






Kavod Senior Living at Cherry Creek

Activity Calendar — APRIL 2025

National Volunteer Month
April 2022








Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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</p>	<p>Color Guide: Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes</p>	<p>1 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge *11:45 JFS Food Bank & Pantry—trip 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 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak *NEW 11:30 Good Vibes with Rick & Coffee in the Bistro 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Tech Help-3rd floor bridge 6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>3 9:00 Tai Chi—Pikes Peak 11:30 “What’s Happening at Kavod” Lunch with Life Enrichment –SHC *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 *9:00 King Soopers—trip 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</p>
<p>6 12:00 Piano Music while you dine by Christine-DR 3:00 Painting & Wine with Polly—Pikes Peak 5:00 Opening Minds Through Art Show & Reception—DR</p>	<p>7 9:00 Mountain Balance-Pikes Peak 10:30 Bingo—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 2:30 DPL Bookmobile—GR 6:00 Memory Collage with Katie—SHC</p>	<p>8 9:00 Tai Chi—Pikes Peak 10:00 Resident Council Bake Sale—3rd floor bridge 10:00 Boxing for Seniors-Pikes Peak 10:00 Gratitude Sharing-GR 10:00 Bridge Players Club-3rd Floor Bridge *11:45 JFS Food Bank & Pantry - trip 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 Pk 10:00 English Language Practice-MBS 10:00 Low Vision Support Group—GR 10:00 Gentle Yoga—Pikes Peak 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 *11:15 Colorado Ballet Master-works—trip 2:30 Mindfulness Practice Group—MBS</p>	<p>11 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 Soulful Necklace—SHC 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) - 3rd floor Bridge</p>	<p>12 10:00 Resident Led Service Shabbat Hagadol—SH Passover begins at Sundown </p>
<p>13 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 5:00 Passover Seder—DR </p>	<p>14 9:00 Mountain Balance—PP 10:30 Bingo—Pikes Peak 11:30 Best of the Rest—SHC 1:00 Readers Theatre—Pikes Peak 1:00 Planning with Katie—3rd Floor Bridge 5:00 Resident Led Participatory Passover Seder—SHC</p>	<p>15 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Pk *11:45 JFS Food Bank & Pantry—trip 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 Casino—trip 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Active Minds “Ben Franklin”—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Tech Help—3rd floor bridge 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 1:00 Resident Council—Pikes Peak *NEW 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice—MBS 6:00 Game Night with Katie—SHC</p>	<p>18 *9:00 Walmart—trip 9:00 Relaxation Hour—Pikes Pk 10:00 Gentle Yoga—Pikes Pk 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 2:00 Good Friday Christian Service-Pikes Peak 6:00 Shabbat Service with Rabbi Steve—SH</p>	<p>19  NEXT PAGE</p>

Kavod Senior 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>10:30 Bingo—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>*4:30 Cinzzetti's Italian Restaurant—trip</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 Pk</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>5:15 Birthday Celebration & Concert with "The Klez Dispensers" — Bistro & Main DR </p> <p>6:00 Cousins Coloring—SHC</p>	<p>23 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 English Language Practice-MBS</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>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>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>1:30 Papermaking with Katie—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</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 King Soopers—trip</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-MOOBILE (Ice Cream) -3rd floor Bridge</p>	<p>26</p> <p>10:00 Shabbat Services "Announce the New Moon" —SH</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>*9:30 Dollar Tree—trip</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</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 CU Symphony Orchestra—trip</p> <p>6:00 Cousins Coloring—SHC</p> <p>6:30 "In the Shadow of the Moon" & Popcorn—Pikes Peak/MBS</p>	<p>30 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</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—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,

Hi everyone,

Spring has sprung and we're excited about all the trips, events and activities this month!

Be sure to join us for a delicious and informative **"Life Enrichment Lunch & What's Happening at Kavod"** on **Thursday, April 3rd at 11:30 am in the Shul Classroom**. We will have sandwiches, chips, drinks and other goodies to enjoy during the meeting.

Stay in the know! Be sure to log-in to **Touchtown** for loads of content, videos and announcements, see 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 Services Shabbat Hagadol

Saturday, April 26

Announce the New Moon!

New! Mini-Series with Rabbi Birdie Becker!!

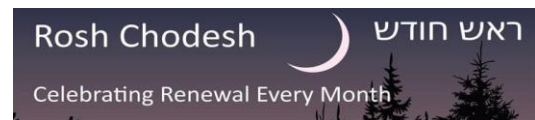
ON THE OTHER HAND!

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 March, 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



Resident Council

From Karen Wollman and Roz Brooks

Spring has arrived. Or so the calendar shows. The start of longer days and warmer days means being outdoors more. That also means residents may be prone to falling more. Remember to take it slow and sit down if you get tired. Watch for new cracks in the sidewalk that were created over the winter months. Enjoy your time outdoors.

We, in the Resident Council, have been putting together some events that we know you're going to enjoy. But first I want to thank the residents that came and enjoyed the March events that we had. The Academy Awards ceremony was an exciting evening. Residents walked the red carpet and enjoyed a glass (or two) of champagne. Residents had their own ballots to vote for their favorites. Did your favorites win?

Our "Garage Sale" was a success. We hope you found what you were looking for. If you didn't find it there, I know you found what you just couldn't live without at our Give & Take. Any items that were not taken by the end of day, found a home at ARC.

Again, Kavod residents came through with your donations for the Clothing Drive. How fortunate we are to have such giving people living at Kavod. The shelters are overjoyed at your generosity.

It's that time of year. Get out the cookie sheet and baking pans. Please join in on the Kavod Resident Council **Bake Sale on Tuesday**

April 8th on the bridge from 10 – 2. Cookies, cakes, pies or slices to be sold for resident council. This is our biggest fundraiser. This is no time to start a diet. Watch for flyers.

A KAVOD RESIDENT LED SEDER will be held on **Monday night April 14 at 5pm** in the Shul classroom. You **MUST** register at the front desk by Wed. April 9. We will have a limit of 22 spaces. Admission only by pre-registration. **ALL ARE WELCOME TO ATTEND**

Christy Ziegler, Director of Communications and Marketing will be our guest speaker.

PLEASE NOTE***** Due to the Casa Bonita Trip on Thurs. May 15, the Resident Council meeting date will be changed to **Thurs. May 29** at 1pm in Pikes Peak.

ATTENTION RESIDENTS.....We have been putting out flyers in clear plastic frames. Setting them in areas that are convenient for residents to find. Some of these frames have disappeared. Please don't take what doesn't belong to you. Having flyers in frames is a lot neater than to have papers thrown on tables around Kavod. Please be mindful of other people's property. Thank You

Executive Board

Resident Council Co-Chairs:

*Karen Wollman

*Roz Brooks

*Secretary – Beverly Bolden

Board & Program / Planning Committee

*Sandy Brodsky

*Agnes Zeffreys

*Doug Krug

* Linda Mason Gallagher



**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;
- Facilitating various Kavod Resident Council activities to recognize holidays or events;
- Providing Resident Council offerings like the Cow-Moobile, Give and Take days, Watermelon Wednesdays, Popcorn days etc.;
- Running a Senior Loan Program;
- Donating much needed items to the Kavod community or at-need communities outside of Kavod through the Resident Council's efforts;
- 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.**

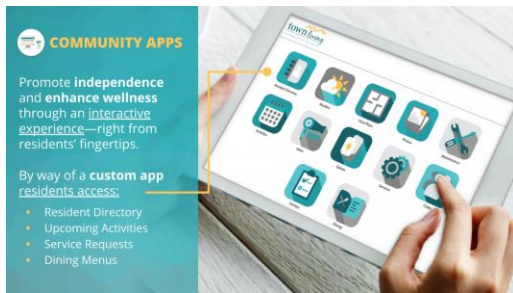
We'll be showing an award-winning documentary that tells the story of the United States' crewed missions to the moon in the late 1960s and early 1970s as part of the Apollo program, with particular focus given to Apollo 11. The ten Apollo astronauts interviewed by the filmmakers tell their story, supplemented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

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, CLASSES, AND EVENTS

Sign-ups, Cancellations and Refund Information

****Please arrive 15 minutes prior to departure time for every trip!**

Please note that all classes, activities and trips are open to all non-residents and the community; however, priority will be given to Kavod residents.

Non-Residents can request to be picked up at the JCC and can mail their payments to Kavod Senior Life, Attention: Connie, Life Enrichment, 22 S. Adams Street, Denver, CO 80209, **or pay with a credit card and go online at <https://www.kavodseniorlife.org/life-enrichment/>** to sign up and pay, click on Senior Living tab, Kavod Senior Living Events & Trips.

All trips must be paid by deposit or in full at the time you sign up at the front Reception window and must be paid in full by the deadline. Call Connie with questions.

Sign up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at <https://www.kavodseniorlife.org/life-enrichment>

The Activity sign-up sheet inserted in the *Voice* is to help you track and remember what trips you have signed up for. You can fill it out

and take it with you to the front office to pay for your trips.

Please pay close attention to the deadline dates. It is best to sign up and pay early to secure a reservation.

If you're unable to go on a trip, you must cancel by the deadline date to receive a refund. Exceptions must be approved by Life Enrichment Director. **There are NO refunds for concert, theatre or show tickets!**

Please note that payments can be made for all trips in installments to make them affordable for everyone. Amount of payments can be determined with Connie, to tailor for your own needs. All trips must be paid in full by the deadline.

For any questions or concerns, please contact Connie Moore at 720.382.7813 or email cmoore@kavodseniorlife.org

Please sign-in at all classes when you attend!

Upcoming Trips



Sign up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at

<https://www.kavodseniorlife.org/life-enrichment>

*****Masks are no longer required at this time on the vans, but please wear one if that helps you feel more comfortable.***

Be sure to arrive 15 minutes before departure on all trips. We depart promptly at the departure time. Passengers are loaded in the vans in the half-circle drive in front of the East building.

For questions, please call **Connie, Director of Life Enrichment at 720.382.7813.**



Life Enrichment schedules many **grocery and shopping trips** throughout the month, watch the calendar for dates and times. **Cost is \$3 round trip.**

ATTENTION NON-RESIDENTS WHO REQUEST TO BE PICKED UP AT THE JCC ON OUR TRIPS

The JCC has generously allowed parking in their lots while going on Kavod trips.

Please read the JCC "Parking Acceptance of Risk" below and know that by parking in the JCC parking lot you accept the parking risk as outlined below. Contact Connie at 720.382.7813 with any questions.

JCC Parking Acceptance of Risk:

I understand that by parking in the JCC Denver parking lot that the JCC Denver cannot be held responsible for damage, loss, theft, claim, or demands, and is under no responsibility to protect the vehicles in the parking lot.

I understand that the JCC Denver parking lot is not intended nor designed as public parking and parking overnight is not permitted.

I understand the lot is not locked or secured and the JCC Denver does not guarantee the security of the cars or property in the parking lot.

I understand that ticketing will occur if my vehicle is left overnight or after hours of operation.

I agree to assume full responsibility for and risk of property damage if I choose to park in the JCC Denver parking lot for the duration of a Kavod Senior Life or Kavod on the Road program.

Upcoming Trips



Tuesdays, April 1, 8 & 15

**11:45 am – Van Trip
JFS Food Bank & Pantry**

Each month we take residents to Jewish Family Services to pick up their commodity boxes and shop at no cost in the JFS Food Pantry. ***Please bring your own bags.***

You can go to the East building front Reception window to pick up the application, fill it out and then **sign-up for ONE trip each month.** There is no cost for this trip. **At the request of JFS, we are limited to 6 residents for each trip.**

No cost, but you must fill out the application and sign up.

For questions call Connie at 720.382.7813.



Thursday, April 10

Colorado Ballet MasterWorks Special Event

11:15 am – Van Trip

Join us for an exciting afternoon at the beautiful Ellie Caulkins Opera House at the Denver Center for Performing Arts. This is a special opportunity to see the final dress rehearsal at a discounted price. You are invited to experience ballet first hand, complete with full costumes, make-up, sets, lighting and sound. This event is for older adults and will include school children from Denver area metro schools. You will experience the powerhouse masterpieces of George Balanchine's *Serenade* (32 minutes), Kylián's *Petite Mort* (20 minutes) and Twyla Tharp's *In the Upper Room* (40 minutes). Final notes from the choreographer will be given after each piece, and then there will be an intermission before the next act begins. ***We will stay for all three acts.***

Resident Cost: \$25 - includes admission and transportation

Non-Residents Cost: \$35 - includes admission and transportation

Deadline: April 4

Upcoming Trips



All You Can Eat Italian Feast

Monday, April 21

4:30 pm – Van Trip

Cinzzetti's Italian Restaurant

Join us for an **"All You Can Eat Italian Feast"** at the world famous Cinzzetti's! Guests step foot into an authentic Tuscan Village centered around a cobblestone piazza. Stroll through the food stations as chefs prepare authentic pasta, pizza, salads, desserts and more – right before your eyes! Over 60 authentic Italian dishes being prepared at fourteen specialty cooking stations- **all at one great price for seniors at \$18.99, not including tax or tip.**

Residents Cost: \$5 transportation + Pay for dinner there

Non-Residents Cost: \$10 transportation + Pay for dinner there

Deadline: April 14



Wednesday, April 16

9 am – Van Trip

Colorado Mountain Casinos

Join us as we depart for the mountains for a **full day of fun!** We drop everyone off at the Lodge casino in Blackhawk. You are welcome to go to whatever casino you choose.

****We will depart at 2 pm to return to Kavod.**

For a FREE RIDE around town, *Jump on the Blackhawk & Central City Tramway* at the Lodge Casino. This Free local Bus Service connects you to destinations throughout the City of Black Hawk and Central City via 19 conveniently located bus stops. This friendly, free service is made possible by the support of local casinos. Buses operate continuously, 7 days a week, from late morning until early the following morning.

Cost Residents: \$8

Cost Non-Residents: \$10

Deadline: April 14

Upcoming Trips



44th Annual Governor's Holocaust Remembrance Program

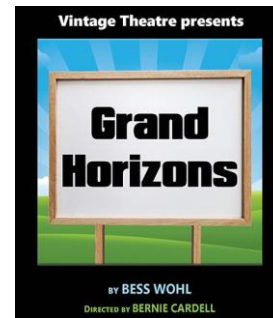
Wednesday, April 23
4:45 pm – Van Trip

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.

Cost Residents: \$3 transportation
Cost Non-Residents: \$5 transportation
Deadline: April 17



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.

Resident Cost: \$30, includes ticket & transportation

Non-Resident Cost: \$40, includes ticket & transportation

Deadline: April 15

Upcoming Trips



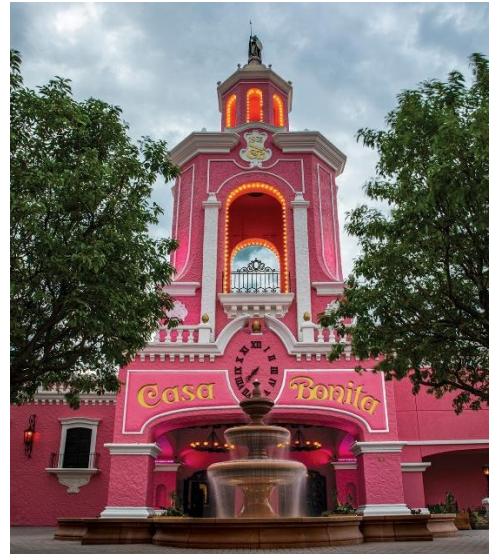
**Tuesday, April 29
6 pm - Van Trip**

**University of Colorado Boulder College of Music Presents Symphony Orchestra:
Second Spring 2025 Concert**

The CU Boulder Symphony Orchestra performs a diverse repertoire, including symphonies and large-scale orchestral works by major composers, at Macky Auditorium.

**Residents Cost: \$10
Non-Residents Cost: \$20
Deadline: April 22**

**TRIPS
Coming in MAY 2025!**



**Thursday, May 15
10: 15 am - Van Trip**

Casa Bonita!

You've read about it, maybe seen the movie about it and heard about it on the news, now experience Casa Bonita for yourself! Called "**The Greatest Restaurant in the World**", Casa Bonita is a cultural institution in the Denver area since it's opening in 1974. In 2015, Casa Bonita was recognized as an official landmark by the Lakewood Historical Society.

Casa Bonita was almost lost after closing during the pandemic, but thanks to the South Park creators from Colorado who spent **\$60 million** to fully remodel the restaurant and improve the menu, Casa Bonita was saved and has reopened!

Upcoming Trips



Casa Bonita!

(Continued)



You will be magically transported back in time to 1970s Mexico in a village with a stunning waterfall, cliff divers, live Mariachi music, shows and games. For lunch you will **choose one** selection from the menu of Cheese or

Chicken Enchiladas, Burritos, Tacos, Carnitas, Taco Salad, and Green Chili Brisket. There is a vegan selection of Vegan Corn Rajas. You may also choose a hamburger, cheeseburger or chicken tenders. Included in your meal is



soda, chips and salsa and their famous Sopaipillas! ***Alcoholic beverages are not included!**

After lunch you will have an hour to walk around and watch the cliff divers, puppet shows, Mariachi Band, and dare to explore Black Bart's Cave, all included in the cost. Don't forget to stop in the gift shop for a souvenir before we depart!

Residents Cost: \$35 (includes lunch, entertainment & transportation)

Non-Residents Cost: \$45 (includes lunch, entertainment & transportation)

Deadline: May 8

TRIPS Coming in MAY 2025!



**Sunday, May 18
11:45 am - Van Trip**

**Denver Center for Performing Arts
presents "Little Shop of Horrors"**

Feast on the Denver Center's production of a beloved sci-fi musical that has rocked the globe for generations. Unforgettable musical numbers, including the title track, "Skid Row," and "Suddenly, Seymour," will provide massive dose of nostalgia for theatre-lovers. For newcomers to musical comedies, *Little Shop of Horrors* provides a delicious introduction to the joyful, larger-than-life world of Broadway.

**Residents Cost: \$36
Non-Residents: \$46
Deadline: May 9**



TRIPS Coming in JUNE 2025!



**Thursday, June 26
12:15 pm – Van Trip**

Denver Center for Performing Arts *presents* “Mamma Mia!”

Enjoy an afternoon of incredible theatre at the Denver Center for Performing Arts in the Buell Theatre. A mother. A daughter. 3 possible dads, and a trip down the aisle you'll never forget!

Set on a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. For nearly 25 years, people all around the world have fallen in love with the characters, the story, and the music that make *MAMMA MIA!* the ultimate feel-good show.

Residents Cost: \$42
Non-Residents: \$48
Deadline: June 9



Pollywog Station Lavender Farm Tour

**Tuesday, June 24
9 am – Van Trip**

Join us on a sensory journey through an enchanting lavender farm nestled in Parker, Colorado, just 45 minutes south of Denver. On this immersive tour you will discover a breathtaking array of lavender, and learn firsthand about the art and science of lavender cultivation in our unique climate. You can wander the tranquil nature trails, enveloped in the soothing fragrance of lavender fields. Please wear comfortable walking shoes, the farm has sloping terrane, with 4 lavender fields stretched over 17 acres. The tour lasts 45 minutes and you will have time after the tour to explore the gift shop where you can find handcrafted lavender products sourced from the farm.

After touring the farm, we will head to the OPA Greek Grill for a delicious



lunch featuring Mediterranean specials such as the “Greek Lunch” for \$12.99 that includes Spanakopita, hummus and a Greek salad. Many more delicious menu items to choose from such as Fire Grilled Salmon, Lamb chops, Chicken or Beef Souvlaki plates and many more.

Resident Cost: \$15 – includes transportation & tour, pay for lunch at restaurant
Non-Resident Cost: \$25 – includes transportation & tour, pay for lunch at restaurant
Deadline: June 17



TRIPS
Coming in JULY 2025!



Thursday, July 17
4:30 pm – Van Trip

Adams Mystery
Playhouse *presents*
The Bernice Murders

Join us for a delicious dinner and a fun evening at the **Adams Mystery Playhouse**, Colorado's premier Mystery Dinner Theatre and only full time "Mystery Mansion!" **Get ready for an adventure and murder mystery on the Countess Luxury Line cruise ship!**

Tropical and Luau Attire is recommended ... so get out your Hawaiian shirts!

OR Dress like Bernice in your favorite Polyester Pant Suit!

Dinner, tips, transportation all included, but any Bar charges are not included.

Cost Residents: \$55 includes transportation

Cost Non-Residents: \$65 includes transportation

Deadline: July 7



Wednesday, April 2
11:30 am – Bistro in
Dining Room

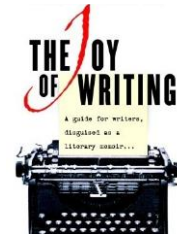
Good Vibes with Rick & Coffee

Purchase a hot cup of delicious coffee and enjoy an hour of LIVE music by Rick Weingarten!



Thursday, April 3
11:30 am – Shul Classroom
“What’s Happening”
Life Enrichment Lunch

Join Susan for an **in-person** “Life Enrichment Lunch & What’s Happening at Kavod!” We will have a variety of boxed lunches and drinks to enjoy during the meeting. Bring your monthly Voice & Calendar to follow along as we go over the trips, classes and events. **No cost, just drop in!**



***NEW Time!**

Joy of Writing with Denny

Thursdays, April 3 & 17

***2:30 pm – Shul Classroom**

Now starting at 2:30 pm, join Denny for a fun and educational hour of writing exercises. Denny brings a vast amount of skill, knowledge and experience and is ready to guide our writer’s to the next level.



Monday, April 7

Noon – Pikes Peak

Life Enrichment’s Lunch & Learn:
“Scams & Fraud Watch”

Please join us for a very informative Lunch & Learn with Sara Mirelez, who was previously with AARP Fraud Watch, and who has presented at Kavod several times over the past couple of years. She will be discussing ways to safe from scammers and how to spot the warning signs of a scam. Topics will include red flags to look for when using social media sites and avoiding phone, text, e-mail and online scams. Sara is a very engaging presenter and welcomes questions from participants. We hope to see you there!

Enjoy sandwiches and drinks,
compliments of Life Enrichment!



***NEW Computer 101 Workshop**

**Tuesday, April 8
6 pm – Mt. Blue Sky**

Kavod tech volunteer, Lauren, will be teaching an introduction to computers class. This is the first of what we hope to be a series of classes for folks who are beginners or who just need a refresher. You are welcome to bring your laptop or iPad. There will also be iPads available at the class to use for this workshop. As there is limited space and loaner iPads available, please contact Genny at 720.382.7820 to reserve space for this first class.

***NEW day & time!**

**2nd & 3rd Tuesdays in March
2 pm – Shul Classroom**

***NEW Current Events
Discussion Group**

There's so much going on in the world and not enough time to learn about everything! Feel free to bring a topic to discuss, join in or just listen to the discussion, it's up to you.

We'll discuss what's in the news, everything from entertainment and politics, to new books and technology.

You're sure to gain a new perspective or learn something new.



drinks dessert
& dancing Birthday *
Celebration

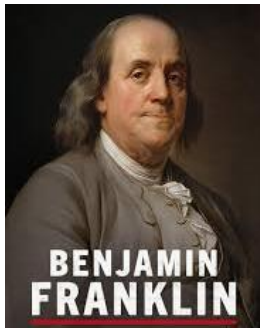
Tuesday, April 22
5:15 pm – Bistro/Dining Room
Birthday Celebration
with “The Klez Dispensers”

Everyone welcome to celebrate with your neighbors and friends who have birthdays each month!

****If you have a birthday this month, you can pick up your gift from Life Enrichment staff in the Bistro at this party!** If you are unable to attend the party to receive your gift, please call Dmitriy at 720.382.7821.

Everyone welcome, Life Enrichment will have gifts, wine, beer, sodas and cupcakes for everyone in the Bistro!





Wednesday, April 16
1 pm - Pikes Peak

**Active Minds Presents:
"Ben Franklin"**

As perhaps one of the most colorful Founding Fathers, Benjamin Franklin lived a life of lasting impact. As politician, publisher, inventor and diplomat, Franklin left his mark on all he touched. Join Active Minds as we trace the life of this extraordinary man and tell some of the stories that mark his legacy.



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 - 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.



Coming in MAY 2025!



Summer BBQ & Concert
Wednesday, May 21
11:30 am - West Building, Top Deck/Pikes Peak

Enjoy a Summer BBQ and LIVE Concert on the Deck with Life Enrichment!

Price includes: ONE entrée of Sirloin burger, All Beef Hot Dog or Veggie Burger, Potato Salad, Chips and a Soda and a LIVE summer concert by the ***Kurty Family Polka Band!***



Signup and pay at East Front Desk.

**Residents
Cost: \$10**

**Non-Residents
Cost: \$15**

Deadline: May 15



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!



is

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