Life Enrichment Trips</b></li> <li><b>Purple = Health &amp; Wellness classes</b></li> <li><b>Black = Religious or Other classes</b></li> </ul> <p><i>*EAST DR refers to dining room in EAST Building at 22 S. Adams St.</i></p>		<p><b>Celebrate Activity Professionals Week!</b></p> <p><b>January 19 - 25</b></p>			
			<p><b>1 <u>EAST</u> Offices Closed</b></p> <div style="text-align: center;"> </div>	<p><b>2 *NEW 12:15 Human Slot Machine Game with Emma—GR</b></p>	<p><b>3 6:00 Shabbat Service with Rabbi Steve—SH</b></p> <p><b>3:15 Games with Lauren—GR</b></p>	<p><b>4 *NEW 2:00 Saturday Social Hour with Emma—GR</b></p>
<p><b>5 *NEW 2:00 Family Feud &amp; Ice Cream Treats with Emma—GR</b></p>	<p><b>6 12:15 "What's Happening in Assisted Living this month with Life Enrichment"—GR</b></p> <p><b>3:30 AL Bingo—GR</b></p> <p><b>5:15 Sing Along with Christine-GR</b></p>	<p><b>7 12:15 Active Minds "Syria"—GR</b></p> <p><b>*4:00 Salt Grass Steak House Restaurant—trip</b></p>	<p><b>8 12:15 Assisted Living Birthday Party Celebration-GR</b></p> <div style="text-align: center;"> </div> <p><b>5:15 Painting &amp; Wine with Polly—GR</b></p>	<p><b>9 *NEW 10:00 Tech Help with Emma—GR</b></p> <p><b>*2:00 Super Target—trip</b></p> <p><b>5:00 Dancing to the Oldies—GR</b></p>	<p><b>10 *NEW 2:00 TimeSlips with Elizabeth—GR</b></p>	<p><b>11 10:00 Shabbat Services with Seth Ward - Portion Vayechi—SH</b></p> <p><b>*NEW 2:00 Afternoon Movie Club &amp; Snacks with Emma—GR</b></p> <div style="text-align: center; margin-top: 20px;"> <p>NEXT PAGE</p> </div>

# Kavod Assisted Living at Cherry Creek

## Activity Calendar — JANUARY 2025

**BACK PAGE**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>12 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</b></p>	<p><b>13 12:15 AL Resident Council—GR</b>  <b>*2:00 King Soopers—trip</b>  <b>5:15 Sing Along with Christine-GR</b></p>	<p><b>14 10:00 Gratitude Sharing—GR</b></p>	<p><b>15 10:00 Denver Art Museum &amp; lunch—trip</b></p>	<p><b>16 3:30 AL Bingo—GR</b></p>	<p><b>17 12:15 Denver Botanic Gardens Sensory Adventures—GR</b>  <b>6:00 Shabbat Service with Rabbi Kim—SH</b></p>	<p><b>18 *NEW 2:00 Story-telling with Emma—GR</b></p>
<p><b>19 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</b></p> <p><b>12:15 Chinese New Year Celebration—EAST DR</b></p> 	<p><b>20 EAST Offices Closed for Martin Luther King Jr. Day</b></p> 	<p><b>21 *NEW 2:00 Afternoon Trivia Fun, Games &amp; Snacks with Emma—GR</b></p>	<p><b>22 *10:30 MYSTERY Lunch —trip</b></p>	<p><b>23 5:00 Dancing to the Oldies—GR</b></p>	<p><b>24 * 8:00 Breckenridge Snow Sculptures—trip</b></p> <p><b>*NEW 2:00 TimeSlips with Elizabeth—GR</b></p>	<p><b>25 10:00 Shabbat Services with Seth Ward—Blessing for new month—SH</b></p> <p><b>*NEW 2:00 Saturday Social Hour with Emma—GR</b></p>
<p><b>26 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</b></p> <p><b>*NEW 12:15 Art Fun with Emma—GR</b></p>	<p><b>27 1:00 International Holocaust Remembrance Day Commemoration—SHC</b></p>  <p><b>3:30 AL Bingo—GR</b>  <b>5:15 Sing Along with Christine-GR</b></p>	<p><b>28 10:00 Gratitude Sharing—GR</b>  <b>12:15 Active Minds “All about the Bassoon!”—GR</b>  <b>*NEW 2:00 Afternoon Movie Club with Emma—GR</b></p>	<p><b>29 *NEW 2:00 Tech Help with Emma—GR</b></p>	<p><b>30 3:30 AL Bingo—GR</b></p>	<p><b>31 *NEW 12:15 Pottery Painting with Emma—GR</b></p> <p><b>6:00 Resident Led Shabbat Service/Rosh Hodesh Shevat!—SH</b></p>	 <p><b>PREVIOUS PAGE</b></p>

January 2025

## Connie's CORNER



**Hi Everyone,**

Happy New Year! I want to wish everyone a happy, healthy, and prosperous new year.

\*\*Please note that we are trying a new format for your calendar this month. ONLY Assisted Living activities will be shown on the calendar in January, with the exception of religious services.

***Please let me know what you think of this change, you can email or call me.***

Be sure to attend **"What's Happening in AL with Life Enrichment"** on Monday, January 6<sup>th</sup> at 12:15 pm in the Gathering Room. ***Bring your ideas!***

**If you would like to serve on the resident Kavod Academy of Lifelong Learning Advisory Board,** please fill out the form inserted in this publication and return to the front desk to my attention.

**Connie Moore**  
Director of Life Enrichment  
720.382.7813  
cmoore@kavodseniorlife.org



**Celebrate  
National Activities  
Professionals Week!  
January 19-25**

During National Activity Providers and Professionals Week, we celebrate the dedication and passion of our staff who provide the many wonderful trips, classes and events at Kavod Senior Life!

The creativity, care and commitment to enhancing the lives of our residents is nothing short of inspiring.

Together, we make a meaningful difference every day.

Be sure to thank our Life Enrichment staff, Health & Wellness staff and Rabbi Steve who do so many incredible activities to enrich your lives.

## Welcome New Residents

Iraj Mazaheri – 325 South Building  
Bella Verba – 803 West Building  
Irina Zhavoronkova – 805 West Building

# LEADERSHIP CORNER



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



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

Dear residents,

Happy New Year!

We are excited to bring in a new year and to share a few recent updates with you about things happening on the Kavod campus:

- The 2024 vet clinics we held with Dr. Rachel Fishman were such a success for residents' furry friends that they will continue next year, proudly funded by The Singer Foundation.
- You may see DLC Arbor Services around the property providing tree health and pruning. The best time to complete this work is in the colder, winter months. DLC will be completing preventative maintenance on the trees and plants throughout the year.
- Our garden beds have been upgraded to include an irrigation system. This project has been funded by the Colorado Garden Foundation. We have also received another grant from the Foundation to expand them in 2025.

- Genesis Design has been chosen as the vendor for the Kavod Beautification Project. We are in Phase I, which is focused on the main lobby and sitting area in the East building. Stay tuned for updates.
- Residents' request to have bottled water in the beverage vending machines will come to fruition. A new machine will be installed on the Bridge, and bottles will replace cans in the East laundry room. Because the bottles are larger at 22 ounces, the prices for both soda and water will increase.
- We know caregivers are a very important part of many resident lives. However, it has come to our attention that some caregivers - and visitors - are parking in the High Country Apartments parking spaces, adjacent to Kavod. When asked to move their vehicles, they have become threatening and combative. Please remind your caregivers and visitors NOT to park in unauthorized areas, or become aggressive when asked to park elsewhere. Their interactions with others are a reflection on Kavod and should not treat others in that manner.

All that said, we are grateful for all of YOU here at Kavod Senior Life and wish everyone a wonderful 2025!

*Michael Klein & Kara Harvey*

# From Chaplaincy and Spiritual Services



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

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

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

**Friday, January 3**

**6 pm - Shul**

Welcome Shabbat with Rabbi Steve

**Friday, January 17**

**6 pm - Shul**

Welcome Shabbat with Kim

**Friday, January 31**

**6 pm - Shul**

Resident Led/Rosh Hodesh Shevat!

### **SHABBAT MORNING SERVICES**

**Dr. Seth Ward**

**10 am - Shul**

**Saturday, January 11** - Portion Vayechi

**Sat. Jan. 25** - Blessing for New Month!



**Sunday January 12**

**10 am - Pikes Peak**

Led by Reverend Dale

**Sunday January 19**

**10 am - Pikes Peak**

**Musical Service**

Led by Reverend Dale and  
Steve Miller on piano

**Sunday January 26**

**10 am - Pikes Peak**

**Communion and Musical Service**

Led by Reverend Dale and  
Steve Miller on piano



# From Chaplaincy and Spiritual Services



## The Soul of Aging Returns!

“Beautiful young people are accidents of nature, but beautiful old people are works of art.”

**Eight Thursdays, 11 am - 12:30 pm**  
**January 9 – February 27**  
**Mt. Blue Sky/HWC**

*An intensive experience and commitment.*

We welcome back our wonderful facilitator Susan Kaplan for this dive into the powerful and enriching curriculum “Soul of Aging” based on the work of Parker Palmer. Using poetry, journaling and deep listening, we will create a “Circle of Trust” and review and harvest the wisdom of our years together. A great opportunity for those who want to engage in depth with the task and challenge of living a life of meaning and purpose in the second half of life.

Note: **We will need at least eight participants to run this whole series, so it would be helpful if you could let Rabbi Steve know your intention to come to the first class on Jan. 9. If after the second class it doesn't feel like a good fit for you, you are welcome and encouraged to move on to other activities.** After the second class on Jan. 16 we will not be admitting new people to the class. It is not a “drop in” class. **You must attend at least one of the first two sessions to join us after that.**

**Questions? Please call Rabbi Steve (who will assist the class)**

**Friday, January 24**  
**10:45 am – Bistro**

## Sacred Grounds: Schmooze in the Bistro with Rabbi Steve

Pick up food or drink of your choice with your “bistro bucks.” Then join us at a special table for conversation, topic is “Now What?”

Contact Rabbi with any questions or suggestions in advance at: 720 382-7836, [sbnadav@kavodseniorlife.org](mailto:sbnadav@kavodseniorlife.org)



## \*NEW! Rosh Chodesh Group with Malka!

Come gather as Jewish women as we join the revival of women celebrating the New Moon!

*The actual New Moon of **Shevat** will be on Jan 30-31.*

We will gather in preparation in the **Shul Classroom on Sunday, January 26 at 6pm.**

## **From Chaplaincy and Spiritual Services**



**Kehillat Kavod and Jewish Family Service**  
**Invites you to honor local survivors and commemorate**  
**International Holocaust Remembrance Day**  
**Monday, January 27**  
**1 pm - Shul**

The United Nations General Assembly designated January 27—the anniversary of the liberation of Auschwitz-Birkenau—as International Holocaust Remembrance Day. On this annual day of commemoration, the UN urges every member state to honor the six million Jewish victims of the Holocaust and millions of other victims of Nazism and to develop educational programs to help prevent future genocides.

Kehillat Kavod is collaborating with Jewish Family Service to host this special event. **Cantor Zachary Kutner, a survivor himself, will join us to chant the El Malei Rachamim prayer of compassion for those who died.** Non-resident and resident survivors will be honored. It is open to everyone and will include some Russian translation. Please join us in remembering and honoring the lives of all those who perished in WWII.

Rabbi Steve and Pastor Caitlin Trussel will lead this event with a few other special guests and accompanied by Rabbi Birdie Becker on cello.



Please thank  
The Life  
Enrichment Team!

Life Enrichment



Please welcome our new Life Enrichment  
Activity Assistant, Emma Bourroughs!

Emma has some wonderful NEW Assisted Living activities planned for January, so be sure to attend! She will also be going with you on all your trips and is very excited to be at Kavod! Thank you for giving her a warm welcome.

Connie Moore, Director of Life Enrichment

Dmitriy Umanskiy, Lead Driver & Program Assistant

Stewart Schoenthal, Driver & Trip Assistant

Susan Schoenthal, Life Enrichment Coordinator

Genny Hale, Volunteer Engagement Coordinator

Elizabeth Stanbro, Intergenerational Program Coordinator

Emma Bourroughs, Life Enrichment Activity Assistant

**(Also known as the "Activities & Volunteer" department at Kavod)**

**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, Birthday Parties, Birthday gifts, wine, beer, and snacks are provided by Life Enrichment?

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

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

**Please take a minute when you see this hardworking team to thank them for all these things and SO much more!**





# Life Enrichment



**Genny Hale**  
**Life Enrichment, Volunteer**  
**Engagement Coordinator**



Resident **Mary Courtney** has not lived at Kavod all that long, just a year, but already she has made a positive impact on the Kavod community through her volunteerism. Mary has been volunteering all her life as she likes helping others. Mary is someone who gets things done and when she sees that something is needed she pitches in. She volunteered at her children's schools, at homeless shelters, and even in the United States Peace Corps in Hungary where she was an environmental educator. At Kavod she has helped with newsletter and flyer deliveries, keeping the attendance sheets stocked throughout the campus and with

various other volunteer projects when asked including helping with Friendsgiving over the Thanksgiving holiday.

Mary is a very interesting person. The oldest of nine children and a native Denverite, she was named Little Miss Colfax of 1936 as a baby. She raised 8 children herself, five boys and three girls and later in life she had a career as an interior designer. Mary loves living at Kavod and she genuinely cares. Kavod is so fortunate to have volunteers like Mary!

For those of you who haven't yet volunteered, I encourage you to do so if you can. It's rewarding and a great way to make new friends. For those who already volunteer, **please remember to turn in your volunteer time sheets to me if you volunteer! The volunteer mailbox is located next to the Gift Shop Kiosk on the 3<sup>rd</sup> floor bridge!** If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at [ghale@kavodseniorlife.org](mailto:ghale@kavodseniorlife.org).



*Decorate your Door  
for The Holidays Contest*



**WINNERS!**

Kavod will have a new tech help volunteer, in addition to Lauren who volunteers weekly.

Lauren provides tech help on the East end of the bridge Wednesdays from 4:30 pm – 6:00 pm.

Our new volunteer Jacob will be providing tech help once per month every third Wednesday also on the bridge.

They will help residents with every day tech questions with phones, laptops, watches or iPads. The process going forward is changing a bit to better fit the needs of residents.

If you need help please call Genny, the Volunteer Engagement Coordinator, at 720.382.7820 to schedule an appointment.

Please be advised that spaces have been filling up quickly and weeks in advance, so please be patient as these are volunteers and as such they only have limited availability.

Also, not all types of requests can be helped. When you make an appointment, Genny will advise you if the type of tech help you need is something these volunteers can help resolve.

In the future we hope to add computer classes for beginners and other helpful resources.

**Thanks to all the residents who decorated their doors for the holidays!**

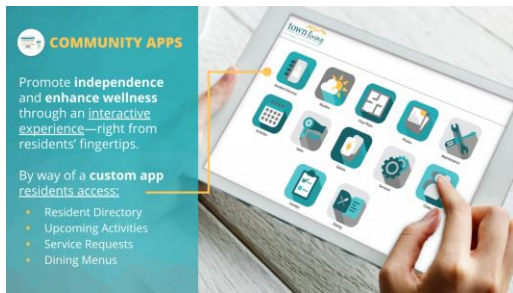
The Life Enrichment team stopped by all floors in all buildings to take photos of the festive doors and found some winners!

**Tis the Season! It pays to participate!**

**All the winners received a \$50 gift card to King Soopers!**

Congratulations to the winners!

Lois Henry – 307 West building  
Raisa Kirienya – 1109 West building  
Grace Long – 304 West building  
Loretta Boyd – 414 East building  
Beverly Bolden – 408 East building  
Tracy Chamberlin – 409 East building  
Denise Saxton – 125 South building



**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**

**FROM LIFE ENRICHMENT**



**Low Vision Newsletter**

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, please contact Susan at 720-382-7849. It will be delivered to you along with the regular newsletter near the end of each month.



**Please remember that due to some people having allergies and asthma, DO NOT wear fragrances on outings in the Kavod vans or in classes, and do not spray air fresheners in the hallways of our buildings.**

**Thank you!**

## 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 Susan at 720-382-7849. Reservations are required.***



**Tuesday, January 7  
4 pm – Van Trip**

### **SALTGRASS STEAK HOUSE**

Join us for a fun evening of conversation and great food at the Saltgrass Steak House, where their story began in the 1800s. Enjoy delicious menu options of hand cut steaks, Chicken and Seafood, chargrilled to perfection. Complete with bread, soups and desserts, made from scratch daily.

Don't miss out on this special evening!

***Please call Susan at 720-382-7849 to sign up.***



### ***Super Target Shopping trip Thursday, January 9***

**\*Depart at 2:00 pm in front  
of West Building**

**Be sure to bring cash or your credit card  
for this shopping trip.**

***Please call Susan at 720-382-7849 to sign  
up.***



### ***King Soopers Shopping trip***

**Monday, January 13**

**\*Depart at 2 pm in front  
of West Building**

**Be sure to bring cash or your credit  
card for this shopping trip.**

***Please call Susan at 720-382-7849 to sign up.***

## TRIPS FROM LIFE ENRICHMENT



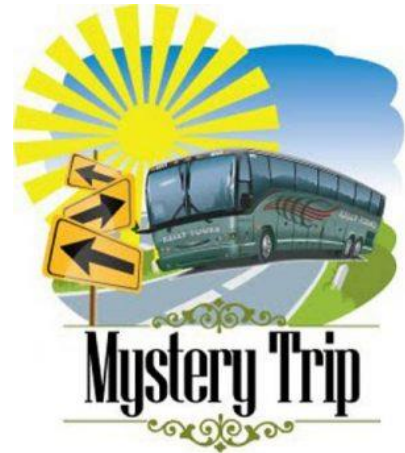
**Wednesday, January 15  
10 am – Van Trip**

### **Denver Art Museum “Art & About” Tour**

Join us for an adventure to the beautiful Denver Art Museum to participate in the **Creative Aging** program. Experience and discuss art together on a tour led by a specially trained docent guide. How can creativity support healthy aging? Studies show that regular arts participation—both making and engaging with art—can contribute to positive changes in the health and well-being of older adults. Creative Aging programs use the arts to empower adults 55+ to develop a greater sense of purpose, deepen connections to community, and ignite their passion for learning. Don't miss this wonderful opportunity!

**After the tour**, we will travel to a nearby restaurant for a delicious lunch.

***Please call Susan at 720-382-7849 to sign up.***



**Wednesday, January 22  
10:30 am – Van Trip**

### ***Mystery* Lunch Trip**

Travel with us to a **surprise** destination for lunch! We promise a fun ride with great views and good food!

***Please call Susan at 720-382-7849 to sign up.***



## TRIPS FROM LIFE ENRICHMENT



**Friday, January 24**  
**8 am – Van Trip**

### The Breckenridge International Snow Sculpture Championships

Invite your friends as we drive a scenic route to the breathtaking mountain town of Breckenridge.

- View the world renowned, amazing International Snow and Ice Sculptures in an outdoor art gallery in historic downtown Breckenridge, Colorado
- 25-ton blocks of snow sculpted into enormous, intricate works of art by artists from around the world
- **This attraction is wheelchair and walker friendly, but cold, snowy conditions may exist.** Dress warmly with hats, gloves and high traction shoes or boots.

We will have restroom breaks along the way, have lunch in Breckenridge, and will stop for a quick dinner and restroom break on the way home. Our estimated return time is 6 pm.

**Please call Susan at 720-382-7849 to sign up**

## Assisted Living Activities



### January Fun with Emma!

**\*NEW!**

*All activities listed below are in the Gathering Room*

**\*Thursday, January 2**

12:15 - Human Slot Machine Game with Emma

**\*Saturdays, January 4 & 25**

2:00 pm – Saturday Social Hour with Emma

**\*Sunday, January 5**

2:00 pm – Family Feud and Ice Cream Treats with Emma

**\*Thursday, January 9**

10:00 am – Tech help with Emma

**\*Saturday, January 11 & Tuesday, January 28**

2:00 pm – Afternoon Movie Club & Snacks with Emma

**\*Saturday, January 18**

2:00 pm – Storytelling with Emma

**\*Tuesday, January 21**

2:00 pm – Afternoon Trivia Fun, Games & Snacks with Emma

**\*Sunday, January 26**

12:15 pm – Art Fun with Emma

**\*Friday, January 31**

12:15 pm – Pottery Painting with Emma

**\*Wednesday, Jan 29**

2:00 pm – Tech help with Emma

# Assisted Living Activities



**Mondays**

**Piano Sing Along  
with Christine**

**5:15 pm - Gathering Room**

Join Christine on the piano right after dinner to sing and reminisce with favorite old songs.



**Monday, January 6**

**12:15 pm - Gathering Room**

**What's Happening this month  
with Life Enrichment**

Join Susan from Life Enrichment to hear about this month's classes, events and trips! Bring your monthly Voice and Calendar.

**Enjoy some delicious holiday cookies and bring your ideas and suggestions for any new things you would like to do or places you would like to go!**



**Tuesday, January 7  
12:15 pm -  
Gathering Room  
"Syria"**

In December 2024, after more than a decade of periodic civil war in Syria, rebel forces took the capital of Damascus and toppled the government of Bashar al Assad with remarkable swiftness and ease. Join Active Minds as we seek to understand Syria's complex history and how a five decade long Assad dictatorship could come crashing down in the course of a few days and what it means for the future of an already unstable Middle East.



**\*Mondays, January 6 & 27**

**\*Thursdays, January 16 & 30**

**3:30 pm - Gathering Room**

**AL Bingo**

Join Susan and Emma for a fun hour of Bingo! Bingo is good exercise for the brain, and you can win some great prizes!



**Wednesday, January 8**

**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!

## Assisted Living Activities



### Wednesday, January 8 12:15 pm – Gathering Room Birthday Celebration & Concert



Enjoy a fun afternoon of music, dessert and dancing! If you have a birthday this month you will receive your

birthday gift at this party. **Everyone welcome, come even if it's not your birthday to celebrate with your friends and neighbors!**



#### EAST BUILDING

Achon Aghakhanian  
Lloyd Chavez  
Svitlana Demchenko  
Klavdiia Gnatyk  
Vivian Goldstein  
Parvin Iravani Manesh  
Ken Karcher  
Rakhil Koretskaya  
Sarah Mertz  
Marilyn Morehouse  
Emiliya Nisnevich

Tatyana Sarri  
Karen Wollman

#### SOUTH BUILDING

Alvida Ahmad  
Gayane Amirkhanyan  
Svitlana Arkhypova  
Larisa Buryakova  
Suzanne Callahan  
Ariadna Gheorghiu  
Gagik Kardalian  
Mariya Martynyuk  
Vajiheh Masrouri  
Cary Maultasch  
Edward Myers  
Zinaida Nihamkin  
Nelli Shargorodskya  
Barbara Strickland  
Natalia Vasilius

#### WEST BUILDING

Michele Berry  
Irene Cohen  
Susanna Goff  
John Hartig  
Gwenneth Hinz  
Sandra Kolesnikova  
Natalya Kondratyeva  
Liudmyla Kyrichenko  
Joan Ravenna  
Myra Shuman-Bast

## Assisted Living Activities

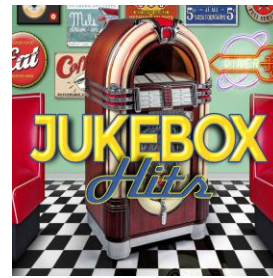


**Tuesdays, January 14 & 28  
10 am – Gathering Room**

### **Gratitude Sharing with Susan**

*Gratitude makes for a positive attitude!*

Listen to speakers share about happiness, and delve into a variety of tasks to explore gratitude in new ways. We will discuss things we are grateful for, in addition to reading positive stories together. You will also be invited to share your daily thoughts on gratitude with a ***gratitude journal***, provided at no cost to you.



**Thursdays, January 9 & 23  
5 pm – Gathering Room**

### **Dancing to the Oldies**

Join your friends and neighbors twice a month after dinner for a fun hour of toe tappin tunes and dancing to the oldies!



**Fridays, January 10 & 24  
2 pm - Gathering Room**

### **TimeSlips with Elizabeth**

Join Elizabeth for a fun hour of TimeSlips, a creative storytelling adventure that uses imagination instead of memory to help people connect and grow.

We will use a photograph to spark conversation and then weave responses into a story. Everyone contributes to the making of the story.

## Assisted Living Activities



### **“It’s all about the Bassoon!”**

**Tuesday, January 28**

**12:15 pm – Gathering Room**

Happy Bassoon-Year to you! Learn about the history of this double reed instrument, how it works, and listen to examples of bassoon music written by Bach, Ravel, John Williams, and more. Start 2025 off right with an Active Minds presentation about the best instrument in the orchestra - the bassoon. Taught by Colorado’s own renowned bassoonist, Dr. Brian Jack, who is not biased at all.

# DENVER BOTANIC GARDENS

**Friday, January 17**

**12:15 pm – Gathering Room**

## **Denver Botanic Gardens *presents* Sensory Adventures at Kavod**

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



**Sunday, January 19**

**12:15 pm – EAST Dining Room**

## **Celebrate Chinese New Year!**

The Colorado Asian Cultural Heritage Center Dragon & Lion Dance Association is 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 Snake!**





### **Winter Fun Fitness BINGO competition!**

- Visit the H&W Department to pick up a BINGO card.
- Make BINGO by attending classes on the BINGO card in January and February.  
*\*Instructors will sign your card at the end of class.*
- Have a BINGO ? Add your name + apartment #, drop it in the box outside the H&W and grab another card! Limit of 5 BINGOS. Each BINGO is a raffle for a \$100 King Soopers, Whole Foods or Target gift card.

### **SAVE THE DATE: Heart Healthy Kavod in February!**

What is **Heart Healthy Kavod**? It is a program created with and for Kavod residents! The program includes; heart healthy education, exercise, nutrition and lunch! *\*IF INTERESTED IN SPECIFIC HEART ALIMENT – CALL 720.382.7838\**

**Topics Include: Common heart conditions, Heart Healthy Diet, Blood Pressure/Hypertension and Overall heart healthy lifestyle**

### **Telephone Buddy**

If you would like to visit with someone, are lonely, or feeling isolated and want someone to check on you one to two times per week, please call 303-333-3482 and request a telephone buddy! Great opportunity to develop new friendships and companions.

### **Groceries**

If you need support in ordering groceries please leave a message at 720.382.7838. Reminder if you order on your own to make sure that they deliver it to your door! *\*If you receive groceries that are not yours, please call or bring them to the front desk.\**

### **Access-a-Ride 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 January 2025

### Tuesdays

10 am – HWC/Pikes Peak

**Boxing for Seniors \*NEW CLASS\***

Boxing for Seniors is designed to be accessible and beneficial for residents of all skill levels. Come for a fun, engaging 30-minute session where we focus on breath work, balance, strength, conditioning, and cardio. Whether you are in a chair or on your feet, the class is tailored to meet you where you are, providing exercises and techniques to build confidence, coordination, and fitness.

### Wednesdays

11:30 am – Mt Blue Sky

**Book Club: The Secret Life of Bees**

This month we will be reading The Secret Life of Bees followed by watching the movie! Join us for a day or weekly! We will be reading The Secret Life of Bees for the month of January. We hope to see you there!

### Fridays

9am – HWC/Pikes Peak

**Relaxation Hour**

Do not be fooled by the name but make sure to bring your worries to “wash away”...well at least for 60 minutes. This class includes a gentle warm up to prepare your nervous system, guided meditation, sound relaxation (seated sound bowl healing), breath work and more!

### Thursday, January 2<sup>nd</sup>

10:30 am to Noon - HWC/Pikes Peak

**Herbalism Series: Topical Pain Relief Salve**

**Intro to Topical Salves:** Ever wonder how herbs can assist in pain? Topical salves are an herbal remedy that is great for acute or chronic situations. Topical salves are a combination of several herbal infused oils and ingredients to create a shelf stable remedy. In this workshop, we will learn the how and why herbs can be a healthy alternative for pain management and beginner salve making skills. Wear clothes that you do not mind potentially getting a little messy. You will go home with new and confident skills, a deeper knowledge about herbal actions, and a handmade salve.



X S Z D I Q N U D E E D F H B M Q K N K  
 Z V F L S C H R H T E B O G L I G R W T  
 E G V Q E I A C A C N D O N I S Q E H W  
 B H N D D O N N E S H P T G Z T R P F Q  
 N K R I B A R M O R Z M P M Z L V M O D  
 P L Z W L E B G V A L Z R I A E P J M G  
 K K O A B E Y Z I Y H A I M R T I D B N  
 P N V I R R V I Q N H Y N F D O A H S I  
 S A H I O J D O W Y G H T I K E Q N B N  
 C H I M N E Y G H O C E S S D K L N T E  
 I T F Y G L I A O S N H R J T R C W E T  
 P O L A R O M O N U L D U B R H A F K S  
 E L S C Q A P O I L A H E E R U P C A I  
 I Y C H G W N V U G I I P R F E Y N L L  
 J L B I Q Q Y R G Z V W I C L H A E F G  
 Q B C O M U A X N G V B E Y G A D D W D  
 G A I R H N I O E T O B O G G A N O O X  
 L H K L E C A L P E R I F W Z R T D N Z  
 H G I E L S Y F T Q Z N O K S L D H S G  
 Z M W V Y X I V Q D Y U J C Z Z R J D K

## Winter Word Search!

- AVALANCHE
- CHIMNEY
- FOOTPRINTS
- HIBERNATE
- PENGUIN
- SHOVELING
- SNOWFLAKE
- BLIZZARD
- DECEMBER
- QUILT
- MAGICAL
- POLAR
- SLEIGH
- TOBOGGAN
- CARDINAL
- FIREPLACE
- GLISTENING
- MISTLETOE
- GINGERBREAD
- SNOWBOARD
- WONDERLAND



### *Have you been staying hydrated this winter?*

Some of our favorite holiday indulgences and cozy winter recipes are high in sodium, so it's important to make sure we're drinking enough water to stay hydrated. Some beverages such as soda, coffee, and alcohol can actually dehydrate us, so it's good practice to make sure you're including a full glass of water at each meal. Signs of dehydration include thirst, dark urine, infrequent urination (going to the bathroom less often), urinary tract infections, dizziness, weakness and dry skin/mouth. If you have questions or concerns about health, hydration, or incontinence, just ask your Legacy Healthcare team!

**Curious if Physical, Occupational, or Speech Therapy could help you?  
 Give us a call or visit us in the Health and Wellness Center!**

**303-321-2452**



## **November Gifts**

### **GENERAL**

George & Lynn Bishop  
Evelyn Dean-Olmstead  
Gary Leavitt  
Wayne New  
Ed and Anne Monique Rapoport, In Honor of  
Michael & Wendy Klein  
Harold & Sharron Weinstein

### **HEALTH & WELLNESS**

Jacqueline Stern Bellows

### **KAVOD ON THE ROAD PARTNERSHIP**

Hebrew Educational Alliance

### **KAVOD ON THE ROAD-GRANT**

Sephardic Home for the Aged Foundation,  
Inc.  
Rose Community Foundation

### **SUMMER EVENT – CHILDREN'S MUSEUM- SPONSORSHIPS**

Gaile Waldinger, In Memory of Lilian Weisbly

### **SHUL –GRANTS**

Rose Community Foundation