



Kavod Assisted Living at Cherry Creek  
Activity Calendar — AUGUST 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>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health &amp; Wellness classes Black = Religious or Other classes</p>				<p><b>1 9:00 Relaxation Hour—Pikes Peak</b> <b>10:00 Gentle Yoga—PP</b> <b>11:00 Mindfulness Fiber Arts—MBS</b> <b>12:30 “AL What’s Happening at Kavod”—GR</b> <b>12:30 Legacy Strength Training for Seniors—PP</b> <b>1:00 Book Club—MBS</b> <b>1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge</b></p>	<p><b>2</b></p>
<p><b>3 5:00 Sing Along with Malka—Bistro</b> <b>6:00 TISHA B’AV—SH</b></p>	<p><b>4 No Bingo today</b> <b>11:00 Conversations on the Edge—SHC</b> <b>12:00 Lunch &amp; Learn: Legacy Healthcare Services at Kavod—Pikes Peak</b> <b>1:00 Readers Theatre—Pikes Peak</b> <b>No AL Bingo today</b> <b>5:15 Sing Along with Christine-GR</b></p>	<p><b>5 9:00 Tai Chi—Pikes Peak</b> <b>10:00 Bridge Players Club-3rd Floor Bridge</b> <b>10:00 Boxing for Seniors-Pikes Peak</b> <b>12:15 Active Minds “UNESCO World Heritage Sites”—GR</b> <b>1:00 Opening Minds through Art—Pikes Peak</b> <b>2:30 Mindfulness Practice Group—MBS</b> <b>6:00 Cousins Coloring—SHC</b></p>	<p><b>6 9:00 Mountain Balance-PP</b> <b>10:00 BUNCO Games with Lauren—GR</b> <b>10:00 English Language Practice—MBS</b> <b>10:00 Gentle Yoga—Pikes Peak</b> <b>11:30 Good Vibes with Rick &amp; Coffee in the Bistro</b> <b>1:00 Fused Glass—Pikes Peak</b> <b>1:00 Mahjong Players—3rd floor bridge</b> <b>2:00 Art with Isaak—SHC</b> <b>5:15 Painting &amp; Wine with Polly—GR</b></p>	<p><b>7 9:00 Tai Chi—Pikes Peak</b> <b>2:30 Joy of Writing with Denny—SHC</b> <b>2:30 Mindfulness Practice—MBS</b> <b>*NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC</b></p>	<p><b>8 9:00 Relaxation Hour—Pikes Peak</b> <b>10:00 Gentle Yoga—Pikes Peak</b> <b>11:00 Mindfulness Fiber Arts—MBS</b> <b>12:30 Legacy Strength Training for Seniors—Pikes Peak</b> <b>1:00 Book Club—MBS</b> <b>1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge</b> <b>2:00 TimeSlips with Elizabeth—MBS</b> <b>6:00 Musical Shabbat Service with Rabbi Steve—SH</b></p>	<p><b>9</b></p> <div></div> <p>NEXT PAGE</p>

Kavod Assisted Living at Cherry Creek

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<p><b>17</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p><b>*NEW</b> 2:00 Afternoon Trivia Fun, Games &amp; Snacks with Madison —GR</p> <p>6:00 Yiddish with Malka—SHC</p>	<p><b>18</b></p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Root Beer Floats—Bridge</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>3:30 AL Bingo -GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p><b>19</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Fl. Bridge</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Opening Minds through Art-PP</p> <p>2:00 Current Events—SHC</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>6:00 Cousins Coloring—SHC</p>	<p><b>20</b> 9:00 Mountain Balance-PP</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>1:00 Active Minds “Egypt”—Pikes Peak</p> <p>1:00 Mahjong Players—3rd fl. bridge</p> <p>2:00 Art with Isaak—SHC</p> <p><b>*NEW</b> 5:15 Evening Movie &amp; Popcorn with Madison —GR</p>	<p><b>21</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Dance for Health—Pikes Peak</p> <p>1:00 Resident Council-Pikes Peak</p> <p><b>*2:00 DollarTree—trip</b></p> <p>2:30 Joy of Writing with Denny—SHC</p> <p>2:30 Mindfulness Practice—MBS</p> <p><b>*NEW</b> 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p><b>22</b> 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength Training for Seniors—PP</p> <p>1:00 Book Club—MBS</p> <p>1:00 COW-MOOOBILE ( Ice Cream) –3rd floor Bridge</p> <p>2:00 TimeSlips with Elizabeth—MBS</p>	<p><b>23</b></p>
<p><b>24</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>5:00 Game Night with Katie—SHC</p> <p>6:00 Rosh Chodesh Group with Malka—SHC</p>	<p><b>25</b> No Bingo today</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:30 DPL Bookmobile—GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p><b>26</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>10:00 Gratitude Sharing—GR</p> <p>12:00 Jazz Café &amp; Coffee Hour—Bistro</p> <p>12:15 Active Minds “The Harp”—GR</p> <p>1:00 Opening Minds through Art-PP</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>6:00 Cousins Coloring—SHC</p>	<p><b>27</b> 9:00 Mountain Balance-Pikes PP</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p><b>*10:30 Zion Baptist—trip</b></p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p>	<p><b>28</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Dance for Health—Pikes Peak</p> <p><b>*9:30 King Soopers—trip</b></p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p> <p><b>*NEW</b> 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p><b>29</b> 9:00 Relaxation Hour-PP</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p><b>*11:00 Saltgrass Steak House—trip</b></p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength Training for Seniors—PP</p> <p>1:00 Book Club—MBS</p> <p>1:00 COW-MOOOBILE ( Ice Cream) –3rd floor Bridge</p>	<p><b>30</b> 10:00 Shabbat Services— with Seth Ward</p> <p><b>*NEW</b> 2:00 Afternoon Trivia Fun, Games &amp; Snacks with Madison —GR</p>
<p><b>31</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p>						<div></div> <p>PREVIOUS PAGE</p>

AUGUST 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 **Friday, August 1 at 12:30 pm in the Gathering Room. Bring your suggestions and ideas!**

***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

Colorado Day – August 1st

Colorado entered the Union on August 1, 1876, the year the United States celebrated its centennial and so it is called the Centennial State. The thirty-eighth state, in 2025 it will celebrate its 149th anniversary.

*State motto:* Nothing without providence.

*State bird:* Lark bunting

*State flower:* Rocky Mountain columbine

*State mammal:* Rocky Mountain bighorn sheep

*State Tree:* Colorado blue spruce

Welcome New Residents

## From Chaplaincy and Spiritual Services



### **Kehillat Kavod: Kavod's Jewish Community**

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

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

**Friday, August 8**

**6 pm - Shul**

Resident Led

Soulful Service with Rabbi Steve

**Friday, August 22**

**6 pm - Shul**

Shabbat Musical Service with Rabbi Kim

#### **SHABBAT MORNING SERVICES**

**Saturday, August 16**

**Dr. Seth Ward**

**10 am - Shul**

**Saturday, August 30**

**Dr. Seth Ward**

**10 am - Shul**



### **THE FAST OF TISHA B'AV**

Sundown Saturday, August 2 -

Sundown Sunday August 3

#### **JOIN US FOR A BRIEF TISHA B'AV CEREMONY ON SUNDAY, August 3 @ 6PM.**

In the brightness of summer, we pause to remember all we and our people have lost over the centuries, from the destruction of the Temples, expulsion from Spain and much much more. Especially today, there is so much in our world that draws our grief.

Join with Dr. Seth Ward as we learn about the history of this day, read from the Book of Lamentations/Eicha, and come together in mutual support in these challenging times for our people and our world.



**Sunday, August 24**

**6 pm - Shul Classroom**

**Rosh Chodesh Group with Malka!**

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

We come together as women to honor the New Moon of Elul! 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, August 10  
10 am – Pikes Peak**  
Led by Reverend Dale

**Sunday, August 17  
10 am – Pikes Peak**  
Led by Reverend Dale & Steve Miller on piano

**Sunday August 24  
10 am – Pikes Peak**  
Service and Communion with Reverend Dale & Steve Miller on piano

**Sunday, August 31  
10 am – Pikes Peak**  
Led by Reverend Dale

**Tuesdays and Thursdays  
2:30 pm - Mt. Blue Sky (OR OUT ON  
HWC DECK, WEATHER PERMITTING)  
Mindfulness Practice Group**

Join us for 45min. of checking in and supporting our group practice of “Mindfulness,” which can be described as “Moment to Moment Nonjudgmental Awareness. We practice to maintain resilience in challenging times, and to as Viktor Frankl described, create more space between stimulus and response, which is where freedom truly lies. Increase joy and peace, self-compassion, and the ability to be with what is, even if uncomfortable. All levels welcome.

Contact Rabbi Steve with any questions:  
720 382-7836, or

[sbnadav@kavodseniorlife.org](mailto:sbnadav@kavodseniorlife.org)

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**Friday, August 15  
11 am - Bistro**

**SACRED GROUNDS:  
Conversations with Rabbi Steve  
in THE BISTRO!**

Grab a cup of coffee @ 10:45 and join us in the bistro! We will start at 11am. Bring (or share with R. Steve in advance) your questions or topics you would like to discuss.

## LEADERSHIP CORNER



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



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

We hope everyone has been staying “kool” at Kavod! Here are some updates:

- Town Hall Update: Resident Council continues to invite us to mini town halls and council meetings to update residents on HUD funding. On June 25, we were honored to have the HUD Region 8 Regional Administrator Tim Geitner come for a tour and visit with a few members of his team. Two of our residents shared what our housing has meant to them. Three other senior communities connected with HUD – The Argyle, Senior Housing Options, and Eaton Senior Communities - added their input. We felt the visit went well and our message was heard. Mr. Geitner shared that he did not see big cuts coming to older adult agencies, though it remains to be seen what actually will happen.

On June 27<sup>th</sup>, the Denver Metro Regional Director from Senator Bennet’s office, Max Haynes, came to visit with our Resident Council co-chairs. He collected their petition of over 500 names, said he would distribute it to other elected officials, and provided lots of ideas for continued advocacy. He will attend a future Resident Council town hall and make connections for us. He reiterated that their office will

not vote for any cuts to Medicaid or HUD funding. It was another productive visit.

- New Washers and Dryers: At the time of this writing, there have been issues with the South building dryers; we are working to solve them as soon as possible. In the meantime, please continue to reach out to CSC Serviceworks for refunds and service orders. Refer to signs posted in each laundry room. **The front desk no longer issues refunds** – they MUST be requested through CSC Serviceworks.
- Kavod Beautification Project: Toward the end of July and beginning of August, we received new furniture for the East and South elevator lobby areas. Please DO NOT remove any furniture or place discarded furniture in these areas. It is the responsibility of ALL residents to ensure our property does not get moved or taken. We will continue to place other artwork and sculptures around the buildings.
- West Garden Hose: If you use the hose by the West building on the side where the garden beds are, please roll it back up. When the hose is left on the grass, especially on hot days, it dries out the grass and leaves a snake-like shape. We ask that you do your part and put it away when finished.
- Feeding the Animals: We receive several reports about residents feeding the squirrels. Please refrain from doing this. This results in more nut shells and waste to clean up as well as and more squirrels around the community.

Have a great August!

*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) 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.

### 2) 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)**

### 3) 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.

### 4) 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.

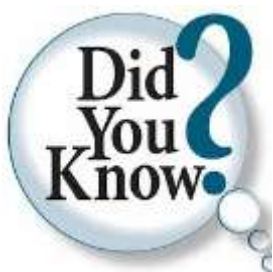


### IN ADDITION:

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**



**Isaak Gelfand**

Every Wednesday afternoon you'll find volunteer Isaak Gelfand in the Shul Classroom teaching drawing to Kavod's residents. He has a passion for art and this shines through as he teaches residents new to art how to draw still objects using pencils or colored pencils. He beams as he talks about the residents and their newfound art talents. Isaak teaches a variety of art techniques and how to hold the brush especially for residents struggling with arthritis.

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## Isaak Gelfand

(Continued)

From time to time Isaak also volunteers to interpret at Kavod functions. Volunteering isn't new for Isaak. Prior to volunteering at Kavod, he volunteered with Prima Adult Day Program teaching a drawing class there for 4 years.

Originally, from Belarus, Isaak immigrated to the United States at the age of 43 as a refugee learning English at Emily Griffith Opportunity School and at the Community College of Aurora. In Belarus Isaak was an engineer in construction who supervised over 300 people who built both residential and commercial buildings including a brick factory and industrial farms. Well educated, in Belarus Isaak attended three institutions of higher learning before embarking on his career. When Isaak landed in the United States he worked for 10 years in a furniture factory that made furniture for the hit, long running television series *Married with Children*, as well as for well-known businesses like IHOP (International House of Pancakes) and for Denver International Airport. After leaving that job, he then worked at U.S. Quality Furniture as a Control Manager for stores like Macy's and JC Penney's where he would inspect warehouses and ensure that any customer issues got resolved.

Isaak is most proud of his family including his six great grandchildren ranging in age from 1 month to 15 years old, his 5 grandchildren and his two daughters. Isaak, Kavod is proud

to count you as one of its resident volunteers, thank you!

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).



## Call for Gift Shop Volunteers!

If you love interacting with people 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 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).

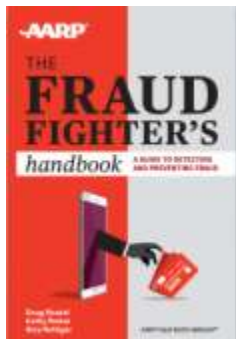


## Low Vision Newsletter

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.



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.

## Email

Sometimes it can be difficult to discern what is legitimate email or not, but if in doubt just assume it's not legitimate. Fraudsters often use a technique called "phishing". This is when criminals reach out to people in a targeted manner to get them to hand over money or personal information by creating a

sense of urgency and fear or in some other ways manipulating people's emotions. Last month we discussed spoofing by phone but this can happen by email too when criminals spoof (i.e. fake) an email address to make it look like it's coming from a legitimate source like a business, friend or relative. These spoofed emails can contain a malicious link. This link could send the victims to a spoofed website where the criminals can steal credentials that the victims type in. Alternatively, the link itself could download malicious software (i.e. malware) onto the victim's device typically to steal login credentials or other valuable information.

You can help prevent being scammed by being aware of red flags. Here's how;

- 1) Hover over the sender's email **without** clicking on it to expose the actual email address. Look at the entire address and not just the first part. For example, if the first part reads Apple Support but the second part has something that doesn't make sense like "inv.com" don't click on it.
- 2) Know the actual email addresses of anyone who would be contacting you.
- 3) Check for misplaced periods, hyphens, misspellings, wrong endings in sender's address (for example: g.mail.com notice the extra and wrong period between the letters g and m).
- 4) Fraudsters often use generic subject lines or add special characters or random letter combinations to the subject line to throw off spam filters (e.g. iPhone\*Rewards for You! FV this is a fake subject line).

*Continued next page*

## *Fraud Fighter's Continued*

- 5) Criminals often use generic greetings such as Dear Customer, Dear Cardholder, Dear Sir/Madam etc. when they send out thousands of phishing emails.
- 6) Many of these emails have misspelling and poor grammar although this may change with the advent of artificial intelligence.
- 7) Be wary of any links within an email and don't click on them unless you know for 100% certain that the email is legitimate. A good rule of thumb is if you're unsure if an email is legitimate or not, call the company or person directly to ask and do not use any of the contact information in that email. Look up their contact information separately. Stay safe by being skeptical and by not getting emotional.



**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!**



## **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](http://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.**

## Resident Corner



**The cover of Gwen's memoir called *Made in Japan***

We are thrilled to share that Gwen Hinz has published a powerful and heartfelt memoir, *Made in Japan: A Story of a Life Blossoming Across the Sea*. This captivating book follows Gwen's unique journey as an American girl raised in Japan during the 1940s—capturing the realities of war, her return to the United States, and the early roots of her family story.

More than just a memoir, *Made in Japan* is a deeply personal blueprint of resilience, history, and love that shaped the Thede-Hinz family.



**Barbara Quarton**

Congratulations to Barbara Quarton, whose remarkable career we are celebrating and an amazing milestone. After 36 years of devoted service, Barbara has officially retired—and her former workplace honored her with an **Outstanding Achievement Award**, a fitting tribute to a lifetime of hard work, commitment, and excellence.

Barbara earned a reputation for being dependable, kind, and hardworking. Now enjoying a well-deserved retirement, we at Kavod are honored to have such an inspiring woman in our community. Her story reminds us all that dedication, perseverance, and heart can leave a lasting legacy—not just in the workplace, but in the lives of everyone she touched along the way.

Congratulations, Barbara, on an incredible career!"



## 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.***



**Friday, August 15**  
**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***



***Dollar Tree Shopping trip***

**Thursday, August 21**

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

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

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



## TRIPS FROM LIFE ENRICHMENT



**Wednesday, August 27**

**10:30 am – Van Trip**

**Zion Baptist—trip**

Kavod Senior Life received a generous grant from the Murnick Family Foundation, Laura Jane Musser Fund, and The Virginia Hill Foundation, making it possible to continue supporting our Bridging Diversity program.

This funding will include interfaith panel discussions at Kavod and provide participants the opportunity to visit and tour various houses of worship and meet with clergy or leadership from other cultures.

Second trip funded by the grant is an educational tour of Zion Baptist Church, The oldest African American church in the Rocky Mountain West and a Colorado historical landmark. We will enjoy a tour of the church and learn about its rich history and connection to the local African American community.

Lunch will be served after the tour, and our approximate return time to Kavod is 1:30 p.m. **No cost**, but please sign up at the front desk in the East office by August 22.



**King Soopers Shopping trip**

**Thursday, August 28**

**\*Depart at 9:30 am 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, August 29**

**11 am – Van Trip**

**SALTGRASS STEAK HOUSE**

Join us for lunch and great food at the Saltgrass Steak House, where their story began in the 1800s. Enjoy delicious menu options of hand cut steaks, Chicken and Seafood, chargrilled to perfection. Complete with bread, soups and desserts, made from scratch daily.

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

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## Assisted Living Activities



### August Fun with Madison!

**\*NEW!**

*All activities listed below are in the  
Gathering Room*

**\*Sunday, August 17**

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

**\*Wednesday, August 20**

5:15 pm – Evening Movie Club & Snacks

**\*Saturday, August 30**

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



**Friday, August 1**

**12:30 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 cookies and bring your ideas and suggestions for any new things you would like to do or places you'd like to go!**



**Tuesday, August 5**

**12:15 pm – Gathering Room**

### **UNESCO World Heritage Sites**

Established in 1945, the United Nations Educational, Scientific and Cultural Organization (UNESCO) is a specialized agency within the UN with a mission of promote peace through education. As part of that mission, UNESCO oversees the selection and legal protection of World Heritage Sites, locales judged to "be of outstanding value to humanity

## Assisted Living Activities



**Wednesday, August 6**

### **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, August 6**

### **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!



**Fridays, August 8 & 22**

**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.



**Tuesdays, August 12 & 26**

**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.



## Assisted Living Activities

South BUILDING

West BUILDING

Wednesday, August 13

12:15 pm – Gathering Room

### Birthday Celebration & Concert

Enjoy a

of music,  
and

***If you  
birthday***

***month you'll receive your birthday gift at  
this party.***



fun

afternoon

dessert

dancing!

***have a  
this***

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



EAST BUILDING



Thursdays, August 14 & 28

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!

## Assisted Living Activities

# DENVER BOTANIC GARDENS

**Friday, August 15**

**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, August 26**

**12:15 pm – Gathering Room**

### **The Harp**

The harp is one of the oldest known musical instruments, with evidence of its existence dating back to ancient Egypt around 3000

BCE. Join Active Minds for as we look at the history of this angelic instrument and listen to its use in the orchestral compositions of Mozart, Stravinsky and Tchaikovsky.



**Sunday, August 3**

**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!



**Wednesday, August 6**

**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!



**Sunday, August 17**

**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.



**Sunday, August 10 and August 24**

**5 pm – SHC**

**Game Night with Katie**

If you like to play a variety of board games this is the place to participate with your neighbors. Ever played

Garbage? Like to play Scrabble? Join in the fun every 2<sup>nd</sup> and 4<sup>th</sup> Sunday!



**Wednesday, August 20**

**1 pm – Pikes Peak**

**Active Minds Presents: “Egypt”**

After briefly flirting with democracy in the aftermath of the 2011 Arab Spring that toppled the authoritarian regime of Hosni Mubarak, Egypt returned to a militarily backed governance under President Abdel Fatah el-Sisi who has ruled the nation since 2014. Join Active Minds as we explore the history of Egypt and the role it plays in the current Middle East, including its border with Gaza and Israel.



**\*\*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.



## **Games with Ryan the Robot with drinks and snacks**

**Wednesday, August 20**

**6 pm – Pikes Peak/Mt. Blue Sky**

Enjoy a fun evening with Ryan the Robot while playing games. Also enjoy drinks and snacks!



**Tuesday, August 26**

**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!





### ***Health & Wellness Class Changes***

*Mountain Balance was moved to only Wednesdays due to low attendance. Please make sure to catch Lynne on Wednesdays at 9am in Pikes Peak!*

### ***"Kavod Programs Survey" to support H&W programming!***

Thank you so much for participating in the Kavod Programs Survey to support H&W programming!!! Three raffle winners were chosen and each received a gift card to either Target or King Soopers.

### ***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 August 2025**

#### **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, August 27**

#### **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!



### **Wednesdays \*NEW\***

**1130-1pm – HWC/Pikes Peak**

#### **DBT Skills Group with Benjamin**

Join our recent Naropa graduate, Benjamin, as he guides attendees to develop evidence-based skills to:

- Navigate and manage difficult emotions
- Build stronger, more supportive relationships

DBT Skill Groups are good for anyone at any age! We hope to see you there! The first five meetings are funded through a grant. We appreciate your participation and feedback!

### **Wednesday, August 13<sup>th</sup>**

**1pm – HWC/Pikes Peak**

#### **Herbalism Series: *Infusions 101***

Do you wonder how herbalism can fit into your life or benefit you? In this class we return to simplicity. In the practice of herbalism, mastering the basics is the foundation and building blocks for health, regardless if you are an at-home herbalist, clinician, or master of the craft, it is for everyone at every age. An infusion is what I think of as the original herbal preparation. It is the first drink to the budding herbalist and the choice of medicine for herbalists of any degree that we could not go without. Infusions are high doses of herbs prepared as tea. We will discuss fundamental principles and learn how to make an infusion with 3 herbs intended to drink daily for their

health benefits. Get ready to be re-inspired and go home empowered with the knowledge, skillset, and herbs to make infusions on your own. Come feel the difference with drinking nourishing herbal infusions and learn how to prepare and make it a part of your life. *The herbalism series will be a monthly offering every 2<sup>nd</sup> Wednesday from 1-2pm. \*You MUST sign up in advance at the front desk to attend!*

### **Wednesday, August 13<sup>th</sup>**

**10am – Gathering Room**

#### **Low Vision Group**

Join Lydia Van der Vorst, Kavod Care Coordinator and Low Vision instructor, as she supports your low vision journey with monthly presenters, opportunities to apply for in-home low vision support, processing your vision loss and more!

### **Thursday, August 14<sup>th</sup>**

**1pm – HWC/Pikes Peak**

#### **Preserving the Harvest**

Fresh produce can be preserved to enjoy later and reduce food waste! This class covers easy pickling, drying, and storage techniques for common garden produce. Participants will get to make a simple refrigerator pickle or learn how to dry herbs for cooking.

### **Thursdays, August 21<sup>st</sup> and 28<sup>th</sup>**

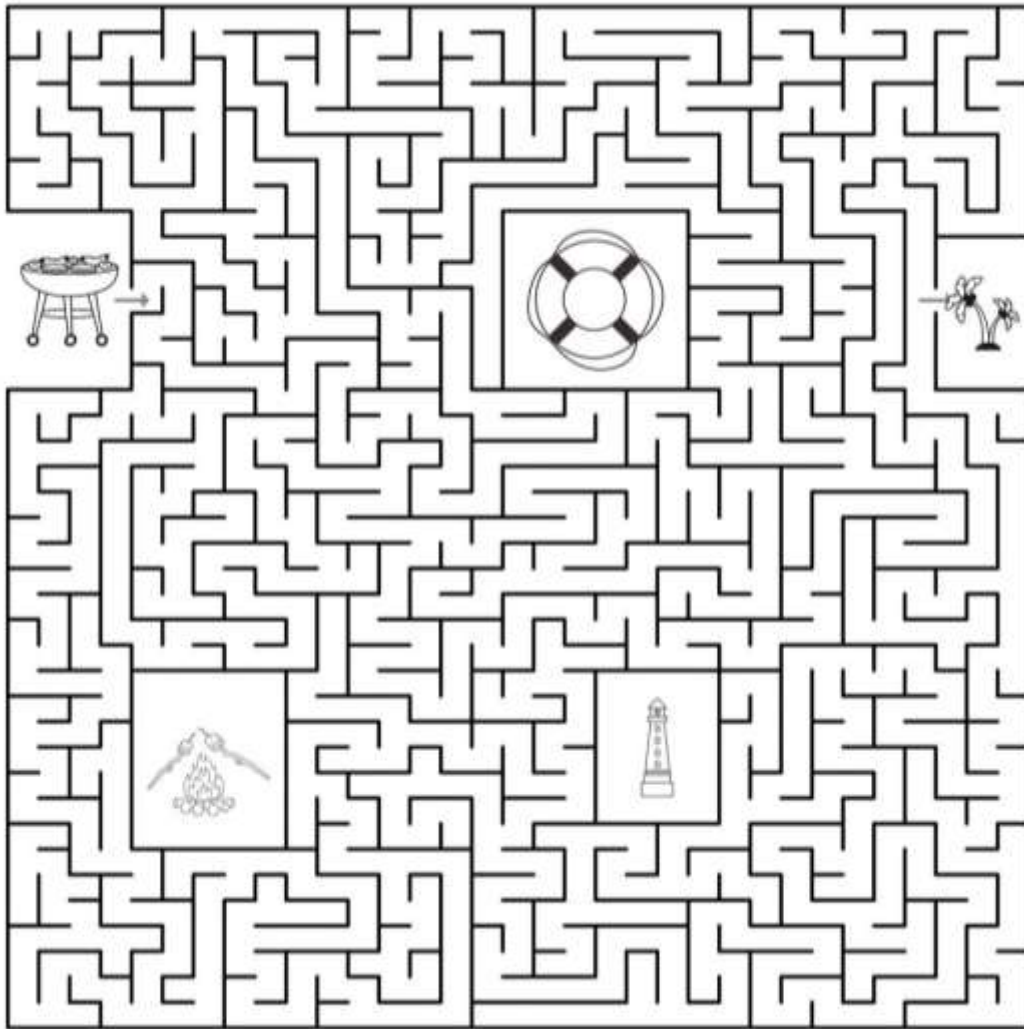
**10am – HWC/Pikes Peak**

#### **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!!!\**



## SUMMERTIME MAZE



Have you been told that weakness, balance problems, pain, incontinence, and memory loss are all normal parts of aging? While it is more common to experience these issues as we age, none of them have to be a “normal” part of celebrating more birthdays! If you’re looking to become stronger, improve your balance, keep your mind sharp, lessen your pain, and improve your continence management, your Legacy therapy team can help you!

**Think you could benefit from Physical, Occupational, or Speech Therapy?**

**Give us a call or visit us in the Health and Wellness Center!**

**303-321-2452**



## June Gifts

### DINING

Staenberg Anything Goes Grant

### GENERAL

Alice & Scott Alban, In Memory of Cheryl  
Siberman, z"ll  
Garrett Barter  
Mark Ellyne  
Karen Wollman

### IN KIND DONATION

Roberta Naiman

### JEWISH GIVING TUESDAY

Martha Gabbay  
JEWISHcolorado  
Marilyn Mishkin  
Yulia Sopkin  
Gaile Waldinger  
Karen Wollman

### KAVOD ON THE ROAD PARTNERSHIP

Colorado Hebrew Chorale

### KAVOD ON THE ROAD CONFERENCE

Michele Berry  
Jackie Chipman  
Josephine Dean  
Sandra Eichberg  
Jeannette & Lawrence Foster  
Eileen Naiman  
Glen & Walli Richardson  
Felicia Siegel  
Stephan Uslan & Bonnie Kossoff

### KAVOD ON THE ROAD

Rabbi Sara & Michael Gilbert  
Wendy & David Ruby  
Richard Zerobnick

### SUMMER EVENT 2025 ADS

John Henderson

### SUMMER EVENT 2025 DONATIONS

AlanBoxer  
Jodi & Steve Waterhouse

### SUMMER EVENT 2025 PROFESSIONAL/STAFF TICKETS

Connie Suson

### SUMMER EVENT 2025 GENERAL TICKETS

Bob & Kathy Emerman  
Jerry & Marilyn Kopelman  
Jodi & Steve Waterhouse

### SUMMER EVENT 2025 SPONSORSHIPS

Alpine Pharmacy  
Boxer & Associates CPAs, P.C.  
Colorado PACE  
CoPi Plumbing  
Integrity Print Group  
Michael & Wendy Klein  
Morgan Stanley  
Debra and Frank Piazza  
Rockford Gray  
Jan Schorr  
Syntrinsic Investment Counsel  
The Affix Group  
Gaile Waldinger, In Memory of Allen Tenenbaum,  
Charles Zwerdinger, Dr. Stanley Ginsburg,  
Henrietta Kaufman, z"ll  
Zim Consulting, Inc.