





Kavod Assisted Living at Cherry Creek

Activity Calendar — JULY 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Room Location Guide:</i></p> <p>GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) Bistro—East building HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS</p>	<p><i>Color Guide:</i></p> <p>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes <i>*EAST DR refers to dining room in EAST Building at 22 S. Adams St.</i></p>	<p>1 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 1:00 Opening Minds through Art—Pikes Peak 12:15 Active Minds “Roots of Rock ‘n’ Roll”—GR 2:30 Mindfulness Practice Group—MBS *5:15 “What’s Happening in Assisted Living this month with Life Enrichment”—GR 6:00 Cousins Coloring—SHC</p>	<p>2 9:00 Mountain Balance-Pikes Peak 10:00 BUNCO Games with Lauren—GR 10:00 Gentle Yoga—Pikes Peak *NEW 11:30 Good Vibes with Rick & Coffee in the Bistro 12:15 AL Food Committee-GR 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</p>	<p>3 9:00 Tai Chi—Pikes Peak 11:00 Advanced Bridge Players Group—3rd floor bridge 12:15 Independence Day Concert with the Patriotic Spratt Players—GR 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice Group—MBS 3:00 Travel Club-Pikes Peak</p> <p>INDEPENDENCE DAY CELEBRATION ★ ★ ★</p>	<p>4 <u>EAST</u> Offices Closed for 4th of July Holiday</p> <p></p> <p>6:00 Resident Led Independence Shabbat Service—SH</p>	<p>5</p>
<p>6</p> <p>**NEW 12:30 Afternoon Movie & Popcorn with Madison —GR</p> <p>5:00 Sing Along with Malka—Bistro</p>	<p>7 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 2:00 The Power of Myth—MBS 3:30 AL Bingo -GR 5:15 Sing Along with Christine-GR</p>	<p>8 9:00 Tai Chi—Pikes Peak 10:00 Book Sale —3rd Floor Bridge 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 2:00 Current Events—SHC *2:30 Super Target Shopping—trip 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC</p>	<p>9 9:00 Mountain Balance-Pikes Peak 10:00 Low Vision Support Group—GR 10:00 Gentle Yoga—Pikes Peak 12:15 Assisted Living Birthday Party Celebration-GR 1:00 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 6:00 *SPECIAL EVENT! Meet Ryan the Robot & Happy Hour—Pikes Peak/MBS</p>	<p>10 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak 11:00 Advanced Bridge Players Group—3rd floor bridge 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p>11 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak *11:00 Zaidy’s Lunch—trip 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Book Club—MBS 2:00 TimeSlips with Elizabeth—MBS</p>	<p>12 10:00 Shabbat Services-with Seth Ward -SH</p> <p>*NEW 2:00 Afternoon Trivia Fun, Games & Snacks with Madison —GR</p> <p></p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
13 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak	14 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:00 The Power of Myth—MBS 2:30 DPL Bookmobile—GR 5:15 Sing Along with Christine-GR 6:00 SoulFULL Necklace Workshop —SHC	15 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-Bridge 10:00 Boxing for Seniors-Pikes Peak 11:00 Community Herbal Foot Soak– HWC/MBS 1:00 Opening Minds through Art-Pikes Peak 2:00 Current Events—SHC 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	16 9:00 Mountain Balance-Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mahjong Players—Bridge 2:00 Art with Isaak—SHC 4:30 Tech Help—Bridge 6:00 Mahjong Evening Players—Bridge	17 9:00 Tai Chi—PP 10:00 Dance for Health—PP 11:00 Annual Kavod Memorial and Celebration of Life—SHC 11:00 Advanced Bridge Players Group—3rd floor bridge 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice—MBS *4:30 “The Bernice Murders at Adam’s Mystery Play-house—trip *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC	18 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak *10:00 Shalom Park Swim—trip 10:45 Sacred Grounds—Bistro 11:00 Mindfulness Fiber Arts—MBS 12:15 Denver Botanic Gardens Sensory Adventures—GR 12:30 Legacy Strength for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) - Bridge 6:00 Musical Shabbat Service	19
20 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak	21 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:00 The Power of Myth—MBS 3:30 AL Bingo -GR 5:15 Sing Along with Christine-GR	22 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing—GR 10:00 Bridge Players Club-Bridge 10:00 Boxing for Seniors-Pikes Peak 1:00 Opening Minds through Art-Pikes Peak 12:15 Active Minds “The Harp”—GR 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	23 9:00 Mountain Balance-Pikes Peak 10:00 Gentle Yoga—Pikes Peak 12:15 Good Vibes & Tunes with Rick—GR 1:00 Mahjong Players—Bridge 2:00 Art with Isaak—SHC 4:30 Tech Help– Bridge 6:00 Mahjong Evening Players—Bridge	24 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak *NEW 11:00 Advanced Bridge Players Group—Bridge 12:15 AL Resident Council—GR 2:30 Mindfulness Practice—MBS 2:30 Joy of Writing with Denny—SHC 5:00 Dance to the Oldies—GR *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC	25 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) - Bridge 2:00 TimeSlips with Eliza-beth—MBS	26 10:00 Shabbat Services-with Seth Ward—SH *NEW 2:00 Afternoon Movie & Popcorn with Madison —GR
27 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 5:00 *Special Event! Opening Minds through Art Show & Reception—DR 6:00 Rosh Chodesh Group with Malka—SHC	28 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:00 The Power of Myth—MBS 2:30 DPL Bookmobile—GR 5:15 Sing Along with Christine-GR	29 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak *NEW 12:00 Jazz Café & Coffee Hour—Bistro 1:00 Opening Minds through Art-Pikes Peak 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	30 9:00 Mountain Balance-Pikes PP 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak *10:30 Olive Garden Lunch—trip 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Tech Help—3rd floor bridge 6:00 *SPECIAL EVENT! Summer Concert Series & Happy Hour—EAST Lawn	31 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak 11:00 Advanced Bridge Players Group—3rd floor bridge 2:30 Mindfulness Practice—MBS *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC		 PREVIOUS PAGE

JULY 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 **"AL What's Happening in Assisted Living with Life Enrichment"** on **Thursday, July 1 at 5:15 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

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



Spotlight Independence Day

Independence Day, also called the **Fourth of July** or **July 4th**, in the United States, is the annual celebration of nationhood. It commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. Independence Day is celebrated on Friday, July 4, 2025 in the United States.

At Kavod, we will have an Independence Day Celebration concert by the **Spratt Players** on Thursday, July 3rd at 12:15 in the Gathering Room and an additional celebration in our main dining room to hear the **Victory 3**, on Thursday, July 3rd at 5:15 pm.



Be sure to attend this patriotic and inspirational performance. Small American flags will be on all dining room tables for you to take home.

From Chaplaincy and Spiritual Services



Kehillat Kavod:

Kavod's Jewish Community

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

FRIDAY NIGHTS - KABBALAT SHABBAT

Friday, July 4

6 pm - Shul

Resident Led

Independence Day Shabbat Service

Friday, July 18

6 pm - Shul

Shabbat Musical Service with Rabbi Kim

SHABBAT MORNING SERVICES

Saturday, July 12

Dr. Seth Ward

10 am - Shul

Saturday, July 26

Dr. Seth Ward

10 am - Shul

Annual Kavod Memorial and Celebration of Life!

Thursday, July 17

11am - Shul



Please join us as we gather **to remember and celebrate any and all former residents who have passed away**, recently or in the more distant past. Bring your memories, mementos, most of all, yourself. **We will light candles and read names of those who have passed in the last year.**

The service will be built around **four pieces of music offered by "Apples and Honey,"** a cello and violin duo of Rabbi Birdie Becker and Lisa Appleton. Beginning in sorrow, we will end in a joyful musical celebration of friendships and lives well lived.

Service led by: Rabbi Stephen Booth-Nadav, Rev. Dale Lee, Rabbi Birdie Becker.

A lite lunch will be provided!

From Chaplaincy and Spiritual Services



Sunday, July 27

6 pm – Shul Classroom

Rosh Chodesh Group with Malka!

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

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



**Every Sunday morning
(Except 1st Sunday of the month)
10 am in Pikes Peak**

Join with Rev. Dale Lee and our welcoming non-denominational **Christian faith community** for a wonderful uplifting service and connecting community within our larger community.

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

**Sunday, July 20
10 am – Pikes Peak
Led by Reverend Dale & Steve Miller on piano**

**Sunday July 27
10 am – Pikes Peak
Service and Communion with Reverend Dale
& Steve Miller on piano**

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

We are already halfway through 2025! There has been a lot happening at Kavod and we would like to provide some updates.

- Town Hall Update: On Thursday, May 29, Michael invited Deborah Lively, Executive Director, and Joe Dubroff, Legislative Director, from LeadingAge Colorado to discuss state and federal budgets. Please see this month's article on advocacy for more details and get involved with efforts to preserve funding for Kavod. We need your support!
- New Washers and Dryers: Thank you for your patience with our major repairs in the East laundry room. We have also switched out the gas dryers to electric, a benefit for Kavod through the City and County of Denver's Electrification initiative. As a reminder, if there are issues or you need refunds with washers or dryers, please contact CSC Serviceworks directly to submit a service order. The information is on each machine and posted on the walls.
- Vending Machines: The beverage vending machines now have bottled drinks, including bottled water. The prices vary depending on the type of beverage you are purchasing (\$2.10-\$3.50). Be aware

that if you use your credit or debit card, there will be a \$4.00 hold until the point of sale is cleared. For example, you may see \$6.10 pending on your account, but in the end, your card will be charged \$2.10.

- Kavod Beautification Project: The wall covering was installed the last week of May on the floors of the South and East buildings. At the time of this writing, either new furniture has already arrived or should arrive this month. New artwork will also be popping up around the community from the Art Committee's recommendations.

Have a safe and Happy Fourth of July and the rest of this summer month!

Michael Klein & Kara Harvey

STOP PROPOSED CUTS TO HUD AND OTHER FUNDING! FIVE WAYS TO GET INVOLVED

Summary: As you know, HUD is the government agency that subsidizes Kavod rents and programs. The White House has proposed a 43.6% reduction to this funding, which would negatively affect our campus, including programs, food bank services, rent pricing and more. Other key services are facing proposed reductions as well.

Join Resident Council in taking action against these cuts. HERE'S HOW:

1) Sign a petition

Resident Council is preparing a petition to preserve HUD funding. Every resident can sign it! They are also looking for volunteers to take the petition to the Capitol and present it to our elected officials. Look for the petition in the East and other lobbies to sign.

2) Fill out an Action Alert form

A group called LeadingAge has an easy-to-use form with a pre-populated message asking our US officials to preserve HUD funding – hold your phone up to the QR code to be directed to the page. If you need help filling this out on a computer, watch for days and times to receive assistance on the bridge.

3) Call your Senators & Representative directly

- **Senator Michael Bennet – (202) 224-5852**
- **Senator John Hickenlooper – (202) 224-5941**
- **Representative Diana DeGette – (303) 844-4988**

Sample talking points:

Hi there. My name is ____ and my zip code is 80209. I am an older adult living in a HUD-subsidized housing complex called Kavod

Senior Life. I depend on HUD support to live. I am asking you to vote NO against the drastic proposed cuts to affordable housing. If they go through, millions of people like me will suffer greatly, likely ending up unhoused or worse. We are counting on your office to advocate for and help us. Thank you.

If you have to leave a message, include your full mailing address. (East Bldg - 22 S Adams; West Bldg - 11 S. Adams; South Bldg - 44 S. Adams)

4) Stay updated on other events

Attend the Current Events Group and Resident Council meetings to learn other actions residents are doing to make their voices heard. Watch for postings on Resident Council displays.

5) Urge friends and family members to help.

Kavod is sending a message to your family members, letting them know about these proposed cuts. We are asking them to support Kavod financially during these uncertain times, as well as to join us in contacting elected officials. If they mention it, please urge them to help.

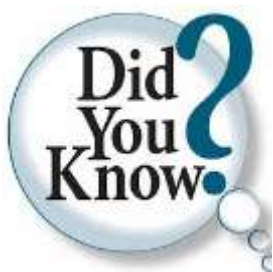


IN ADDITION:

Leadership Team members will be setting aside days and times to answer questions in the Bistro. Flyers will be posted with details for these Q&A sessions.

If you get involved, come to the front desk and pick up a sticker showing your support!

For any other questions, contact Christie Ziegler at 720.382.7805. Thank you for helping make a difference!



**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



Janice Lettas

Proofreader for the Voice Newsletter as well as usher and attendance taker at Kavod special events, are all volunteer hats Janice Lettas wears as a Kavod volunteer.

Volunteering is nothing new for Janice. She spent 15 years volunteering in elementary schools in Kansas City as a classroom volunteer aide individually helping first grade students learn to read.

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Janice Lettas

(Continued)

The volunteer work she is most proud of however, is the time she spent as a volunteer CASA (Court Appointed Special Advocate) working with and advocating for the best interests of abused and neglected children. She was so good at this in fact that in 1987 she was named as CASA volunteer of the year in Kansas and went on to the finals for National CASA of the Year. This was tough but very rewarding work as she recounted the children she advocated for including helping with parental visits, court appearances and home visitations. Wanting to work with and helping children is what started her on her path to volunteering.

Janice has also had a very rewarding work life. She started out as a travel agent and even brought tour groups to places all over the world. She travelled constantly and visited many places but her favorite remains London. Following that career, Janice worked in television advertising for CBS in stations in Kansas City and Chicago and then much later on for NBC as an account executive. In between those two jobs she worked for an advertising agency in New Mexico and in El Paso, Texas and following her retirement, she worked in real estate for a few years. Clearly Janice, loves a challenge and learning new things. It's also very clear that Janice has a heart for helping. Thank you Janice for all you do for Kavod!

For those of you who haven't yet volunteered, I encourage you to do so if you can. It's rewarding and a great way to make new friends. If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at ghale@kavodseniorlife.org.

****Also, if you are a Kavod volunteer, please save the date of either Tuesday, July 8th at 6 pm or Thursday, July 24th at 12:30 pm in Pikes Peak & Mt. Blue Sky on your calendar for a volunteer meeting/training/celebration.**

Both dates will feature training on a new online platform for recording volunteer hours (paper forms will still be accepted for those who are unable to use the new platform). Other volunteer topics will also be addressed. On the 8th a light dessert will be served, and on the 24th pizza will be served. Both days will cover the exact same things. ***Please RSVP to Genny for one of the dates.***

More information to follow in a flyer later on.



Bridge Players Club

Looking for bridge players of all levels to play bridge in an established group and a new advanced group.

Please call Susan at 720.382.7849 if you are interested.

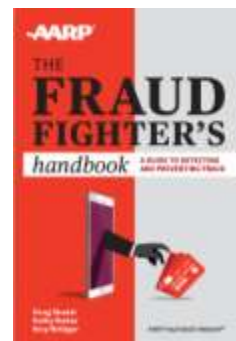


Call for Gift Shop Volunteers!

If you love interacting with people, are looking for something fun to do and would like to volunteer, the Gift Shop Kiosk is very much in need of additional volunteers! It's easy to volunteer, schedules are flexible, plus you get to meet all your neighbors and you get to take part in volunteer celebrations. If you're interested, please contact Genny Hale at 720.382.7820 or at ghale@kavodseniorlife.org.



Kavod is extremely fortunate to have volunteers come in to provide tech help for residents needing assistance or training with their phones, laptops, iPads, or fitness devices. The volunteers have limited hours and high demand so as such, if you would like a 30 minute appointment with one of the volunteers please contact Genny at 720.382.7820 or at 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.

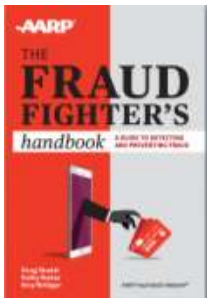
Spoofing

Fraudster robocallers know that people are more likely to answer calls from numbers they recognize or from numbers that appear to be local. Be alert that the caller ID on your phone can be spoofed which means that fraudsters who call you can use computer software to make a number on your phone appear like it's coming from someone you know, from someone nearby or from a government entity or a business but it's fake and actually masking the real number they are calling from. Fraudsters can also use spoofing software to change the voice from a man to a woman or vice versa. They can introduce background noises like traffic or airport sounds etc.

So how do you beat the fraudsters at their own game?

Remember that no government entity will call you unsolicited. No law enforcement agency would ever call you to tell you that they will arrest you. Never give out personal information to calls you did not initiate. If in doubt at all, hang up the phone. You do not owe an explanation and it's not rude to protect yourself.

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Avoid answering calls from numbers you don't recognize. If the caller is saying something is urgent or is heightening your emotional response it is probably a fraudster. Keep your cell phone up to date with the latest security software and updates. Block unwanted numbers. Check with your phone carrier to see what protections they offer for fraud calls/texts. There are also several apps you can choose among to download on your cell phone or landline to block most bogus texts and calls including these:

- First Orion-for mobile customers and businesses.
- RoboKiller-for mobile customers and landlines.
- YouMail-for individuals and businesses.
- Nomorobo-for mobile phones and VoIP landlines.
- Hiya-for mobile phones

Technology is making deception easier but learning the signs of fraud and taking proactive actions to keep your phone safe can help you to outsmart the fraudsters!



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.**



Extension Cords are Not Permitted

As we progress through into summertime, I just wanted to send out a quick reminder to all of our residents that **multiple used electrical sockets and extension cords are not permitted within the Assisted Living apartment units.**

Regulations from the National Fire Prevention and Control (NFPA) and the Colorado Department of Public Health and Environment (CDPHE) state "Extension cords and multiple use electrical sockets shall be prohibited in resident bedrooms. Power strips are permitted throughout the facility with the following limitations - The power strip must be provided with overcurrent protection in the form of a circuit breaker or fuse, the power strip must have a UL label, power strip cannot be linked together when used, extension cords cannot be plugged into the power strip, power strips can have no more than 6 receptacles, and the use will be restricted to one power strip per resident per bedroom."

As you can see, the goal of this regulation is to ensure that all units are not at risk of a fire, and that the power being utilized is evenly spread throughout the unit. **Please check your apartment and remove any**

extension cords and multiple used electrical sockets if present. If you would like assistance, please give me a call at 720-382-7825 and I will assist in any way I can.

Christy Martinez



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.



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.***



Super Target Shopping trip **Tuesday, July 8**

*Depart at **2:30 pm** in front
of **West** Building

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

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



Friday, July 11
11 am – Van trip

Zaidy's Lunch Trip

Join us for a delicious lunch at Zaidy's.

The history of Zaidy's dates back to 1985, when Gerard Rudofsky opened his first restaurant downtown, at 17th & Curtis. Gerard eventually moved to Cherry Creek, where Zaidy's became an important part of the Jewish community and the Denver food scene. Now located on Leetsdale, Zaidy's offers mouth watering menu selections sure to please everyone!

***Please call Susan at 720-382-7849 to sign up.
(No need to bring money, costs paid
through Life Enrichment, Kavod).***

TRIPS FROM LIFE ENRICHMENT



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!

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



Friday, July 18
10 am - Van Trip
Shalom Park Pool

Features include Warm Water Therapy and Exercise Pool, Rehabilitation and Therapy Gym, Fitness Center and Aerobic Exercise Gym, Salon and Spa! **The van will depart Shalom promptly at 1pm to return to Kavod. *Please note!** There is no lifeguard on duty at this time.

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



Lunch at the Olive Garden
Wednesday, July 30
10:30 am - Van Trip

Join us for a fun lunch at the **Olive Garden Italian Restaurant**.

Don't miss out!

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

Assisted Living Activities



July Fun with Madison!

***NEW!**

*All activities listed below are in the
Gathering Room*

***Sunday, July 6**

12:30 pm – Afternoon Movie Club & Snacks

***Saturday, July 12**

2:00 pm – Afternoon Trivia Fun, Games & Snacks

***Saturday, July 26**

2:00 pm – Afternoon Movie Club & Snacks



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, July 1

12:15 pm – Gathering Room

“The Roots of Rock ‘n’ Roll”

Emerging as a powerful force on the American music scene in the 1950's, Rock music has evolved over the decades and now includes many variations that sound pretty different from the likes of Chuck Berry, Elvis Presley and Little Richard.

Join Active Minds as we return to the roots of Rock ‘n’ Roll and trace its history and cultural impact through the years. Emerging as a powerful force on the American music scene in the 1950's, Rock music has evolved over the decades and now includes many variations that sound pretty different from the likes of Chuck Berry, Elvis Presley and Little Richard. Join Active Minds as we return to the roots of Rock ‘n’ Roll and trace its history and cultural impact through the years.

Assisted Living Activities



Thursday, July 1

5:15 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 ice cream treats and bring your ideas and suggestions for any new things you would like to do or places you would like to go!



Wednesday, July 2

BUNCO Games with Lauren!

10 am – Gathering Room

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



Wednesday, July 2

Painting & Wine with Polly 5:15 pm – Gathering Room

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



Thursday, July 3

12:15 pm – Dining Room

Independence Day Concert with the Spratt Players

Join us for an Independence Celebration Concert with the Spratt Players featuring Patriotic songs that you can sing along with!

Assisted Living Activities



Tuesdays, July 8 & 22
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.



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

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

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

Assisted Living Activities



Thursdays, July 10 & 24
5 pm – Gathering Room

Dancing to the Oldies

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



Fridays, July 11 & 25
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.

DENVER BOTANIC GARDENS

Friday, July 18
12:15 pm – Gathering Room

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, July 22
12:15 pm – Gathering Room

Music from the late 1950s to the early 1960s – The Sputnik Era

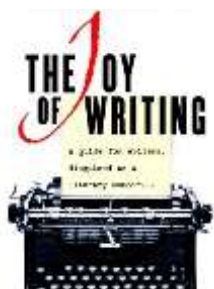
As the Space Race and Cold War accelerated, composers like John Cage, Karlheinz Stockhausen, and Luciano Berio experimented with new techniques and electronic media of the Space Age. Join Active Minds as we explore how classical music responded to the technological, political, and cultural shifts of the Sputnik era in the late 1950s to the early 1960s.



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

Good Vibes with Rick & Coffee

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



Joy of Writing with Denny

Thursdays, July 3 & 24
***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.



Thursday, July 3
5:15 pm – Dining Room

Independence Day Concert with the Victory 3

Join us for an amazing Independence Celebration Concert with the Victory 3! Patriotic Songs done in the style of the Andrew Sisters, these lovely ladies can sing!



Sunday, July 6
5 pm – Dining Room

Sing Along with Malka

If you love to sing come join us every first Sunday of the month.

No need to read music, singing for the fun of it!



**Tuesday, July 8
10 pm – 3rd Floor Bridge**

Book Sale

Resident Council will be holding a book sale with a great selection of books you will be excited to read. Don't miss it!



**Sundays, July 6 & 20
6 pm – Shul Classroom**

A Bissel” (A Little) Yiddish with Malka

Everyone has used a Yiddish word or phrase from time to time. When asked if you speak Yiddish, the common reply is A bissel! Many people understand Yiddish but can't speak it and truthfully, you know more Yiddish than you think.

Join fluent Yiddish speaker Malka Amster for an hour of conversation in Yiddish in conjunction with the English language. This lively group delves into Yiddish culture and

language through the lens of its participants, handouts and humor. This spirited gathering will help you use more words and phrases to incorporate into English. No experience speaking Yiddish is necessary, but having fun is! A bee gezint!

NEW CLASS!



**Monday, July 14
2 pm – Shul Classroom**

Claire's Jewelry Making Workshop

Create your own jewelry with Kavod volunteer, Claire. Participants will design and make beautiful easy to wear jewelry.

Everyone of all abilities is welcome to join this fun class! No cost and all materials are supplied.



Meet Ryan the Robot & Happy Hour

Wednesday, July 9
6 pm – Pikes Peak/Mt. Blue Sky

Enjoy an informative and fun evening meeting Ryan the Robot and discovering all he can do! Also enjoy Happy Hour, where you can select a glass of wine, bottle of beer, soda or water!

Ryan is not just a robot — he's a friendly, helpful pal coded to brighten your day, stretch your brain, and make everyday things easy.

Since 2014, Ryan has been updated and improved by over 70 scientists, psychologists, and doctors, under the direction of Dr. Mohammad Mahoor of the University of Denver. With feedbacks from families, residents, and caregivers, Ryan is today in his 4th version, smarter and improved ever!

What Can Ryan Do?

Be a Friend You Can Count On
Ryan is warm, friendly, and an excellent conversationalist. He's designed to listen to how you're feeling and to chat to you in a warm manner — whether you're feeling happy, worried, or just need someone to have a chat with.

Maintain a Sharp Mind

Ryan offers stimulating mind games, light exercise like chair yoga, and other activities to stimulate your mind and keep it sharp.

Assistance with Daily Activities

Need a reminder to grab your meds? Need to check the weather or what you have scheduled on your calendar? Ryan is here to help you with all of that — just ask!

Start Witty Conversations

While machines that only respond when you speak will not, Ryan is able to begin a conversation on his own. He might ask how your day is or ask you to play a game — so you'll feel more connected and less lonely.

Join the Fun with Friends

Ryan organizes group games like Bingo and some other activities in the shared spaces. He's a great way to make people engage with one another and keep the energy up.

****If you are interested in interacting with Ryan please contact Mandie at 720.382.7838.**

Watch your calendar and Voice for more opportunities to interact with Ryan in coming months!



**Wednesday, July 16
1 pm – Pikes Peak**

**Active Minds Presents:
"The Marshall Plan"**

In the wake of World War II, the United States invested over \$13 billion to help rebuild Western Europe. The Marshall Plan, as it came to be known, not only helped Europe and the world recover economically, but also served to strengthen post war alliances for the U.S., providing an important balance against Soviet power as the Cold War era began. Join Active Minds as we discuss its relevance in the world today.



**Tuesday, July 29
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!



**Opening Minds through Art
Art Show and Reception
Main Dining Room**

**Sunday, July 27 in Pikes Peak
5 pm – 6 pm**

Join us to celebrate the creativity of the Resident and Regis Student Artists

**Complimentary
~Dessert and Wine Bar~**



****NEW!**



Natalie's Knitting and Crocheting Circle

**Thursdays
6 pm – Shul Classroom**

Please join Natalie Otto for a fun social circle of knitting and crocheting. Supplies will be available to use for those who don't already have their own to bring. You can bring your own projects or if you're new to knitting and crocheting, Natalie can teach you the fundamentals to get started.

Summer Concert & Happy Hour, Featuring "The Hoagies Trio Band"



**Wed., July 30
6 pm –
East Lawn**



Join us on the East Lawn for a fun summer evening of live music and drinks at happy hour!

Back by popular demand! **The Hoagies Trio Band** will be performing Popular Classics and Swing in *the* Hoagy Carmichael Style, so get your dancing shoes out and invite your friends and neighbors for a great time.



Please welcome Kiara Teneyuque!

Kiara is our new social work intern from Denver University. She will be a part of the H&W Department staff through November! Please stop by and welcome Kiara!

Upcoming "Kavod Programs Survey" to support H&W programming!

Thank you so much for participating in the Kavod Programs Survey to support H&W programming!!! This is crucial as the funds support all of our fitness and wellness classes/events! The raffle winners were not available at the time of print, but you know who you are!! We greatly appreciate your feedback and support with completing the survey!

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 July 2025

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, July 9

9am – 1pm – HWC/Mt Blue Sky

APPOINTMENT REQUIRED

Vet Clinic

Our vet clinic 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). Dr Fishman and Waldbaum will be our onsite vets! Please sign up at the front desk. The vet clinic will be monthly through the rest of the year!

Wednesday, July 9th

10am – Gathering Room

Low Vision Group

Join Lydia Van der Vorst, Kavod Care Coordinator and Low Vision instructor, as she supports your low vision journey with

monthly presenters, opportunities to apply for in-home low vision support, processing your vision loss and more!

Wednesday, July 9th

1pm – HWC/Pikes Peak

Herbalism Series: *Summer in Bloom:*

Medicinal flower infusions

Herbs contain medicine throughout a plant. Lucky for us, many herbs bloom into beautiful medicinal flowers. Flowers are herbalists' go-to allies for many tried and true health benefits. It's not summer without drinking a cup of tea from the flowers and enjoying the beauty of the earth. In celebration of summer, July's community herbalism class will be about the simple, yet powerful uses of flowers. We will make and drink infusions from flowers in class and formulate a floral tea blend to bring home with you.

The herbalism series will be a monthly offering every 2nd Wednesday from 1-2pm.

Monday, July 14th

6pm – Shul Classroom

SoulFULL Necklace Workshop

Join this resident-led workshop in bringing meaning behind your jewelry making! All skill levels welcome.



Friday, July 18th

**12pm – HWC/Pikes Peak *CHANGE IN TIME
FOR JULY***

**Exercise Trivia + Strength Training Class w.
Legacy**

Did you know that strength training when done regularly helps you combat weakness, frailty, build muscle strength, preserve bone density, independence as you age? Join us on July 18th for a SPECIAL version of strength class featuring exercise trivia and SNACKS! Come by to learn more about the benefits of exercise and other fun facts about fitness!

Thursdays, July 17th and 24th

10am – HWC/Pikes Peak

Dance for Health

The Colorado Ballet presents Dance for Health! Dance for Health provides holistic, evidence-based activities for the individual to manage and adapt to physical, mental, and social health challenges. Trained reaching artists teach each Dance for Health session, engaging the “dancer” in everyone through a joyful, interactive, artistic practice. **Onsite every 3rd and 4th Thursday!!!**



Looking to improve your fitness this summer?

Join Legacy every Friday at 12:30 pm in Pikes Peak for

Strength Training for Seniors!

This fun, 30-minute fitness class is offered year-round and is great for all ages and ability levels. Chairs and equipment provided.



BONUS!

On Friday, July 18 from 12:00 – 1:00 we are doing a special version of strength class featuring exercise trivia and SNACKS!

Come by to learn more about the benefits of exercise and other fun facts about fitness!

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



May Gifts

ACTIVITIES

Stan Sharoff

GENERAL

Garrett Barter

Columbine Lodge, In Memory of Jean
Kamer, z"l

Janet & Sheldon Fisher

Florrie Katchen

Wayne New

Connell & Laurie Saltzman, In Memory
of Jean Kamer, z"l

KAVOD ON THE ROAD ANNUAL CONFERENCE

Frances Cohen

Anita & Gerald Gershten

Susan Goldberg

Jan Housman

Carole Kornreich

Josie Mares-Dean

Marilyn Mishkin

Hinda Pester

KAVOD ON THE ROAD

Marian Lauterbach, In Honor of Jackie
Schwartz

SUMMER EVENT 2025 SPONSORSHIPS

Climate Engineering

Genesis Design

Sloane's Carpet Secret

Uprise Elevator Solutions

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