

March 2024

Connie's CORNER



Hi Everyone,

We spring forward in time this month, **so be sure to set your clocks ahead one hour on Sunday, March 10!**

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 our "Life Enrichment "What's Happening in Assisted Living this month" on Monday, March 4th at 12:15 pm in the Gathering Room. We will have cookies to enjoy during the meeting. Bring your suggestions and ideas!

Be Happy, Healthy, and Active!

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



Downtown Aquarium Lunch & Sloth Meet and Greet



Friday, March 8
10:30 am – Van Trip

Join us as we go to the amazing Downtown Aquarium, featuring a public aquarium boasting more than one million gallons of underwater and over 500 species of animals that includes an interactive stingray touch tank!

After we tour the Aquarium we will have lunch onsite at the beautiful Aquarium Restaurant where our underwater adventure continues as we are seated around the 150,000-gallon aquarium with excellent views of LIVE Mermaids swimming with reef sharks and fish, as they swim right by your table. ***After lunch,*** we will have a private **"Sloth Meet & Greet"** in the Nautilus Ballroom.

Don't miss out on this incredible day!

Please call Connie at 720-382-7813 to sign up, (Cost paid through Life Enrichment, Kavod).



Kehillat Kavod:

Kavod's Jewish Community

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

FRIDAY NIGHTS - KABBALAT SHABBAT

6 pm – Shul

Friday, March 1

Welcome Shabbat, Led by Residents

Friday, March 8

Welcome Shabbat with Rabbi Kim

Friday, March 22

Welcome Shabbat with Rabbi Steve

SHABBAT MORNING SERVICES WITH

Dr. Seth Ward

10 am – Shul

Saturdays, March 16 & 30



**Every Sunday morning
(Except 1st Sunday of the month)
10 am in Pikes Peak**

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.

Sunday, March 10

10 am – Pikes Peak

Led by Reverend Dale

Sunday March 17

10 am – Pikes Peak

Led by Reverend Dale and
Steve Miller on piano

Sunday March 24

10 am – Pikes Peak

Musical Service and Communion

Led by Reverend Dale & Steve Miller on piano

GOOD FRIDAY SERVICE

Friday, March 29

11:00 am - Pikes Peak

Led by Reverend Dale.



EASTER SUNDAY SERVICE

Sunday, March 31

10 am – Pikes Peak

Led by Reverend Dale and music by Steve
Miller in Pikes Peak

From Chaplaincy and Spiritual Services



Mindfulness Practice Group

*****NOW on Tuesdays too!***

**Tuesdays at 2:30 pm
Blue Spruce**

**Thursdays at 2:30 pm
Mt. Blue Sky**

***PLEASE NOTE! On March 28 we will be in the front Shul in the East Building!**

***Mindfulness Group cancelled until further notice on the third Thursdays during Resident Council**

Dial-in available as well: 877 230-3480, then enter 2151

Join us for 30-45 minutes of checking in and supporting our group practice of "Mindfulness," which can be described as "Moment to Moment Nonjudgmental Awareness." We practice to maintain resilience in challenging times, and as Viktor Frankl described, create more space between stimulus and response, which is where freedom truly lies. Increase joy and peace, self-compassion, and the ability to be with what is. All levels welcome. Contact Rabbi Steve with any questions: 720 382-7836, or sbnadav@kavodseniorlife.org



**Wednesday, March 13
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. Basically an open conversation with our chaplain. Feel free to bring a question or topic of interest. Rabbi Steve will also bring a sacred text or life question for discussion.

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



**Sunday, March 3 & 17
6 pm – Shul Classroom**

A Bissel" (A Little) Yiddish with Malka

Everyone has used a Yiddish word or phrase from time to time. When asked if you speak Yiddish, the common reply is A bissel! Many people understand Yiddish but can't speak it and truthfully, you know more Yiddish than you think. Join fluent Yiddish speaker Malka Amster for an hour of conversation in Yiddish in conjunction with the English language. This lively group delves into Yiddish culture and language through the lens of its participants, handouts and humor. This spirited gathering will help you use more words and phrases to incorporate into English. No experience speaking Yiddish is necessary, but having fun is! A bee gezint!.

From Chaplaincy and Spiritual Services



**Sunday, March 10
6 pm – Shul Classroom**

Understanding Judaism ☆

Come learn with master teacher and resident Malka Amster! Jewish customs, ceremonies, rituals and holidays shared in a relevant, fun and enlightening way. A refresher for someone and an introduction for others! All are welcome!



**Thursday, March 21
2:30 pm – Shul Classroom**

Building Bridges of Multifaith Understanding:

Asking the Big Questions!

**Thanks to the generous funding from the
Murnick Family Foundation!**

Come join us in sacred conversation and ask the Big Questions of Life to a panel of religious leaders of Jewish, Christian and Muslim communities, including: Rabbi Katie Mizrahi, Pastor Caitlin Trussel, and Imam Mohammad Kolila.

- 2:30 pm: Gather for Refreshments
- 3 pm – 4 pm: Conversation



**Saturday, March 23
6 pm – Shul Classroom**

Erev Purim Celebration and Contemporary Megillah Reading

Welcome Purim and Contemporary Purim Megillah Reading, (mostly English) with Rabbi Steve.

**Sunday, March 24
6 pm – Shul Classroom**

Traditional Purim Megillah Reading with Minyan Naaleh (LOTS of young families)

**10:00 Traditional Shacharit (morning)
Service-SH**

10:45 Bagels & Cream Cheese Break-SH

11:00 Traditional Megillah Reading-SH



**Sunday, March 24
1:30 pm – Shul Classroom**

Rabbi Howard Hoffman's “Purim Shtick”

Rabbi Howard Hoffman's “Purim Shtick Players” returns for our “traditional,” participatory, improvisational Purim play. Music, costumes and fun! Everyone welcome!

From Chaplaincy and Spiritual Services



WE REMEMBER THEM

Almighty One, what are human beings that you take note of them, the children of humanity that you should think of them?

A human being is like a momentary breeze, a person's days are but a passing shadow. At dawn, life blossoms and renews itself, at dusk, it withers and dries up.

You return a person unto dust.

You say: Return, O children of humanity!

(From Psalms 144 and 90)



Anita Wadlington



Lisa Clifton



Please thank
the Life
Enrichment Team!

Connie Moore, Director of Life Enrichment
Dmitriy Umanskiy, Lead Driver & Program Assistant
Stewart Schoenthal, Temp Trip Assistant
Susan Schoenthal, Life Enrichment Coordinator
Genny Hale, Volunteer Engagement Coordinator
Elizabeth Stanbro, Intergenerational Program Coordinator

(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 hard working team to thank them for all these things and SO much more!

Life Enrichment



Genny Hale
Life Enrichment, Volunteer
Engagement Coordinator



This month's column spotlights Kavod's amazing English library volunteers **Sandy Brodsky and Paula Budzak**.

You may have noticed how neat, organized and beautiful all the bookshelves look and that is because of the tireless efforts of both these hard-working ladies.

I asked them both why they like to volunteer. Sandy responded, "I like to feel helpful and this is my home, I want to make my home better." Paula replied, "I feel so grateful to live here at Kavod and I want to give back to show gratitude for being able to live here." They both agree that it's important to choose a volunteer project that you enjoy doing and would be doing anyway. Sandy and Paula mentioned their love of books.

Volunteer Spotlight (continued)

They both are committed to maintaining and continuously improving the English library on the bridge and all the bookshelves in the East building halls. When asked what makes a great volunteer they said “finishing what you start and sticking with a task, a good sense of



humor and the ability to deal with interruptions and to not expect perfection.” They love seeing the results of their

efforts and making a difference and that, they certainly do.

Both have volunteered throughout their lives with things like the PTA and Brownies troops for Sandy and teaching English-as-a-Second-Language and cooking for others which Paula did. Both believe that volunteering builds community and creates friendships including the one between them!

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 3rd floor bridge!**

If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at ghale@kavodseniorlife.org.

Decorate your Door with Love WINNERS!

Thanks to all the residents who decorated their doors for Valentine's Day in February!

The Life Enrichment team stopped by all floors in all buildings to take photos of the festive doors.

Congratulations to all the winners who received a \$50 gift card!

Nora Barnett – 610 E

Amy “Chel” Flynn – 420 E

April Allen – 426 S

Eileen Long – 304 W

Susan Greenwood – 502 W



Honoring 26 Years of Leadership:

Tracy Kapaun

Thursday, March 28

11 am – 1 pm

EAST Dining Room

Please join us as we say goodbye to Tracy Kapaun, Chief Operating Officer at Kavod Senior Life. Tracy will retire this month after 26 years of service. Her significant impact on the organization will be remembered for years to come

Tracy began her career at Kavod in 1997 as the Assisted Living Director. Over the years she helped Kavod become the innovative organization it is today, calling the overall transformation a “180.”

She recalls how Life Enrichment went from one staff member leading small activities to a whole team creating everything from current events to cruises. “The change has been phenomenal,” she says.

Dining services has also been revamped. “We went from walking a tray down a cafeteria line to now providing at-table service with modern tablet software,” Tracy shares.

She notes that areas such as health and wellness, infrastructure and building beautification have undergone major improvements. “It has been a lot of hard work, but seeing the residents’ faces light up

when they see the end product makes it worth it.”

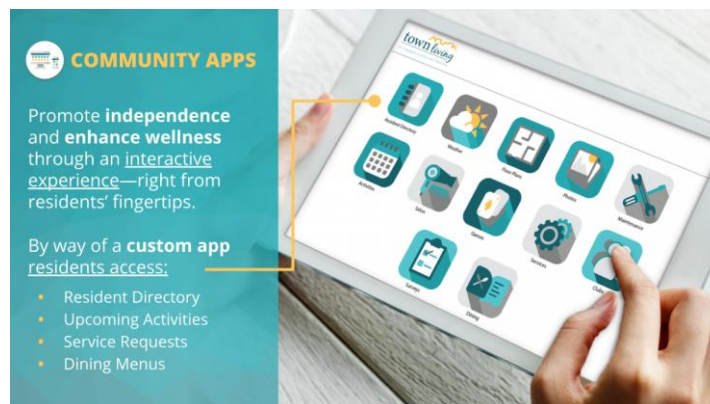
Staff and board members have been sharing their well wishes. “Tracy is dearly loved and will be sorely missed,” wrote Connie Moore, Life Enrichment Director. “She exemplifies everything good in what a leader should be.”

Board chair Molly Zwerdlinger says, “Tracy’s oversight and commitment to excellence have been second to none. We are extremely grateful for all she has accomplished.”

Tracy’s care and devotion to our residents and staff, along with keeping Kavod operationally sound, has been exceptional,” says Michael Klein, CEO. “She leaves some big shoes to fill.”

For now, Tracy plans to relax and travel in retirement, but has also promised not to be a stranger. “Don’t worry,” Tracy smiles. “I’ll be in touch.”

Refreshments will be provided.



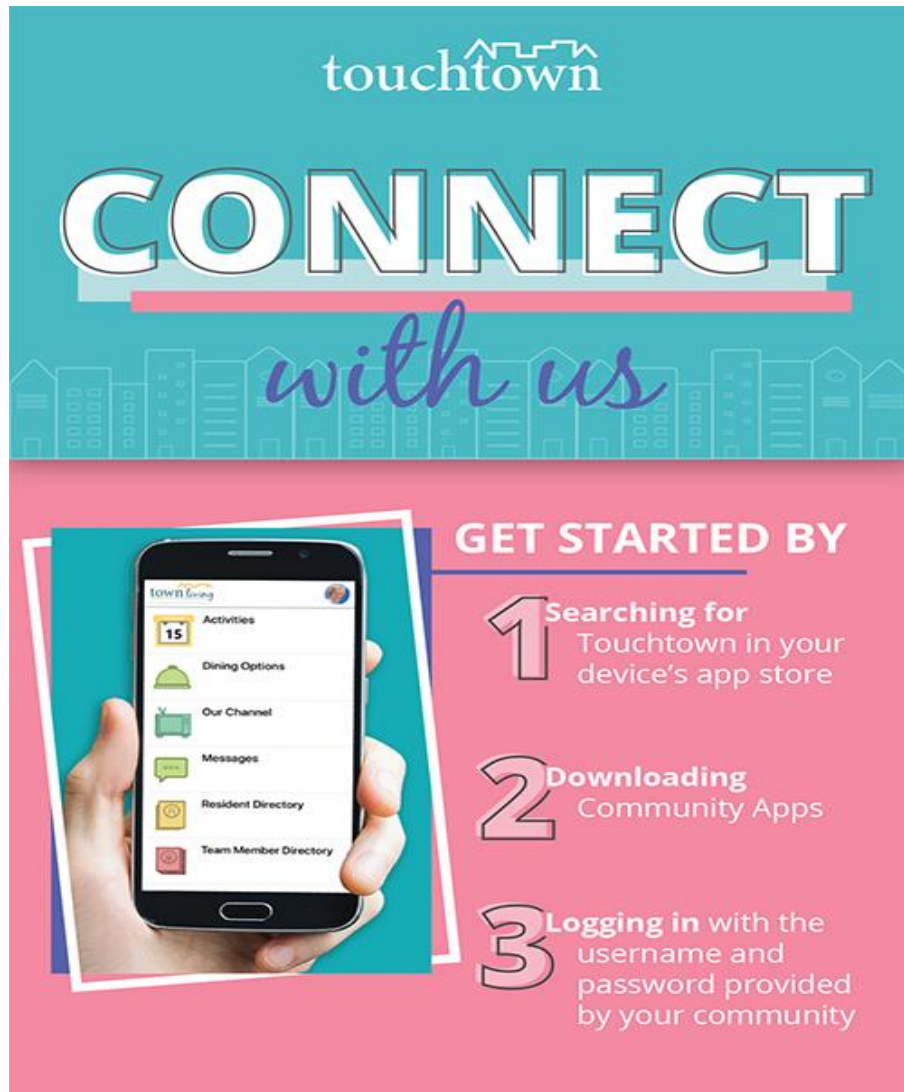
Life Enrichment is very excited to help you learn about the FREE touchtown Community App!

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 me for all of the details.

Don't forget we have loaner iPads and we can help you download the App and get you started!

Please direct all questions to Connie Moore at 720.382.7813



On your smartphone or tablet, go to the apps store and download the FREE touchtown Community Apps, and login 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.

TRIPS FROM LIFE ENRICHMENT



Please call Connie at 720-382-7813 to sign up for this month's trips.

For the Assisted Living trips, the Kavod Van will pick you up in front of the WEST building. Be sure to be on time! Signup with Connie at 720-382-7813. Reservations are required.



Friday, March 8

10:30 am – Van Trip

Downtown Aquarium, Lunch & Sloth Meet & Greet

Join us as we go to the amazing Downtown Aquarium, featuring a public aquarium boasting more than one million gallons of underwater and over 500 species of animals that includes an interactive stingray touch tank!



After we tour the Aquarium we will have lunch onsite at the beautiful Aquarium Restaurant where our underwater adventure continues as we are seated around the 150,000-gallon aquarium with excellent views of LIVE Mermaids swimming with black tip reef sharks, groupers and other fascinating creatures as they swim right by your table. **Delicious menu selections of Steak, Seafood, Chicken and Vegetarian.**

After lunch, we will have a private “**Sloth Meet & Greet**” in the Nautilus Ballroom. Don't miss out on this incredible day!



Please call Connie at 720-382-7813 to sign up, (Cost paid through Life Enrichment, Kavod).

TRIPS FROM LIFE ENRICHMENT



Walmart Shopping trip **Tuesday, March 12**

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

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

***Please call Connie at 720-382-7813 to sign
up.***



King Soopers Shopping trip **Tuesday, March 19**

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

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

***Please call Connie at 720-382-7813 to
sign up.***



Thursday, March 28

3 pm – Van trip

The Old Spaghetti Factory

Join us for a lovely and delicious Italian dinner at the historic and beautiful Old Spaghetti Factory. Dining here is an experience not to be missed!



Choose from the extensive authentic Italian 3 course meal menu with choices like Lasagna, Spaghetti and Meatballs, Chicken

Parmigiana and their world famous Mizithra Spaghetti sauce! An old school ambiance and unique décor of antique lighting, stained glass and an old-fashioned trolley car for guests to dine in, make this outing one to remember!



***Please call Connie at 720-382-7813 to sign
up, (Cost paid through Life Enrichment,
Kavod).***

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, March 4

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!

Enjoy some delicious cookies!

Bring your ideas and suggestions for any new things you would like to do or places you would like to go!



Tuesday, March 5

12:15 pm - Gathering Room

"First Lady Eleanor Roosevelt"

As the longest-serving First Lady of the United States, Eleanor Roosevelt was both outspoken and, at times, quite controversial. Join Active Minds as we examine her life and the impact it had on important causes such as human rights and the successful launch of the United Nations.



Wednesday, March 6

Painting & Wine with Polly

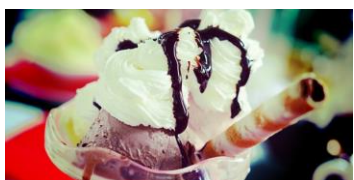
5:15 pm - Gathering Room

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

Assisted Living Activities



Thursday, March 7
12:15 pm – Gathering Room
Ice Cream Social



Join Life Enrichment for a delicious treat and a great social hour! Save room after lunch for a fun Ice Cream Social! We will have a variety of toppings, regular ice cream and sugar free ice cream, whip cream, nuts and cherries to build the sundae of your dreams!



Monday, March 11
12:15 pm – Gathering Room

Assisted Living Resident Council

Join Christy Martinez, Director of Assisted Living, for the Assisted Living Resident Council Meeting. Bring your ideas and suggestions, your voice matters.



Tuesday, March 12
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.



Wednesday, March 13
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!

Assisted Living Activities

March Birthdays (Continued)



EAST BUILDING

Loretta Boyd
Raymond Castlewitz
Galina Fedoseeva
Marlene Hayslett
Debra Hitt
Marian Meadows
Abdolvahab Soofi
Beverly Ann Tolliver
Ray Vinson

SOUTH BUILDING

Paul Abeyta
Josefina Chavez
Svitlana Cherkasova
Lucia Damour
Mary Dyer
Mark Kaminskiy
Valiantsina Kastsianok

WEST BUILDING

Alice Albin
Allan Bernstein
William Brewer
Elaine Cantrell
Gary Eisenach
Helen Fitzner
Jerry Gelfand
Svetlana Kondratskaya
Doug Krug

Jeanne Mack
Joseph Ramirez
Patricia Steinberg
Stephen Zboyan



Thursday, March 14
12:15 pm – Gathering Room

The Jazz Cafe

Enjoy some lunchtime Jazz tunes with Kavod's favorite Jazz Band! Feel free to bring a sack lunch and join your friends and neighbors in the Gathering Room in the West building for a fun hour of jazz music.



Friday, March 15
12:15 pm – Gathering Room

Denver Botanic Gardens presents

Sensory Adventures at Kavod:

"Dried Grass Arrangements"

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. **This month our fun activity is "Dried Grass Arrangements."**

Assisted Living Activities



Wednesday, March 20
12:15 pm – Gathering Room

Drumming with Karen

Join us right after lunch for a NEW fun and stimulating activity!

Drumming has many benefits! Here are just a few:

- Improves cognitive function. Drumming can help to improve cognitive function including memory, attention, and problem-solving skills
- Reduces stress and anxiety
- Boosts mood
- Improves physical health
- Promotes social interaction

JOIN US FOR
Social
HOUR

Thursday, March 21
12:15 pm – Gathering Room

The Social Hour with Anna

The Social Hour is a group led by your Care Coordinator, Anna. This is a chance to connect with each other, share stories, discuss topics of interest, and engage in other fun activities together. Please join us for conversation, connection, and fun!



Thursday, February 15
“Coloring & Malts”
3 pm – Gathering Room

Join Christy Martinez, Director of Assisted Living and Anjelica Rosse, Wellness Coordinator, for coloring and Malts.



Tuesday, March 26
Colorado Summer Music
Festivals

12:15 pm – Gathering Room

Colorado is home to world-renowned summer music festivals, including Aspen, Bravo Vail, and the Colorado Music Festival in Boulder. Some of the world's finest musicians travel to Colorado for performances each summer. Join Active Minds for a look at the orchestras, programs, and guest artists who will be playing this summer in the Centennial State.

Assisted Living Activities



Wednesday, March 27

Good Vibes & Tunes with Rick

12:15 pm – Gathering Room

Enjoy some good vibes and tunes with Rick Weingarten and his Vibraphone right after lunch! Rick is a Kavod favorite and has been coming to Kavod to entertain for many years.

General Classes & Events



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.



DMV2GO, the mobile service for the Department of Motor Vehicles **will now be coming onsite every quarter** so you can renew your license, apply for a new license, get a Colorado ID, etc. **The next date they will be onsite is June 24, 2024.**

General Classes & Events



Bingo!

Mondays

10:30 am – Pikes Peak Room

Enjoy a stimulating hour of fun and good brain exercise! No cost, win fun prizes and Kavod Kash!



Cousins Coloring Group

Tuesdays

6:30 pm – Shul Classroom

Cousins Coloring Group is back! Join the host resident Diane Devine for a fun and relaxing evening of adult coloring and a great social hour.



Tuesdays

Opening Minds through Art 1 pm – Pikes Peak

Opening Minds through Art (OMA) is in session! Enjoy "failure-free" art with a student volunteer art partner from Regis University. All materials provided. ***Please reach out to Elizabeth, Life Enrichment Intergenerational Coordinator at 303.476.0185 or email estanbro@kavodseniorlife.org, to see if there are opens spots or if you have any questions.***



Tuesdays

In-Wii bowling

2:30 pm – Pikes Peak Room

*****Wii bowlers, please do not enter Pikes Peak before 2:30 pm as this interrupts the class in session before Wii bowling, thanks!***

Join your friends and neighbors for a fun afternoon of ***Wii bowling!***

Beginners welcome! We will teach you if you've never played before.

General Classes & Events



Bridge Players Club

**1st and 3rd Tuesdays
10 am - 3rd Floor Bridge**

Bridge on the Bridge! Have you ever wanted to play bridge? Watch seasoned bridge players and learn how it's played. They can teach you the in's and out's of bidding and how to play a game that never gets old.

"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!



Mahjong Players

Wednesdays at 1:00 pm - 3rd floor Bridge

Play Mahjong alongside experienced players.
**Call Susan if you are interested in playing
at 720-382-7849.**



Katie's Hand Crafts

**2nd & 4th Wednesdays
2 pm - 3rd Floor Bridge**

This group is for beginners and seasoned knitters, crocheters or anyone who would like to learn a new skill in hand work. We can teach making socks, Lock latch hooking, racket knitting, and embroidery. This month I will be teaching felting. We will make a felted shamrock pin. Felting has been around for years, anyone can do this craft. Projects can be simple and quick or more involved. We meet on the bridge the Second & Fourth Wednesday each month at 2 pm to 4 pm. Come join anytime, even to just sit and visit.



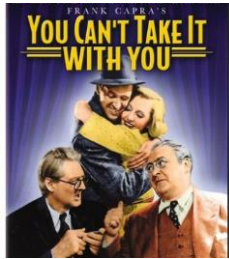
Fridays

**1 pm - 2pm - 3rd Floor Bridge
Cow-mooobile (ice cream)**

Meet us on the Bridge at 1:00 pm to 3:00ish for ice cream. We have reduced sugar & dairy free. In addition doggie ice cream. Looking for one more volunteer to help with the Cow-mooobile.. We have added ordering mailing labels for \$5 for 60. Just ask. Pick up your address labels during this time

General Classes & Events

Kavod Player's Readers Theatre Presents!



Friday, March 29th

2:00 pm – Pikes Peak

Kavod Player's Readers Theatre Presents:

Public performance of the scenes
selected from

"You Can't Take It with You"

Light refreshments will be served

Kavod Players Rehearsal Schedule:

Monday, March 4 at 1:30 pm in Pikes Peak:

Read through of scenes selected

Monday, March 11 at 1:30 pm in Pikes Peak:

Rehearsal of scenes selected for performance

Monday, March 18 at 1:30 pm in Pikes Peak:

Rehearsal of scenes selected for performance

Monday, March 25 at 1:30 pm in Pikes Peak:

Rehearsal of scenes selected for performance

Thursday, March 28 at 1:30 pm in Pikes

Peak: Dress rehearsal for the scenes selected
for performance

Friday, March 29 at 2 pm in Pikes Peak:

Public Performance



Monday, March 4

Noon – Pikes Peak

Lunch & Learn: "Estate Planning & Elder Law"

Please join us for delicious hot pizza and an engaging session with attorney Debra K. Schuster as she discusses both estate planning and elder law, including when to start Medicaid planning and how to think through medical decision-making. Learn why it's important to have a Power of Attorney (POA) and the different types of POAs should you become medically incapacitated and how to go about designating one. Learn about what legal mechanisms to have in place for family and loved ones. Also, learn about your rights and resources available.



Drop In Tech Help!

Every 1st Tuesday of the Month

March 5

10 am – Noon

3rd Floor Bridge

Join Emily from the Denver Public Library for Some tech help! Bring your own device, iPad, laptop, cell phone, etc., and she will help you.

General Classes & Events



Wednesday, March 6

Fused Glass Art Workshops

1 pm – Pikes Peak

Join Artist Melissa Sweetser for a fun afternoon making fused glass art items.

****Please note: This class will be capped at 15 participants, no sign-up needed, walk-in, first come, first served basis.***

She will take the projects to her studio to be fired and they will be returned to you once completed, typically about a week. In the future, additional workshops will be available featuring night lights and sun catchers and other fused glass giftware.

All materials provided!



The Joy of Writing Workshop

****Now on Wednesdays**

2 pm - Shul Classroom

Our writing group will now be meeting on Wednesday afternoons.

Calling all writers, at all levels of writing experience. Come join our weekly workshops to express yourself, try out new writing techniques, and share your work!

We welcome writers of all levels of experience!



Resident Council Bake Sale

Monday, March 4

10 am – 2 pm

3rd floor bridge

Help support Resident Council by baking or buying our goodies. IF YOU DON'T BAKE, YOU CAN PURCHASE SOMETHING from King Soopers. Monday, March 4, 2024 from 10:00am to 2:00pm on the bridge. There is a sign-up sheet on the Resident Council Bulletin Board on the bridge.



Connecting a new generation of senior living.

Thursday, March 7

1 pm – Mt. Blue Sky

Touchtown HELP & Support Session

Bring your laptop, iPad, or Smartphone to this session and we will download the Touchtown App for you (free) and help you get started! Learn all about this easy way to stay connected at Kavod and have a tool to see what is happening every day, including trips, classes, special events and dining menus!

General Classes & Events



International Women's Day Celebration

Thursday, March 7

5:15 pm – EAST Dining Room

We are celebrating International Women's Day with **The Bella Diva World Dancers!**

If you have something purple, *the color that represents International Women's Day*, please wear it and join us for an amazing hour of dance, music and fun!

Life Enrichment will have refreshments and a beautiful flower for each attendee!



Friday, March 8

1:30 pm – Shul Classroom

Create your own jewelry with Kavod volunteer, Sabina Zhornitsky. Participants will design and make beautiful easy to wear jewelry. Sabina is bilingual in English and Russian and enjoys sharing her talents. **All materials are supplied.**



Scrapbooking Fun

Sunday, March 10

4 pm – Shul Classroom

Scrappping our family history and your genealogy history. You do not need to be an expert! You can start any time. This is an opportunity to get that box of photos organized and displayed. We have acquired lots of new paper, stickers, and other supplies. Scrapbook not provided. (Do not buy until later). Call Katie at 630.292.6226 for further information.



Monday, *March 11

***Only one date in March!**

Denver Public Library Bookmobile

The Bookmobile will set up in both the West Building and the East Building when they are at Kavod. **Below are the times for each location:**

2:30 pm – 3:10 pm

West Building, 1st floor Gathering Room

3:15 pm – 4 pm

East Building, 2nd floor Shul Classroom

The Bookmobile sets up at each location so you can checkout and return books. Call 720-865-1112 or email mobile-services@denverlibrary.org with questions or to place items on hold.

General Classes & Events



Low Vision Support Group

Kavod Low Vision Education & Peer Support Group

Wednesday, March 13
10 am – Gathering Room

Join us for a presentation from Aging and Disability Resource Center: Services, nutrition, and how to get connected.

Learn about adaptive skills, technology, and resources for living with low vision from peers, guest speakers, and the Facilitator, Alexia Diaz, Beyond Vision Skills Trainer, 720-263-0429.



Thursday, March 14
2 pm – Shul Classroom
The Brave Space (LGBTQ+)

“Brave Space” is a safe space for LGBTQ+ residents and our allies! We have open discussions on our family and friends in the LGBTQ community. *(This is a fully confidential meeting. What is said here stays here.*

All attending will be asked to agree to keep full confidentiality.



The Remarkable Life of Marie Curie

Wednesday, March 20
1 pm - Pikes Peak Room

In honor of International Women's Day, join Active Minds as we examine the remarkable life of Marie Curie.

Born in Warsaw, Poland in 1867, Maria Sklodowska would become one of the greatest scientists of her era. After emigrating to France, Marie (as she was known there) would work with and eventually marry another scientist, Pierre Curie, with whom she would be awarded the Nobel Prize in Physics for their research on radioactivity. Over a decade later, she would be awarded a second Nobel Prize for discovering the elements radium and polonium (named for her country of birth).

General Classes & Events



United States Air Force Academy Jewish Choir

Wednesday, March 20
5:15 pm – EAST Dining Room

Come enjoy the revival of the **Air Force Academy Jewish Choir**, with Air Force Chaplain Saul Rosenthal. Just back from performing at the White House! NOT TO BE MISSED!



Sunday, March 24
12:15 pm – EAST Dining Room

Purim Concert **with The Klez Dispensers**

The Klez Dispensers will play festive klezmer music to liven up your Purim holiday!

Celebrate Purim with your neighbors and friends. Everyone welcome!



Purim Celebration with the Israel Emissaries

Monday, March 25
2:30 pm – Shul Classroom

Join the Shinshinim, Israeli Youth who are participating in the “year of service program that offers Israeli high school graduates an opportunity to delay mandatory service in the Israel Defense Forces. Meet these wonderful youth ambassadors for a fun filled afternoon of Purim celebration and delicious Hamentaschen.



Maria Droste Counseling Center Interns + Activities

If you are interested in working with Erik or Scarlet, please contact your care coordinator! Erik is leading ***"The Kavod Book Club of your Dreams" on Wednesdays at 11am in HWC/MBS.*** ***Please see flyers regarding Scarlet's offering. She is re-working her program to best support all residents of Kavod.* As a reminder there is no private agenda to any programming offered at Kavod. We hope you will take the opportunity to check out all of our offerings.*

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. If not claimed the groceries will be placed on the 5th floor of the East building.**

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 720.382.7838!**

H&W Center Class Offerings for March

Mondays and Wednesdays

**9am – HWC/Pikes Peak
Mountain Balance**

Lynne is BACK in the New Year! This is a health and fitness program with a concentration on strengthening balance skills. The exercises are available for seated or standing with support (ALL levels are encouraged to attend). The program will include assessments if desired so you can track your improvement.

Wednesdays and Fridays

**10am – HWC/Pikes Peak
Gentle Yoga**

Join Buffy and Regina – from Mile High Fitness, as they guide you through a session filled with stretching, breathing and being present with your amazing self!

All levels are welcome for chair or mat use. Hope to see you there!



H&W Center Class Offerings for March

Tuesdays and Thursdays
9am – HWC/Pikes Peak
Tai Chi with Eric *all levels*

Health Benefits of Tai Chi:

- Improves lower body and leg strength
- Enhances mental capacity and concentration
- Reduces blood pressure
- Helps with arthritis pain

Wednesdays
12pm – Gym
Blood Pressure Checks with Legacy

Stop by the H&W Center's gym for a FREE blood pressure check!

Fridays
11am – HWC/Mt Blue Sky
Mindfulness Fiber Arts

Learn about mindfulness, create art and learn about how beneficial they are when combined! Whether you are an experienced artist, meditator, or have no previous experience, this practice is for you! **Art includes; Drawing, Slow Stitching, Weaving**

Fridays
1230pm — HWC/Pikes Peak
Strength Training for Seniors with Legacy

Did you know strength training not only builds strength, but...

- *Improves balance*
- *Helps you sleep better*
- *May help prevent dementia, other degenerative*

Join a Legacy staff member as they lead the group through all levels strength training.



Services by Appointment Only	Frequency	Location
1-on-1 Mental Health Counseling	By appointment only; call your care coordinator for a referral	Blue Spruce or Evergreen
Audiology	Scheduled as needed	Health Services Area
Chiropractic/Acupuncture	2 nd Tuesday/4 th Friday; by appointment only	Health Services Area
CU Geriatric Medicine Clinic	NOW TAKING NEW PATIENTS; call #720.382.7800 for an appointment	Health Services Area
Dermatology	1 st Friday; by appointment only	Health Services Area
Optometry Clinic	3 rd Friday; by appointment only	Health Services Area
Podiatry Clinic	2 nd Friday; by appointment only	Health Services Area
Dental Clinic	Tuesdays; by appointment only	Health Services Area
VNA Nail Clinic	3 rd Tuesday every 3 months; by appointment only	Health Services Area



Find the ten differences between the two pictures.



Did you know that two thirds of those who fall will do so again within 6 months? Falls can result in decreased mobility, pain, decreased independence with self-care, social isolation, decreased quality of life, depression and an increased fear of falling. The good news is that you have a Legacy Healthcare Services Therapy Team located on-site who wants to help you! Therapists work with you to determine why you may have fallen in the past and help you figure out how to prevent falls from happening in the future.

**Give us a call to see how we can assist you, or visit us in the Health and Wellness Center!
303-321-2452**



KAVOD ON THE ROAD ANNUAL CONFERENCE

Denver City Councilwoman Amanda Sawyer

Security Grant

Colorado Division of Homeland Security and Emergency Management

SHUL

Sandra Kolesnikova

January Gifts

Activities

Sherri Kraut, In Memory of Ellen Brown, z"ll

COLORAOGIVES DAY2023 (GENERAL)

Amelia Dorn

GENERAL

Fred & Ann Leviton, In Honor of Tracy Kapaun

Stacy Lewis

Herzl & Hazel Melmed, In Honor of Tracy

Kapaun

Yulia Sopkin

Gaile Weisbly Waldinger, In Memory of Oscar

Lobel

HEALTH & WELLNESS Grant

The Jay and Rose Philiips Family Foundation
of Colorado

JEWISH-CENTERED PROGRAMMING

The M.B. Glassman Foundation

KAVOD ON THE ROAD PARTNERSHIP

Temple Emanuel