



# Kavod Senior Living at Cherry Creek




## Activity Calendar — APRIL 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Room Location Guide:</b>  GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS	<b>Color Guide:</b>  Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes					
	<b>1</b> 9:00 Mountain Balance—Pikes Peak 10:30 Bingo—Pikes Peak 12:00 Lunch & Learn: Parkinson’s 101: Community Education Outreach Program” - Pikes Peak	<b>2</b> 9:00 Tai Chi—Pikes Peak 10:00 Drop In Tech Help—3rd Floor Bridge 10:00 Bridge Players Club—3rd Floor Bridge *11:45 JFS Food Bank & Pantry—trip 12:00 “What’s Happening at Kavod Lunch” with Life Enrichment –SHC 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	<b>3</b> 9:00 Mountain Balance—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 10:00 English Language Practice with Carol—Mt. Blue Sky 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	<b>4</b> 9:00 Tai Chi—Pikes Peak 10:00 Mind, Body Soul Workshop-Pikes Peak *11:30 King Soopers 1:00 Touchtown Learning Session-Mt. Blue Sky 2:30 Mindfulness Meditation-Mt. Blue Sky 4:30 Piano Music by Tory-DR	<b>5</b> 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 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 Steve—SH	<b>6</b>
<b>7</b> 12:30 Piano Music while you dine by Christine-DR 5:00 Resident Sing Along-DR 6:00 “A Bissel” (A Little) Yiddish—SHC	<b>8</b> 9:00 Mountain Balance—Pikes Peak NO Bingo today 11:15 Solar Eclipse Special Event—West Building Deck/ Pikes Peak 1:00 Russian Resident Council-SHC 2:30 DPL Bookmobile-WEST Building Gathering Room 3:15 DPL Bookmobile-EAST Building—Shul Classroom	<b>9</b> 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing-GR *11:45 JFS Food Bank & Pantry - trip 1:00 Opening Minds through Art-Pikes Peak 2:00 Resident Council Newcomers Tea-Shul Classroom 2:30 Wii Bowling-Pikes Peak 2:30 Mindfulness Meditation-Blue Spruce 6:30 Cousins Coloring-SHC	<b>10</b> 9:00 Mountain Balance—Pikes Peak 10:00 Low Vision Support Group-GR 10:00 English Language Practice with Carol—Mt. Blue Sky 10:00 Gentle Yoga—Pikes Peak 11:00 MDCC Book Club—MBS 12:00 Blood Pressure Checks with Legacy—Gym 1:00 Mahjong Players-3rd Flr Bridge 2:00 The Joy of Writing Workshop-SHC 2:00 Katie’s Hand Crafts–3rd floor bridge	<b>11</b> All day: Pump it for Parkinson—HWC/Gym 9:00 Tai Chi—Pikes Peak *9:30 Walmart—trip 12:15 The Jazz Cafe-GR 2:00 Challah Bread Braiding — Pikes Peak 2:00 The Brave Space-SHC 2:30 Mindfulness Meditation-Mt. Blue Sky 3:00 Kavod Travel Club-Pikes Peak 5:15 Birthday Celebration & Concert—Bistro/Main DR	<b>12</b> 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:30 COW-MOOOBILE ( Ice Cream) –3rd floor Bridge	<b>13</b> 10:00 Shabbat Services-with Seth Ward –SH <div></div> <div>NEXT PAGE</div>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>14</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>3 pm Painting &amp; Wine with Polly—Pikes Peak</p> <p>5:00 Opening Minds through Art Show &amp; Reception—DR</p> <p>6:00 Understanding Judaism - SHC</p>	<p><b>15</b> 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Resident Council Planning with Katie—3rd Floor Bridge</p>	<p><b>16</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Gratitude Sharing—GR</p> <p>*11:45 JFS Food Bank &amp; Pantry - trip</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Wii Bowling-Pikes Peak</p> <p>2:30 Mindfulness Meditation-Blue Spruce</p> <p>6:30 Cousins Coloring-SHC</p>	<p><b>17</b> 9:00 Mountain Balance—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:00 English Language Practice with Carol—Mt. Blue Sky</p> <p>11:00 MDCC Book Club—MBS</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>12:15 Drumming with Karen-GR</p> <p>1:00 Active Minds “ Genghis Khan &amp; the Mongolian Empire”—Pikes Peak</p> <p>1:00 Mahjong Players-3rd Floor Bridge</p> <p>2:00 The Joy of Writing Workshop-SHC</p>	<p><b>18</b> *9:00 Mountain Casino—trip</p> <p>9:00 Tai Chi—Pikes Peak</p> <p>11:00 Myth Busters: Death Edition- Pikes Peak</p> <p>12:30 Afternoon Movie with Susan-GR</p> <p>No Resident Council today</p> <p>2:30 Mindfulness Meditation-Mt. Blue Sky</p> <p>4:30 Piano Music by Tory-DR</p> <p>6:00 Hooked on Textile Arts with Ariella-SHC</p>	<p><b>19</b> 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge</p> <p>*5:30 Pre-Passover Musical Shabbat Service with Rabbi Josh &amp; Rabbi Steve—SH</p>	<p><b>20</b></p>
<p><b>21</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>12:30 Piano Music while you dine by Christine-DR</p> <p>3:00 Beginning Russian Conversation (For English Speakers)-SHC</p> <p>6:00 “A Bissel” (A Little) Yiddish—SHC</p>	<p><b>22</b> 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>2:30 DPL Bookmobile-WEST Building Gathering Room</p> <p>3:15 DPL Bookmobile-EAST Building—Shul Classroom</p> <p><i>Happy Earth Day!</i></p> <p>6:00 First Night Passover Seder-DR</p> <p><i>Passover begins at Sundown</i></p>	<p><b>23</b> 10:00 Passover Services-SH</p> <p>Offices Closed all day for Passover</p> <p>5:00 Second Night Passover Seder-DR</p> <div></div>	<p><b>24</b> 9:00 Mountain Balance—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:00 English Language Practice with Carol—Mt. Blue Sky</p> <p>10:00 Food Give &amp; Take-3rd floor bridge</p> <p>11:00 MDCC Book Club—MBS</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>1:00 Mahjong Players-3rd Flr Brdg</p> <p>2:00 The Joy of Writing Workshop-SHC</p> <p>2:00 Katie’s Hand Crafts-3rd floor bridge</p> <p>6:00 History &amp; Culture of the Armenian People—SHC</p>	<p><b>25</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Cravings, Weight Gain &amp; Blood Sugar—Pikes Peak</p> <p>2:30 Mindfulness Meditation-Mt. Blue Sky</p>	<p><b>26</b> 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge</p>	<p><b>27</b> 10:00 Shabbat Services-with Seth Ward - SH</p>
<p><b>28</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>3:00 Scrapbooking Fun-SHC</p>	<p><b>29</b> 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>*4:30 Cinzzetti’s Italian Feast—trip</p>	<p><b>30</b> 10:00 Passover Services-SH</p> <p>Offices Closed all day for Passover</p> <div></div>				<div></div> <p>PREVIOUS PAGE</p>