





# Kavod Senior Living at Cherry Creek

## Activity Calendar — JULY 2025




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b><i>Room Location Guide:</i></b></p> <p>GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS</p>	<p><b><i>Color Guide:</i></b></p> <p><b>Blue = Life Enrichment classes</b> <b>Green = Life Enrichment Trips</b> <b>Purple = Health &amp; Wellness classes</b> <b>Black = Religious or Other classes</b></p>	<p><b>1</b> 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 11:30 “What’s Happening at Kavod” Lunch with Life Enrichment –SHC <b>*11:45 JFS Food Bank &amp; Pantry - trip</b> 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC</p>	<p><b>2</b> 9:00 Mountain Balance—Pikes Peak 10:00 English Language Practice—MBS 10:00 Gentle Yoga—Pikes Peak <b>*NEW</b> 11:30 Good Vibes with Rick &amp; Coffee in the Bistro <b>*1:00 King Soopers—trip</b> 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</p>	<p><b>3</b> 9:00 Tai Chi—Pikes Peak 11:00 Advanced Bridge Players Group—3rd floor bridge 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice Group—MBS 3:00 Travel Club-Pikes Peak <b>5:15 *SPECIAL EVENT!</b> <b>Independence Day Concert with The Victory 3 —DR</b> <b>*NEW</b> 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p> <p>INDEPENDENCE DAY —CELEBRATION— ★ ★ ★</p>	<p><b>4</b> Offices Closed for 4th of July Holiday</p> <p></p> <p>INDEPENDENCE DAY —★★★—</p> <p>6:00 Resident Led Independence Shabbat Service—SH</p>	<p><b>5</b></p>
<p><b>6</b> 12:00 Piano Music while you dine by Christine-DR 3:00 Painting &amp; Wine with Polly—Pikes Peak 5:00 Sing Along with Malka—Bistro 6:00 Yiddish with Malka—SHC</p>	<p><b>7</b> <b>*9:00 Danny Ray’s Restaurant Breakfast—trip</b> 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 2:00 The Power of Myth—MBS</p>	<p><b>8</b> 9:00 Tai Chi—Pikes Peak 0:00 Book Sale —3rd Floor Bridge 10:00 Bridge Players Club-3rd Flr Brdg 10:00 Boxing for Seniors-Pikes Peak 10:00 Gratitude Sharing-GR <b>*11:45 JFS Food Bank &amp; Pantry—trip</b> 1:00 Opening Minds through Art—Pikes Peak <b>*NEW</b> 2:00 Current Events—SHC 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC 6:00 Volunteer Training &amp; Dessert Party—Pikes Peak &amp; MBS</p>	<p><b>9</b> 9:00 Mountain Balance-Pikes Peak 9:00 Vet Clinic (Appointment Required) - MBS 10:00 Low Vision Support Group—GR 10:00 English Language Practice—MBS 10:00 Gentle Yoga—Pikes Peak 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 <b>*SPECIAL EVENT!</b> Meet Ryan the Robot &amp; Happy Hour—Pikes Peak/MBS</p>	<p><b>10</b> <b>*9:00 Estes Park in Rocky Mountains—trip</b> 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 <b>*NEW</b> 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p><b>11</b> 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge</p>	<p><b>12</b> 10:00 Shabbat Services- with Seth Ward -SH</p> <p></p> <p>NEXT PAGE</p>

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Activity Calendar — JULY 2025

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>13</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak	<b>14</b> 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:00 Claire’s Jewelry Making Workshop—SHC 2:00 The Power of Myth—MBS 2:30 DPL Bookmobile—GR <b>*3:00 Mountain Casino—trip</b> 6:00 SoulFULL Necklace Workshop —SHC	<b>15</b> 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Peak <b>*11:45 JFS Food Bank &amp; Pantry—trip</b> 1:00 Opening Minds through Art-Pikes Peak 2:00 Current Events—SHC 2:30 Mindfulness Practice Group—MBS 5:15 Birthday Celebration & Concert with “The Mandolin Ranch Band”— Bistro & Main DR 6:00 Cousins Coloring—SHC	<b>16</b> <b>*9:30 Super Walmart—trip</b> 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 10:45 Sacred Grounds—Bistro 1:00 Active Minds “Marshall Plan ”—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Tech Help—3rd floor bridge	<b>17</b> 9:00 Tai Chi—Pikes Peak 10:00Dance for Health—Pikes Pk 11:00 Annual Kavod Memorial and Celebration of Life—SHC 11:00 Advanced Bridge Players Group—3rd floor bridge 1:00 Resident Council-Pikes Peak 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice—MBS <b>*4:30 “The Bernice Murders at Adam’s Mystery Playhouse—trip</b> <b>*NEW</b> 6:00 Natalie’s Knitting and Crocheting Circle—SHC	<b>18</b> 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak <b>*10:00 Shalom Park Swim—trip</b> 11:00 Mindfulness Fiber Arts—MBS 12:00 Exercise Trivia & Strength Training with Legacy—Pikes Peak 1:00 Book Club—MBS 1:00 COW-MOOOBILE ( Ice Cream) –3rd floor Bridge 6:00 Musical Shabbat Service with Rabbi Kim—SH	<b>19</b>
<b>20</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak  12:00 Piano Music while you dine by Christine-DR  6:00 Yiddish with Malka—SHC	<b>21</b> <b>*8:30 Cheyenne Frontier Days Rodeo-trip</b> 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:00 The Power of Myth—MBS	<b>22</b> 9:00 Tai Chi—Pikes Peak <b>*11:00 Dollar Tree—trip</b> 10:00 Gratitude Sharing—GR 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Peak 1:00 Opening Minds through Art-Pikes Peak 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	<b>23</b> 9:00 Mountain Balance-Pikes P 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Tech Help—3rd floor bridge	<b>24</b> <b>*9:00 Sav a Lot Grocery—trip #1</b> 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak <b>*11:00 Sav a Lot Grocery—trip #2</b> 11:00 Advanced Bridge Players Group—3rd floor bridge 12:30 Volunteer Training & Pizza Party—Pikes Peak/MBS 2:30 Mindfulness Practice—MBS <b>*NEW</b> 6:00 Natalie’s Knitting and Crocheting Circle—SHC	<b>25</b> 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 COW-MOOOBILE ( Ice Cream) –3rd floor Bridge	<b>26</b> 10:00 Shabbat Services— with Seth Ward
<b>27</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak  5:00 <b>*Special Event!</b> Opening Minds through Art Show & Reception—DR 6:00 Rosh Chodesh Group with Malka—SHC	<b>28</b> 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:00 The Power of Myth—MBS 2:30 DPL Bookmobile—GR	<b>29</b> 9:00 Tai Chi—Pikes Peak <b>*9:30 King Soopers—trip</b> 10:00 Boxing for Seniors-Pikes Peak <b>*NEW</b> 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	<b>30</b> 9:00 Mountain Balance-Pikes Pk 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Tech Help—3rd floor bridge <b>6:00 *SPECIAL EVENT! Summer Concert Series &amp; Happy Hour—EAST Lawn</b>	<b>31</b> <b>*7:30 Grand Lake Pontoon Ride—trip</b> 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 <b>*NEW</b> 6:00 Natalie’s Knitting and Crocheting Circle—SHC		 <b>PREVIOUS PAGE</b>

JULY 2025

## Connie's CORNER



Hi Everyone,

**Be sure to join us for Lunch this month at the informative "Life Enrichment What's Happening at Kavod" on Tuesday, July 1<sup>st</sup> at 11:30 am 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 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 **Victory 3**, in our main dining room on Thursday, July 3<sup>rd</sup> 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 2<sup>nd</sup> 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, your self. **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 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, 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!



## Resident Council Meeting

The July meeting date is July 17

Thursday, July 17

1 pm – HWC/Pikes Peak

I want to thank everyone—residents, staff, and friends—for your support during my recent illness. The emails, calls, texts, cards, and prayers have truly helped me through a tough time. Your kindness means more than I can express. Thank you all from the bottom of my heart.

**\*\*\*A Paws-itively Perfect Dog Show** - It was a beautiful day for our Dog Show, and what a success it was! Both people and their fur babies had a blast. The Kavod staff had a tough time picking a winner, but after much deliberation, here are the results:

🏆 **1st Place:** Vivian Weinstein and Ezra

🏆 **2nd Place:** Barbara & Charlie

🏆 **3rd Place:** Barbara Strickland and Suki

Congratulations to all the winners, and thanks to everyone who participated! It was a day full of wagging tails, smiles, and fun memories.

**\*\*\*School Supply Drive Update** - Our School Supply Drive has been going strong since June 1st, and we're excited to keep the momentum going through our next council meeting on July 17th! Don't forget, you can drop off supplies at the following locations:

- **Apt. 408E**
- **Apt. 802W**
- **Every Friday during Ice Cream Hour on the bridge**

Your donations are making a big difference, so thank you to everyone who has contributed so far! Let's keep up the great work and help make sure every student has what they need for the upcoming school year.

### **\*\*\*Join Us for Weekly Gatherings and**

**More!** - Every Thursday at 7 p.m., come meet your neighbors on the corner of Ellsworth & Steele for an hour of solidarity. It's a great chance to connect and chat with others in the community.

**\*\*\*We** would also love to see you at **Current Events** on the 2nd and 3rd Tuesdays of the month in the Shul classroom. It's an open discussion on everything happening around us—come share your thoughts!

**Coming in August:** Keep an eye out for a fun Day of Root Beer Floats! More details soon.

**\*\*\*YOU** have a voice. Meetings are held on the 3<sup>rd</sup> Thursday of the month at 1 pm in Pike Peak unless otherwise mentioned due to calendar conflict.

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**



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

**\*\*Also, if you are a Kavod volunteer, please save the date of either Tuesday, July 8<sup>th</sup> at 6 pm **or** Thursday, July 24<sup>th</sup> 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 8<sup>th</sup> a light dessert will be served, and on the 24<sup>th</sup> 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.

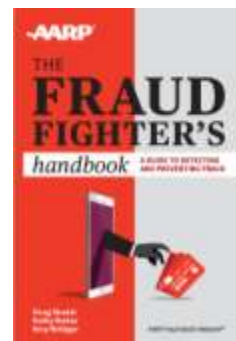


## Call for Gift Shop Volunteers!

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](mailto: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](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.

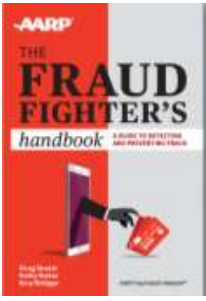
### Spoofting

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.**





## 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.



## Bridge Players Club

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

"Bridge not only stimulates the brain, but research has shown that regular bridge playing improves reasoning skills and long- and short-term memory.

***You'll feel the neurons firing not only while you play, but long after too."* (Google).**

**Please call Susan at 720.382.7849 if you are interested.**



**Please remember that due to some people having allergies and asthma, DO NOT wear fragrances on outings in the Kavod vans or in classes, and do not spray air fresheners in the hallways of our buildings.**

**Thank you!**

# ***TRIPS, CLASSES, AND EVENTS***

## ***Sign-ups, Cancellations and Refund Information***

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

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

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

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

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

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

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

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

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

**For any questions or concerns, please contact Connie Moore at 720.382.7813 or email [cmoore@kavodseniorlife.org](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, July 1, 8 & 15**

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

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

**\*Please remember, you can be refused service for not following the rules as well as rude behavior. The JFS volunteers should be treated with respect and kindness. This trip is a privilege and we are thankful for the opportunity for our residents to go there to receive commodity boxes and shop there in their food pantry.**

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.**



## **Danny Ray's Restaurant Breakfast Trip**

**Monday, July 7  
9 am – Van Trip**

Join us for a delicious breakfast at Danny Rays, voted the TOP 100 Restaurants in Denver by Westword! Choose from a variety of selections such as



Steak & Eggs, Biscuits & Gravy, Breakfast Burritos, Skillet Breakfast, Omelets, Eggs Benedict, Belgian Waffles and Pancakes, ranging in price from \$11 to \$25, not including tax and tip. ***They also have a Senior Menu to choose from.***

**Resident Cost: \$5 – includes transportation + pay for meal at restaurant**

**Non-Resident Cost: \$10 – includes transportation + pay for meal at restaurant**

**Deadline: July 3**



# Upcoming Trips



**Thursday, July 10**  
**9 am – Van Trip**  
**Estes Park Colorado**

Travel with us to one of the most beautiful mountain towns in Colorado. Feel free to bring your own lunch or visit one of the many restaurants and cafes in town.



You will have an opportunity to visit all of the quaint mountain shops where you can enjoy an ice cream cone

on a bench or sample fudge and popcorn!

Be sure to bring a light jacket, wear comfortable walking shoes, bring water to stay hydrated and wear a hat. **\*The altitude of Estes Park is 7,523 feet.**

**We will depart Estes Park at 3 pm to return to Denver. Our estimated return time is *approximately* 5 pm.**

**Residents Cost: \$10 includes transportation + lunch on your own**

**Non-residents Cost: \$25 includes transportation + lunch on your own**

**Deadline: July 7**



**Monday, July 14**  
**\*3 pm – Van Trip**  
**Colorado Mountain Casinos**

***NEW day and time in July!*** 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: JULY 12**

# Upcoming Trips



**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.***

**Cost Residents: \$55 includes transportation**

**Cost Non-Residents: \$65 includes transportation**

**Deadline: July 7**



**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.

***\*If you have Silver Sneakers the cost is \$5 for the pool, \*If you DO NOT have Silver Sneakers then the cost is \$10, (Pay There!)***

**Residents Cost: \$3 transportation (Pay for Pool at Shalom Park)**

**Non-Residents Cost: \$6 transportation (Pay for Pool at Shalom Park)**

**Deadline: July 16**

# Upcoming Trips



**CHEYENNE**  
**FRONTIER DAYS™**  
 World's Largest Outdoor Rodeo & Western Celebration

**Monday, July 21**

**8:30 am – Van trip**

## **CHEYENNE FRONTIER DAYS & RODEO**

Dust off that cowboy hat and those boots and join us as we travel to Cheyenne Wyoming for Cheyenne's world-class rodeo! It is truly the Daddy of 'em All. Known for its fast pace and large number of contestants, the CFD rodeo ensures that visitors see more rodeo action (over 40 bulls and 70 saddle and bareback broncs daily) than they can see at any other rodeo.

You will have time to visit the Frontier Days grounds which include Frontier Park, Old West Museum, Carnival Midway, Indian Village and Saloon!

You can take your lunch or purchase food on the grounds, **some vendors take cash only**, so be sure to take cash with you. **We will have dinner on the return trip back to Denver, cost not included.**

*Approximate return time to Kavod is 7 pm.*

**Residents Cost: \$35 includes transportation + Rodeo ticket**

**Non-Residents Cost: \$45 includes transportation + Rodeo ticket**

**Deadline: July 11**



**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.

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.

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: July 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 can 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 11**





**Tuesday, July 1**  
**11:30 am – Shul Classroom**

**“What’s Happening at Kavod”**  
***LUNCH***  
**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 complimentary delicious sandwiches, sodas and chips 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, 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!



**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!



**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!



drinks dessert  
& dancing Birthday \*  
Celebration



**Tuesday, July 15**  
**5:15 pm – Bistro/Dining Room**  
**Birthday Celebration with**  
**“The Mandolin Ranch Band”**

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, 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 review this historic initiative and discuss its relevance in the world today.



**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~**



Tuesday, July 29  
12:00 pm – Bistro

## **Jazz Café & Coffee Hour**

*A Cup of Jazz!*

Join your friends and neighbors for a hot cup of coffee and treats from the Kavod Bistro and an hour of LIVE Jazz Music!

**\*\*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"**

**Wednesday, 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 9<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!

## **Wednesday, July 9<sup>th</sup>**

### **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 2<sup>nd</sup> Wednesday from 1-2pm.*

## **Monday, July 14<sup>th</sup>**

### **6pm – Shul Classroom**

#### **SoulFULL Necklace Workshop**

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





**Friday, July 18<sup>th</sup>**

**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 18<sup>th</sup> 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 17<sup>th</sup> and 24<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. *\*Onsite every 3<sup>rd</sup> and 4<sup>th</sup> 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"ll

Janet & Sheldon Fisher

Florrie Katchen

Wayne New

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

### **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"ll