






Kavod Assisted Living at Cherry Creek

Activity Calendar — APRIL 2025

National Volunteer Month
April 2022







Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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</p> <p><i>*EAST DR refers to dining room in EAST Building at 22 S. Adams St.</i></p>	<p>1 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 “The Future of Bees”—GR 1:00 Opening Minds through Art-Pikes Peak 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC</p>	<p>2 9:00 Mountain Balance—Pikes Peak 10:00 BUNCO Games with Lauren—GR 10:00 Gentle Yoga—Pikes Peak 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>3 9:00 Tai Chi—Pikes Peak *NEW 12:15 HOOPLA Games with Emma—GR *NEW 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice Group—MBS 6:00 Game Night with Katie—SHC</p>	<p>4 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 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge 1:30 Jewelry Making Class with Sabina- MBS 6:00 Resident Led Shabbat Services—SH</p>	<p>5 *NEW 2:00 Saturday Social Hour with Emma—GR</p>
<p>6 12:15 Movie, Trivia & Popcorn with Carter—GR</p> <p>5:00 Opening Minds Through Art Show & Reception—DR</p>	<p>7 9:00 Mountain Balance-Pikes Peak 11:00 Conversation on the Edge—SHC 12:00 Life Enrichment Lunch & Learn: “Scam Alerts”—Pikes Peak 1:00 Readers Theatre-Pikes Peak *2:00 King Soopers—trip 2:30 DPL Bookmobile—GR 6:00 Memory Collage with Katie—SHC 5:15 Sing Along with Christine—GR</p>	<p>8 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Gratitude Sharing-GR 10:00 Bridge Players Club-3rd Floor Bridge 12:15 “What’s Happening in Assisted Living this month with Life Enrichment”—GR 1:00 Opening Minds through Art—Pikes Peak *NEW 2:00 Current Events—SHC 2:30 Mindfulness Practice Group—MBS 6:00 *NEW Computer 101 Workshop—MBS 6:00 Cousins Coloring—SHC</p>	<p>9 9:00 Mountain Balance—Pikes Peak 10:00 Low Vision Support Group—GR 10:00 Gentle Yoga—Pikes Peak 12:15 Assisted Living Birthday Party Celebration-GR 1:00 Herbalism with Jenna—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 3:00 Travel Club-Pikes Peak 4:30 Tech Help-3rd floor bridge 6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>10 *All Day! Pump It for Parkinson’s—HWC Gym 9:00 Tai Chi—Pikes Peak *NEW 10:00 Tech Help with Emma—GR 2:30 Mindfulness Practice Group—MBS 5:00 Dancing to the Oldies—GR</p>	<p>11 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak *11:00 Imperial Chinese Restaurant—trip 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Soulful Necklace—SHC 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge *NEW 2:00 TimeSlips with Elizabeth—MBS</p>	<p>12 10:00 Resident Led Service Shabbat Hagadol—SH</p> <p>Passover begins at Sundown</p> 
<p>13 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>5:00 Passover Seder—DR</p> 	<p>14 9:00 Mountain Balance—PP 11:30 Best of the Rest—SHC 1:00 Readers Theatre—Pikes Peak 1:00 Planning with Katie—3rd Floor Bridge 3:30 AL Bingo—GR 5:00 Resident Led Participatory Passover Seder—SHC 5:15 Sing Along with Christine-GR</p>	<p>15 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Pk No Opening Minds through Art today *NEW 2:00 Current Events—SHC 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC</p>	<p>16 9:00 Mountain Balance-Pikes Pk 10:00 Gentle Yoga—Pikes Peak 1:00 Active Minds “Ben Franklin”—Pikes Peak 1:00 Mahjong Players—3rd floor bridge *NEW 2:00 Afternoon Trivia Fun, Games & Snacks with Emma—GR 2:00 Art with Isaak—SHC 6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>17 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak 11:30 Gardening for Pollinators—Pikes Peak 12:15 Ice Cream Social—GR *NEW 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice—MBS</p>	<p>18 9:00 Relaxation Hour—PP 10:00 Gentle Yoga—PP 11:00 Mindfulness Fiber Arts—MBS 12:15 Denver Botanic Gardens Sensory Adventures—GR 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Book Club—MBS 2:00 Good Friday Christian Service-Pikes Peak 6:00 Shabbat Service with Rabbi Steve—SH</p>	<p>19</p>  <p>NEXT PAGE</p>

Kavod Assisted Living at Cherry Creek

Activity Calendar — APRIL 2025

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>20 10:00 Closing Passover Service with Yizkor with Dr, Seth Ward—SH</p>  <p>10:00 Easter Sunday Christian Service with Rev. Dale—Pikes Peak</p> 	<p>21 9:00 Mountain Balance—Pikes Peak</p> <p>1:00 Under the Sea -SHC</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:30 DPL Bookmobile—GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p>22 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 “Carnegie Hall”—GR</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>6:00 Cousins Coloring—SHC</p>	<p>23 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p> <p>*NEW 2:00 Afternoon Trivia Fun, Games & Snacks with Emma—GR</p> <p>4:30 Tech Help—3rd floor bridge</p> <p>*4:45 ADL 2025 Governor's Holocaust Remembrance Program-trip</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p> <p>6:00 Cousins Coloring—SHC</p>	<p>24 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Dance for Health—Pikes Peak</p> <p>12:00 Celebrate with Legacy—Pikes Peak</p> <p>12:15 AL Resident Council—GR</p> <p>1:30 Papermaking with Katie—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p>	<p>25 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>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>**Space themed prop on the 3rd floor bridge!</p> <p>1:00 Book Club—MBS</p> <p>1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p> <p>*NEW 2:00 TimeSlips with Elizabeth—MBS</p>	<p>26 10:00 Shabbat Services “Announce the New Moon” —SH</p> <p>*NEW 1:00 Afternoon Movie Club & Snacks with Emma—GR</p>
<p>27 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>*1:00 Vintage Theatre “Grand Horizons”—trip</p> <p>1:00 Ethics of Space Exploration—Pikes Peak/ MBS</p> <p>3:00 Let’s Get Scrappy—SHC</p> <p>6:00 Rosh Chodesh Group—SHC</p>	<p>28 9:00 Mountain Balance—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>*2:00 Super Target—trip</p> <p>3:30 AL Bingo—GR</p> <p>5:15 Sing Along with Christine-GR</p> <p>7:30 “What’s in the Sky Tonight ”—Pikes Peak/MBS/ West Top Outside Deck</p>	<p>29 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>*NEW 12:00 Jazz Café & Coffee Hour—Bistro</p> <p>No Opening Minds through Art today</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>6:00 Cousins Coloring—SHC</p> <p>6:30 “In the Shadow of the Moon” & Popcorn—Pikes Peak/MBS Bistro</p> <p>*NEW 2:00 Afternoon Movie Club with Emma—GR</p>	<p>30 9:00 Mountain Balance-PP</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>*11:00 Evergreen Mountain Town & lunch—Trip</p> <p>*NEW 12:30 “On the Other Hand” with Rabbi Birdie Becker—SHC</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>5:15 Israel Independence Day Concert—EAST DR</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p> <p>6:30 NASA Speaker Panel—Pikes Peak/MBS</p>  <p>Israeli Independence Day</p>			 <p>PREVIOUS PAGE</p>

April 2025

Connie's CORNER



Hi Everyone,

We have lots of fun activities, trips, classes and events this month so be sure to read the Voice from cover to cover!

Be sure to attend the **“What’s Happening in Assisted Living with Life Enrichment”** on **Tuesday, April 8th 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

**Enjoy an Active and Healthy Life
at Kavod!**



Spotlight

**Rabbi Stephen Booth-Nadav
Chaplain**

Passover: Because you were slaves in the land of Egypt!

The story of the Exodus from Egypt is THE central Jewish story. We are called to retell that story and to live deeper into it each year at Passover.

Thirty-six times the Torah repeats how we must treat the stranger: “You shall not oppress a stranger, for you know the feelings of the stranger, having yourselves been strangers in the land of Egypt.” (Exodus 23:9) “When a stranger resides with you in your land, you shall not wrong him. The stranger who resides with you shall be to you as one of your citizens; you shall love him as yourself, for you were strangers in the land of Egypt.” (Leviticus 19:33-34). Our tradition is quite clear.

Article continued next page

Welcome New Residents

From Chaplaincy and Spiritual Services

Passover: Because you were slaves in the land of Egypt!

(Article continued from cover page)

We are consistently reminded of our obligation to take care of those around us, to raise our voices in the face of oppression and to treat everyone as we would want to be treated ourselves. Far from exempting us from this special responsibility, the Jewish people's history of hardship is exactly the reason why we are called upon to show *chesed*, lovingkindness, to immigrants in our midst.

And fortunately for us at Kavod, immigration stories are all around us. These are not just disconnected stories.



SPECIAL PASSOVER SEDERS AND SERVICES

Passover begins this year at sundown on Saturday, April 12. This year we will have ONE DINING ROOM SEDER as we straddle first and second days of Passover. This will be held on Sunday April 13 at 5pm in the main dining room. PLEASE HELP US PLAN AND RESERVE A SPOT FOR THIS SEDER AT THE FRONT DESK BY MONDAY APRIL 7! Guests

are most welcome and they can purchase dinner tickets also at the front desk.

This year we will try out a **Resident Led Participatory Seder** on Monday night, April 14, 5 pm, in the Shul Classroom. Space is limited to 22 people. ***Please sign up at the front desk no later than Wed. April 9!***

We are called to rest, to eat matzah, to "tell" (not just read) the story of our liberation as if we ourselves experienced it... and most of us have experienced our own versions. We will gather in community, with invited guests and family, in song and celebration. ALL ARE WELCOME! (See more details in these pages.)

Lastly, in a blessed co-incidence, our Christian community will also be celebrating **Easter on Sunday April 20** (also the last day of Passover). Among many powerful ideas, Easter represents the birth of unexpected possibility in our world. May we be surprised by unimagined possibilities for good in our world soon!

Last day Passover and Yizkor Service

Led by Dr. Seth Ward

Sunday, April 20

10 am - Shul

Contact Rabbi Steve with any questions: sbnadav@kavodseniorlife.org, 720 382-7836.

From Chaplaincy and Spiritual Services



Kehillat Kavod:

Kavod's Jewish Community

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

FRIDAY NIGHTS - KABBALAT SHABBAT

Friday, April 4

6 pm - Shul

Resident Led Shabbat Services

Friday, April 18

6 pm - Shul

Shabbat Passover with Rabbi Steve

SHABBAT MORNING SERVICES

10 am - Shul

Saturday, April 12

Resident Led Shabbat Hagadol

Saturday, April 26

Announce the New Moon!

New! Mini-Series with Rabbi Birdie Becker!!

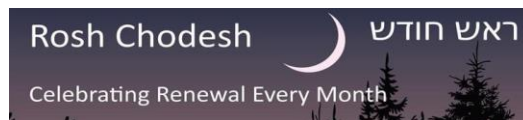
ON THE OTHER HAND!

Three Wednesdays: April 30, May 7, May 14

12:30 pm -1:30 pm

Shul Classroom.

Did you know there is more than one set of Ten Commandments? More than one story of Creation? More than one Calendar regularly used? Join Rabbi Birdie Becker in a fun and engaging exploration of things you thought you knew. Everyone welcome to participate.



Sunday, April 27

6 pm - Shul Classroom

NEW! Rosh Chodesh Group with Malka!

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

All are welcome!

From Chaplaincy and Spiritual Services



**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, April 13
10 am – Pikes Peak**
Led by Reverend Dale

**Friday, April 18
2 pm – Pikes Peak**
Good Friday Services Led by Reverend Dale

**Sunday April 20
10 am – Pikes Peak**
Easter Sunday Service Led by Reverend Dale
& Steve Miller on piano

**Sunday April 27
10 am – Pikes Peak**
Musical Service and Communion
Led by Reverend Dale & Steve Miller on piano



Each year, followers of the Christian faith eagerly await Easter with its story of miraculous resurrection. Profound Bible passages, elevated spiritual truths, and promises of future peace energize and fortify our hearts, minds, and souls. The Easter season, encompassing Easter Day and the following 50 days leading up to Pentecost, provides comfort as well as reason to joyfully celebrate. Moreover, it creates a sense of unyielding hope so earnestly needed and welcomed amid the turbulent times in which we find ourselves.

In the wonders of the tale of Easter, it is essential to recognize that the story is not simply about mind-boggling and heart-rending events that happened 2000 years ago. It is, also, very much about the power and presence of the Divine at work in the 21st century in the ordinary, mundane activities of our everyday lives.

The resurrection, the rise from death to life, and the liberation from the darkness of the tomb offered to us in the story of Jesus serve as profound assurance that the miracle of Easter was true, is true, and will be true till the end of time.

Rev. Dale Morris Lee

Remember

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)



Sarah Mertz



Emergency Notification Update

Did you know Kavod has a platform to notify you of emergencies and important community updates? This system is called **Regroup Mass Notification Systems** (formerly OneCommand).

An example of emergencies you would be contacted for are; water shut off, emergency repairs, etc. Kavod will send out a recording to your primary number we have on file. The call will come from 720 608 6852. ***Please make sure to update your primary phone number with the front desk***, as there is no opt-out option for this mandatory emergency notification system. If you have any questions please contact Olga Roush, Director of Leasing.

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear Residents:

We hope you have kept up with the changing weather as Colorado enters springtime. Here are some updates we'd like to share this month:

- In April, we had a Town Hall meeting to discuss many funding and program changes that have been happening at the Federal and State levels. If you missed it, be on the lookout for another meeting this month. Once scheduled, we will announce the date and time on UniGuest and in flyers posted in our lobbies and/or on elevators.
- Phase I of the Kavod Beautification project is nearly complete, and we have received some good, positive feedback. We soon will be starting Phase II, which will focus on the elevator lobby areas of the East and South buildings. These areas will have uniform and standardized furniture. However, we will be asking for your input on the color scheme for each floor (combined East and South floors).

Stay tuned for communications on voting for floor colors!

- We have signed an agreement with a CSC Serviceworks for new washing machines and dryers in all three buildings. There will be options to use a credit/debit card or a Smartphone app! The cost will increase to \$1.00 per load. We will have more information about the new machines and the rollout, estimated for May.
- We are excited to have a new Wellness Coordinator for Kavod's Assisted Living facility. Sean Dunlop started this position at the end of January. We welcome Sean's extensive healthcare experience to our community!
- Kavod's bistro continues to add food options and choices to its menu, both for breakfast, lunch or a snack. Please stop by to check out what's new!

Michael Klein & Kara Harvey



Please thank
The Life
Enrichment Team!

Life Enrichment



Genny Hale
Life Enrichment, Volunteer Engagement
Coordinator

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!

In recognition of **April being National Volunteer Month**, I would like to thank **all the Kavod resident and community volunteers**. National Volunteer Month celebrates volunteers and is a time to encourage more people to get involved in their communities!

Kavod's volunteers are the backbone of so many things here at Kavod including:

- Staffing the Gift Shop Kiosk;
- Ensuring that the Voice Newsletter gets proofed and delivered;
- Handing out flyers;
- Giving ideas and feedback for classes, trips, events and other activities through the **Kavod Academy of Lifelong Learning Advisory Board**;
- Teaching classes that enrich resident lives;
- Giving free music, comedy or dance performances;
- Providing much needed tech help and classes;
- Assisting residents with small handyman projects;
- Bringing mitzvah days to Kavod;

April is National Volunteer Month!

(Continued)

- Celebrating or taking part in Jewish and other faith tradition holidays and cultural observances with residents;
- Making cards and gifts for residents;
- Providing companionship and socialization;
- Helping with dog walking and errands; and the list goes on.....

Not only does volunteering benefit the community, but it is very good psychologically and physically for the volunteers themselves. Study after study shows that volunteers have less depression and anxiety and higher levels of self-esteem and life satisfaction. Mortality rates are lower for volunteers and adults over age 50 who regularly volunteer. They are also less likely to develop high blood pressure which affects heart health more than non-volunteers.

For those of you who haven't yet volunteered, I encourage you to do so if you can. For those who already volunteer, **please remember to turn in your volunteer time sheets to me. 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.

Thank you again Kavod Volunteers! You make a difference!



Starting in April, there will be a new process for signing up for tech help with either Lauren or Jacob.

Lauren provides tech help on the bridge Wednesdays from 4:30 pm to 6 pm. Jacob provides tech help the last two Wednesdays from 5pm to 6pm on the bridge. They will help residents with every day tech questions with phones, laptops, watches or iPads.

If you need help please go to the front office to schedule an appointment. If you need to cancel please also go to the front office. As these are volunteers with very limited schedules, it is extremely important that if you can't make your appointment you ***give at least 24 hours notice to cancel*** so that another resident who is on the waitlist can be helped. Kavod is fortunate to have such an important service. Please be advised that spaces fill quickly and weeks in advance, so please be patient as these are volunteers with limited availability. Also, not all types of requests can be helped. When you make an appointment, you will be advised if the type of tech help you need is something these volunteers can help resolve.



Thanks to Kavod's volunteers, and in honor of National Volunteer month in April, please join us for an exciting, weeklong intergenerational Kavod Space Odyssey workshop with activities you can participate in individually or all together for a richer experience. **Please RSVP with Genny at 720-382-7820 for each event, except for the photo prop, so that we have an accurate count for materials and food.**

Friday, April 25 – Look for the ***Space themed photo prop** in the afternoon on the 3rd floor bridge for residents to take selfies for photo contest.

Sunday, April 27, 1 pm Pikes Peak/MBS - *Ethics of Space Exploration

We are experiencing a renaissance in spaceflight research. The U.S. is planning missions to Mars, and commercial flights are taking civilians to low Earth orbit. The field of satellite technology is constantly evolving, with new advancements enhancing the capabilities of these instruments. This discussion will cover ethical issues including planetary protection, resource use, social and economic impacts, contact with extraterrestrial life, space debris, and militarization. Participants are encouraged to

participate in the discussion and in the interactive and intergenerational activities that will be provided.

Monday, April 28, 7:30 pm Pikes

Peak/MBS/Deck– Speakers with the Denver Astronomical Society will give a presentation on ***What's in the Sky Tonight** for those new to stargazing. This will be followed by viewing of the night sky through telescopes they will be providing. This will coincide with a super new moon!

Tuesday, April 29, 6:30 pm Pikes Peak/MBS
***In the Shadow of the Moon and popcorn.**

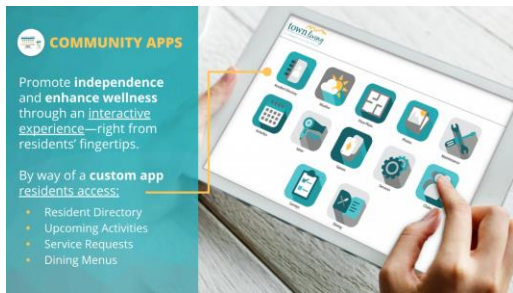
We'll be showing an award-winning documentary that tells the story of the United States' crewed missions to the moon in the late 1960s and early 1970s as part of the Apollo program, with particular focus given to Apollo 11. The ten Apollo astronauts interviewed by the filmmakers tell their story, supplemented by mission footage shot by the astronauts, archival footage, and news reports about the Apollo program.

Wednesday, April 30, 6:30 pm Pikes Peak/MBS

***NASA Speaker Panel** featuring a Kavod resident who was part of the Apollo mission, a rocket engineer, an employee with NASA that works with NASA weather scientists and other speakers in the space industry! Panelists will speak about their work in the space industry and about what the future of space exploration will look like. This will be followed by a Q&A session for participants.

Thursday, *May 1, 5:00 pm Pikes

Peak/MBS/Deck – Bar-B-Que and Trivia night finale with questions from all the previous nights' learnings. Prizes will be given for trivia winners, and for the photo contest entries.



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 Uniguest, contact us for all of the details.

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

Monday, April 7

*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



Friday, April 11

11 am - Van trip

Imperial Chinese Restaurant

Join us for a delicious and fun lunch at the Imperial Chinese Restaurant, where you will experience exquisite Chinese cuisine in the heart of Denver, in an atmosphere of understated elegance. Chosen as the best Chinese restaurant by Westword's Reader's Choice in 2024, you're sure to have an amazing dining experience.

Enjoy a choice of traditional dishes meticulously crafted from the finest ingredients.

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

TRIPS FROM LIFE ENRICHMENT



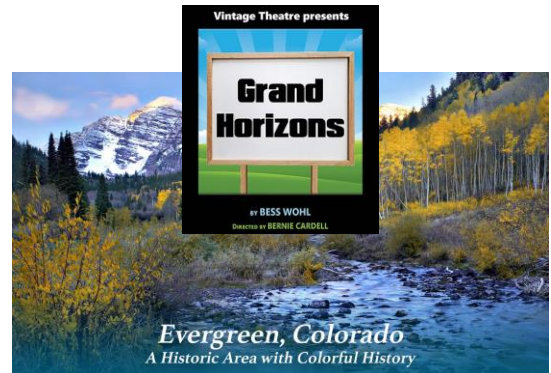
44th Annual Governor's Holocaust Remembrance Program

Wednesday, April 23
4:45 pm – Van Trip

The ADL Mountain States Region is pleased to announce that the 2025 Governor's Holocaust Remembrance Program will feature a keynote interview with hidden child Holocaust Survivor **Pete Metzelaar**, held at Temple Emanuel in Denver. One of the largest such events in the United States, this annual event brings together people of all faiths to honor Holocaust survivors, remember those who perished, educate the community about this horrible crime against humanity and translate those lessons into contemporary action.

The program typically features remarks from Governor Jared Polis, a memorial prayer, and the lighting of the Holocaust memorial candelabra.

Our approximate return time to Kavod is 7:15 pm.



Sunday, April 27
1 pm – Van Trip

The Vintage Theatre presents **Grand Horizons**

Join us for a wonderful afternoon at the Vintage Theatre to see the live performance of **Grand Horizons**, Regional premiere! Set in the Grand Horizons Senior Living Community, this Tony-nominated new play features **Deb Persoff**. Funny, shocking, and painfully honest, *Grand Horizons* explores a family turned upside down and takes an intimate look at the wild, unpredictable, and enduring nature of love.

Run time is approximately 2 hours, and approximate return time to Kavod is 5:45 pm.

The theatre has a full service bar with snacks (not included in cost) that can be purchased and taken into the theatre. Proof of vaccination not required at this time and masks are optional.

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

TRIPS FROM LIFE ENRICHMENT



Super Target Shopping trip

Monday, April 28

*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.***

Wednesday, April 30

11 am - Van trip

Evergreen Mountain Town & Lunch

Join us for a scenic drive through **the
beautiful Rocky Mountains** located just
outside of Denver.

After the drive, we will go to the neighboring
mountain town of Evergreen for lunch.

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

Assisted Living Activities



April Fun with Emma!

***All activities listed below are in the
Gathering Room***

***Thursday, April 3**

12:15 - HOOPLA Games with Emma

***Saturday, April 5**

2:00 pm - Saturday Social Hour with Emma

***Tuesday, April 8**

12:15 pm Ice Cream Social with Emma

***Thursday, April 10**

10:00 am - Tech help with Emma

***Wednesday, April 16**

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

***Saturday, April 19**

2:00 pm - Afternoon Movie & Snacks with
Emma

***Wednesday, April 23**

12:15 pm - Afternoon Trivia Fun, Games &
Snacks 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.



Tuesday, April 1

12:15 pm - Gathering Room

“The Future of Bees”

Found on every continent except Antarctica, bees are vital pollinators, making possible much of the food humans eat. In recent years, however, crucial bee species have experienced significant loss. Since the 1990s, the bumblebee population has plunged almost 90%. Additionally, since 2006, a malady called Colony Collapse Disorder has afflicted honeybee populations. Join Active Minds as we dive into the world of bees and examine the factors that are affecting these important species.



Wednesday, April 2

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 is 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!



Wednesday, April 2

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



Sunday, April 6

Movie, Trivia & Popcorn with Carter
12:15 pm – Gathering Room

Please join Kavod volunteer, Carter, for a fun afternoon watching an epic space movie called *Interstellar* starring Michael Caine as a genius NASA physicist who is working to transport Earth's population to a new home via a wormhole due to a global crop blight threatening the survival of Earth's inhabitants. Other A list actors also star in this high concept science fiction film. This will be followed by some fun film trivia. Popcorn will be provided!



Tuesday, April 8

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!



Tuesdays, April 8 & 29
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



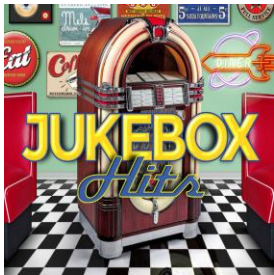
**Wednesday, April 9
12:15 pm – Gathering Room
Birthday Celebration & Concert**

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



Thursdays, April 10 & 24
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, April 11 & 25
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.



Thursday, April 17
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!



Friday, April 18
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.



CARNEGIE HALL

“Carnegie Hall”

Tuesday, April 22

12:15 pm – Gathering Room

Learn about Carnegie Hall, one of America's iconic institutions, in this Active Minds presentation. Through the lens of classical music, we'll explore the history of this national historic landmark and how it became so revered, including world premieres of music by Dvorak, Gershwin, Hindemith, Stravinsky, and Bernstein.

Tuesday, April 29

12:00 pm – Bistro

Jazz Café & Coffee Hour

A Cup of Jazz!

Join your friends and neighbors for a hot cup of coffee and treats from the Kavod Bistro and an hour of LIVE Jazz Music!



Wednesday, April 30

5:15 pm – EAST Dining Room

Israel Independence Day Celebration & Concert



Enjoy LIVE music by Planina, a wonderful group singing Eastern European songs a cappella accompanied by folk and modern instruments. of musicians who play Middle Eastern music and have put together some special music selections to honor Israel for our Independence Day Concert and Celebration at Kavod.



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. Golden Voice Outreach also provides virtual companionship with a weekly phone call - <https://www.goldenvoiceoutreach.org/>

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 April 2025

Tuesdays

10am - HWC/Pikes Peak

Boxing for Seniors

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.

Wednesday, April 9th

1pm - HWC/Pikes Peak

Herbalism Series w. Jenna Gusto

Did you ever wonder where aspirin comes from, how the marshmallow was invented, why we were taught to eat a salad before our meal, or why hops are in beer? Herbalism is a historical, multi-cultural study woven into each of our lives whether we know it or not. Come learn about the principles of herbalism, the past and present of modern herbalism, how herbs heal holistically while enjoying hands-on activities with herbs. Join Jenna Gusto, a certified herbalist with special guests throughout this series to connect with nature in a new and exciting way. *The herbalism series will be a monthly offering every 2nd Wednesday from 1-2pm.*

Wednesday, April 9th

10am - Gathering Room

Low Vision Group

Join Lydia Van der Vorst, Kavod Care Coordinator and Low Vision instructor, as she supports your low vision journey with monthly presenters, opportunities to apply for in-home low vision support, processing your vision loss and more!



Thursday, April 10
All Day – HWC/Gym
Pump It for Parkinson’s

This is a ONE-DAY event, held on World Parkinson’s Day, to raise awareness about the benefits of exercise for those living with Parkinson’s disease!!

Kavod’s Goal is for 30,000 steps to be stepped per NuStep! If you have not been upstairs to the HWC/gym, a NuStep is a recumbent cross trainer! The NuStep’s will have balloons and a clipboard for you to document your steps! There will be breakfast to kick off the day with refreshments throughout the day for all participants will be entered in for a raffle for a gift card for a new pair of shoes!!

Thursdays, April 17th and 24th
10am – HWC/Pikes Peak
Dance for Health

The Colorado Ballet presents Dance for Health! Dance for Health provides holistic, evidence-based activities for the individual to manage and adapt to physical, mental, and social health challenges. Trained reaching artists teach each Dance for Health session, engaging the “dancer” in everyone through a joyful, interactive, artistic practice. This program will be held the 3rd and 4th Thursday from April – October with exception for 5/22/25 due to Kavod BBQ.

Thursday, April 17th
1130am – HWC/Pikes Peak
Gardening for Pollinators

Join Butterfly Pavilion’s expert team for an immersive deep dive into advanced pollinator gardening. Engage in expert-led discussions and hands-on activities that delve into plant-pollinator dynamics, habitat optimization, and cutting-edge gardening techniques. Refine your skills in planning, designing and maintaining diverse, thriving pollinator-friendly landscapes. *This offering is for gardeners!*

Thursday, April 24th
12pm – HWC/Pikes Peak
Celebrate with Legacy

Join Legacy team members in celebration of Occupational and Speech Therapy months! The event will have snacks and refreshments! Come with your Legacy knowledge for a fun game of trivia with some fun facts about therapy, Legacy team members and more!



Did you know?

- April is National Occupational Therapy Month and May National Speech-Language-Hearing month!
- Speech-language pathologists (SLPs) can do so much more than just help you talk! They can also help with swallowing difficulties, memory concerns, and overall brain fitness.
- Sometimes if you have pain, an injury, or are just feeling down, you may start to put off your hobbies or other fun activities. Occupational therapists (OTs) love to help people problem-solve issues so they can get back to the activities they love doing.
- Not sure how to work your smart phone? Both OTs *and* SLPs can help with technology training!



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Want to learn more about how OT and ST can help you?

Come join us in **Pike's Peak on April 24th at 12:00** for Therapy Trivia!

Refreshments and treats will be provided!

Have any additional questions about Physical, Occupational, or Speech Therapy? Give us a call or visit us in the Health and Wellness Center!

303-321-2452