




Kavod Senior Living at Cherry Creek

Activity Calendar — AUGUST 2025




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Room Location Guide:</i></p> <p>GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS</p>	<p><i>Color Guide:</i></p> <p>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes</p>				<p>1 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—PP 10:00 “What’s Happening at Kavod” Breakfast—SHC 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—PP 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge</p>	<p>2</p>
<p>3 3:00 Painting & Wine with Polly—Pikes Peak 5:00 Sing Along with Malka—Bistro 6:00 TISHA B’AV—SH</p>	<p>4 No Bingo today 11:00 Conversations on the Edge—SHC 12:00 Lunch & Learn: Legacy Healthcare Services at Kavod—Pikes Peak 1:00 Readers Theatre—Pikes Peak 5:15 Sing Along with Christine-GR</p>	<p>5 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Peak No JFS Food Bank & Pantry trip 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC</p>	<p>6 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice—MBS 10:00 Gentle Yoga—Pikes Peak 11:30 Good Vibes with Rick & Coffee in the Bistro 1:00 Fused Glass—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC</p>	<p>7 9:00 Tai Chi—Pikes Peak 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice—MBS 4:30 Piano music by Tory—DR *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p>8 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 6:00 Musical Shabbat Service with Rabbi Steve—SH</p>	<p>9</p> <div></div>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
10 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 5:00 Game Night with Katie—SHC	11 *9:00 Mountain Casino—trip 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:00 Claire’s Jewelry Making Workshop—SHC 2:30 DPL Bookmobile—GR 6:00 SoulFULL Necklace Workshop —SHC	12 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Gratitude Sharing-GR 10:00 Boxing for Seniors-Pikes Peak *11:45 JFS Food Bank & Pantry—trip 1:00 Opening Minds through Art-Pikes Peak 2:00 Current Events—SHC 2:30 Mindfulness Practice —MBS 6:00 Cousins Coloring—SHC	13 *9:30 Super Walmart—trip 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice-MBS 10:00 Low Vision Support Group—GR 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	14 9:00 Tai Chi—Pikes Peak *10:00 Clive Cussler Car Museum + Lunch at Malone’s Grill—trip 1:00 Preserving the Harvest - Pikes Peak 2:30 Mindfulness Practice—MBS 4:30 Doug Sanders on the piano—DR *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC	15 9:00 Relaxation Hour—PP 10:00 Gentle Yoga—Pikes Peak 11:00 Sacred Grounds—Bistro 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	16 10:00 Shabbat Services— with Seth Ward
17 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 12:00 Piano Music while you dine by Christine-DR 3:00 Get Your Grill On-HWC Deck 6:00 Yiddish with Malka—SHC	18 10:30 Bingo—Pikes Peak 11:30 Root Beer Floats—Bridge 1:00 Readers Theatre—Pikes Peak	19 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Fl. Bridge 10:00 Boxing for Seniors-Pikes Peak *11:45 JFS Food Bank & Pantry—trip 1:00 Opening Minds through Art-PP 2:00 Current Events—SHC 2:30 Mindfulness Practice Group—MBS 5:15 Birthday Celebration & Concert with Michael Friedman— Bistro/DR 6:00 Cousins Coloring—SHC	20 9:00 Mountain Balance-PP *9:30 Castle Rock Outlet Stores & Lunch-trip 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Active Minds “Egypt”—Pikes Peak 1:00 Mahjong Players—3rd fl. bridge 2:00 Art with Isaak—SHC 6:00 Games with Ryan the Robot-PP	21 *9:00 DollarTree—trip 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak 1:00 Resident Council-Pikes Peak 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice—MBS *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC	22 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—PP 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge	23
24 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 5:00 Game Night with Katie—SHC 6:00 Rosh Chodesh Group with Malka—SHC	25 10:30 Bingo —Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR	26 9:00 Tai Chi—Pikes Peak *9:30 King Soopers—trip 10:00 Boxing for Seniors-Pikes Peak 10:00 Gratitude Sharing—GR 12:00 Jazz Café & Coffee Hour—Bistro 1:00 Opening Minds through Art-PP 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	27 9:00 Vet Clinic (By Appointment)-MBS 9:00 Mountain Balance-Pikes PP 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak *10:30 Zion Baptist—trip 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC	28 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak 2:30 Mindfulness Practice—MBS 4:30 Piano music by Tory—DR *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC	29 9:00 Relaxation Hour-PP 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—PP 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge	30 10:00 Shabbat Services— with Seth Ward
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AUGUST 2025

Connie's CORNER



Hi Everyone,

I wanted to let you all know that I have been out on medical leave and hope to be returning soon.

Be sure to join Susan for breakfast this month at the informative "Life Enrichment What's Happening at Kavod" on Friday, August 1st at 10:00 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

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

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 2nd 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 1st Sunday of the month)
10 am in Pikes Peak**

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

**Sunday, 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



**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 27th, 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!



Resident Council Meeting

Thursday, August 21
1 pm – HWC/Pikes Peak

With the sun high in the sky and the heat setting in, we hope all residents stay cool and safe. If you know of a resident who may be in need or is in distress, please reach out to your Resident Coordinator. We are family.

You may have noticed the Resident Council easels now found in the lobbies of both the East & West buildings, as well as on the bridge. These easels display important announcements, upcoming meetings, and events, & are updated regularly. Be sure to check them often!

We've been holding Mini Resident Council Meetings to help residents stay informed about how recent Congressional decisions impact HUD, and how Kavod is actively advocating on behalf of all residents.

Recently, we welcomed Tim Geitner, HUD Region 8 Regional Administrator, along with several members of his team. They toured the Kavod campus and later joined staff and a group of residents in the Shul classroom for an open and meaningful dialogue.

Max Haynes, the Denver Metro Regional Director from Senator Bennet's office, recently visited with Roz and me.

During his visit, we presented him with a petition containing 502 signatures—collected in just eight days! He will be sharing the petition with other elected officials and also offered valuable ideas for continued

advocacy efforts. The information he provided was especially helpful to Christy Zeigler and Kara Harvey, who also attended. We're pleased to share that Mr. Haynes has agreed to attend future Resident Council meetings.

A heartfelt thank you to Roz, Doug, Beverly, and Sandy for their help in gathering signatures. Your efforts made a real impact!

*****Join Us for Weekly Gatherings and More!** Every Thursday at 6:00 p.m., meet your neighbors at the corner of Ellsworth & Steele for an hour of peaceful, uplifting solidarity.

This is your chance to take action and stand up for a cause that affects us all.

We provide ready-made posters—or feel free to create your own! Poster board and markers are available for your use. We stand together for just one hour and receive lots of supportive honks and waves from passing cars. It's a truly energizing experience.

This gathering is NONPARTISAN—because these cuts impact everyone.

*****Join the Conversation at Current Events.** We'd love to see you at Current Events, held on the 2nd and 3rd Tuesdays of each month in the Shul classroom. This is an open forum to discuss what's happening in the world around us. Come listen, learn, and share your perspective! Nonpartisan and respectful discussions welcome.

*****Make Your Voice Heard at Resident Council meetings** that take place on the 3rd Thursday of every month at 1:00 p.m. in Pikes Peak, unless otherwise noted due to scheduling conflicts. These meetings are your opportunity to be informed, involved, and heard.

***Coming in August – Root Beer Float Day, Monday, August 18th

****CORRECTIONS to the July Voice: Dog Show 1st place winner is Ezra. 2nd place owner is Barbara Shafran

Contact us at 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

FROM LIFE ENRICHMENT



Grocery Trips

We have many grocery trips each month and are seeing residents pack more and more groceries into fewer bags, so we are asking everyone to be more considerate of Life

Enrichment staff by making grocery bags lighter. We ask that you put less in your bags so they are not so heavy and using several manageable bags than a few heavy ones. This also includes backpacks and other carriers that are cumbersome and too heavy for one person to load.

If staff gets hurt carrying heavy bags then we cannot do any trips. We would like to continue offering this service, but need your help in doing so by having residents be respectful of our staff and their limitations. If you cannot lift a bag, neither can our staff.

There are many delivery options for getting groceries without leaving Kavod. Talk to your Care Coordinator about them.



Walkers

Please label your walker with your name and other contact information. It makes it easier at the end of each trip to find which walker goes with which resident in a more efficient way. Please ask our staff for a luggage tag if you need one.

Furthermore, Life Enrichment is not responsible for lost, stolen, or damaged operating equipment. Please make sure your walkers are labeled and in good, working condition to ensure your safety, as we are not able to fix them.



**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

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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 with furniture got resolved.

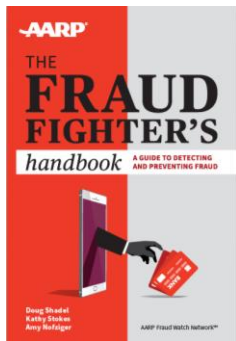
Isaak is most proud of his family including his six great grandchildren ranging in age from 1 month to 15 years old, his 5 grandchildren

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.



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



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

Email

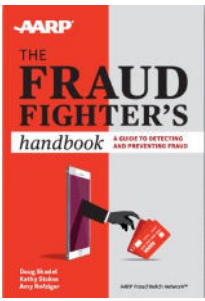
Sometimes it can be difficult to discern what is legitimate email or not, but if in doubt just assume it's not legitimate. Fraudsters often use a technique called "phishing". This is when criminals reach out to people in a targeted manner to get them to hand over money or personal information by creating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

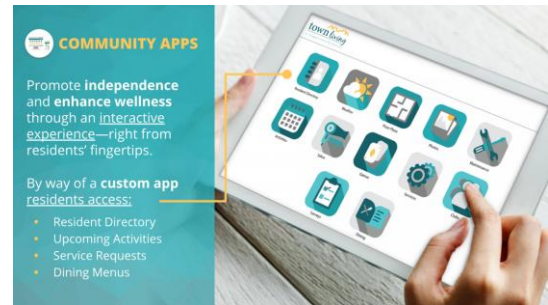
- 1) Hover over the sender's email **without** clicking on it to expose the actual email address. Look at the entire address and not just the first part. For example, if the first part reads Apple Support but the second part has something that doesn't make sense like "inv.com" don't click on it.
- 2) 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).

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- 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.



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.

NOTICE

**FRAGRANCE FREE ZONE
KEEP THE AIR WE
SHARE HEALTHY
AND SCENT FREE**

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

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, August 12 & 19

**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.



Monday, August 11

***9 am – Van Trip**

Colorado Mountain Casinos

Join us as we depart for the mountains for a **full DAY 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 or by contacting MV Transportation at 303-761-3145. ***All buses are ADA accessible.***

We will depart at 2 pm to return to Kavod.

Please be sure to be back at the designated spot given by our driver and staff by 2 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: August 8

Upcoming Trips



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.

****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: August 13



Wednesday, August 20
9:30 - Trip

Castle Rock Outlet Stores and Lunch-trip

What sets Outlets at Castle Rock apart from other shopping destinations? The answer is simple: exceptional value. Shoppers can enjoy savings of up to 70% off retail prices on their favorite name-brand stores, with over a 100 of them. This summer, update your wardrobe, refresh your home, or find the perfect gifts while keeping your budget intact.

For lunch go to any of the following restaurants: some of the restaurants include Rockyard Brewing Company, Crave Real Burgers, Chili's Grill & Bar, and Black-eyed Pea, IHOP, QDOBA Mexican Eats and Starbucks. Or bring a sack lunch and eat outdoors.

Resident Cost: \$6 – includes transportation + pay for meal at restaurant

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

Deadline: August 15

Upcoming Trips



Monday, August 25

10 am – Van Trip

**Clive Cussler Car Museum + Lunch at
Malone's Clubhouse Grill—trip**

The Cussler Museum is dedicated to the preservation of astounding, rare, and vintage automobiles from all over the world. This extensive collection of over 100 significant automobiles, ranging in years from 1906 to 1965, was started by renowned best-selling author Clive Cussler.

Afterwards we will go to Malone's, a locally owned restaurant in business for over 22 years. Featuring a diverse menu featuring sandwiches and Mexican food to pasta and pizza. Whatever you order is prepared in house with the finest ingredients. Prices range from \$15 to \$20, not including tax and tip.

**Resident Cost: \$18 – includes
transportation + pay for meal at
restaurant**

**Non-Resident Cost: \$22 – includes
transportation + pay for meal at
restaurant**

Deadline: July 28



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.



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



**Friday, August 1
10:00 am – Shul Classroom**

“What’s Happening at Kavod” *Breakfast* 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 breakfast 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!



**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!



**Sundays, August 3 & 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. 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!



Monday, August 4

12:00 pm – Pikes Peak

Lunch & Learn: Legacy Healthcare Services at Kavod

Please join us at noon on Monday, August 4th for a very informative Lunch & Learn with Occupational Therapist and Rehab Director Madison Farrior, OTD, OTR/L, of Legacy Healthcare Services right here at Kavod.

She will be discussing the various supports available for helping seniors live lives that are fulfilling and active. These supports will include adaptive equipment for various abilities, discussion of prevention and intervention for various chronic issues, caring for oneself and one's pets, communication, safety and emergency maintenance and much more. We hope to see you there!

Enjoy sandwiches and drinks, compliments of Life Enrichment!

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

3 pm – HWC Deck and Pikes Peak

Get Your Grill ON

Bring a piece of meat to grill. Eat on the deck with your neighbors or take it home to eat.



drinks dessert
& dancing Birthday Celebration

Tuesday, August 19
5:15 pm – Bistro/Dining Room
Birthday Celebration with
Michael Friedman

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!



EAST BUILDING

South BUILDING

West BUILDING



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!



**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.



**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!

****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.



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!



Wednesday, August 13th

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 2nd Wednesday from 1-2pm. *You MUST sign up in advance at the front desk to attend!*

Wednesday, August 13th

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 14th

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 21st and 28th

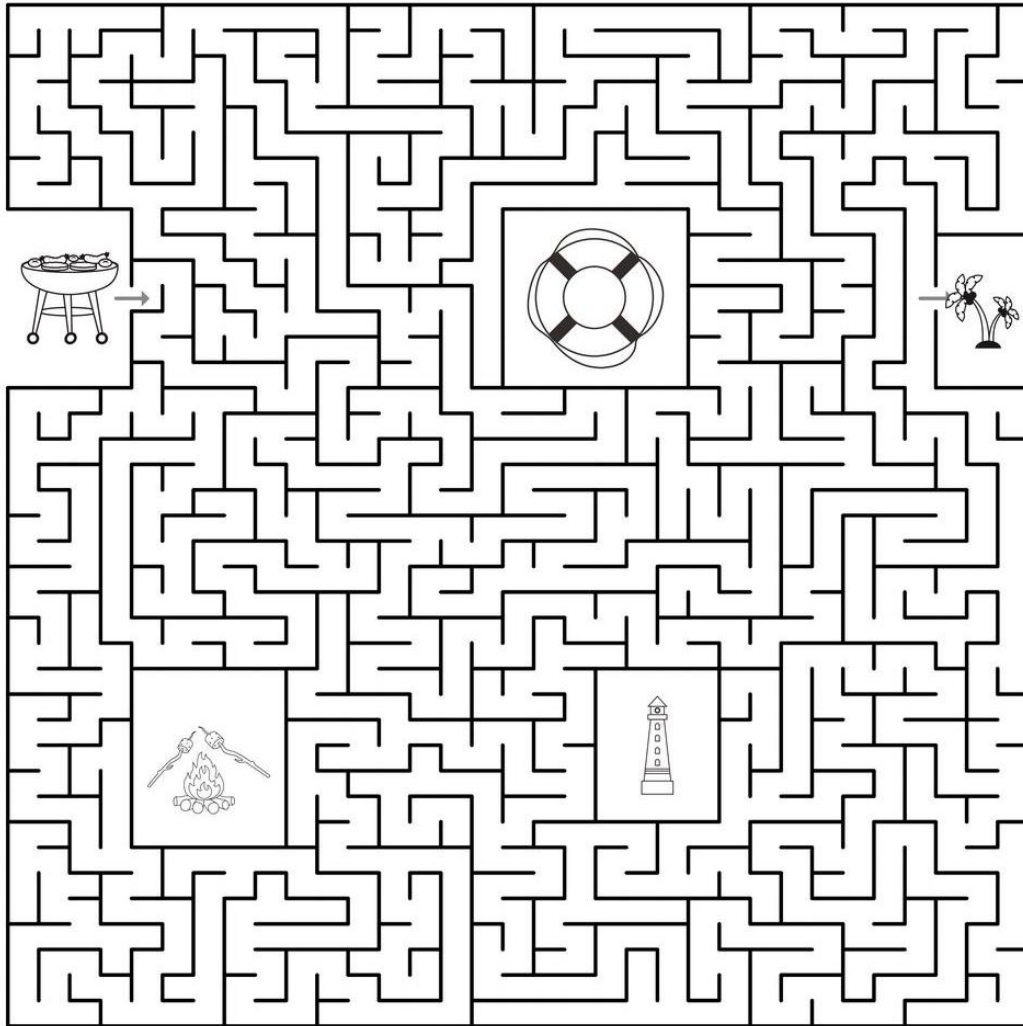
10am – HWC/Pikes Peak

Dance for Health

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



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.