





# Kavod Senior Living at Cherry Creek






## Activity Calendar — JUNE 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b><i>Room Location Guide:</i></b> 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	<b><i>Color Guide:</i></b> <b>Blue</b> = Life Enrichment classes <b>Green</b> = Life Enrichment Trips <b>Purple</b> = Health & Wellness classes <b>Black</b> = Religious or Other classes					
<b>1</b> 12:00 Piano Music while you dine by Christine-DR  3:00 Painting & Wine with Polly—Pikes Peak	<b>2</b> 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 *11:45 JFS Food Bank & Pantry - trip 1:00 Opening Minds through Art—Pikes Peak 2:00 “What’s Happening at Kavod” Coffee & Dessert with Life Enrichment -SHC 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	<b>4</b> 9:00 Mountain Balance—Pikes Peak 10:00 English Language Practice—MBS 10:00 Gentle Yoga—Pikes Peak 11:00 Therapeutic Grief Group-MBS *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 Doug Sanders Piano Music -DR 4:30 Tech Help-3rd floor bridge 6:00 Mahjong Evening Players—3rd floor bridge	<b>5</b> 9:00 Tai Chi—Pikes Peak 9:00 Denver Botanic Gardens “Forest Bathing ” — trip *NEW 11:00 Advanced Bridge Players Group—3rd floor bridge 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice Group—MBS 4:30 Piano Music by Tory—DR 6:00 Kavod Players <i>presents</i> “Scenes from the Wizard of Oz”—Pikes Peak & MBS	<b>6</b> *9:00 King Soopers—trip 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 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  *2:00 Ice Cream Social with B’nai B’rith Volunteers & LIVE Music—Pikes Peak & West Top Deck	<b>9</b> 9:00 Mountain Balance—Pikes Peak NO Bingo today 11:00 Health & Wellness Lunch & Learn: “Hip Health with Bret & Tripp”—Pikes Peak 11:30 Best of the Rest—SHC 2:00 The Power of Myth—MBS 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 Bridge Players Club-3rd Flr Brdg 10:00 Boxing for Seniors-Pikes Peak 10:00 Gratitude Sharing-GR *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 Cousins Coloring—SHC 6:00 Computer 101 Workshop—MBS	<b>11</b> 9:00 Mountain Balance-Pikes Pk *9:30 Titanic: An Immersive Voyage—trip 10:00 Low Vision Support Group—GR * 10:00 English Language Practice—*Blue Spruce (MOVED to Blue Spruce today ONLY) 10:00 Gentle Yoga—Pikes Peak 11:00 Therapeutic Grief Group-MBS 1:00 Herbalism Series with Jenna-PP 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Tech Help—3rd floor bridge 6:00 Mahjong Evening Players—3rd floor bridge	<b>12</b> 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak *NEW 11:00 Advanced Bridge Players Group—3rd floor bridge *11:30 *Special Event! Father’s Day Bash: BBQ, Brews & Good Times—Top Deck West Building 1:00 Legacy Ice Cream Social—Pikes Peak 2:30 Mindfulness Practice—MBS 3:00 Travel Club-Pikes Peak	<b>13</b> *9:30 Super 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	<b>14</b> 10:00 Shabbat Services- with Seth Ward -SH  

Kavod Senior Living at Cherry Creek  
Activity Calendar — JUNE 2025

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>15 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div> <div>12:45 Father's Day "Sinatra Tribute" Concert Celebration</div> <div></div>	<div>16 9:00 Mountain Balance—Pikes Peak</div> <div>10:30 Bingo—Pikes Peak</div> <div>11:00 Conversations 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>*3:00 Mountain Casino—trip</div>	<div>17 9:00 Tai Chi—Pikes Peak</div> <div>10:00 Bridge Players Club-3rd Floor Bridge</div> <div>10:00 Resident Council "Give &amp; Take" - 3rd Floor Bridge</div> <div>10:00 Boxing for Seniors-Pikes Peak</div> <div>11:00 Community Herbal Foot Soak-HWC/MBS</div> <div>*11:45 JFS Food Bank &amp; Pantry—trip</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>5:15 Birthday Celebration &amp; Concert with "Leonard Barret Bistro &amp; Main DR</div> <div>6:00 Cousins Coloring—SHC</div> <div></div>	<div>18 9:00 Mountain Balance-Pikes Peak</div> <div>*8:45 Kavod on the Road Positive Aging Conference—trip</div> <div>10:00 English Language Practice-MBS</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>11:00 Therapeutic Grief Group-MBS</div> <div>1:00 Active Minds "Istanbul: Biography of a City"—Pikes Peak</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—DR</div> <div>6:00 Mahjong Evening Players—3rd floor bridge</div>	<div>19</div> <div>Offices Closed for Juneteenth</div> <div></div> <div>4:30 Piano Music by Tory—DR</div>	<div>20 *9:00 King Soopers—trip</div> <div>9:00 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>12:30 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>22 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div> <div>12:00 Piano Music while you dine by Christine-DR</div>	<div>23 9:00 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 The Power of Myth—MBS</div> <div>6:00 *Special Event! Pride Week Happy Hour &amp; Drag Queen Bingo—Pikes Peak &amp; MBS</div> <div></div>	<div>24 *9:00 Pollywog Lavender Farm—trip</div> <div>9:00 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>2:30 Mindfulness Practice Group—MBS</div> <div>6:00 Cousins Coloring—SHC</div>	<div>25 9:00 Mountain Balance-Pikes Pk</div> <div>10:00 English Language Practice-MBS</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>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>26 9:00 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 "Mama Mia" at DCPA—trip</div> <div>1:00 Resident Council—Pikes Peak</div> <div>2:30 Joy of Writing with Denny—SHC</div> <div>2:30 Mindfulness Practice—MBS</div>	<div>27 9:00 Relaxation Hour—Pikes Peak</div> <div>10:00 Gentle Yoga—Pikes Peak</div> <div>*11:00 Super Target—trip</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>28 10:00 Shabbat Services-with Seth Ward—SH</div>
<div>29 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div> <div>6:00 Rosh Chodesh Group with Malka—SHC</div>	<div>30 9:00 Mountain Balance-PP</div> <div>No Bingo today</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></div> <div>PREVIOUS PAGE</div>

JUNE 2025

## Connie's CORNER



Hi Everyone,

Please note, for safety reasons, **alcohol is not permitted on ANY trips or outings!** This includes purchasing alcohol at a theatre, restaurant or any venue we travel to.

**Be sure to join us for Coffee & Dessert this month at the informative "Life Enrichment What's Happening at Kavod" on Tuesday, June 3rd at 2 pm in the Shul Classroom.**

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](mailto:cmoore@kavodseniorlife.org)

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



## Spotlight

**Titanic: An Immersive Voyage**  
**June Van Trip**

### 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.

***ALL details in the "TRIPS" section of this Voice.***

## Welcome New Residents



Honor. Community. Jewish Values.

## 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*



## Resident Council Meeting

**\*\*Please note! The June meeting date is June 26 due to JUNETEENTH Holiday Closing:**

**Thursday, June 26  
1 pm – HWC/Pikes Peak**

I can't believe how fast time flies when you're having fun. Our bake sale was a huge success. We had pies, cakes, cookies and delicious pastries. We were sold out before it was time to pack up. Thank you, everyone, for your support.

**Our School Supply Drive is starting June 1<sup>st</sup> and ending July 17<sup>th</sup>.** All items will go to the school-aged children in the homeless shelter. We will have a collection box for you to put supplies in on the **3<sup>rd</sup>-floor bridge every Friday** during ice cream sales from 1pm – 2:30pm. There will also be a box in front of apartments in each building for your convenience. **408East, 802West, and 124South**, or ask someone on the resident council board, and we will be glad to pick up the supplies from you. **Below is a list for ALL grades, K-12. The Dollar Tree has most if not all of these supplies.**

**THESE BOXES ARE FOR RECEIVING ITEMS ONLY. THEY ARE NOT FOR THE TAKING**

### **Supplies Needed:**

\*Backpacks (new or slightly used) \* Pens \* Pencils  
\* ruler \* calculator \* lined loose leaf paper \* 1" binders \* black thin dry erase markers \* pocket binders \* 24 count crayons \* refillable water bottle \* primary composition notebook \* pencil supply box \* pink erasers \* plastic folders w/pockets \* blunt scissors \* glue sticks \* ziplock storage \* quart \* sandwich \* snack \* gallon bags \* Kleenex \* paper towels \* Clorox wipes \* Elmer school glue \* colored pencils \* plastic 2 pocket

folders w/ prongs \* washable markers \* pack of colored highlighters \* pack of sticky notes.

**\*\*\*\*Correction to the May Voice... The next Give & Take will be on Tuesday, June 17<sup>th</sup> from 10am – 2pm on the bridge.** One man's junk is another man's treasure

Join the **Current Events** discussion group every **second and third Tuesday** in the shul classroom. **It is nonpartisan and all are welcome.**

### **Speakers for our June meeting are:**

**\*\*Lydia Van Der Vorst.** Lydia is Kavod's Low Vision Coordinator. She'll discuss what she does and how she helps low vision residents. Q & A.

**\*\*Nolan Zibrak,** Founder & CEO of the Golden Voice Outreach. They provide virtual companionship for older adults with a weekly phone call.

Contact us at [kavodresidentcouncil@gmail.com](mailto:kavodresidentcouncil@gmail.com) or call Karen or Roz

### **Executive Board**

Resident Council Co-Chairs:

\*Karen Wollman Apt. 805 E  
Phone # 918-815-2995

\*Roz Brooks Apt. 920 E  
Phone # 303-726-8781

**Secretary** \*Beverly Bolden apt. 408E

### **Board & Program / Planning Committee**

\*Sandy Brodsky

\*Agnes Zeffreys

\*Doug Krug

\* Linda Mason Gallagher

\* Bob Lawrenson

\*Tracy Chamberlin \*



**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.**

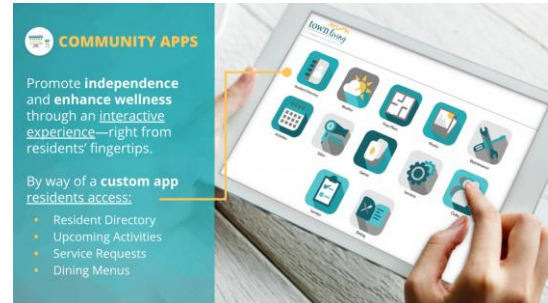
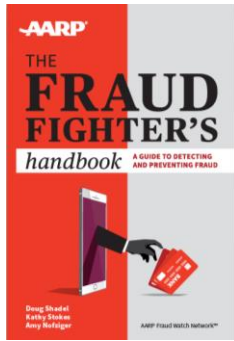
If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at [ghale@kavodseniorlife.org](mailto:ghale@kavodseniorlife.org).



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.



## Call for Art: Kavod Art Gallery

Are you an artist? Do you have a craft or hobby you are proud of?

Consider displaying your handiwork in the Kavod Art Gallery!

Located in the South building, this glass area is designated to highlight Kavod resident creativity.

If interested, please contact Elizabeth Stanbro at [ESTanbro@KavodSeniorLife.org](mailto:ESTanbro@KavodSeniorLife.org) or call her at 303.476.0185

# **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](mailto: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, June 6, 13 & 20**

**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, June 5  
9 am – Van Trip**

**Denver Botanic Gardens  
“Forest Bathing”**

***\*Please note: This trip is for Kavod Residents ONLY.***

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 and 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)

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.

***\*Seating is limited.*** Afterwards you will have your own time to time explore the gardens and/or to have lunch there.

**Cost Residents: \$5 transportation  
Deadline: June 4**

# Upcoming Trips



**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.**

**Residents Cost: \$35 - lunch not included**

**Non-Residents Cost: \$45 - lunch not included**

**Deadline: June 3**



**\*PLEASE NOTE DIFFERENT TIME THIS MONTH!**

**Monday, June 16**

**\*3 pm – Van Trip**

## **Colorado Mountain Casinos**

***NEW day and time in June!*** Join us as we depart for the mountains for a **full EVENING of fun!**

We drop everyone off at the Lodge casino in Blackhawk. You are welcome to go to whatever casino you choose.

**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.

Route and schedule information can be found at: [www.CityofBlackHawk.org](http://www.CityofBlackHawk.org) or by contacting MV Transportation at 303-761-3145. ***All buses are ADA accessible.***

**We will depart at 8 pm to return to Kavod.**

**Please be sure to be back at the designated spot given by our driver and staff by 8 pm to depart back to Denver.** If you are not a gambler, just go for the beautiful mountain ride and enjoy dinner in one of the Casinos!

**Cost Residents: \$8**

**Cost Non-Residents: \$10**

**Deadline: June 14**

# Upcoming Trips

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!



## Kavod

### ON THE ROAD

### 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:  **Ananda SAWYER**

Essential Sponsor:  **OFFICE ON AGING**

**Kavod on the Road Partners**

 **Temple Emanuel**  
 **Holocaust Educational Alliance**  
 **FELDMAN**  
 **JGSCO**  
 **Jewish Family Service**  
 **Shalom Park**

**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.**



## 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**



# Upcoming Trips



**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**



## **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**



## TRIPS Coming in JULY 2025!



**Thursday, July 31**

**7:30 am– trip**



### **Grand Lake & Pontoon Ride in the Rocky Mountains**

Travel with the Life Enrichment team and enjoy an amazing day at Grand Lake, Colorado. Established in 1881, Grand Lake sits at an **elevation of 8,369 feet** with lakeside scenery and breathtaking views of the Rocky Mountains. Grand Lake is the largest natural body of water in Colorado.

We will have a restroom break in Idaho Springs where you can stretch your legs and enjoy the clean mountain air. **We will provide bottled water, along with some**

**fruit and snacks, but feel free to bring your own as well.** Be sure to wear comfortable walking shoes, sunscreen, hat light jacket, and sunglasses.

Don't forget your camera as there are many beautiful photo opportunities.

Upon arrival in Grand Lake, we will start with a 2 hour ride on a pontoon boat on beautiful Grand Lake. Then we will go into town where you will be on your own for lunch and shopping for 2 hours. Our departure time from Grand Lake back to Kavod is 3 pm and our ***approximate*** return time to Kavod is 6:30 pm. **\*We will stop at a fast food restaurant for a quick dinner on the way back to Denver, cost not included.**

**Cost: Residents \$30 includes pontoon boat ride & transportation**

**Cost: Non-residents \$48 includes pontoon boat ride and transportation**

**Deadline: June 26**



## TRIPS

**Coming in SEPTEMBER 2025!**



**Thursday, September 11**

**8 am – Van Trip**

**Royal Gorge Train Ride & First Class  
Lunch in the Vista Dome**

***\*Please note that unfortunately the train is not wheelchair accessible. Everyone will need to be able to go up a few stairs. You June take your walkers, staff will be on hand to help with getting on and off the train.***

All aboard! Travel with us to **The Grand Canyon of the Arkansas River, known as the Royal Gorge!**

- Price includes round trip transportation to Cañon City, Colorado
- Two-hour train ride through the Royal Gorge Canyon, a chef prepared, first class

three course lunch in the Vista Dome

- Cost can be split into 3 payments; can also pay with credit card online at <https://www.kavodseniorlife.org/life-enrichment/>

***\*Please note the Royal Gorge Route Railroad only allows those aged 13+ for this class of ride and lunch service.***

***\*Everyone please remember to stay together with the group.***

### **Trip Itinerary:**

11:00 AM | Approximate arrival  
 11:30 AM | Group Check-in  
 12:00 PM | Group Boards the train  
 12:30 PM | Train departs & Lunch in Vista Dome  
 2:30 PM | Train returns to Depot  
 5:00 PM | Dinner stop in Colorado Springs (not included in cost)  
 8:00 PM | Approximate return time to Kavod

**Cost Residents: \$225 includes three course lunch in the Vista Dome, 2 hour train ride & round-trip transportation**

**Cost Non-Residents: \$265 includes three course lunch in the Vista Dome, 2 hour train ride & round-trip transportation**

**Deadline: August 14**



**Tuesday, June 3  
2 pm – Shul Classroom**

## **“What’s Happening at Kavod” *Coffee & Dessert* with Life Enrichment**

Join Susan for an **informative hour of learning about all the activities, trips, classes and events this month at Kavod.**

We will have a variety of delicious baked goodies and hot coffee for you to enjoy.

Bring your monthly Voice & Calendar to follow along as we go over the trips, classes and events.

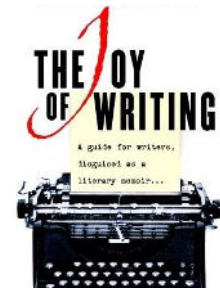
**No cost, just drop in!**



**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**

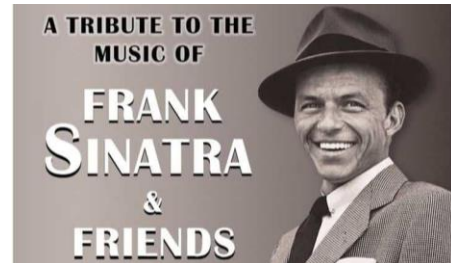
***Calling all Men at Kavod!***

***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 sign up in the East Office. *If you forget, just drop in anyway! We'll have some extra Food grilling!***

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



**Sunday, June 15**

**12:45 pm – Dining Room**

Happy Father's Day! Join your friends and neighbors for a "Sinatra Tribute" by The Rick Bless Trio, you don't want to miss these talented performers!



**Tuesday, June 17**

**5:15 pm – Bistro/Dining Room**

**Birthday Celebration with Kavod  
favorite “Leonard Barrett Jr.”**

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 wine, beer, sodas and cupcakes for everyone in the Bistro!



**Wednesday, June 18  
1 pm – Pikes Peak**

**Active Minds Presents:  
"Istanbul: Biography of a City"**

Straddling the point where the Mediterranean and Black Seas meet, Istanbul is a city of two continents: Europe and Asia. Originally settled as Byzantium, it would later be named Constantinople before being taken in 1453 by the Ottoman Turks and given the name Istanbul. Join Active Minds as we explore the rich and fascinating story of one of the world's great cities.

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!**



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

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





**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 – 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**

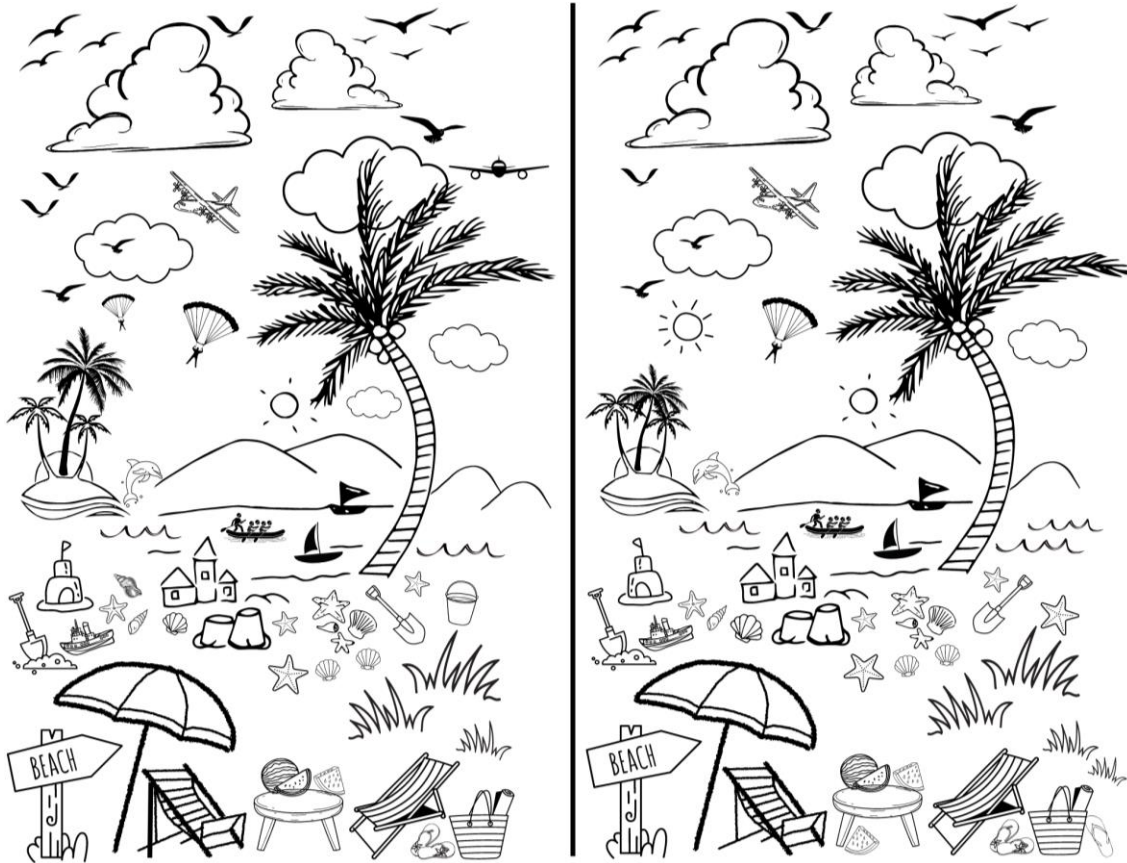
The Colorado Ballet presents Dance for Health! Dance for Health provides holistic, evidence-based activities for the individual to manage and adapt to physical, mental, and social health challenges. Trained reaching artists teach each Dance for Health session, engaging the "dancer" in everyone through a joyful, interactive, artistic practice. *\*Cancelled for June 19<sup>th</sup> to observe Juneteenth.*





**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  
Adrienne 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