





# Kavod Assisted Living at Cherry Creek

## Activity Calendar — JUNE 2025







Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Room Location Guide:</b>  GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) Bistro—East building HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS	<b>Color Guide:</b> <b>Blue = Life Enrichment classes</b> <b>Green = Life Enrichment Trips</b> <b>Purple = Health &amp; Wellness classes</b> <b>Black = Religious or Other classes</b> <i>*EAST DR refers to dining room in EAST Building at 22 S. Adams St.</i>					
<b>1</b>	<b>2</b> <u>EAST</u> Offices closed for Shavuot  10:00 Shavuot & Yizkor Service with Rabbi Steve—SHC  	<b>3</b> 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 1:00 Opening Minds through Art—Pikes Peak 12:15 Active Minds “United Nations ”—GR 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	<b>4</b> 9:00 Mountain Balance—Pikes Peak 10:00 BUNCO Games with Lauren—GR 10:00 Gentle Yoga—Pikes Peak 11:00 Therapeutic Grief Group-MBS <b>*NEW</b> 11:30 Good Vibes with Rick & Coffee in the Bistro 1:00 Mahjong Players—3rd floor Brdg 2:00 Art with Isaak—SHC 5:15 Painting & Wine with Polly—GR 6:00 Mahjong Evening Players—3rd floor bridge	<b>5</b> 9:00 Tai Chi—Pikes Peak <b>*NEW</b> 11:00 Advanced Bridge Players Group—3rd floor bridge <b>*12:15 “What’s Happening in Assisted Living this month with Life Enrichment”—GR</b> 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice Group—MBS 6:00 Kavod Players <i>presents</i> “Scenes from the Wizard of Oz”—Pikes Peak & MBS	<b>6</b> 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge <b>*2:00 King Soopers—trip</b> 6:00 Soulful Shabbat Service with Rabbi Steve—SH	<b>7</b>
<b>8</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak  <b>*2:00 Ice Cream Social with B’nai B’rith Volunteers &amp; LIVE Music—Pikes Peak &amp; West Top Deck</b>	<b>9</b> <b>*9:00 Nick’s Garden Center &amp; Farmer’s Market—trip</b> 9:00 Mountain Balance—Pikes Peak 11:00 Health & Wellness Lunch & Learn: “Hip Health with Bret & Tripp”—Pikes Peak NO Bingo today 11:30 Best of the Rest—SHC <b>*12:15 *Special Event!</b> Potted Plant Project with plants from Nicks Garden Center—West Garden Patio 2:00 The Power of Myth—MBS 5:15 Sing Along with Christine-GR 6:00 Kavod Players <i>presents</i> “Scenes from the Wizard of Oz”—Pikes Peak & MBS	<b>10</b> 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing—GR 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Pk 1:00 Opening Minds through Art—Pikes Peak <b>*NEW</b> 2:00 Current Events—SHC 2:30 Mindfulness Practice Group—MBS 6:00 Computer 101 Workshop—MBS 6:00 Cousins Coloring—SHC	<b>11</b> 9:00 Mountain Balance-Pikes Pk 10:00 Low Vision Support Group—GR 10:00 Gentle Yoga—Pikes Peak <b>*9:30 Titanic: An Immersive Voyage—trip</b> 11:00 Therapeutic Grief Group-MBS 12:15 Assisted Living Birthday Party Celebration-GR 1:00 Mahjong Players—3rd floor bridge 1:00 Herbalism Series with Jenna-Pikes Peak 2:00 Art with Isaak—SHC 6:00 Mahjong Evening Players—3rd floor bridge	<b>12</b> 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak <b>*11:30 *Special Event!</b> Father’s Day Bash: BBQ, Brews & Good Times—Top Deck West Building <b>*NEW</b> 11:00 Advanced Bridge Players Group—3rd floor bridge 1:00 Legacy Ice Cream Social—Pikes Peak 2:30 Mindfulness Practice—MBS 3:00 Travel Club-Pikes Peak 5:00 Dancing to the Oldies—GR	<b>13</b> 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Book Club—MBS <b>*NEW</b> 2:00 TimeSlips with Elizabeth—MBS	<b>14</b> 10:00 Shabbat Services-with Seth Ward -SH  <b>*NEW</b> 2:00 Afternoon Trivia Fun, Games & Snacks with Madison —GR   NEXT PAGE

Kavod Assisted Living at Cherry Creek

Activity Calendar — JUNE 2025

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>1510:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div> <div>12:15 Father's Day Concert Celebration with “The Sweet Peas Trio”—GR</div> <div></div>	<div>169:00 Mountain Balance—Pikes Peak</div> <div>10:30 Bingo—Pikes Peak</div> <div>11:00 Conversation on the Edge—SHC</div> <div>1:00 Readers Theatre—Pikes Peak</div> <div>2:00 The Power of Myth—MBS</div> <div>2:30 DPL Bookmobile—GR</div> <div>5:15 Sing Along with Christine-GR</div>	<div>179:00 Tai Chi—Pikes Peak</div> <div>10:00 Bridge Players Club-3rd Floor Bridge</div> <div>10:00 Boxing for Seniors-Pikes Peak</div> <div>11:00 Community Herbal Foot Soak- HWC/MBS</div> <div>1:00 Opening Minds through Art-Pikes Peak</div> <div>*NEW 2:00 Current Events—SHC</div> <div>2:30 Mindfulness Practice Group—MBS</div> <div>6:00 Cousins Coloring—SHC</div>	<div>18*8:45 Kavod on the Road Positive Aging Conference—trip</div> <div>9:00 Mountain Balance-PP</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 Therapeutic Grief Group-MBS</div> <div>1:00 Mahjong Players—3rd floor bridge</div> <div>2:00 Art with Isaak—SHC</div> <div>4:30 Tech Help—3rd floor bridge</div> <div>5:30 *Special Event! Juneteenth Celebration with the Bella Diva Samba &amp; Afro Brazilian Dancers—EAST DR</div> <div>6:00 Mahjong Evening Players—3rd floor bridge</div>	<div>19EAST Offices Closed for Juneteenth</div> <div></div>	<div>209:00 Relaxation Hour—Pikes Peak</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>10:45 Sacred Grounds—Bistro</div> <div>11:00 Mindfulness Fiber Arts—MBS</div> <div>12:15 Denver Botanic Gardens Sensory Adventures—GR</div> <div>12:30 Legacy Strength for Seniors—Pikes Peak</div> <div>1:00 Book Club—MBS</div> <div>1:00 COW-MOOOBILE ( Ice Cream) –3rd floor Bridge</div> <div>6:00 Musical Shabbat Service with Rabbi Josh—SH</div>	<div>21</div>
<div>2210:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div>	<div>239:00 Mountain Balance—Pikes Peak</div> <div>NO Bingo today, Come to Bingo tonight at 6pm!</div> <div>NO Readers Theatre today</div> <div>*2:00 Super Target—trip</div> <div>2:00 The Power of Myth—MBS</div> <div>5:15 Sing Along with Christine-GR</div> <div>6:00 *Special Event! Pride Week Happy Hour &amp; Drag Queen Bingo—Pikes Peak &amp; MBS</div> <div></div>	<div>249:00 Tai Chi—Pikes Peak</div> <div>10:00 Gratitude Sharing—GR</div> <div>10:00 Bridge Players Club-3rd Floor Bridge</div> <div>10:00 Boxing for Seniors-Pikes Peak</div> <div>*NEW 12:00 Jazz Café &amp; Coffee Hour—Bistro</div> <div>1:00 Opening Minds through Art-Pikes Peak</div> <div>12:15 Active Minds “Colorado Music”—GR</div> <div>2:30 Mindfulness Practice Group—MBS</div> <div>6:00 Cousins Coloring—SHC</div>	<div>259:00 Mountain Balance-PP</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 *Special Event! Building Understanding Through Multifaith Engagement Lunch and Learn Panel—DR</div> <div>11:00 Therapeutic Grief Group-MBS</div> <div>12:15 Good Vibes &amp; Tunes with Rick—GR</div> <div>1:00 Mahjong Players—3rd floor bridge</div> <div>2:00 Art with Isaak—SHC</div> <div>4:30 Tech Help-3rd floor bridge</div> <div>6:00 Mahjong Evening Players—3rd floor bridge</div>	<div>269:00 Tai Chi—Pikes Peak</div> <div>10:00 Dance for Health—Pikes Peak</div> <div>*NEW 11:00 Advanced Bridge Players Group—3rd floor bridge</div> <div>12:15 AL Resident Council—GR</div> <div>2:30 Mindfulness Practice—MBS</div> <div>2:30 Joy of Writing with Denny—SHC</div> <div>5:00 Dancing to the Oldies—GR</div>	<div>279:00 Relaxation Hour—Pikes Peak</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 Mindfulness Fiber Arts—MBS</div> <div>12:30 Legacy Strength for Seniors—Pikes Peak</div> <div>1:00 Book Club—MBS</div> <div>1:00 COW-MOOOBILE ( Ice Cream) –3rd floor Bridge</div> <div>*NEW 2:00 TimeSlips with Elizabeth—MBS</div>	<div>2810:00 Shabbat Services-with Seth Ward—SH</div> <div>*NEW 2:00 Afternoon Movie &amp; Popcorn with Madison —GR</div>
<div>2910:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div> <div>6:00 Rosh Chodesh Group with Malka—SHC</div>	<div>309:00 Mountain Balance-PP</div> <div>*10:00 Georgetown Loop Railroad &amp; lunch— trip</div> <div>No Bingo today</div> <div>1:00 Readers Theatre—Pikes Peak</div> <div>2:00 The Power of Myth—MBS</div> <div>5:15 Sing Along with Christine-GR</div>					<div></div> <div>PREVIOUS PAGE</div>

JUNE 2025

## Connie's CORNER



**Hi Everyone,**

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

Be sure to attend the **"What's Happening in Assisted Living with Life Enrichment"** on **Thursday, June 5<sup>th</sup> at 12:15 pm** in the Gathering Room. **Bring your suggestions and ideas!**

**Be sure to say hello to Madison, our new Life Enrichment Activity Assistant!**

***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](mailto:cmoore@kavodseniorlife.org)

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



## Trips Spotlight

**Monday, June 30**  
**10 am – Van Trip**

### **Georgetown Loop Railroad Train Ride & Lunch in historic Georgetown**

Join us as we travel to historic Georgetown, Colorado, ***only 45 miles West of Denver.*** The Georgetown Loop Railroad® was one of Colorado's first visitor attractions. Completed in 1884, this spectacular stretch of three-foot narrow gauge railroad was considered an engineering marvel for its time.

**The Train Depot has restrooms that we will use before and after the train ride.** After the 1 hour and 15 minute train ride, we will drive into town for a delicious lunch at a local restaurant.

**Call Susan to sign up at 720.382.7849.**

## **Welcome New Residents**



## From Chaplaincy and Spiritual Services



### **Kehillat Kavod:**

#### **Kavod's Jewish Community**

Services are held in the Shul, East Building, on the 2<sup>nd</sup> floor.

#### **FRIDAY NIGHTS - KABBALAT SHABBAT**

**Friday, June 6**

**6 pm - Shul**

Soulful Shabbat Service with Rabbi Steve

**Friday, June 20**

**6 pm - Shul**

Shabbat Musical Service with Rabbi Josh

#### **SHABBAT MORNING SERVICES**

**Saturday, June 14**

**Dr. Seth Ward**

**10 am - Shul**

**Saturday, June 28**

**Dr. Seth Ward**

**10 am - Shul**

## **SABBATH & HOLIDAY SERVICES:**



**Monday, June 2**

### **SHAVUOT & YIZKOR SERVICE:**

**10 am with Rabbi Steve**

**Shul**

***Torah Discussion:***

***Interpreting the Ten Commandments for Today!***



**Sunday, June 29**

**6 pm - Shul Classroom**

**Rosh Chodesh Group with Malka!**

**Join Us in Reviving an Ancient Tradition of Jewish Women Celebrating the New Moon!**

We come together as women to honor the New Moon of TAMMUZ!

We would love for you to join us in this beautiful, time-honored celebration!

## From Chaplaincy and Spiritual Services



**Every Sunday morning  
(Except 1<sup>st</sup> 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, June 8  
10 am – Pikes Peak  
Led by Reverend Dale**

**Sunday, June 15  
10 am – Pikes Peak  
Led by Reverend Dale & Steve Miller on piano**

**Sunday June 22  
10 am – Pikes Peak  
Service and Communion with Reverend Dale  
& Steve Miller on piano**

**Sunday June 29  
10 am – Pikes Peak  
Musical Service and Communion  
Led by Reverend Dale**



## Building Understanding Through Multifaith Engagement



### Lunch and Learn Panel

**Wednesday June 25  
11 am - 1 pm - Main Dining Room**

**A Catholic, a Mormon, a Jew, and a High School Teacher from Thailand  
Brainstorm the future of faith together.**

Eight years ago a master teacher from Chatfield High School, Nkin Suwannakorn invited Rabbi Steve to co-create a very unusual panel conversation between sixty high school seniors and five faith leaders. It is an intense two hour engagement where nobody leaves their seats! We have done it every semester since. We will begin by learning about this powerful and unique program. Then we will dive in together to consider: Today, so many people are either leaving or not attending their faith community. **Consider: How might an ever changing population embrace faith? How does a faith tradition embrace an ever changing population? And what might we learn from each other and a class of high school seniors?**

**Enjoy a complimentary delicious lunch.**

This program made possible by the generous funding from the Murnick Family Foundation, Laura Jane Musser Fund, and The Virginia Hill Foundation.

# LEADERSHIP CORNER



**Michael Klein**  
**President & CEO**



**Kara Harvey**  
**Chief Operating Officer**

Dear Residents:

June is already upon us as this first half of the year has flown by! Here are a few updates:

- Town Hall Update: Michael and Kara were invited to the Resident Council meeting on April 17<sup>th</sup>. We reported on all that is happening at the Federal and State level regarding Social Security, Medicare and Medicaid and HUD funding. We plan to have follow up meetings for you as we learn about the 2026 budget, which Congress is starting to work on.
- Kavod Beautification Project Update: Several pieces of furniture arrived in the east and south lobby areas. We hope people are enjoying the new look. Thank you to everyone who took time to give feedback on the color schemes for the floors. Hopefully by this publication, the wall covering has been installed on each floor. The furniture for each floor will come soon. We hope residents on each floor will take ownership to ensure furniture is not removed.
- New Washers and Dryers: During the last week of April, new washers and dryers were installed in the south and west laundry rooms. With all large projects,

such as this, there are hiccups.

Unfortunately, the east laundry room was out of service due to the age of the shut off valves, which created a large leak and flooding. The flooding impacted the front desk area and office areas. The Facilities team did a great job to mitigate the flooding as it happened. There were also some programming issues of the washers and dryers, but have since been fixed. We appreciate your patience as we sort through the kinks. Please look for signs in the laundry rooms with tips and instructions on how to effectively use the machines. **Any machine issues and refunds should be reported through the CSC Servicesworks app, phone number, or website – these are posted on the machines and there is a poster with this information. Please DO NOT bring these issues to the front desk. They will redirect you to report directly to CSC Serviceworks.**

- New staff: We made the decision during our budget process to have a wellness coordinator on staff 7 days a week in our assisted living program. We have now hired both those individuals. Welcome Sean Dunlop and Juliet Davis in these important roles. In addition, Jordan Barry is our data analyst. He helps with all our surveys and grant collection. Farewell to Cindy Sagehorn, our leasing assistant. She is retiring after 15 years. We wish her a wonderful retirement and thank her for everything she handled over the years.
- Please make every effort to attend Resident Council meetings. This is another great way to hear about issues happening at Kavod.

*Michael Klein & Kara Harvey*



**Please thank  
The Life  
Enrichment Team!**

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

Madison Magor, Life Enrichment Activity Assistant

**(Also known as the “Activities & Volunteer” department at Kavod)**

**Did you know** that the bands that perform around Kavod for various special events and activities are provided by Life Enrichment?

**Did you know** that all of the Happy Hours, Birthday Parties, Birthday gifts, wine, beer, and snacks are provided by Life Enrichment?

**Did you know** that **ALL** of the trips scheduled and planned each month are provided by Life Enrichment?

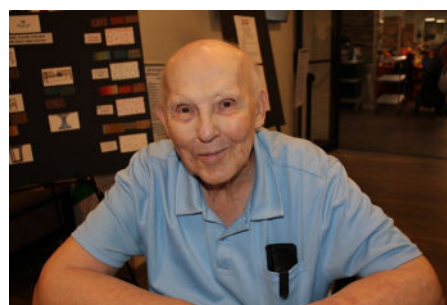
**Did you know** that Touchtown and the monthly *Voice* & Calendar come from Life Enrichment?

**Please take a minute when you see this hardworking team to thank them for all these things and SO much more!**

## Life Enrichment



**Genny Hale**  
**Life Enrichment, Volunteer Engagement Coordinator**



Ninety-seven year old **Marvin Frieber** is an inspiration. On April 30<sup>th</sup> Marvin was one of the featured panelists for the Kavod Space Odyssey Program. He spoke about his work with the Apollo space missions when he worked for General Motors which contracted with NASA to build gyroscopes and accelerometers for the space missions. He was such an engaging presenter and those in attendance were amazed by his incredible telling of his life story.

(Continued next page)



## Marvin Friebert

(Continued)

Originally hailing from Milwaukee, Wisconsin, Marvin and his lovely wife, Annette, have lived at Kavod for about 3 years. More amazingly married in 1951, Annette and Marvin have been married well over 70 years.

Annette herself is very active at Kavod and such an interesting person to speak with. Marvin and Annette both volunteered to work for years at a blood bank years ago in Milwaukee which Marvin said was very rewarding. Marvin's mother was head of B'nai B'rith in Milwaukee and Marvin was in the B'nai B'rith boys club. Marvin said that a good volunteer is good with people and has to be a good listener.

As a child, Marvin remembers growing up during the Great Depression and how neighbor helped neighbor including his own parents. Marvin started out his career in service to the country as a WWII vet serving in the Navy. Upon completion of a two year stint there, he went on to earn a degree in Engineering from the University of Wisconsin. He beams when he speaks of his career saying he absolutely loved it and his boss too. He eventually worked his way up to being a General Supervisor of Manufacturing.

Thank you Marvin, and Annette too, for your service to the country and for presenting at the space program at Kavod. Here's to you!

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 3<sup>rd</sup> floor bridge.**

If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at [ghale@kavodseniorlife.org](mailto:ghale@kavodseniorlife.org).

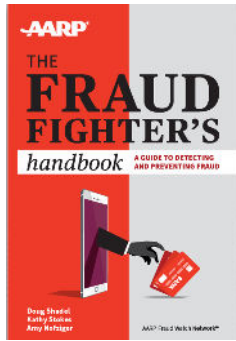


After a trial run of having residents sign up for tech help at the front desk, the decision was made that starting in June, residents will once again call Genny Hale, Kavod's Volunteer Engagement Coordinator, to schedule tech help appointments with Lauren and Jacob who are the current tech help volunteers.

It is likely Kavod will be getting a third tech help volunteer in June as well but we'll keep you posted. Appointments are for 30 minutes. Lauren comes once per week usually on Wednesdays from 4:30 pm to 6:00 pm. Jacob comes twice monthly (check with Genny for times for tech help with Jacob).

You can call or email Genny at 720.382.7820 or at [GHale@kavodseniorlife.org](mailto:GHale@kavodseniorlife.org).



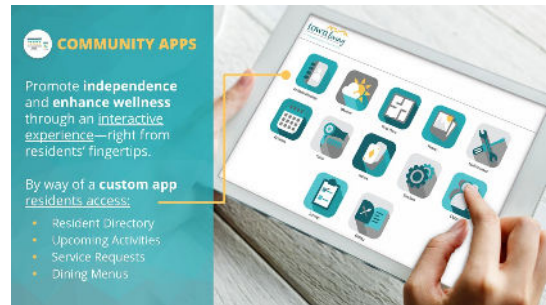


Each month we will bring you a tip from the AARP book, "The Fraud Fighter's Handbook," which was gifted to us by a recent Lunch & Learn speaker.

### ONLINE GAMING ALERT

Always be alert for people who approach you online in an unsolicited manner and/or who ask for gift cards; or for you to send them bitcoin money or money in other forms.

**Never give out your personal information either!** It's not uncommon for fraudsters to approach unsuspecting people who are playing benign games online like Poker or Words with Friends as examples. The criminals befriend online gamers and pretend to be romantically interested and then start asking for money. **Remember to always be skeptical and if in doubt talk to a trusted family member if you are approached online while gaming.**



### Life Enrichment is excited to help you learn about this **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 or call Susan at 720-382-7849.**



## 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.



## FROM UROS, SYSTEM ADMINISTRATOR

Kavod Senior Life provides limited access to basic wireless internet service with speeds up to 15 Mbps at no charge. This service is available through a shared connection among Kavod's 400 apartments, and is designed for general web browsing only.

Streaming video and audio services through this connection is not recommended, and could result in poor quality playback. In order to ensure network security, Kavod Senior Life will intentionally block some websites that are deemed unsafe to the ongoing operation of the network. Blocked websites cannot be unblocked. Residents desiring faster speeds or dedicated internet services may contact Comcast, Century Link, or other wireless companies (T-Mobile, Verizon, or AT&T) to purchase an independent service plan. Residents who choose an independent service plan will be responsible for installation and monthly services costs.

## TRIPS FROM LIFE ENRICHMENT



**For the Assisted Living trips, the Kavod Van will pick you up in front of the WEST building.** Be sure to be in the West Lobby 15 minutes before departure time! ***Signup with Susan at 720-382-7849. Reservations are required.***



### ***King Soopers Shopping trip*** **Friday, June 6**

**\*Depart at 2:00 pm in front of West Building**

**Be sure to bring cash or your credit card for this shopping trip.**

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



**Monday, June 9**  
**9 am – Van trip**

### **Nick's Garden Center & Farmer's Market**

Thanks to a grant we received, we will take you to Nick's Garden Center at no cost to you to shop for some indoor plants and flowers for your apartment! **Everyone will be able to pick out several potted plants, potting soil, garden gloves and a gardening tool of your choice.**



**Monday, June 9**  
**12:15 pm – West Gardens Area**

**After lunch, please join us at 12:15 pm in the West Garden Area and we will help you get your new plants potted and ready for your apartments.**

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



## TRIPS FROM LIFE ENRICHMENT



**Wednesday, June 11**

**9:30 am – Van Trip**

### **Titanic: An Immersive Voyage**

**On the Anniversary of the Titanic's Sinking,  
Experience Its Story Like Never Before**

Join us for a once-in-a-lifetime expedition to experience ***Titanic***, the most luxurious ship to ever set sail. Featuring more than 300 artifacts, dramatic room re-creations, never before seen 3D views, video animations, and cutting edge technology, ***Titanic: An Immersive Voyage*** tells the story of the RMS Titanic like never before.

Witness the ship's construction, walk her glorious halls, come face-to-face with the Iceberg, and experience the dramatic final moments in our immersive galleries.

Titanic: An Immersive Voyage is a powerful, emotional retelling of the Titanic story that includes an unprecedented virtual tour of the wreck site more than 2.5 miles beneath the sea.

**After the 60 – 90 minutes Titanic tour, we will depart for lunch at a nearby restaurant.**

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

Contact Jackie at 720-382-7848 for questions or assistance with registration.



**Morning Keynote:**  
**Colorado Attorney General Phil Weiser**  
*Protecting Older Coloradans*



**Afternoon Speaker:**  
**Dr. Cary Levy, CU Medicine**  
*Scientific Pearls to Optimize Body and Brain Across the Lifespan*

Join us for our 12<sup>th</sup> annual event full of education, inspiration and information on living well in the second half of life!



**Positive Aging Conference**

**Wednesday, June 18**  
**9:00am - 2:30pm**

Temple Emanuel | 51 Grape Street, Denver  
**Cost: \$18** includes a light breakfast & lunch  
A Kavod van will be leave Kavod at 8:45am and return at 2:40 AT NO CHARGE - sign up at the front desk.

**SCHEDULE**

9:00 – 9:45am: Check-in, Light Breakfast & Resource Fair  
9:45 – 11:00am: Opening and Morning Keynote  
11:15 – 12:15pm: Breakout Workshops (5 choices)  
12:15 – 1:00pm: Lunch & Resource Fair  
1:15 – 2:30pm: Afternoon Speaker and Closing

April 15: Online registration opens and paper registration forms available at the front desk.  
**Let the front desk know if you need transportation.**  
**KavodSeniorLife.org/Conference**  
Questions: Jackie Schwartz - 720.382.7848

**Conference Sponsors**

Major Sponsor: **ANB Bank**

Key Sponsor: **Amanda Sawyer**

Essential Sponsor: **OFFICE ON AGING**

**Kavod on the Road Partners**

Thruway Express, Midway Educational Alliance, BMH\*BJ, J, Jewish Family Service, Shalom Park, Feldman, JGSCO, Office on Aging, Alzheimer's Association, United Way, Kavod on the Road, Kavod on the Road, Kavod on the Road

**A Kavod van will be available for pick up at 8:45am and return at 2:00pm at no charge.**

**The conference will feature:**

- **Keynote speaker Attorney General Phil Weiser**
- **Breakout sessions**
- **Resource fair with helpful services & vendors**

**Cost: \$18** includes a light continental breakfast and lunch

Online registration will open in April and paper registration forms will be available at the front desk by June 1. Please let the front desk know if you will need transportation.

**<https://kavodseniorlife.org/conference/>**

**Contact Jackie at 720-382-7848 for questions or assistance with registration.**



## TRIPS FROM LIFE ENRICHMENT



### ***Super Target Shopping trip***

**Monday, June 23**

\*Depart at **2 pm** in front  
of **West** Building

**Be sure to bring cash or your credit  
card for this shopping trip.**

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



**Monday, June 30**

**10 am – Van Trip**

### **Georgetown Loop Railroad Train Ride & Lunch in historic Georgetown**

Join us as we travel to historic  
Georgetown, Colorado, ***only 45 miles***

***West of Denver.*** The Georgetown Loop Railroad® was one of Colorado's first visitor attractions. Completed in 1884, this spectacular stretch of three-foot narrow gauge railroad was considered an engineering marvel for its time.

**The Train Depot has restrooms that we will use before and after the train ride.** After the 1 hour and 15 minute train ride, we will drive into town for lunch.

We will depart at ***approximately*** 3 pm to return to Denver.

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

## Assisted Living Activities



**Mondays**

**Piano Sing Along  
with Christine**

**5:15 pm - Gathering Room**

Join Christine on the piano right after dinner to sing and reminisce with favorite old songs.



**Tuesday, June 3**

**12:15 pm - Gathering Room**

**“United Nations”**

Formed in 1945 in the immediate aftermath of a second world war, the United Nations was intended (in the words of its founding Charter) “to save succeeding generations from the scourge of war”. Join Active Minds as we examine the origins and development of the U.N. as well as its current and future role in the world.



**Wednesday, June 4**

**BUNCO Games with Lauren!**

**10 am - Gathering Room**

Join Lauren, the Assisted Living Care Coordinator for some Bunco fun! Learn how to play Bunco, a simple dice game that is perfect for socializing and entertainment. No special skills are needed—just roll dice, follow the rules and have fun!



**Wednesday, June 4**

**Painting & Wine with Polly**

**5:15 pm - Gathering Room**

Join your friends and neighbors for a fun evening of painting and wine! **No cost**, professional instructor, all materials, wine and laughter are provided!

## Assisted Living Activities



**Thursday, June 5**

**12:15 pm – Gathering Room**

### **What's Happening this month with Life Enrichment**

Join Susan from Life Enrichment to hear about this month's classes, events and trips!

\*Bring your monthly Voice and Calendar.

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



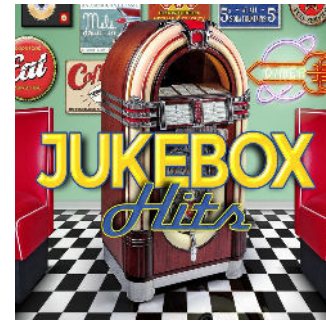
**Monday, June 9**

### **Potted Plant Project**

**12:15 pm – West Gardens Area**

After lunch, please join us at 12:15 pm in the West Garden Area and we will bring your potted plants you selected on the Nick's Garden trip to help you get your new plants potted and ready for your apartments.

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



**Thursdays, June 12 & 26**

**5 pm – Gathering Room**

### **Dancing to the Oldies**

Join your friends and neighbors twice a month after dinner for a fun hour of toe tappin tunes and dancing to the oldies!



**Fridays, June 13 & 27**

**2 pm – Mt. Blue Sky**

### **TimeSlips with Elizabeth**

Join Elizabeth for a fun hour of TimeSlips, a creative storytelling adventure that uses imagination instead of memory to help people connect and grow.

We will use a photograph to spark conversation and then weave responses into a story. Everyone contributes to the making of the story.

## Assisted Living Activities



**Tuesdays, June 10 & 24  
10 am – Gathering Room**

### **Gratitude Sharing with Susan**

*Gratitude makes for a positive attitude!*

Listen to speakers share about happiness, and delve into a variety of tasks to explore gratitude in new ways. We will discuss things we are grateful for, in addition to reading positive stories together. You will also be invited to share your daily thoughts on gratitude with a ***gratitude journal***, provided at no cost to you.



## **Father's Day Celebration Concert**

**Sunday, June 15**

**12:15 pm – Gathering Room**

Happy Father's Day! Join your friends and neighbors for a fun hour of music by The Sweet Peas Trio, you don't want to miss these talented performers!



## Assisted Living Activities



**Wednesday, June 11**

**12:15 pm – Gathering Room**

### **Birthday Celebration & Concert**

Enjoy a fun afternoon of music, dessert and dancing! ***If you have a birthday this month you will receive your birthday gift at this party.***

**Everyone welcome, come even if it's not your birthday to celebrate with your friends and neighbors!**



## Assisted Living Activities

# DENVER BOTANIC GARDENS

**Friday, June 20**  
**12:15 pm – Gathering Room**

**Denver Botanic Gardens**  
*presents*

***Sensory Adventures at Kavod***

**Denver Botanic Gardens comes to you!** A horticultural therapist will work with us to create nature-based experiences that take place right here at Kavod. Each program will be different and designed to fulfill participant goals while providing an enriching and engaging opportunity.



**Tuesday, June 24**  
**12:15 pm – Gathering Room**

**“Colorado Music”**

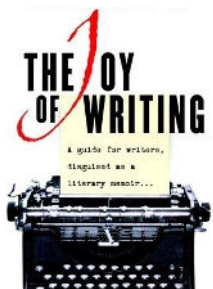
The natural beauty of Colorado has always attracted and inspired musicians. From America the Beautiful to Aaron Copland’s “Rodeo” there is no shortage of music composition with a Rocky Mountain heart. In this Active Minds program, we’ll hear some compelling samplings from musicians with connections to Colorado including Glenn Miller, Bill Douglas, Pulitzer finalist Carter Pann and more.



**Wednesday, June 4**  
**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!



### **Joy of Writing with Denny**

**Thursdays, June 5 & 26**

**\*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.



**Kavod Readers Theatre performs ...**

### ***Scenes from Wizard of Oz***

**Thursday, June 5 and Monday, June 9**

**6 pm – Pikes Peak**

A cyclone gives Dorothy a glimpse of what life would be like over the rainbow, far from her Kansas home. Join Dorothy on the adventure of a lifetime as she encounters new friends, tricksters, an evil wicked witch and flying monkeys making her realize,  
**"There's no place like home!"**

Doors open 15 minutes prior to show time through the Mt. Blue Sky room.

A light reception will follow each performance.

Arrive early to get your seat to this must-see performance!



**Sunday, June 8**

**2 pm - West Building, Top Deck &  
Pikes Peak**

Please join us for a fun afternoon  
of **LIVE music and ice cream!**



**B'nai B'rith volunteers** will be serving  
delicious ice cream from Denver's iconic  
**Bonnie Brae Ice Cream shop.**

**No cost or signup required, just drop in!**

**Everyone welcome!**



**Father's Day Bash:  
BBQ, Brews & Good Times**

**Thursday, June 12**

**11:30 am - West Building, Top Deck &  
Pikes Peak**

***Calling all Men at Kavod!  
Join us to celebrate you being a dad, or  
celebrate your own dad!***

Enjoy a **Father's Day Bash**, a delicious BBQ  
with Sirloin burgers, quarter pound hot dogs,  
veggie burgers, potato salad, ice cold Beer  
and Root Beer, and LIVE music with Rick  
Weingarten on the Deck, with Life  
Enrichment!

***No cost, but please call Susan at 720-382-7849  
to sign up.***

***If you forget, just drop in anyway! We'll have  
some extra Food grilling!***





**Wednesday, June 18  
5:30 pm – Dining Room**

**Juneteenth Celebration:  
The Bella Diva Samba  
and Afro Brazilian Dancers**

Join us today to honor and celebrate Juneteenth, a holiday commemorating the emancipation of enslaved people in the US.

The holiday was first celebrated in Texas, where on that date in 1865, in the aftermath of the Civil War, slaves were declared free under the terms of the 1862 Emancipation Proclamation.

Enjoy a special performance of the Bella Diva World Dance Troupe, a Denver-based international dance company striving to bring the magic of global movement to Colorado.

**Everyone welcome!**



**Monday, June 23  
6 pm – Pikes Peak  
Pride Week Happy Hour  
& Drag Queen Bingo**

***All are welcome, accepted, celebrated, encouraged, respected and loved here!***

Join us as we celebrate Pride Week with a Happy Hour and Drag Queen Bingo!

We welcome Denver's premier Drag Queen, "America Jackson" and friends to Kavod to play some **Drag Queen Bingo** as well as performing!

We will have lots of decorations, Pride Week giveaways, **special bingo prizes**, wine, beer and soda to enjoy!

**Everyone welcome!**



**Tuesday, June 24  
12:00 pm – EAST Building 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!



### ***Upcoming “Kavod Programs Survey” to support H&W programming!***

Kavod wants to hear from you! We received a generous grant from the Phillips Foundation to offer Health-related programming to residents. Without this funding we would not be able to have the programming and opportunities we currently do! We appreciate your feedback and support with completing the survey!

Surveys will be delivered to your boxes on Monday, June 16th. Please complete and return to the front desk by June 27th to be entered into a raffle! If you need any assistance, please call 720.382.7838. Thank you!

### ***Pump it for Parkinson’s***

Thank you to everyone that met us on the NuSteps last month for Pump it for Parkinson’s on April 17<sup>th</sup>! We surpassed our goal of 75,000 steps by 6pm! It was an incredible day with some residents pumping over 5,000 steps! Our lucky winner of a brand new pair of shoes was Lois! Thank you Lois and everyone that helped us reach our goal and bring awareness to Parkinson’s!!

### ***Phone Usage in H&W Programming***

It has been requested by instructors and fellow residents that you please place your ringer on vibrate, silent or to not bring it to class as they are often a disruption when they go off during class. If you are expecting a call

please answer immediately and step out of the room. Thank you so much!

### ***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 June 2025**

**Thursday, June 5<sup>th</sup>**

**9am – Denver Botanic Gardens  
Forest Bathing Trip**

Forest Bathing is a nature based Well- Being Practice, drawing upon the beauty, awe, and wisdom in nature. Come join us for a relaxed beautiful walk in the gardens!

(Continued next page)



### **Thursday, June 5<sup>th</sup>**

#### **9am – Denver Botanic Gardens Forest Bathing Trip**

(Continued)

You will experience:

- beauty and wisdom of different parts of the gardens
- slow paced walking
- voluntary nature-engagement activities
- specific sequence of activities that guide you to have your own unique experience
- personal reflection time
- listening to and sharing with others
- an informal Tea Ceremony at the end (unfortunately not in the Tea House)

Afterwards you will have your own time to time explore the gardens and/or to have lunch there.

Your Guide is Susan Kaplan, MSW, a Courage & Renewal Facilitator and Wellness Practitioner with Forest Bathing Guide, Forest Therapy Intervention Practitioner, Walk & Talks, Yoga, and Mindfulness practices.

Please sign up at the front desk! Fee is \$5 for residents for transportation.

*\*This is an extension of our Soul of Aging Series if you are interested in joining the series please speak with Susan at the event, Rabbi Steve or Amanda Bircham.*

### **Monday, June 9<sup>th</sup>**

#### **11am – HWC/Pikes Peak**

#### **Lunch n' Learn: Hip Health with Bret & Tripp**

Hip health for older adults is crucial for maintaining mobility and independence. Regular exercise, a balanced diet, and proactive health management are key to preventing and managing hip-related issues like osteoarthritis and fractures. Please join Bret Huotari, as he guides a discussion on hip health and how to start taking better care of your hips! Lunch will be served!

### **Mondays**

#### **2pm—HWC/Mt Blue Sky**

#### **The Power of Myth**

Join us as we explore "The Power of Myth"! Joseph Campbell was an author, a professor, and a student of mythology. The Power of Myth connects Campbell's knowledge of human mythology (archetypal stories in various cultures) to our daily lives, giving us inspiration, perspective on the human condition that we are part of, and self-compassion. This is a great opportunity for guided discussion on how this book can inspire us to lead our own Hero's Journey through life!

### **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, June 11<sup>th</sup>**

**9am – 1pm – HWC/Mt Blue Sky**

**\*APPOINTMENT REQUIRED\***

**Vet Clinic**

Dr Fishman is back to serve your animal needs! We have received funding to support every animal that signs up for a well visit and HUD required vaccines (up to \$100/apartment). Please sign up at the front desk. The vet clinic will be monthly through the rest of the year!

**Wednesday, June 11<sup>th</sup>**

**1pm – HWC/Pikes Peak**

**Herbalism Series with 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 2<sup>nd</sup> Wednesday from 1-2pm.*

**Wednesday, June 11<sup>th</sup>**

**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, June 12<sup>th</sup>**

**1pm – HWC/Pikes Peak**

**Legacy's 14<sup>th</sup> Birthday Ice Cream Social**

Join Legacy for an Ice Cream Social event on June 12th at 1:00 in Pikes Peak! Come meet our new physical therapist, Kelly, and celebrate 14 years of Legacy at Kavod with some other familiar faces!

**Tuesday, June 17<sup>th</sup>**

**11am – HWC/Mt Blue Sky**

**Community Herbal Foot Soak**

Community Herbal Foot Soak's will be offered seasonal with Herbalist, Liz Faermark. This month the focus for the herbal soak will be for alleviating pain (specifically nerve pain).

**You must sign up in advance for this class.**

There will be no "day of" drop in's due to space.

**Thursday, June 26<sup>th</sup>**

**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. *\*Cancelled for June 19<sup>th</sup> to observe Juneteenth.*



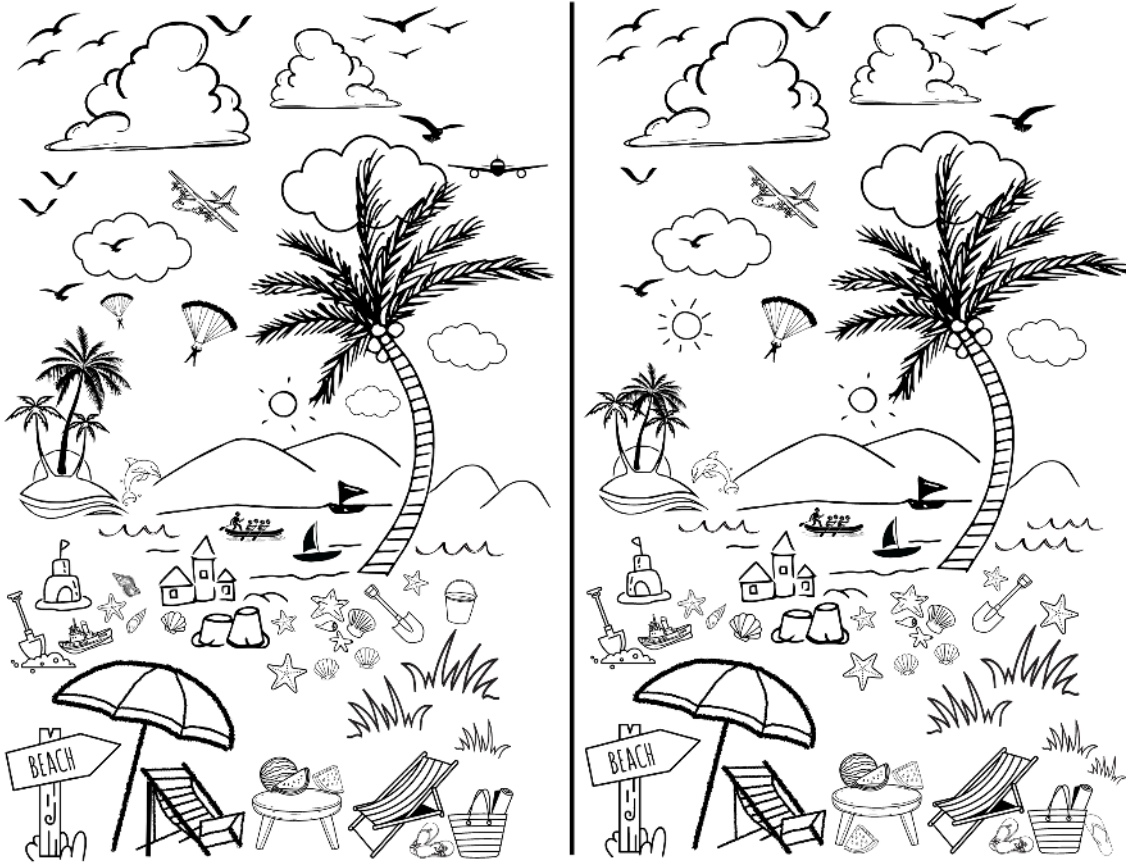


# Legacy

**HEALTHCARE  
SERVICES**

**Did you know?** June 20<sup>th</sup> is the first day of summer in the Northern Hemisphere this year!

## Can you spot the 20 differences between these two pictures?



Join Legacy for an Ice Cream Social event on **June 12th at 1:00 pm** in Pikes Peak! Come meet our new physical therapist, Kelly, and celebrate 14 years of Legacy at Kavod with some other familiar faces!

**Legacy Healthcare Services offers on-site physical, occupational, and speech therapy.  
Curious to learn more? Give us a call or visit us in the Health & Wellness Center!  
303-321-2452**



## April Gifts

### GENERAL

Nathaniel Blonnt  
Sandra Brodsky  
Linda Chambers  
Evelyn Dean-Olmstead  
Stuart Emery  
Scott & Bev Fisher  
Sheldon & Elaine Hayutin, In Memory of Jean  
Kamer, z"ll  
Harrison S. & Angela Howard  
Victoria Khamov, In Memory of Sara Moses,  
z"ll  
Willson Klein  
Scott & Laure Levin, In Memory of Jean  
Kamer, z"ll  
Jessica Raiche, In Memory of Sara Moses, z"ll  
Ada Segan  
James Wick  
Karen Wollman

### GRANT - SECURITY

State of Colorado

### KAVOD ON THE ROAD ANNUAL CONFERENCE SPONSORSHIP

Office on Aging Agency for Human Rights &  
Community Partnerships

### KAVOD ON THE ROAD ANNUAL CONFERENCE

Herbert Brodsky  
Berdine Clumpus

Nancy Crawford  
Wendy Davis  
Mona Kahn  
Wally Klatch  
Phyllis Lann  
Ann & Manuel Martin  
Beth Nelson  
Adrianne Pfleiderer  
Dorothy Resnick  
Barry & Esther Shafran

### KAVOD ON THE ROAD

Jean Driscoll  
Pearl Kirschman  
Diane Weiner

### SUMMER EVENT 2025 SPONSORSHIPS

Jon & Jamie Sarche

### SHUL

Alla Khazanova, In Memory of her family, z"ll  
Sofia Merimsky, In Memory of her family, z"ll