



Kavod Assisted Living at Cherry Creek

Activity Calendar — APRIL 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Room Location Guide: GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS	Color Guide: Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes <i>*EAST DR refers to dining room in EAST Building at 22 S. Adams St.</i>					
	1 9:00 Mountain Balance—Pikes Peak 10:30 Bingo—Pikes Peak 12:15 “What’s Happening in Assisted Living this month” with Life Enrichment”—GR 5:15 Sing Along with Christine-GR	2 9:00 Tai Chi—Pikes Peak 10:00 Drop In Tech Help—3rd Floor Bridge 10:00 Bridge Players Club-3rd Floor 12:15 Active Minds “Renewable Energy ” - GR 1:00 Opening Minds through Art-Pikes Peak 2:30 Mindfulness Meditation-Blue Spruce 2:30 Wii Bowling-Pikes Peak 6:30 Cousins Coloring-SHC	3 9:00 Mountain Balance—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 MDCC Book Club—MBS 12:00 Blood Pressure Checks with Legacy—Gym 1:00 Fused Glass Art Workshop-Pikes Peak 1:00 Mahjong Players-3rd Flr Bridge 2:00 The Joy of Writing Workshop-SHC 5:00 Painting & Wine with Polly—GR	4 9:00 Tai Chi—Pikes Peak 10:00 Mind, Body Soul Workshop-Pikes Peak 12:15 Your Life Story & Nostalgic Treats—GR 1:00 Touchtown Learning Session-Mt. Blue Sky 2:30 Mindfulness Meditation-Mt. Blue Sky *4:00 Mystery Dinner—Trip	5 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:15 Afternoon Movie with Julie—GR 12:30 Legacy Strength for Seniors—Pikes Peak 1:30 COW-MOOOBILE (Ice Cream) –3rd floor Bridge 1:30 pm Jewelry Making Class with Sabina-SHC 6:00 Shabbat Service with Rabbi Kim-SH .	6
7 5:00 Resident Sing Along -EAST DR 6:00 “A Bissel” (A Little) Yiddish—SHC	8 9:00 Mountain Balance—Pikes Peak No Bingo today 11:15 Solar Eclipse Special Event—West Building Deck/ Pikes Peak 12:15 AL Resident Council—GR 2:30 DPL Bookmobile-WEST Building Gathering Room 3:15 DPL Bookmobile-EAST Building—Shul Classroom 5:15 Sing Along with Christine-GR	9 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing-GR 1:00 Opening Minds through Art-Pikes Peak *2:00 Super Target—Trip 2:30 Wii Bowling-Pikes Peak 2:30 Mindfulness Meditation-Blue Spruce 6:30 Cousins Coloring-SHC	10 9:00 Mountain Balance—Pikes Peak 10:00 Low Vision Support Group-GR 10:00 Gentle Yoga—Pikes Peak 11:00 MDCC Book Club—MBS 12:00 Blood Pressure Checks with Legacy—Gym 12:15 Birthday Party Celebration-GR 1:00 Mahjong Players-3rd Flr Bridge 2:00 The Joy of Writing Workshop-SHC 2:00 Katie’s Hand Crafts–3rd floor bridge	11 All day: Pump it for Parkinsons—HWC/Gym 9:00 Tai Chi—Pikes Peak 12:15 The Jazz Cafe-GR 2:00 The Brave Space-SHC 2:00 Challah Bread Braiding — Pikes Peak 2:30 Mindfulness Meditation-Mt. Blue Sky	12 10:00 Gentle Yoga—Pikes Peak *11:00 Evergreen Mountain Town & lunch—Trip 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:30 COW-MOOOBILE (Ice Cream) –3rd floor Bridge	13 10:00 Shabbat Services-with Seth Ward –SH  NEXT PAGE

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<div>14</div> <div>10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div> <div>5:00 Opening Minds through Art Show & Reception—DR</div> <div>6:00 Understanding Judaism - SHC</div>	<div>15</div> <div>9:00 Mountain Balance—Pikes Peak</div> <div>10:30 Bingo—Pikes Peak</div> <div>1:30 AL Food Committee-GR</div> <div>5:15 Sing Along with Christine-GR</div>	<div>16</div> <div>9:00 Tai Chi—Pikes Peak</div> <div>10:00 Bridge Players Club-3rd Floor</div> <div>1:00 Opening Minds through Art-Pikes Peak</div> <div>*2:00 King Soopers—trip</div> <div>2:30 Wii Bowling-Pikes Peak</div> <div>2:30 Mindfulness Meditation-Blue Spruce</div> <div>6:30 Cousins Coloring-SHC</div>	<div>17</div> <div>9:00 Mountain Balance—Pikes Peak</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 MDCC Book Club—MBS</div> <div>12:00 Blood Pressure Checks with Legacy—Gym</div> <div>12:15 Drumming with Karen-GR</div> <div>1:00 Active Minds “ Genghis Khan & the Mongolian Empire”—Pikes Peak</div> <div>1:00 Mahjong Players-3rd Flr Bridge</div> <div>2:00 The Joy of Writing Workshop-SHC</div>	<div>18</div> <div>9:00 Tai Chi—Pikes Peak</div> <div>11:00 Myth Busters: Death Edition- Pikes Peak</div> <div>12:30 Afternoon Movie with Susan-GR</div> <div>2:30 Mindfulness Meditation-Mt. Blue Sky</div> <div>3:00 Coloring with Christy & Refreshments—GR</div> <div>6:00 Hooked on Textile Arts with Ariella-SHC</div>	<div>19</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 Mindfulness Fiber Arts—MBS</div> <div>12:15 Denver Botanic Gardens Sensory Adventures-GR</div> <div>12:30 Legacy Strength for Seniors—Pikes Peak</div> <div>1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</div> <div>*5:30 Pre-Passover Musical Shabbat Service with Rabbi Josh & Rabbi Steve—SH</div>	<div>20</div>
<div>21</div> <div>10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div> <div>12:15 Active Minds “The Music of Flowers”—GR</div> <div>3:00 Beginning Russian Conversation (For English Speakers)-SHC</div> <div>6:00 “A Bissel” (A Little) Yiddish—SHC</div>	<div>22</div> <div>9:00 Mountain Balance—Pikes Peak</div> <div>10:30 Bingo—Pikes Peak</div> <div>2:30 DPL Bookmobile-WEST Building Gathering Room</div> <div>3:15 DPL Bookmobile-EAST Building—Shul Classroom</div> <div>Happy Earth Day!</div> <div>5:15 Sing Along with Christine-GR</div> <div>6:00 First Night Passover Seder-EAST DR</div> <div>Passover begins at Sundown</div>	<div>23</div> <div>10:00 Passover Services-SH</div> <div>EAST Offices Closed all day for Passover</div> <div>12:15 Afternoon Tea & Baby Boomer Trivia with Julie—GR</div> <div>5:00 Second Night Passover Seder-DR</div> <div></div>	<div>24</div> <div>9:00 Mountain Balance-PP</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 MDCC Book Club—MBS</div> <div>12:00 Blood Pressure Checks with Legacy—Gym</div> <div>12:15 Good Vibes & Tunes with Rick—GR</div> <div>1:00 Mahjong Players-3rd Flr Brdg</div> <div>2:00 The Joy of Writing Workshop-SHC</div> <div>2:00 Katie’s Hand Crafts–3rd Flr brdg</div> <div>6:00 History & Culture of the Armenian People—SHC</div>	<div>25</div> <div>9:00 Tai Chi—Pikes Peak</div> <div>12:15 The Social Hour with Anna-GR</div> <div>2:30 Mindfulness Meditation—Mt. Blue Sky</div> <div>*4:30 Candlelight Dinner Theatre—trip</div>	<div>26</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 Mindfulness Fiber Arts—MBS</div> <div>12:30 Legacy Strength for Seniors—Pikes Peak</div> <div>1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</div>	<div>27</div> <div>10:00 Shabbat Services-with Seth Ward - SH</div>
<div>28</div> <div>10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div> <div>3:00 Scrapbooking Fun-SHC</div>	<div>29</div> <div>9:00 Mountain Balance—Pikes Peak</div> <div>10:30 Bingo—Pikes Peak</div> <div>5:15 Sing Along with Christine-GR</div>	<div>30</div> <div>10:00 Passover Services-SH</div> <div>EAST Offices Closed all day for Passover</div> <div>12:15 Ice Cream Social—GR</div> <div></div>	<div>Color Guide:</div> <div>Blue = Life Enrichment classes</div> <div>Green = Life Enrichment Trips</div> <div>Purple = Health & Wellness classes</div> <div>Black = Religious or Other classes</div> <div>*EAST DR refers to dining room in EAST Building at 22 S. Adams Street</div>	<div>Room Location Guide:</div> <div>GR—Gathering Rm (West), 1st floor</div> <div>SH —Shul (2nd floor East)</div> <div>SHC-Shul Classroom (2nd floor East)</div> <div>HWC-Health Wellness Center (West, top floor)</div> <div>- Pikes Peak- PP</div> <div>- Mt. Blue Sky-MBS</div>	<div></div> <div>PREVIOUS PAGE</div>	