

May 2019

Connie's CORNER

Hello Residents,

Happy Mother's Day! Be sure to attend the brunch on Sunday, May 12. We will have the "Golden Strings" playing from Noon – 1 pm in the Dining Room.

Join me for a FREE hot breakfast!

Meet your Life Enrichment Director at the ***Life Enrichment Breakfast and Happenings at Kavod*** meeting on Friday, May 3 at 10 am in the Shul Classroom. Hear about all the exciting classes, events and trips this month. FREE hot breakfast served and door prizes!

Also, be sure to attend the ***Kavod Senior Life Travel Club*** on Monday, May 13, at 2:30 pm in the HWC/Mt. Evans.

Connie Moore
Director of Life Enrichment
Kavod Senior Life
22 South Adams Street
Denver, CO 80209
720.382.7813
cmoore@kavodseniorlife.org
Be Happy, Healthy, and Active!



Spotlight

**Kavod Senior Life
Travel Club**

Niagara Falls & Toronto, Canada!

- Residents cost (double occupancy) \$1675
- Residents cost (single) \$1950
- Non-Residents cost (double occupancy) is \$1850 per person
- Non-Residents cost (single) is \$2250 per person

****Please remember to come to the monthly Kavod Travel Club meetings to make your payments. To make your deposit and sign up, call Connie Moore (720.382.7813). Remember you will need a valid passport for this trip!***

MAY 2019 Trips & Special Events

Kavod Senior Life Sabbath Services

Friday Evening

First and third Friday Nights in May
6:30 pm – 7:30 pm in the Shul

Shabbat Morning

Every Saturday
9 am in the Shul

Kavod's Chaplain Rabbi Steve

Rabbi Steve is our part-time chaplain. He is available to any and all residents (and staff). He can be reached at: 720-382-7836. You can also email him at sbnadav@kavodseniorlife.org



Kabbalat Shabbat/Friday Night Services

Musical Friday night Shabbat services are led professionally twice a month in the Kavod Shul. Rabbi Birdie Becker leads on first Fridays, and our Rabbi Steve leads on third in a contemporary and accessible style. We use the prayer book "Kol Haneshamah," which includes good English translations, transliterations of the Hebrew, helpful commentaries and English readings, and more. (It is the first modern prayer book written by men and women, rabbis and lay leaders.) Services focus on singing and spirit and a brief Torah discussion, and run 60-70 minutes. Resident led Friday night services are temporarily suspended. Please speak with Rabbi Steve if you are interested in

seeing these or some other form of Friday Shabbat gathering return.



A Taste of Shabbat

Come for an early "Taste" of Shabbat with Rabbi Steve

Friday, May **May 10, 17 & 31**

3:30-4:15 pm - Shul

A little learning. A song. A moment of silence. And drink a L'Chayim!!

Mustard Seed Community welcomes return of pianist Steve Miller

Pianist Steve Miller returns to the Mustard Seed Community to play on the 3rd and 4th Sundays of each month (May 19 and 26). His musical talent and energy is contagious. All are welcome.

Kavod Dining Menus Available on Kavod Website

Dinner and brunch menus for the current week AND the next week can now be previewed, downloaded and printed from Kavod's website.

Here's how to access them from your computer or laptop:

Type in www.KavodSeniorLife.org in your internet browser (such as Chrome, Edge or Firefox)

- Once the website comes up, look across the top menu and click on Campus Activities.
- The screen will move down to a section called Campus Activities.

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- From there, click on the first button to the right titled Calendars & Menus.
 - Use your mouse to scroll down on that page (which also lists activity calendars) until you see the title Menus.
 - Under Menus, click on the button with the week you want – the dates will be listed.
 - The menu will pull up in a new tab.
-

From Facilities

John Skahill, Director

Thermostat Operations

For cooling

- 1) Make sure your fan is on low, med, or high and running
 - 2) Check your thermostat and see if there is a cooling or heat switch make sure it is moved to cool. Some thermostats may not have this
 - 3) Adjust the top dial to the desired cooling level for your apartment
 - 4) Bottom dial indicates the temperature in your apartment usually has a red line.
 - 5) AC will come on when the temperature in your apartment goes above (bottom dial) your desired setting top dial
 - 6) AC will come on long enough to bring the temperature to your top dial setting and will then shut off
 - 7) If you are too cold raise the top dial up to a higher temperature, if you are hot lower the top dial to a lower temperature.
- We change from heat to air conditioning when we have 5-10 nights above 45 degrees.***

From Life Enrichment

Connie Moore, Director



Be sure to call Connie (720.382.7813) to get your ***Kavod Passport to Fun book!*** The book costs \$5 and when you sign-up and go on the Passport trips, you will receive a stamp for each place we visit on the series tour! Have fun collecting the stamps and seeing new and exciting places with your friends at Kavod. We will start a new series of exciting "Passport" trips each month. At the end of the year, the person with the most Kavod Passport stamps will choose a free local trip of their choice. Consolation prizes of Kavod Kash will also be given. (Does NOT include the 2019 trip to Niagara Falls).

MEN & WOMEN: Please remember that due to some people having allergies, asthma, breathing issues. Please DO NOT wear perfume or cologne to classes, outings, in Dining Room and common areas! Thanks!

From Health and Wellness

Mandie Birchem, Director

Thank you making the 2nd Annual "Heart Healthy Kavod" class series a success! We averaged 17 participants per class! The topics discussed were a fibrillation, stroke, heart attack, healthy heart and the healthy food demos mirrored the topic. If you missed a class and would like a print out of the topic or recipe – please stop by the Health and Wellness Department. We will hope to offer this

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program series annually – kicking it off in February!

Secondly, you will notice some extra special events in May and June. We will be celebrating “National Senior Health and Fitness Day” on May 29th. All activities will be in the Health and Wellness Center. Please check out the date on your calendar and schedule in your voice. In June we will be hosting “Kavod Senior Games” the week of June 17 – 21! To participate you will just need to make sure to sign in for the class or event and attend 2 or more classes/events that week. We have some fun stuff lined up with Zumba, table tennis, potential water excursion. Keep your eyes open for flyers in elevators, dining room and lobbies. We would love to see everyone join in on the fun!! If you have ideas for additional events – please call Mandie at 720.382.7838.

From the Pet Club

By Carol Jeanne Stewart



Pet of the Month ZaZa the Cat

Meet Emillya Nisnevich and her cat ZaZa, pet of the month. Both were so kind and willing to share their story. With interpreter Marina Navroditkaya, the four of us began the interview. ZaZa was

badly abused and hurt by some neighborhood boys. Another neighbor gave her to Emillya's daughter. She was allergic to cats and gave ZaZa to her mother. They have lived in Kavod for three months.

Take brown, black, yellow, and beige, mix them all together, put the resulting color on ZaZa and there she is. Her eyes hold you captive. Their beautiful shape with her stunning color present a little mystery. Her favorite toy is a pen. She carries or paw-pushes one all around. ZaZa starts conversations, gets Emillya's full attention, and they talk back and forth until ZaZa finishes. This is a little private, but I have to tell you about ZaZa's bathroom, usually called the litterbox. Very futuristic, painted enamel white, with an entrance into a round space that gives her complete privacy. When ZaZa comes out, her litter is automatically taken away, bagged, and replaced with clean, ready for next use. ZaZa is very proud.

Emillya tells us, "ZaZa brings me much pleasure, makes life easier, and is my best friend." Their care and love for each other is very present and so comfortable to be around. They are such a joy to be with and Marina made the language gaps so easy. What would ZaZa say if she had an interpreter? Love is the answer.

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SRC (Senior Resource Center)

Transportation Call Center

Phone: 303-235-6972

Monday – Friday, 8 am – 4 pm

Rides can be requested for any purpose, allowing riders to travel independently to medical/dental appointments, grocery shopping, congregate noon meals, or community based care programs. You can also take personal trips such as to the beauty shop, bank, visiting a friend, etc., (within 10 miles of the resident address).

A rider can take three round trips per week with exceptions made for medical reasons. Donations are accepted for this service. A resident must be over the age of 60. Persons under 60 who have a mobility impairment can also request service. **Please make ride requests 3 - 7 business days in advance whenever possible.** Shorter notice requests can be made including the day of the request (such as a medical follow-up) but it is a first call/first serve situation. Some trips that occur regularly (i.e. shopping, going to dialysis) can be placed into a subscription service so you don't need to call each week. Advance notice helps build efficient routing since this is a shared ride system. Always remember to call SRC Transportation if you need to cancel your ride; this opens room for another rider.

Please have the following information ready when you make your call:

- Your name

- Pick-up address
- Drop off address
- Time of the appointment
- How long appointment will last
- An emergency contact's phone number

New riders will receive a "new rider packet," usually within two weeks of a call. This packet includes important information, phone numbers, the latest rider Newsletter titled "Going Your Way" and donation envelopes to get you started with using this wonderful service.

Happy Birthday to those born in May!



Grace Honce, Data & Evaluation Specialist

2019 Happenings Survey Results

Hello Everyone! We have early results from the 2019 Happenings Survey! We will learn more in the next few weeks. Full results will be in the June Voice Newsletter and a future Resident Council Meeting. Twenty one percent (21%) of Kavod Residents took the survey. The

age, sex and race/ethnicity of the group that took the survey is similar to Kavod as a whole. We are always learning new ways to support all residents in surveys and happenings at Kavod. The Survey Group includes folks who go to happenings 0 days a week (13%), 3 days a week (27%) and 6-7 days a week (4%). We are glad to hear from those who do not participate much, as well as those who do. Most people learn about happenings through the activities calendar, Voice newsletter, elevator flyers and dining room table flyers. The least popular options are the lobby TVs, front desk and mail box notice boards. These surveys help many teams at Kavod make decisions about how to improve programming. We will continue analysis, discuss action plans and present full results in the June Voice and an upcoming Resident Council Meeting. Please contact Grace with any questions, comments or concerns. Email ghonce@kavodseniorlife.org or call 720.382.7851

Kavod Residents: Wednesday, May 1: Sign-up sheets due!

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 www.kavodseniorlife.org to sign-up and pay, click on Senior Living tab, Kavod Senior Living Events & Trips.

Residents, please have your sign-up sheets in the Activities Box in the East Building on the date listed above. You can sign-up and pay throughout the month at the East Office front desk **or pay with a credit card and go online at www.kavodseniorlife.org to sign-up and pay, click on Senior Living tab, then click on Kavod Senior Living Events & Trips.**

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 show tickets! **Please note that payments can be made for all trips in installments to make them affordable for everyone.**

You must pre-pay for all events that have a cost associated with them, unless otherwise noted in this newsletter. You can pay online with a credit card, or at the front office with cash, Kavod Kash, or a check made out to "Kavod Senior Life." In the event that Kavod must cancel a trip, registrants will receive a full refund.

If you would like to help subsidize future trips, classes, activities, or have any questions, please contact Connie Moore at 720.382.7813.

MAY 2019 Trips & Special Events

Wednesday, May 1
(1st Wednesday of each month)
9-11 am – HWC/Health Services
Free Wellness Clinic

Come visit with a nurse to check your vital signs, ask health questions, and learn about the monthly health topic. This clinic is held the 1st Wednesday of every month! **We encourage you to attend! You have an opportunity to win a \$10 gift card – so please remember to sign in!!**

NEW

Wednesdays, May 1 & 22
1:00 pm - HWC/Pikes Peak
Postural Strengthening
with Legacy

Come to our new postural strengthening class. This 30 minute class is low intensity and pain free. Jess will give you the tools to improve your posture. This class is only two weeks long so don't miss it.

Wednesday, May 1
6:30 pm – HWC/Pikes Peak
Pet Club Meeting

All pet owners are welcome to attend the monthly Pet Club Meetings. The pet club is designed for us to have fun activities, trips, speakers, all to keep you and your pets happy and healthy. *Bring your pet on a leash only if he/she is okay around other animals and people. Pet owners and pet lovers welcome.

No cost or deadline, just drop in!

Thursdays,
May 2 & May 16
10 am – Shul front
The Soul of Aging

Join us as we dive even deeper into this exciting new series, which continues every first and third Thursdays for five months. This curriculum comes from the work of Parker Palmer and his "Center for Courage and Renewal."

May Sessions:

- Session Seven – The Foreign Currency of Change. "The soul has many secrets that are only revealed to those who want them – the way up is the way down. Sacrifice of something to achieve something else is always the pattern. Loss and renewal pattern is so ubiquitous that it should hardly be called a secret at all." R. Rohr, in Falling Upwards.
- Session Eight – The Wisdom of Living in Deep Time. "This seems to be the harsh secret of time: the more our bodies and minds are carved out, the more brightly we shine." M. Nepo in The One Life We are Given.

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Thursday, May 2

5:15 pm – trip to Temple Emanuel

ADL Governor's Holocaust

Remembrance

For the 38th year, ADL's Mountain States Region will host its Governor's Holocaust Remembrance Program, one of the largest such events in the United States. The program allows Coloradans of all faiths to come together to honor Holocaust survivors.

This year's event will feature Holocaust Survivor Gene Klein in conversation with his daughter, Dr. Jill Klein. In the spring of 1944, when Gene was 16 years old, he and his family were deported from their home in Hungary to the Auschwitz-Birkenau concentration camp in Poland. With an abundance of luck, a resilient mindset, and a powerful will to live, Gene managed to survive until his liberation by Soviet soldiers at the end of World War II. Gene's story is captured in *We Got the Water: Tracing My Family's Path through Auschwitz*, written by his daughter Jill. The memoir describes Gene's concentration camp experiences, reveals how his mother and two sisters also survived the Holocaust, and traces his father's final moments. Gene is a frequent media contributor as an expert on resilience and a witness to the Holocaust. Jill earned her doctorate in social psychology from the University of Michigan and is currently a professor at Melbourne Business School at the University of Melbourne. Winners of ADL's "A Tribute to Moral Courage" student essay contest will also be recognized.

Cost Residents: \$3 transportation

Cost Non-Residents: \$6 transportation

Deadline: May 1

Friday, May 3

9 am – trip

Department of Motor Vehicle (DMV)

If you need to renew a **Colorado Driver License** you will need to bring your Social Security Card, Bank Statement, Utility Bill for proof of address and \$26.00. If you need to renew a **Colorado ID Card**, it is **free for those citizens age 60 and over**. **Acceptable forms of payment are cash, personal check or credit card.**

You may also need additional forms of identification if one of the above documents does not contain a photo. For a list of these documents, go online at <https://www.colorado.gov/dmv>.

What is a Colorado state ID?

A state ID is an acceptable replacement for a driver's license typically used by minors, the elderly or by anyone who does not want a driver's license, but still needs identification in Colorado.

Cost: \$4 transportation

Deadline: Wednesday-May 1

Friday, May 3

10 am – SHC

Life Enrichment Breakfast & Happenings

Enjoy a **free hot breakfast** and meet with Connie Moore, your Life Enrichment Director! **Win trips and prizes!** Bring your ideas and suggestions. We will talk about the trips and classes that are happening

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at Kavod. You will have an opportunity to ask questions and learn more about all that is available here. **New residents are strongly encouraged to attend! No Cost or deadline, just drop in!**

Sunday, May 5

8 am - trip

Israel Family Festival

Celebrate Israel returns to South High School for a variety of events:

- Walk for Israel – A 2 Mile Walk through Wash Park Neighborhood
- Main Stage – Featuring Israeli and Jewish musicians and DJs
- Celebrate Israel Festival – A Family Friendly activity area featuring our Community Partners and all they do for the Jewish Community
- Food Vendors – Featuring multiple food vendors with Vegetarian, Kosher-Style food available for purchase

Cost Residents: \$3 transportation

Cost Non-Residents: \$6 transportation

Deadline: Friday- May 3

Sunday, May 5

10 am - 12 pm

HWC/Health Services

Free Wellness Promotion Clinic

Join us this SUNDAY to meet **one-on-one** with a volunteer physician assistant! We will be providing wellness assessments, answer any health or resource questions, monitor health problems, provide education about nutrition and good health practices, in addition, offer referrals to nearby, affordable, health care resources.

Vital Check:

- Blood Pressure
- Weight
- Pulse Oxygen
- And much more!!

We encourage you to come every month! The Health Promotion Clinics not only helps seniors to stay well, but also assist seniors in preventing medical issues from escalating to the point where they will no longer be able to live independently.

Come visit with a nurse to check your vital signs, ask health questions. We encourage you to attend! You have an opportunity to win a \$10 gift card – so please remember to sign in!



***Earn a Kavod Passport to Fun Stamp for this trip!**

Sunday, May 5 - 12:30 pm - Van Trip

The Diary of *Anne Frank* at the Arvada Arts Center

Witness one of the most powerful stories of the 20th century. Thirteen-year-old Anne Frank wrote to understand herself and the horrors of being Jewish in Nazi-occupied Amsterdam. Her diary was the one place for privacy in her attic hiding place. It holds her fears, her hopes, her laughter, her grief and has moved readers for more than seventy years.

Approximate return time to Kavod is 5 pm.

Residents Cost: \$40 includes play & transportation

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Non-Residents Cost: \$50 includes play & transportation

Call the front desk for availability

Sunday, May 5

4 pm – SHC

Painting & Wine with Polly

Enjoy a lovely afternoon of painting and a great glass of wine! Polly is a professional instructor and will be here to make sure you have a wonderful experience. All materials will be supplied. Come and join in on the fun!

No cost or deadline, just drop in!

Receive one complimentary Margarita with each meal!

Monday, May 6

HWC/Pikes Peak – 12 pm

Cinco de Mayo Mexican Fiesta & Live Music!

1 pm – High Rollers Bingo

Enjoy a fabulous Mexican Fiesta lunch for \$6. You have a choice of Ground Sirloin or Grilled Chicken tacos or a combination of those. Top your tacos with a choice garnishments, served with Mexican Rice and Refried Beans. Margarita, water, or soda included! Bingo will start at 1pm. Pay there. Join us for a fun afternoon of bingo games. Win Kavod Kash and a chance to win the \$20 jackpot in Kavod Kash!

NEW

Tuesday, May 7

11:30 am – HWC/Blue Spruce

Healthy relationships...we all need them!

Please join Jessica, MSU student, as she guides you through this exciting topic, discussing new tips to healthy relationship, how to improve relationship. It is her hope that we can all grow from this topic together.

NEW

Tuesdays, May 7 and May 21

(1st and 3rd Tuesdays)

3:30 pm – Gathering Room

Scattergories

Similar to Family Feud, Scattergories is a fast-paced game that's creative and fun! You'll enjoy team competition to find the most original list in a given category. Score points by naming objects within a set of categories. **No cost or deadline, just drop in!**

Tuesday, May 7

5:30 pm – Dining Room

Happy Hour with "Opera Kadabra"

Meet Patrick Bell, the world's only opera-singing magician!

Patrick Bell is a world-class singer and magician from Los Angeles, having earned both Bachelors of Music and Masters of Music degrees in Vocal Performance from UCLA. He enjoyed several seasons with the Los Angeles Opera and the worldwide TV ministry Hour of Power choir. A professional magician since the age of

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thirteen, Patrick has performed his one-man show, Opera-Kadabra, thousands of times all over the United States to rave reviews. Come see Patrick Bell perform live! **No cost or deadline, just drop in!**

Thursday, May 9

12:00 pm – HWC/Pikes Peak

Legacy's Anniversary Party Celebration

Legacy is celebrating 8 years at Kavod. We are so lucky to be part of this wonderful community. We have truly enjoyed helping everyone here feel better. Please join us in celebrating with appetizers and drinks. Even if you have never worked with us, come and enjoy the fun and food! **No cost or deadline, just drop in!**

**Thursdays, May 9
and May 23**

12:30 pm

HWC/Mt. Evans

Challah Baking with Zeldy

Enjoy a fun afternoon with Zeldy and take home some goodies to bake!

No Cost or deadline, just drop in!

Thursday, May 9

6 pm – HWC/Pikes Peak

Health Matters Series: Respiratory Health

Join a local or guest medical expert every month from 6 – 7 pm for a different educational presentation in the Health and Wellness Center's Pike Peak Room. Join us this month as Rose Medical Center presents on Respiratory Health "Healthy

Lungs, Healthy Life" Learn how to manage your risk factors and keep your lungs healthy.

Friday, May 10

9 am OR 11:30 am - Van Trip

Garden Club Shopping trip

This trip is for residents who are members of the Garden Club only. We will be shopping for our plants for the garden plots. We will provide transportation and assistance to load and unload your plants. There will be 2 trips to choose from, one at 9 am and another at 11:30 am. **Please sign up for the time you would like to go by signing up at the front desk.**

Gardeners will receive a small donation to assist with the purchase of their plants. The **ONLY** way you will receive this donation is to attend the garden shopping trip (NO EXCEPTIONS).

Friday, May 10

1 pm – Shul Classroom

Active Minds Presentation – China's Human Rights Struggle

Thirty years ago, China's human rights issues were showcased to the world by the bloody crackdown on peaceful protesters in Tiananmen Square. Join Active Minds as we look at how modern China's economic growth has often come at the expense of human rights. We will highlight the ways in which the Chinese have repressed political dissent, as well as ways in which ethnic minorities have been negatively impacted.

No cost or deadline, just drop in!

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Friday, May 10, 17 & 31

3:30 – 4:15 pm – Shul Classroom

A Taste of Shabbat

Come for an early “taste” of Shabbat with Rabbi Steve

A little learning. A song. A moment of silence. And drink a L’Chayim!

No cost or deadline, just drop in!

Sunday, May 12

12 pm – 1:30 pm - Dining Room

Mother’s Day Brunch and Golden Strings Concert

Celebrating Mother’s Day! Golden Strings is a classically trained violin and cello duo offering a variety of music. Residents will not be charged for this event, but if you wish to bring a guest(s) the charge will be \$13 for Adults and \$7.50 for children ages 5 – 12 years old (No cost for residents & children under 5). Pay for guests in the East Building at the Front Office. Meal pick-ups on this day will be from 2 pm - 2:30 pm. Please choose either the Brunch or meal pick-up, not both. **Golden Strings will be here for your enjoyment from 12:30 to 1:30 pm.**

Monday, May 13

HWC/Pikes Peak

Grilled Steak & Salmon Bake

12 pm: Grilled Steak & Salmon Bake

1 pm: High Rollers Bingo

Stop by for a delicious lunch and great social hour on the West building Deck!

You can eat indoors or on the new patio. Enjoy the views of the mountains and

downtown Denver. For \$8, you will enjoy a delicious grilled **Steak & Salmon**, plus tossed green salad, potato salad, soda or bottled water. Bingo is \$6 with a chance of winning the \$20 jackpot.



Kavod

SENIOR LIFE

Honor. Community. Jewish Values.

Travel Club

Monday, May 13

2:30 pm – HWC/Mt. Evans

Kavod Senior Life

Travel Club

Join us at our next meeting to talk about the **2019 BIG trip! Our 2019 trip will be to one of the seven natural wonders of the world and Toronto, Canada!** The massive waterfalls are located on the border between the United States and Canada. Come to the meeting to hear about this exciting trip! **NO refunds on deposit or payments.** To reserve your spot bring your check to make a deposit! We will meet each month so that you can make payments and get new information. Feel free to call me, Connie Moore, at 720-382-7813 with any questions.

Mondays

9:30 am – HWC/Pikes Peak

Tai Chi with Eric

Join Eric as he kicks off the week right with a 60-minute Tai Chi session. Eric is a seasoned instructor providing a class for all levels.

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Tuesdays and Thursdays

9:30 am – HWC/Pikes Peak

Gentle Yoga with Heather

Join Heather as she guides you in a session filled with stretching, breathing and being present with your amazing self! All levels are welcome for chair or mat use. Hope to see you there!!

EVERY TUESDAY!

You are warmly invited to a weekly Bible Study

Tuesdays, 10:30 am

Shul Classroom

The Bible: God's Word

Presented by the Christian

Congregation of Jehovah's Witnesses

Bible based information such as:

What is the purpose of life?

What happens to us when we die?

Why do we grow old and die?

Why does God allow suffering?

FREE new Bibles supplied and Bible based literature for all that attend.

No cost or deadline, just drop in!

Tuesdays, 1 pm – Shul

Mindfulness Training with Rabbi Steve!

We will meet on Tuesdays at 1 pm, in the Shul, for 30-45 minutes. Open to everyone regardless of your level of experience with Mindfulness (meditation) practice. Regular practitioners at Kavod report experiencing:

- Good relaxation/stress relief
- Help dealing with physical and emotional pain and other life challenges

- Sharper mental focus
- Greater sense of wellbeing and connection and joy.
- Easier time sleeping

Questions? Call Rabbi Steve at 720-382-7836

Every Wednesday

9:30am – HWC/Pikes Peak

Mountain Balance

Mountain Balance is BACK and WEEKLY!! This is a health and fitness program with a concentration on strengthening balance skills. The exercises are done seated or standing with support (ALL levels are encouraged to attend). The program will include assessments (if desired) so you can track your improvement.

Monday, May 13

6 pm - HWC/Pikes Peak

Kavod's Got Talent

AUDITIONS!

Families & Groups welcome too! What is your talent?

- * Read a poem
 - * Dramatic Reading
 - * Singing
 - * Tell a joke or two
 - * Impersonations
 - * Air band/Lip syncing
 - * Puppet & Ventriloquism
 - * Skits
 - * Bring your own musical instrument
-

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Wednesday, May 15

2:30 pm – SHC

“The African Americans”

Film Series

A More Perfect Union: 1968-2013

Join Rabbi Steve for the final session of the six part PBS series that spanned this critical part of American history from 1500 to our own day. This session is titled: “A More Perfect Union: 1968-2013.” The showing will be followed by a lively discussion of the series and where we are today.

Wednesday, May 15

6 pm – SHC

Green New Deal

A speaker from Friends of the Earth Springs, will lead a discussion about the Green New Deal.

Thursday, May 16

11:30 am – Dining Room

Russian Victory Day

Come to celebrate the 73rd anniversary of The Victory Day in WWII (European Pact of Capitulation of Nazi Germany). This is a federal holiday in Russia and we always honor our veterans of WWII. The Soviet Union lost 26 million 452 people in this war; thousands of towns and villages were ruined and burned. The memory of this event will stay with the citizens of the former Soviet Union for generations. We will have music and potluck. Everybody is invited! Questions? Call Mila at 720-382-7815.

Thursday, May 16

6 pm - GR

Movie Night with Susan:

Watch fun and inspiring movies that you will remember for a lifetime.

Popcorn served.

No Cost or deadline, just drop in!

Wednesdays

10:30 am – HWC/Pikes Peak

Chair Yoga with Heather

Join Heather as she guides you in a session filled with stretching, breathing and being present with your amazing self!! All levels are welcome for chair or mat use. Hope to see you there!

Friday, May 17

9 am – Van Trip

Colorado Mountain Casinos

Join us as we depart for the beautiful Rocky Mountains for a full day of fun! We stop at the Lodge casino where you can catch a local free shuttle that runs around Blackhawk and Central City. If you are not a gambler, just go for the beautiful mountain ride and visit local museums or have lunch!

Cost Residents: \$8

Cost Non-Residents: \$10

Deadline: Wednesday-May 15

Sunday, May 19

3:45 pm – Van Trip

Celebrating the 71st

Anniversary of the State of Israel

Join KOTR (Kavod on the Road) for a beautiful evening of folk songs from the early years at the Hebrew Educational Alliance. This musical Yom Ha'atzmaut

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celebration features these popular Denver artists: folksinger Osi Sladek, Rabbi Joe Black, vocalist Julie Geller, Cantor Elizabeth Sacks, storyteller Cherie Karo Schwartz and Rabbinic Intern Kolby Morris Dahary and Noam Dahary.

A combined choral group of the Temple Sinai High Holiday Choir and the Colorado Hebrew Chorale conducted by Linda Leonard with guitarist Grisha Nesnech will also perform.

In partnership with Hebrew Educational Alliance, Temple Emanuel & Temple Sinai.

Cost: \$10 includes concert and transportation

RSVP: Gabriel Sanders 720-382-7842 or GSanders@KavodSeniorLife.org

**Sundays - 10 am
HWC/Pikes Peak**

Mustard Seed Community Non-Denominational Christian Service

Steve Miller will play May 19 and 26

Fabulous pianist Steve Miller returns to the Mustard Seed Community to play on the 3rd and 4th Sundays of each month. After his last appearance he was the talk of Kavod. **All are welcome to come catch some joy!**

Tuesday, May 21

6 pm - HWC/Pikes Peak

**Resident Birthday Party
Drinks, Desserts & Dancing!**

EVERYONE is invited! We have heard that people miss celebrating the monthly birthdays with the larger population, so... **EVERYONE** is invited to join in on the fun!

****Be sure to eat dinner first in the Dining Room, and then come to the West Building, to celebrate with those that have birthdays this month!*** Enjoy the sounds of **Rick Weingarten**. Enjoy a cocktail and birthday cake! **Birthday people, please be sure to get your RSVP in on time.**

Sundays

**6 pm - 3rd Floor Lobby, South Building
Bible Discussion Group**

Each Sunday we will discuss a different reason why an infinite God needs us mortals. This group is led by Mike Carbiener. Mike has two B.S. degrees - one in Biblical Studies and one in Biblical Counseling. He teaches adults at Bethany Evangelical Free Church in Littleton, Colorado. He is a volunteer who has offered himself as an additional Spiritual resource at Kavod. Everyone welcome!

Tuesdays

12:30 pm - Bridge

Legacy Blood Pressure Clinic

Are you curious about your blood pressure, heart rate and oxygen levels? Then come and get your vitals checked for free. We will track your numbers and tell you how they compare to normal levels. Every Tuesday from 12:30 to 1 pm.

No cost or deadline, just drop in!

Wednesdays -

12:30 pm

HWC/Blue Spruce

English Help with Marita

Join Marita as she takes over the English Help for Erin. Marita has several years of

MAY 2019 Trips & Special Events

experience with ESL education and working with individuals of all levels and languages.

Monday, May 20

5:30 pm – HWC/Pikes Peak

Cover to Cover Book Club

Join the book club at Kavod! We will be enjoying a variety of genres as we explore our capacity to imagine and share our *'novel'* ideas. **No cost or deadline, just drop in!**

Wednesday, May 22

11 am – trip

Maggiano's - lunch-trip

(Hosted by The Kavod Social Club)

Maggiano's has season-fresh Italian food, chef-prepared and inspired by Nonna's traditional recipes. Savor the rich flavors of Little Italy, from your first bite of Zucchini Fritté to your last forkful of Chocolate Zuccotto Cake. *Lunch prices start at \$9.95, not including tax or tip.* **Estimated** return time to Kavod is 2:30 p.m.

Cost Residents: \$5 transportation

Cost Non-Residents: \$10 transportation

Deadline: Monday-May 20

Thursday, May 23

12:30 pm – GR

Don Garcia Music Hour

Enjoy an hour of great music from Kavod favorite, Don Garcia! Don plays a variety of instruments and croons the tunes of Frank Sinatra and other sentimental songs.

No cost or deadline, just drop in!

Thursday, May 23

6:30 pm - Trip

Lamont School of Music

Lamont Chorale, Lamont Women's Chorus, Lamont Men's Choir

The award-winning Lamont Chorale is joined by the Lamont Women's Chorus and Lamont Men's Choir in a performance of works from both the sacred and secular repertoire.

Cost Residents: \$6

Cost Non-Residents: \$10

Deadline: Monday-May 20

Friday, May 24

10 am – Van Trip

Denver Botanic Gardens

Denver Botanic Gardens at York Street presents a wide range of gardens and collections that illustrate an ever-widening diversity of plants from all corners of the world. Distinctive gardens define and celebrate our Western identity and a unique high altitude climate and geography. You can eat lunch in the Offshoots at the Gardens Café located in the main building, or in The Hive which is a modern bistro nestled under the trees adjacent to the Monet Pool. The large, shaded deck offers idyllic views of water features and Le Potager Garden. They do not accept reservations.

We will depart the Gardens at 2 pm to return to Kavod.

Cost Resident Seniors: \$10 includes admission & transportation, lunch is on your own

***MAY 2019* Trips & Special Events**

Cost Non-Resident Seniors: \$25 includes admission & transportation, lunch is on your own

Deadline: Friday, May 17

Friday, May 24

1 pm – HWC/Pikes Peak

Sing Along with Tory

Join your friends and neighbors for a fun afternoon of songs with Tory Leviton. Tory will play the piano and provide sheet music for your enjoyment.

No cost or deadline, just drop in.

Thursday, May 28

5:30 pm - DR

Greek Nights & Songs of Eastern Europe with Planina

Enjoy a wonderful evening of beautiful music. Planina is a group of singers and instrumentalists from the Denver-Boulder area who perform the haunting and beautiful songs of Eastern Europe, including music from Greece, Albania, Bosnia, Bulgaria, Croatia, Georgia, Hungary, Lithuania, Macedonia, Poland, Romania, Russia, Serbia, Turkey, Ukraine, and Jewish and Rom (Gypsy) traditions from some of those areas.

No Cost or deadline, just drop in

Wednesday, May 29

ALL DAY! – HWC

National Senior Health and Fitness Day – “Live and Thrive with Exercise!”

Please join us in the Health and Wellness Center in CELEBRATION of YOUR HEALTH for National Senior Health and Fitness

Day! We will have fun activities throughout the day – see below for details! We look forward to seeing you!

National Senior Health and Fitness Day

Schedule – Health and Wellness Center

- 9:30 am Mountain Balance Class with Sweaty to the Oldies
- 10:30 am Chair Yoga with Heather
- 11:30 am Mini Community Acupuncture Sessions (please sign up ahead of time with Mandie!)
- 12 pm Make your own “Healthy LUNCH” with Mary!
- 12:30 pm Healthy Aging BINGO with Rachel
- 11 pm SPECIAL “Health-full” TEDTalks with Mandie
- 2 pm Surprise Health and Fitness EVENT!!
- 3 pm Losing energy? Come for a pick me up and make “Energy Ball” snacks

MAY 2019 Trips & Special Events



***Earn a *Kavod Passport to Fun* Stamp for this trip!**

Wed., May 29

9:30 am – Van Trip

Loveland's Benson Sculpture Park & Gardens & Lunch at Nordy's Bar-B-Que & Grill

Join us as we travel to beautiful Loveland, Colorado. Heralded as one of the finest outdoor juried exhibitions of three-dimensional artwork in the United States. See all of the wonderful bronze sculptures in the park. The park is handicapped accessible. At noon we will depart for lunch at the famous Nordy's Bar-B-Que & Grill. *Lunch entrees start at \$10, not including tax and tip.*

Residents Cost: \$10, pay for lunch at site

Non-Residents Cost: \$25, pay for lunch at site

Deadline: Friday, May 17

Friday, May 31

2 pm – HWC/Mt. Evans

Golden Age Players

Don't miss the Castle Rock Golden Age players, an acting troupe who perform modified Reader's Theatre. It's an art form in which actors read expressively from their scripts onstage using props and costumes.

No cost or deadline, just drop in!

Monthly Donations

Thank you for your Support!

March Donations

Russian Activities

Yaroslav & Natalia Martynyuk

SHUL

Tatiana Blyumkin, In Memory of Perets Kalman Kats, z"l

Bernice Fallik, In Honor of Nicole J.S. Cloyd

Bernice Fallik, In Honor of Jack Good & Carmelit Lucarell & Family

Bernice Fallik Family, In Honor of Bernice Fallik

Bernice Fallik, In Honor of Ariella Booth

Carmelit Lucarelli

Early Signups

Tour of the Jewish West Side Denver with Gaile Weisbly Waldinger

Wednesday, June 5

9 am - Van Trip

Join us on a tour with Kavod's Director of Development and West Side Denver Native, Gaile Weisbly Waldinger. The tour of the Jewish West Side Denver will begin underneath the Colfax Viaduct on West 13th Avenue (Rude Park) where we will visit the original location of Denver's Eastern European Jewish community. We will then go "up the hill" on Colfax Avenue from Federal Boulevard to Zenobia Street. We will travel past the sites of many of the old synagogues, the Westside Jewish Community Center, the "Schvitz" (Lake Steam Baths), bakeries, fish mongers, butchers and kosher grocery stores. It will be a nostalgic visit to a bygone era.

Residents Cost: \$3

Non-Residents Cost: \$10

Deadline: June 3

Lamont Symphony Orchestra & Choirs

**Mendelssohn: Symphony No. 2,
Lobgesang & Glenn Spring: "Perceptions"**

Thursday, June 6

6:30 pm – Van Trip

Both energetic and thoughtful, Perceptions reflects a happy and productive time in the composer's life. As a season finale, the Symphony, Chorale and choirs perform Lobgesang, Mendelssohn's grandiose Hymn of Praise.

Cost Residents: \$6

Cost Non-Residents: \$10

Deadline: Monday-June 3

UPCOMING CONCERTS AT KAVOD

Polynesian Nights

Thursday, June 13

5:30 pm - DR

This group will be in full costume and quite a treat for those attending.

Coming in July: *Bollywood*

Coming in August: *Javi, Latin Nights Musician*

Kavod Senior Life's 6th Annual
L'CHAIM2LIFE
Conference



DATE: SUNDAY, JUNE 23

TIME: 9:30 AM TO 3:30 PM

TEMPLE EMANUEL | 51 GRAPE STREET | DENVER

FEATURING KEYNOTE SPEAKER RABBI DAYLE FRIEDMAN

- Pioneer in the development of a Jewish spiritual vision for aging, care and healing
- Listed in *The Forward's* 50 most influential American Jews and American Women Rabbis
- Author of *Jewish Wisdom for Growing Older: Finding Your Grit and Grace Beyond Midlife*

FREE CONFERENCE focused on positive aging with complimentary breakfast & lunch, resource & exhibitor fair, three sessions of breakout workshops, keynote plenary and social hour

Information: KavodSeniorLife.org/LCHAIM2LIFE

Registration opens in May

\$5 transportation from Kavod

Lazy B Chuckwagon Dinner & Western Show

Sunday, June 30

10:15 am - Van Trip

Travel with us through the beautiful Rocky Mountain National Park to experience a taste of the West in Estes Park, Colorado at the historic Elkhorn Lodge.

Lazy B Chuckwagon Dinner

- ★ Beef Brisket ★ Pulled Pork ★ Cowboy Beans
- ★ Biscuit ★ Hot Potato ★ Cold Peach ★ Brownie
- ★ Lemonade ★ Coffee

Vegetarian and gluten free options available with advance request

Western Show

★ Featuring ★

THE LAZY B WRANGLERS

Songs of the old west originating from the Sons of the Pioneers, Roy Rogers, Marty Robbins, and many more, including plenty of family friendly humor. ***The music is live*** and includes acoustic guitars, western fiddle, and mandolin. There are two main sets with a 12-minute intermission.

A few notes: The altitude in Estes Park is 7,522 feet and our *approximate* return time is 7 pm. **Price includes a tasty dinner, live music, great humor, and fun for all ages! Tips are not included, but are optional.**

Please note: You can make payments at the front office to make this trip affordable, just pay in full by the deadline!

Residents Cost: \$40

Non-Residents Cost: \$55

Deadline: June 10



Kavod Senior Life Travel Club 2019 Trip! Niagara Falls & Toronto, Canada!

September 2019 Kavod Senior Life Travel Club

- Residents cost (double occupancy) \$1675
- Residents cost (single) \$1950
- Non-Residents cost (double occupancy) is \$1850 per person
- Non-Residents cost (single) is \$2250 per person

****Please remember to come to the monthly Kavod Travel Club meetings to make your payments. To make your deposit and sign up, call Connie Moore (720.382.7813).***

Remember you will need a valid passport for this trip!

Price includes (Itinerary is subject to change):

- 6 days and 5 Nights
- Roundtrip airfare
- All Hotels + luggage handling (Hotels provide complimentary breakfasts)
- Maid of the Mist boat ride at Niagara Falls
- 2-½ hour Paddle Boat Cruise and tour of the Canadian and American waters in the famous Thousand Islands
- Various museums and historical sites

Please remember we encourage our travelers to contact "Travel Guard" online or by phone (800-826-4919) or webmaster@travelguard.com) to purchase travel insurance as soon as you make your deposit for this trip. ***We do not give a refund*** on the deposit or any of the funds paid towards the trip if cancelled for **any** reason. However, if you purchase travel insurance and have to cancel, Travel Guard has insurance plans to help you get a refund through them. Kavod has no connection to Travel Guard.

Monthly Donations

Thank you for your Support!

March Gifts

Activities

Emma Dreiling

General

Garrett Barter

Leslie Beltrami

Mark & Iga Chanecka, In Memory of Krystyna Chanecka, z"l

David Ehrman

Simple Elegance Florist

Health & Wellness Center- Grant

Rose Community Foundation

Kavod on the Road- Partnerships

Feldman Mortuary

Hebrew Educational Alliance

Judaism Your Way

Staenberg-Loup Jewish Community Center

Kavod on the Road

JewishColorado

Gaile Weisbly Waldinger, In Memory of David Suson, z"l

Gaile Weisbly Waldinger, In Memory of Michael Klein's cousin, z"l

LinkAges

Rose Community Foundation

(More donation acknowledgements inside this issue)

Resident Council

President

Denise Lutz Recht | 611 West

Treasurer

Vacant

First Vice President

Ray Vinson | 601 E

Secretary

Vacant

Second Vice President

Vacant

Russian Liaison

Vacant

South Building Representation

Carol Jeanne Stewart | 517 East

West Building Representation

Vacant

East Building Representation

Judith Coscarelli | 909 East