



Kavod Assisted Living at Cherry Creek

Activity Calendar — FEBRUARY 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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<p>Room Location Guide:</p> <p>GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) Bistro—East building HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS</p>	<p>Color Guide:</p> <p>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></p>					<p>1</p>
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<p>2 *NEW 2:00 Family Feud & Treats with Emma—GR</p>	<p>3 9:00 Mountain Balance-Pikes Peak 12:15 "What's Happening in Assisted Living this month with Life Enrichment"—GR 1:00 Readers Theatre-Pikes Peak 3:30 AL Bingo—GR 5:15 Sing Along with Christine-GR 6:00 Flower Pressing—SHC</p>	<p>4 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 12:15 Active Minds "Martin Luther King, JR."—GR 1:00 Opening Minds through Art-Pikes Peak *2:00 King Soopers—trip 2:30 Mindfulness Practice Group—MBS</p>	<p>5 9:00 Mountain Balance—Pikes Peak 10:00 BUNCO Games with Lauren—GR 10:00 Gentle Yoga—Pikes Peak 11:15 Heart Healthy Kavod-Pikes Peak/MBS 11:30 Book Club—MBS 1:00 Fused Glass Art Workshop-Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Tech Help-3rd floor bridge 5:15 Painting & Wine with Polly—GR 6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>6 9:00 Tai Chi—Pikes Peak 10:30 Herbalism Series—Pikes Peak *NEW 12:15 HOOPLA Games with Emma—GR 2:30 Mindfulness Practice Group—MBS *6:15 Baroque Chamber Concert—Trip</p>	<p>7 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge No Jewelry Making today 6:00 Shabbat Service with Rabbi Steve—SH</p>	<p>8 *NEW 2:00 Saturday Social Hour with Emma—GR</p>
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<p>9 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 4:30 Super Bowl Party—Pikes Peak 6:00 Understanding Judaism -SHC</p>	<p>10 9:00 Mountain Balance-Pikes Peak 11:30 Best of the Rest—SHC 12:15 AL Resident Council—GR 1:00 Readers Theatre-Pikes Peak *4:00 The Old Spaghetti Factory Dinner—trip 2:30 DPL Bookmobile—WEST Building Gathering Room <u>ONLY</u> 5:15 Sing Along with Christine-GR</p>	<p>11 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing—GR 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 12:15 Happiness & Hugs with Senior Snuggles—GR 1:00 Opening Minds through Art-Pikes Peak 2:30 Mindfulness Practice Group—MBS 6:00 Black History LIVE with Historian Donnie Betts, Dessert & Coffee Reception—Pikes Peak & MBS</p>	<p>12 9:00 Mountain Balance—Pikes Peak 10:00 Low Vision Support Group—GR 10:00 Gentle Yoga—Pikes Peak 11:15 Heart Healthy Kavod-Pikes Peak/MBS 11:30 Book Club—MBS 12:15 Assisted Living Birthday Party Celebration-GR 1:00 Chili Cook Off—Pikes Peak 1:00 Mahjong Players—3rd floor brdg 4:30 Tech Help-3rd floor bridge 6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>13 9:00 Tai Chi—Pikes Peak *NEW 10:00 Tech Help with Emma—GR 2:30 Mindfulness Practice Group—MBS 3:00 Kavod Travel Club—Pikes Peak 5:00 Dancing to the Oldies—GR</p> <div style="text-align: center;"> </div>	<p>14 9:00 Relaxation Hour—Pikes Peak *10:00 Super Target—trip 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS *NEW 2:00 TimeSlips with Elizabeth—GR 4:15 Roses Giveaway for Valentines Day—AL Dining Room</p> <div style="text-align: center;"> </div>	<p>15 10:00 Shabbat Services with Seth Ward (Portion Yitro (10 Commandments!)—SH *NEW 1:00 Afternoon Movie Club & Snacks with Emma—GR</p> <div style="text-align: center;"> </div>
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Kavod Assisted Living at Cherry Creek

Activity Calendar — FEBRUARY 2025

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>16 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>4:00 Rising Star Missionary Baptist Church Choir—EAST DR</p>	<p>17 9:00 Mountain Balance—Pikes Peak</p> <p>12:15 President’s Day Concert— DR</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>5:15 Sing Along with Christine-GR</p>	<p>18 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>19 9:00 Mountain Balance-Pikes Pk</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:15 Heart Healthy Kavod-Pikes Peak/MBS</p> <p>11:30 Book Club—MBS</p> <p>*NEW 2:00 Afternoon Trivia Fun, Games & Snacks with Emma—GR</p> <p>1:00 Popcorn on the Bridge</p> <p>1:00 Active Minds “The European Union”—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p> <p>4:30 Tech Help—3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>20 9:00 Tai Chi—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>3:30 AL Bingo—GR</p>	<p>21 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:45 Sacred Grounds—Bistro</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:15 Denver Botanic Gardens Sensory Adventures—GR</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p> <p>*2:00 Dollar Tree—trip</p> <p>6:00 Shabbat Service with Rabbi Josh—SH</p>	<p>22 *NEW 2:00 Storytelling with Emma—GR</p>
<p>23 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>*NEW 12:15 Art Fun with Emma—GR</p> <p>2:00 Improv Comedy Show & Workshop—Pikes Peak/MBS</p> <p>3:00 Let’s Get Scrappy—SHC</p> <p>6:00 Rosh Chodesh Group—SHC</p>	<p>24 9:00 Mountain Balance—Pikes Peak</p> <p>*12:00 Blackeyed Pea lunch—trip</p> <p>No Readers Theatre today</p> <p>1:00 Jefferson Symphony Orchestra String Quartet Concert & Reception—Pikes Peak/MBS</p> <p>2:30 DPL Bookmobile—WEST Building Gathering Room <u>ONLY</u></p> <p>3:30 AL Bingo—GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p>25 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Gratitude Sharing—GR</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>12:15 Active Minds “Carmina Burana”—GR</p> <p>*NEW 2:00 Afternoon Movie Club with Emma—GR</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>26 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:15 Heart Healthy Kavod-Pikes Peak/MBS</p> <p>11:30 Book Club—MBS</p> <p>12:15 Good Vibes & Tunes with Rick—GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p> <p>*NEW 3:00 Tech Help with Emma—GR</p> <p>4:30 Tech Help—3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>27 9:00 Tai Chi—Pikes Peak</p> <p>*NEW 12:15 Large Puzzles with Emma—GR</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p>	<p>28 9:00 Relaxation Hour—Pikes Peak</p> <p>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>1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p> <p>*NEW 2:00 TimeSlips with Elizabeth—GR</p>	<div style="text-align: center;">  <p>PREVIOUS PAGE</p> </div>

February 2025

Connie's CORNER



Hi Everyone,

We listened and we heard you, please note that you have received an Assisted Living calendar this month that show both Assisted Living and Senior Living activities as requested. ***Feel free to call or email me with any questions or feedback about this.***

Be sure to attend the **“What’s Happening in AL with Life Enrichment” on Monday, February 3rd at 12:15 pm in the Gathering Room. *Bring your suggestions and ideas!***

Stay in the know! Be sure to log-in to **Uniguest**, to see everything going on, instructions inside the Voice.

We have iPads you can borrow from our Lending Library, feel free to call Susan at 720-382-7849.

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



Trips Spotlight

Baroque Chamber Orchestra Joy of Discovery: Baroque Connections, Chamber Concert

Thursday February 6
6:15 pm – Van Trip

Join us for a vibrant array of recently created chamber music by diverse living composers that all have one thing in common: each piece on the program has a Baroque connection!

Performed at the Epiphany Lutheran Church by five BCOC string players, plus artist-in-residence Vijay Chalasani on viola and guest composer Nicola Canzano on harpsichord. Music by present-day composers Caroline Shaw, Anna Clyne, Nicolas Lell Benevides, Adolphus Hailstork, Kenji Bunch, and Nicola Canzano.

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

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear Residents,

Greetings! It's already February and we hope the first of the year has been good so far. As in past editions, we have some updates for everyone.

- As you may already know, Jeff Oliver is our new Director of Facilities as of December 19, 2024. He was our Interim Director along with being Facilities Manager when our former Director, Gordon Smith, went on leave for six months. Gordon officially retired in December, and Jeff has filled Gordon's shoes nicely.
- If you have visited the East building, you likely have noticed that table with a statue is in the middle of the lobby area. The purpose is to see if individuals will bump into it, especially during busy meal times. The eventual goal is to put a permanent table, statue and lighting there as part of Kavod's Beautification Project. This project aims to update many of Kavod spaces and provide a welcoming feeling to those entering our front doors.
- Within 60-90 days, Kavod's laundry rooms will have new washers and dryers through a new vendor, CSC Serviceworks. We will provide information about the installation

timeline, use of the machines and issue reporting soon. For now, if a current washer or dryer is not working, let the front desk know.

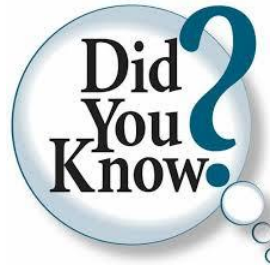
Fire Safety Announcements:

- Unless there is an emergency repair issue where the central heat is temporarily unavailable, **you are NOT allowed to have a portable** heater in your apartment. According to the National Fire Protection Association, heating equipment caused 13% of home structure fires and 18% of home fire deaths between 2016 and 2020, with space heaters accounting for one-third of those fires. Portable electric heaters are high-wattage appliances that have the potential to ignite nearby combustible materials like curtains, sofas, rugs, paper, clothing and flammable liquids (*Office of Congressional Workplace Rights: Portable Space Heaters Fast Facts. OCWR.gov*). All residents need to remove portable heaters, electric fireplaces or any type of electrical appliance that emits heat from your apartment. If you have heating issues, request a work order and we will address it.
- Another way to prevent fires is to plug all appliances **directly** into wall outlets rather than into an extension cord or power strip. If using a power strip:
 - Use sparingly, and do not overload with plugs.
 - Only connect light-load appliances (i.e. computers, lamps, clocks)
 - Do not cover, staple, tack, tape, or nail to any surface.

Thank you for doing your part in keeping Kavod safe. As always, we appreciate you being part of the Kavod community.

Michael Klein & Kara Harvey

Remember



**Please thank
The Life
Enrichment Team!**

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)



Silwya Budnick

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



Doug Krug

Doug Krug is a familiar face around Kavod having volunteered for numerous activities and programs. Currently he serves on the Kavod Academy of Lifelong Learning Advisory Board, announces names at Senior Living birthday parties and helps with various Resident Council projects. Additionally, Doug leads a class called the “Best of the Rest” which aims to help residents learn how to make these years the best years of their life by finding fulfillment and meaning through

various means including by connecting with others.

The “Best of the Rest” class builds on decades of experience Doug has working with aging through high level positions in Health and Human Services among others. Now, the concepts of the class are more resonant than ever for him as before those concepts were theoretical but now they are his lived experience. The class is a conversation among residents. Doug loves leading this class and being at Kavod as a whole. You can see the enthusiasm and emotion on Doug’s face as he talks about how Kavod is his home and how impressed he is with the culture here and the quality of the people, residents and staff alike.

Growing up in Miami but having lived in Denver for 54 years, Doug is a renaissance man. He served in the United States Air Force as a canine trainer/handler and has had various careers including in the government and owning a record shop. He hitchhiked through Europe as a young man and even worked on an Israeli kibbutz. Doug has also co-authored/authored books on organizational leadership.

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Doug Krug

(Continued)

Not only does Doug formally volunteer but he informally volunteers too to help neighbors when needed, with groceries, dog-walking and so forth. He emphasizes that caring and being relational are good traits to have as a volunteer. It's at the heart of volunteerism. It is clear that Doug cares deeply and that volunteering helps make a difference not only for him but for others. He also lives his life to the fullest!

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.



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.

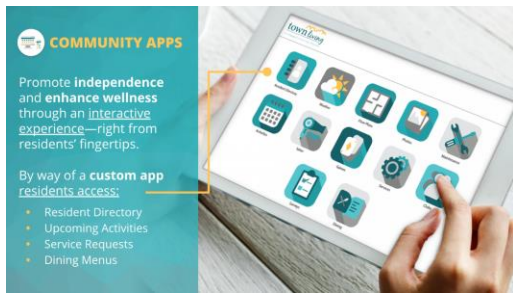
They will help residents with every day tech questions with phones, laptops, watches or iPads. The process going forward is changing a bit to better fit the needs of residents.

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.



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.***



King Soopers Shopping trip

Tuesday, February 4

*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.



Thursday February 6

6:15 pm – Van Trip

Baroque Chamber Orchestra

Joy of Discovery: Baroque Connections, Chamber Concert

Join us for a vibrant array of recently created chamber music by diverse living composers that all have one thing in common: each piece on the program has a Baroque connection!

Performed at the Epiphany Lutheran Church by five BCOC string players, plus artist-in-residence Vijay Chalasani on viola and guest composer Nicola Canzano on harpsichord. Music by present-day composers Caroline Shaw, Anna Clyne, Nicolas Lell Benevides, Adolphus Hailstork, Kenji Bunch, and Nicola Canzano.

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

TRIPS FROM LIFE ENRICHMENT



Monday, February 10
4 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!

Buon Appetito!

Please call Susan at 720-382-7849 to sign up. (No need to bring money, costs paid through Life Enrichment, Kavod).



Super Target Shopping trip

Friday, February 14

*Depart at **10:00 am** 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.



Dollar Tree Shopping trip

Friday, February 21

*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.

TRIPS FROM LIFE ENRICHMENT



Monday, February 24
12 pm – Van Trip
BLACK-EYED PEA
RESTAURANT

Join us for a delicious lunch and fun conversation at the Black-Eyed Pea Restaurant, where their motto is “Home style cooking worth going out for!” Enjoy delicious menu options that include comfort foods such as hand-breaded Chicken Fried Steaks, Charbroiled Steaks, Grilled Salmon, BBQ Ribs, Mom’s Savory Meatloaf, and many more to choose from. Save room for one of their decadent desserts, made from scratch daily.

Don’t miss out on this special lunch outing!

Please call Susan at 720-382-7849 to sign up. (No need to bring money, costs paid through Life Enrichment, Kavod).

Assisted Living Activities



February Fun with Emma!

***NEW!**

All activities listed below are in the Gathering Room

***Sunday, February 2**

2:00 pm – Family Feud and Treats with Emma

***Thursday, February 6**

12:15 - HOOPLA Games with Emma

***Saturday, February 8**

2:00 pm – Saturday Social Hour with Emma

***Thursday, February 13**

10:00 am – Tech help with Emma

***Saturday, February 15**

1:00 pm – Afternoon Movie Club & Snacks with Emma

***Wednesday, February 19**

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

***Saturday, February 22**

2:00 pm – Storytelling with Emma

***Sunday, February 23**

12:15 pm – Art Fun with Emma

***Tuesday, February 25**

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

***Wednesday, February 26**

3:00 pm – Tech help with Emma

***Thursday, February 27**

12:15 pm – Large Puzzles 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, February 3

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



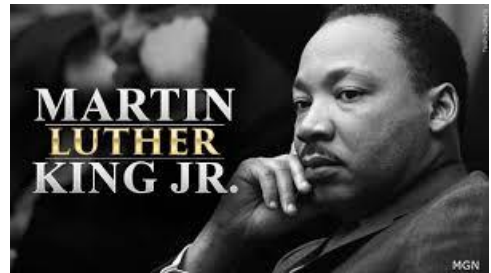
***Mondays, February 3 & 24**

***Thursday, February 20**

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!



Tuesday, February 4

12:15 pm - Gathering Room

“Martin Luther King Jr.”

It's been nearly 60 years since Dr. Martin Luther King, Jr. was assassinated on the balcony of the Lorraine Motel in Memphis, Tennessee. Join Active Minds for a look at his life and legacy. We will trace Dr. King's rise to prominence from a Baptist pastor to Nobel Prize winner and leader of the civil rights movement. We will examine how Dr. King's efforts impacted history and how his ideas continue to influence our society today.

Assisted Living Activities



Wednesday, February 5

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!



Wednesday, February 5

BUNCO Games with Lauren!

10 am – Gathering Room

Join Lauren, the Assisted Living Care Coordinator for some Bunco fun! Learn how to play Bunco, a simple dice game that perfect for socializing and entertainment! It's played in rounds, with teams working together to score points by rolling three dice.

The game involves switching tables and teammates as you go. The goal is to roll a specific number (like all 1's in the first round, all 2's in the second round, and so on). Each roll earns points, and if you roll three of the same number, it's called "Bunco!" No special skills are needed—just roll dice, follow the rules and have fun!



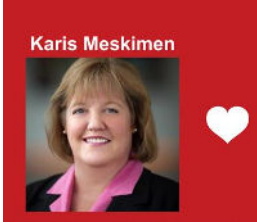
Tuesdays, February 11 & 25
10 am – Gathering Room

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.

Assisted Living Activities



Tuesday, February 11

12:15 pm – Gathering Room

Happiness & Hugs with Senior Snuggles

Join Karis the founder of Senior Snuggles for a special presentation and fun hour for Valentine's Day called, "Happiness & Hugs" which includes research on the hormone released during positive touch like hugs.



Friday, February 14

4:15 pm – Gathering Room

The Life Enrichment team and the Resident Kavod Academy of Lifelong Learning Advisory Board will be handing out **Red Roses** starting at 4:15 pm in Gathering Room & AL Dining Room. **ONE Rose per person only!** Must be present to receive the Rose. **Many thanks to Wish of A Lifetime for providing the Roses!**



Wednesday, February 12 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

- Richard Carlin
- Peggy Clason
- Amy Flynn
- Valentina Kamneva
- Janice Lettas
- Ludmila Mozeshtam
- Boris Panteleev
- Iryna Yudina

Assisted Living Activities



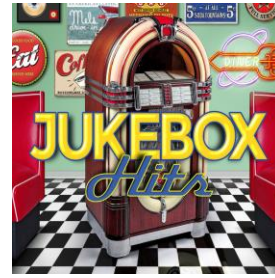
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SOUTH BUILDING

Larisa Ace
Emeka Achebe-Cook-Mitchell
Lois Day
Veronika Efimenko
Svetlana Malyuta
Susan Mervis
Afsar Soofi Siavash
Maria Torres
Helene Waibel

WEST BUILDING

Guadalupe Algiene
Hermine Cohen-Bergen
Joy Lassegard
Robert Lawrenson
Farida Mamatkazina
Nickolay Markar'yan
Volodymyr Musiyenko
Leah Rodie
Kasim Yanbekov



Thursdays, February 13 & 27
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, February 14 & 28
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



Monday, February 17
12:15 pm – Dining Room

Celebrate Presidents Day!

Enjoy a patriotic concert with the Spratt Band, inspired by beloved WWII Era Shows of the past.



Friday, February 21
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.



“Carmina Burana”
Tuesday, February 25
12:15 pm – Gathering Room

Carmina Burana is a popular powerhouse work for orchestra and chorus based on a Latin manuscript written by monks in the 11th and 12th centuries. Parts of the document were often bawdy and irreverent. Join Active Minds for a look at this 20th century music, its ties to medieval songs and poems, and composer Carl Orff's entanglement with Nazi Germany.



Tuesday, February 11
6 pm – Pikes Peak/Mt. Blue Sky
Black History LIVE with
Historian Donnie Betts
Dessert & Coffee Reception

Join Historian, award-winning documentary filmmaker, theatre director and podcast host for a live, fascinating talk about Black History.

Dessert & Coffee Reception to follow.

Kavod Chili Cook Off



Residents, Legacy & Staff
Wednesday, February 12, 2025
1 pm – 2 pm
Mt. Blue Sky/Pikes Peak

Bring your favorite red or green chili recipe and be a part of the Great Chili Cook Off! There will be 2 winners, one winner for RED

CHILI and one winner for GREEN CHILI. Each winner will receive a \$50 gift.

Deadline to enter is Monday, 2/10/25.
Please sign up at the front desk.

Chili Cook Off Rules

1. Chili must be made from scratch, no frozen prepared chili, no prepackaged or canned chili.
2. Please bring chili in a crockpot- minimum of 4 quarts (no less).
3. Please provide a list of ingredients used in the chili, in order to avoid any possible food allergies.



Sunday, February 23
2 pm – Pikes Peak/Mt. Blue Sky
Improv Comedy Show & Workshop

Please join us for a fun afternoon of Improv comedy! **Improv for All** is a group of local Denver long form comedic improvisors who are volunteering to entertain and bring laughs for Kavod residents. You can catch many of them performing on stage at various theaters such as Chaos, Bloom, What if Improv Theater and Rise Comedy. The second half of the show, the audience will have the opportunity to participate with fun improv games and exercises.

Refreshments will be provided.

Special events!



**Monday, February 24
1 pm – Pikes Peak/Mt. Blue Sky**

JEFFERSON SYMPHONY ORCHESTRA SPRING QUARTET

Please join us for this wonderful opportunity to hear this quartet of professional musicians on volunteering to perform chamber music standards such as Mozart and Dvořák as well as some lighter fare. Paula Menten (violin), Robin Cloues (violin), Chris Loring (viola) and Bill Todd (cello) are long-time members of the Jefferson Symphony Orchestra.

Refreshments will be served.



**Wednesday, February 26
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.



Winter Fun Fitness BINGO competition CONTINUES in February!

- Visit the H&W Department to pick up a BINGO card.
- Make BINGO by attending classes on the BINGO card in 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.

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! The heart education topics will include; A-fibrillation (A-Fib), hypertension, coronary artery disease and heart healthy habits led by CU Geriatric Fellows. Raffles for each class and if you attend all four classes you are entered in for a \$100 gift card.
Mark your calendars for 1115am on Wednesdays! See you there!

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.

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 February 2025

Tuesdays

10am – 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.



Special H&W Offerings for February 2025

(Continued)

Wednesdays

**1130am – HWC/Mt Blue Sky
Book Club**

We just finished reading and viewing *The Secret Life of Bees* in January. We will be starting a new book in February. If you have a recommendation or interested in conversating about books. Please join!

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!

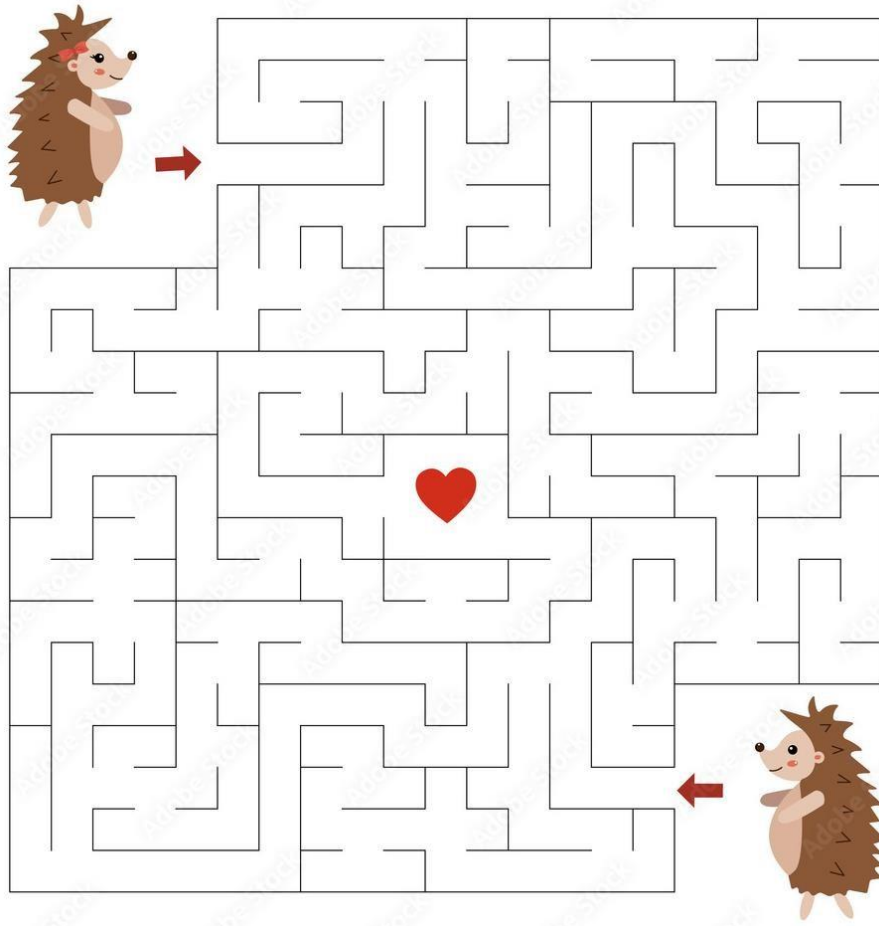
**Monday, February 3rd
6pm – Shul
Flower pressing**

Join to learn the process of flower pressing to use in cards, scrapbooking, and more! We will be making homemade cards and bookmarks in March incorporating some of the pressed flowers. We hope to see you there!



Our fabulous Mindfulness and Fiber Arts class made these stuffed toys for children in safe houses. Often women and children have to leave with little or no belongings which can be very challenging for children especially around the holidays.

*TESSA's Safehouse provides shelter, food, case management, housing assistance, counseling, and support to female survivors and their children.



Unfortunately, the winter months are upon us which often leads to an increase in seasonally related illnesses. Did you know that for every day of bed rest you lose 1% muscle mass? If you find yourself weakened from being under the weather, please reach out to your Legacy Healthcare Services Therapy Team to help get you back into tip top shape!

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



December Gifts

ACTIVITIES

Jean Driscoll

COLORADOGIVES DAY 2024

Birdie Becker
 Harold Berenson
 Mandie Bircherm
 Janet & Mark Bronitsky
 Patsy Davidson
 Christine Dewhurst
 Eileen Doherty
 Scott Fisher
 Sharon Gottesfeld
 Kara Harvey
 Cynthia Heller
 Alan & Terry Hershey
 Lily Johnson
 Arnold & Linda Kaplan
 JoAnn Kay
 Melvyn & Roberta Klein
 Michael & Wendy Klein
 Scott & Laure Levin
 Jim Mack
 Jay Mactas, In Honor of Michael Klein
 John McCarthy
 Estelle Meskin
 Gerri & Jeremy Persin
 Frank & Debbie Piazza
 Deborah Rothschild
 Randy Sachter
 Debra & Marc Schuster
 Beth & Ben Shanker
 Stan Sharoff
 Diana & Alan Sher
 Susan Shoner
 H. Edward Silver
 Barbara Singer
 Linda Spilka
 Gaile Waldinger
 Louis Wolfe
 Christie Ziegler

GENERAL

Elena Berlinsky
 Dennis & Lynn Blum
 Connie Burke
 Lori & Michael Cain, In Memory of Len Silverman, z"ll
 Jay & Barbara Chapman
 Tanya Davoll
 Evelyn Dean-Olmstead
 Ruth Epstein
 Janet & Sheldon Fisher
 David & Linda Fogel
 Sarah S. Fun
 Anita & Gerald Gershten, In Honor of Laurie & Joe Stewart
 Stanley Ginsburg
 Phyllis Hayutin
 Owen & Deborah Herman
 A. Barry & Arlene Hirschfeld, In Honor of Scott Fisher
 Angelika Kagan
 Linda Kalat, In Memory of Max and Minnie Gang, z"ll
 Harriet Kaufmann
 Mark Kobey
 Harold & Joyce Koch
 Ludmila Kuzminykh
 Lesley Larson
 Susan Lewis
 Eudice Lewkowitz
 Julie Livingston, In Memory of Nancy Livingston, z"ll
 Lois London
 Evan & Evi Makovsky
 Robert Mintz
 Helen Morris
 Marcia Naiman
 William Peairs & John Cunningham
 Laura Perfetti Thorpe
 Dena Schneider
 Kim & Charles Malek
 Ada Segan
 Barry & Esther Shafran
 Shana Glassman Foundation

Anne Shimek
 Nancy Siegel
 Singer Family Foundation
 Yulia Sopkin
 Carolyn & Mark Steuer
 Michael Waldinger & Alyson Sprafkin

HEALTH & WELLNESS -Grant

The Jay and Rose Phillips Family Foundation of Colorado

HEALTH & WELLNESS

Amy & Steven Wright

MUSIC AND MEMORY

Marjorie Rosen

KAVOD ON THE ROAD

Renee Brilliant
 Jean Driscoll
 Dale Marcus, In Honor of Eileen Naiman
 Eileen Naiman, In Memory of David Naiman, z"ll
 Dorothy Resnick, In Honor of Rebecca Gershten
 Janet Smith, In Honor of Rebecca Gershten
 Connie Suson, In Honor of Rebecca Gershten
 Diane Weiner
 Bob & Bobbi Wynn

SUMMER EVENT - CHILDREN'S MUSEUM- SPONSORSHIPS

Climate Engineering
The Raabe Family

SHUL

Julie Rotenberg