





# Kavod Assisted Living at Cherry Creek


## Activity Calendar — SEPTEMBER 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>1</b> <u>EAST</u> Offices Closed</p> 	<p><b>2</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>12:15 Active Minds “The Art of Ansel Adams ”—GR</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>6:00 Cousins Coloring—SHC</p>	<p><b>3</b> 9:00 Mountain Balance-PP</p> <p>10:00 BUNCO Games with Lauren—GR</p> <p>10:00 English Language Practice—MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:30 Good Vibes with Rick &amp; Coffee in the Bistro</p> <p>12:15 “AL What’s Happening at Kavod”—GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>1:30 Activity Fair—Pikes Peak/ Mt. Blue Sky</p> <p>2:00 Art with Isaak—SHC</p> <p>5:15 Painting &amp; Wine with Polly—GR</p>	<p><b>4</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Berkley Home Health Brunch n’ Learn —Pikes Peak</p> <p>*2:00 King Soopers—trip</p> <p>2:30 Joy of Writing with Denny—SHC</p> <p>2:30 Mindfulness Practice - MBS</p> <p>*NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p><b>5</b> 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—PP</p> <p>*10:30 Mystery Lunch—trip</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>6:00 Soulful Shabbat Service with Rabbi Steve—SH</p>	<p><b>6</b></p> <p>*NEW 2:00 Afternoon Trivia Fun, Games &amp; Snacks with Madison — GR</p>
<p><b>7</b></p>	<p><b>8</b> 10:30 Bingo—Pikes Peak</p> <p>12:15 AL Food Committee—GR</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>New Hours: 2:30—3:30</p> <p>DPL Bookmobile—GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p><b>9</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Gratitude Sharing-GR</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Opening Minds through Art—Pikes Peak</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>10</b> 9:00 Mountain Balance-PP</p> <p>10:00 English Language Practice—MBS</p> <p>10:00 Low Vision Support Group—GR</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>1:00 Herbalism Series with Jenna-PP</p> <p>*NEW 2:00 Red Hat Meeting—Pikes Peak</p> <p>2:00 Art with Isaak—SHC</p>	<p><b>11</b> 9:00 Tai Chi—Pikes Peak</p> <p>2:30 Joy of Writing with Denny—SHC</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p> <p>*NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p><b>12</b> 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>*11:00 Films that Illuminate with Rabbi Steve —SHC</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength Training for Seniors—Pikes Peak</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>2:00 Ceramics &amp; Nature—Pikes Peak</p>	<p><b>13</b></p> <p>10:00 Shabbat Services— with Seth Ward</p> <p>8:00 SPECIAL HAVDALLAH AND SHORT SLICHOT (asking forgiveness)</p> 

Kavod Assisted Living at Cherry Creek  
Activity Calendar — SEPTEMBER 2025

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>14</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>5:00 Game Night with Katie—SHC</p>	<p><b>15</b> 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:00 Claire’s Jewelry Making Workshop—SHC</p> <p>3:30 AL Bingo—GR</p> <p>5:15 Sing Along with Christine-GR</p> <p>6:00 SoulFULL Necklace Workshop —SHC</p>	<p><b>16</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Give &amp; Take-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:00 Current Events—SHC</p> <p>2:30 Mindfulness Practice —MBS</p> <p>6:00 Cousins Coloring—SHC</p>	<p><b>17</b> 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>12:15 Assisted Living Birthday Party Celebration-GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>1:00 Active Minds “Nuclear Power ”—Pikes Peak</p> <p>2:00 Art with Isaak—SHC</p>	<p><b>18</b> 9:00 Tai Chi—Pikes Peak</p> <p><b>*10:30 Islamic Center—trip</b></p> <p>1:00 Preserving the Harvest - Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p><b>*NEW</b> 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p><b>19</b> 9:00 Relaxation Hour—PP</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Sacred Grounds—Bistro</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:15 Denver Botanic Gardens Sensory Adventures—GR</p> <p>12:30 Legacy Strength Training for Seniors—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge</p> <p>6:00 Musical Shabbat Service with Rabbi Kim—SH</p>	<p><b>20</b></p> <p><b>*NEW</b> 2:00 Afternoon Trivia Fun, Games &amp; Snacks with Madison —GR</p>
<p><b>21</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p><b>*NEW</b> 2:00 Afternoon Ice Cream Social—GR</p> <p>2:00 Claire’s Jewelry Making—MBS</p>	<p><b>22</b> 10:30 Bingo—Pikes Peak</p> <p>11:00 DMV2Go—SHC</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p><b>New Hours:</b> 2:30—3:30 DPL Bookmobile—GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p><b>23</b> Offices Closed</p> <p>10:00 Rosh Hashanah Service—SH</p> <p><i>Rosh Hashanah</i></p>	<p><b>24</b> Offices Closed</p> <p>10:00 Rosh Hashanah Service—SH</p> <p><i>Rosh Hashanah</i></p>	<p><b>25</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Dance for Health—Pikes Peak</p> <p>12:15 AL Resident Council -GR</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>5:00 Dancing to the Oldies—GR</p> <p><b>*NEW</b> 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p><b>26</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>2:00 Ceramics &amp; Nature—Pikes Peak</p>	<p><b>27</b></p> <p>10:00 Shabbat Services— with Seth Ward</p>
<p><b>28</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>5:00 Game Night with Katie—SHC</p>	<p><b>29</b> 10:30 Bingo—Pikes Peak</p> <p>12:00 Good Vibes &amp; Tunes with Rick- GR</p> <p>1:00 Readers Theatre—PP</p> <p>3:30 AL Bingo—GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p><b>30</b> 9:00 Tai Chi—Pikes Peak</p> <p><b>*9:00 Fall Colors &amp; Lunch—trip</b></p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>12:00 Jazz Café &amp; Coffee Hour—Bistro</p> <p>12:15 Active Minds “Hollywood in the Concert Hall”—GR</p> <p>1:00 Opening Minds through Art-PP</p> <p>2:30 Mindfulness Practice Group—MBS</p>		<p><b>Room Location Guide:</b></p> <p>GR—Gathering Rm (West)</p> <p>SH —Shul (2nd floor East)</p> <p>SHC-Shul Classroom (2nd floor East)</p> <p>HWC-Health Wellness Center (West, top floor)</p> <p>- Pikes Peak- PP</p> <p>- Mt. Blue Sky-MBS</p>	<p><b>Color Guide:</b></p> <p><b>Blue = Life Enrichment classes</b></p> <p><b>Green = Life Enrichment Trips</b></p> <p><b>Purple = Health &amp; Wellness classes</b></p>	
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SEPTEMBER 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 **Wednesday, September 3 at 12:15 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

**The "Ten Days of Awe"  
are here!**

*Rosh Hashanah begins sundown  
Monday, September 22 and runs for two days  
through sundown Wednesday, September 24.*

*Yom Kippur begins sundown  
Wednesday, October 1 through  
Thursday, October 2*

Shalom Aleychem! (Peace be with you!)

Later this month with the next new moon, the Jewish world will enter a ten day time period so special it has several names: "The Days of Awe," "The Ten Days of Teshuvah/Turning/Atonement/At-one-ment," also known as the "High Holy Days."

*(continued on next page)*

Welcome New Residents

## The “Ten Days of Awe” are here! (continued from page 1)

The days between Rosh Hashanah and Yom Kippur are an opportunity to “level up,” to make amends where needed and to do a personal assessment. How am I doing on my life mission? What do I need to do to advance in my life mission? Do I need to make amends with anyone? *(For we learn that the rituals and prayers can effect forgiveness between us and G'd, but for things between us and other human beings, or our communities or planet, we need to do that ourselves.)*

The blasts of the Shofar (ram's horn) this month will call us to this sacred journey, both individually and as a community.

Rosh Hashanah, also known as “Yom Truah,” the Day of the (many) Shofar blasts, is the Jewish New Year. This year will be 5786 on the Jewish calendar. Interestingly, the word “shanah” in Hebrew has multiple meanings. In addition to “year,” it can also mean “change” or “repeat.” How we handle this opportunity will have an impact on whether we change and up our games, or whether we simply repeat whatever we were doing before, for better or worse.

Yom Kippur is a communal atonement ritual. It also has many meanings. A 25hr. period of prayer and fasting, it is a time to clear the slate, ask forgiveness for our mistakes, and to reestablish “At-One-Ment” with G'd, or alignment with our sacred missions in this life.

Obviously this is serious stuff!!

But mostly it is a time of joyful celebration with family, friends and/or community. We wish each other a “sweet New Year,” and an “easy fast. And then four days later we enter a week long festival of **Sukkot**, a fall cornucopia harvest festival also known as “**The Season of our Joy**,” the centerpiece of which is relaxing in our outdoor temporary hut or “Sukkah,” welcoming guests, enjoying food and drink, and giving thanks.

And finally, the Festival season ends with Simchat Torah/Rejoicing in Torah, where we read the end of the Book of Deuteronomy, roll the scroll back to the beginning of Genesis, and start again!

**Please see schedules in the Voice**, on your calendars, posters, on-line, etc..... and join us for any or all of our many events of this sacred fall season.

I wish everyone a “Shana Tovah U'Mitukah,” a Good and Sweet New Year!



## Come Hear the Shofar!

In preparation for the “Days of Awe,” we will have **a brief blowing of the Shofar (ram's horn) at 4:00 pm each Tues, Thurs. and Sunday between Aug. 31 and Sept. 21** outside the East building. Led by Malka, Rabbi Steve and Friends.

## 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, September 5**

**6 pm - Shul**

Resident Led

Soulful Service with Rabbi Steve

**Friday, September 19**

**6 pm - Shul**

Shabbat Musical Service with Rabbi Kim

#### **SHABBAT MORNING SERVICES**

**Saturday, September 13**

**Dr. Seth Ward**

**10 am - Shul**

**Saturday, September 27**

**Dr. Seth Ward**

**10 am - Shul**

***SPECIAL HAVDALLAH  
AND SHORT SLICHOT  
(asking forgiveness)  
Saturday, September 13 –  
8:00 PM***

**SERVICE AND  
CHANGING OF THE  
TABLE AND TORAH  
COVERS!!**

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#### **HIGH HOLY DAY SERVICES**

**EREV ROSH HASHANAH: MONDAY  
SEPT. 22. 6PM**

**ROSH HASHANAH DAY 1: TUESDAY  
SEPT. 23. 10AM**

**ROSH HASHANAH DAY 2:  
WEDNESDAY SEPT. 24 10AM**

**And looking ahead:**

*Yom Kippur begins sundown  
Wednesday, October 1 through  
Thursday, October 2*

*Sukkot begins sundown  
Monday, October 6*





**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, September 14**  
**10 am – Pikes Peak**  
Led by Reverend Dale

**Sunday, September 21**  
**10 am – Pikes Peak**  
Led by Reverend Dale & Steve Miller on piano

**Sunday September 28**  
**10 am – Pikes Peak**  
Service and Communion with Reverend Dale & Steve Miller on piano

**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)



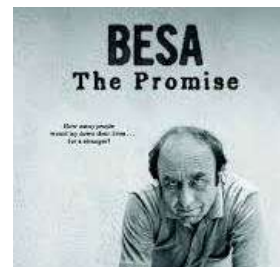
**Friday, September 19**

**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.



**NEW!!**  
**Films that**  
**Illuminate with**  
**Rabbi Steve**

**BESA: The Promise**

**Friday, Sept. 12**  
**11:00 am - SHC**

**BESA: The Promise** weaves Albania's heroism in WWII through the *vérité* journeys of two men.

Norman Gershman is a renowned Jewish-American photographer determined to document first-person accounts of the Albanian Muslims who rescued Jews during the Holocaust. Rexhep Hoxha is a Muslim-Albanian.

Rexhep must fulfill the promise made to a Jewish family his father rescued during the Holocaust and return to them a set of Hebrew books they left behind. Rexhep's promise is more than words — it's part of his **besa** — an honor code that, among other things, pledges all Albanians to offer safe harbor to refugees.

With Norman's help, Rexhep embarks on a journey to Bulgaria and Israel. His quest brings about an epiphany that he is part of this Jewish family — even as his Islamic faith, long suppressed under decades of communism, is affirmed. Through the stories of Rexhep and his fellow Muslims, we discover a nation of everyday heroes far removed from the narrative of violent Islam and anti-Semitism that is so often portrayed in media today. From the first-person accounts of Jewish survivors, we hear stories of

gratitude to Muslim rescuers that have gone unheard for almost seventy years.

***Besa: The Promise*** presents a powerful story that bridges generations and religions ... uniting fathers and sons ... Muslims and Jews.

## Building Bridges of Understanding

Join us on our next trip to  
**THE DOWNTOWN ISLAMIC CENTER!**  
**Thursday Sept. 18 - 10:30am**

**Please see upcoming trips section for more information.**

## LEADERSHIP CORNER



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



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

There are signs that fall is on the horizon as the sun rises a little later and sets a little sooner and your favorite football team has started pre-season games. Enjoy the hot to warm to cooler weather as we transition to pretty colors around Kavod.

HUD Funding Updates: We have received some positive news about Federal HUD funding. HUD originally proposing major reductions for 2026, but thanks to advocacy by staff, residents and families, we are now anticipating 2026 funding to look similar to the 2025 budget. While we had hoped for an increase in funding to allow us to keep pace with rising expenses, it is reassuring to know that the current proposed budget is a more moderate approach.

On the more sobering note, reductions in Medicare and Medicaid will affect our residents regarding food, home health and hospital benefits.

Governor Polis has called a special session to address a billion dollar shortfall in the State budget. Denver Mayor Johnston has recently announced that this city is making reductions in staff and city services.

Beatification Project Updates: The furniture has been delivered to the east and south building elevator lobby areas. We have heard positive comments about the updates. The artwork, previously mentioned, will be hung on walls and sculptures will be placed throughout the buildings. Please do not remove any of the new furniture or artwork. Thank you for your patience with this project. We hope Kavod feels a little brighter, warmer, and welcoming to residents and visitors.

We will be upgrading the South elevators; last year we serviced the East elevators. Residents will receive notices once the work begins.

You may have noticed workers hanging outside our West building ledges. We noticed some minor disrepair, so we have hired a company to help locate and fix any cracks.

Please keep Kavod's community safe by asking visitors to sign in at the kiosk and wearing a name tag so everyone knows they are a visitor. Please tell new caregivers to wear a badge showing their agency's name. It's ok to ask someone who they are visiting before allowing them into the buildings. If someone gets irritated or becomes upset, call the front desk or night managers to help you.

Be well,

*Michael Klein & Kara Harvey*





**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**



**Susan Greenwood**

Susan Greenwood and her canine companion Rory, are two of Kavod's most active volunteers. Over the several years that Susan and Rory have lived at Kavod, Susan has designed beautiful and fun centerpieces for the bistro, decorated the dining room for squirrel appreciation day, assembled a large shark for April Fools Day, designed a beautiful Day of the Dead area on the bridge back in November and hosted rabbit races in the main dining room. If that weren't enough, Susan also co-hosts the Conversations on the *(Continued next page)*



## Susan Greenwood

*(Continued)*

Edge Classes to discuss issues around end of life as well as teaching classes on collages, beads and pressed flowers in the past. Moreover, Susan is an ordained Episcopal priest and has substituted for Pastor Dale for Sunday Christian services from time to time and has substituted for Rabbi Steve for the mindfulness classes from time to time.

Volunteering is not new to Susan who has volunteered since her early childhood. First and continuously she volunteers for her church but also over the years she volunteered for the schools in which she taught as an elementary school teacher. Susan holds a Master's degree in Bilingual Education and Reading and a Master's in Divinity from The General Theological Seminary of the Episcopal Church in New York City which she began at the age of 56. Until then she had never been in a city larger than Boulder. Susan originally hails from Oklahoma but lived many years in Colorado teaching in districts in the San Luis Valley, Colorado Springs and Boulder.

A fun fact about Susan is that at seminary she was known for her chapel pranks and she jokes that one thing a priest should never do is say "whoops" during a sermon. Another fun fact is that Susan used to get dressed up in a Gorilla outfit and once went cruising on Tejon Street in Colorado Springs in her Gorilla costume. Susan is definitely a good volunteer with a great sense of humor, passion for

volunteering, lots of talent and faithfulness. Susan loves Kavod and the values it stands for and the services and programs it offers.

For those of you who haven't yet volunteered, 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)



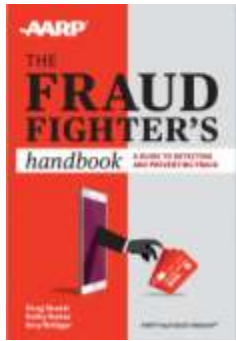
## Call for Gift Shop Volunteers!

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.



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).
- 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.**



## 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.***



***King Soopers Shopping trip***  
**Thursday, September 4**

**\*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.**



**Friday, September 5**  
**10:30 am – Van Trip**  
**Mystery Lunch**

Do you enjoy a mystery? Then join us for a mystery lunch that is sure to surprise and delight. Plus the food will be delicious! Don't miss this enjoyable trip. Your lunch will be paid for by Kavod.

**Thursday Sept. 18 - 10:30am**  
**Building Bridges of Understanding**  
Join us on our next trip to  
**THE DOWNTOWN ISLAMIC CENTER!**



Hosted by our friend Imam Mohammad Kolila, we will get a tour of their mosque, learn and ask questions about Islam, and enjoy a Halal/Kosher lunch!! Our approximate return time to Kavod is 1:30 p.m.

**Please sign up with Susan as this trip will fill up fast!**



## TRIPS FROM LIFE ENRICHMENT



**Thursday, September 25**  
***Dollar Tree Shopping trip***

\*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***



**Tuesday, September 30**  
**9 am – Van Trip**

### **Fall Colors Day Trip and Lunch**

Join us for an amazing day trip through  
the Colorado Rocky Mountains to view  
the dazzling changing of the seasons!

We suggest you bring a light jacket and  
bottled water to stay hydrated.

Estimated return time is late afternoon.

## Assisted Living Activities



### September Fun with Madison!

*All activities listed below are in the  
Gathering Room*

**\* Saturday, September 6**

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

**\* Saturday, September 20**

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

**\* Sunday, September 21**

2:00 pm –Afternoon Ice Cream Social



### Mondays

**Piano Sing Along  
with Christine**

**5:15 pm - Gathering Room**

Join Christine on the piano right after dinner to sing and reminisce with favorite old songs.



**Tuesday, September 2**

**12:15 pm – Gathering Room**

### The Art of Ansel Adam

Ansel Adams is one of the most iconic American photographers. Throughout his lengthy career he broke ground not only in his breathtaking black-and-white landscapes of the American West, but also in his development of photographic technique, and his environmental conservation work. Join Active Minds as we explore how Adams' artistry continues to shape our perception and relation to the natural environment.



**Wednesday, September 3**

### BUNCO Games with Lauren!

**10 am – Gathering Room**

Join Lauren, the Assisted Living Care Coordinator for some Bunco fun! Learn how  
(Continued on next page)

## Assisted Living Activities

*(Bunco Continued)*

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, September 3  
12:15 pm – Gathering Room**

### **What's Happening this month with Life Enrichment**

Join Susan from Life Enrichment to hear about this month's classes, events and trips!

\*Bring your monthly Voice and Calendar.

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



**Wednesday, September 3  
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!



**Tuesday, September 9  
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.



**Thursdays,  
September 11 &  
25  
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



**Fridays, September 12 & 26**  
**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.

**Wednesday, September 17**  
**12:15 pm – Gathering Room**  
**Birthday Celebration & Concert**



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

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



## Assisted Living Activities

# DENVER BOTANIC GARDENS

**Friday, September 19  
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, September 30  
12:15 pm – Gathering Room  
Hollywood in the Concert Hall**

Join Active Minds for a look at Hollywood composers and the role movie music has had in the realm of classical music, with a special

look at compositions written for the concert hall by composers primarily known for film music. We will explore the works of Erich Korngold, Camille Saint-Saens, Aaron Copland, Danny Elfman, and of course (cue the Star Wars theme) John Williams.



**Wednesday, Sept. 3  
11:30 am –  
Bistro in Dining Room  
Good Vibes with  
Rick & Coffee**

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



**Wednesday, September 3  
1:30 am – Pikes Peak/Mt. Blue Sky  
Activity Fair**

Find out about activities, services and other opportunities to learn, share and grow at Kavod. For questions call Katie Barbier at 630-292-6226





**Wednesday, September 10**

**2 pm -Pikes Peak**

### **Red Hat Society**

The Red Hat Society is a social group for women who make friends and enrich lives through fun and friendship



**Two Fridays,**

**September 12 and September 26**

**2 pm -Pikes Peak**

### **Ceramics & Nature**

Ceramics & Nature will use air-dry clay to do imprints of flowers and leaves to make plates, bowls, a wall plaques or vases. You will enjoy every minute of creating these beautiful pieces.



**Sunday, September 14 and**

**September 28**

**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, September 17**

**1 pm - Pikes Peak**

### **Active Minds Presents: "Nuclear Power"**

As society faces increased challenges associated with climate

change caused by the consumption of fossil fuels, some experts are arguing that nuclear energy offers a reliable and plentiful source of zero carbon energy. Nuclear power, however, presents its own challenges, including a history of accidents at Chernobyl, Three Mile Island and Fukushima Daichi. Join Active Minds as we evaluate the pros and cons of this controversial source of energy.



**Monday, September 22  
11 am – Shul Classroom**

DMV2GO, the mobile service for the Department of Motor Vehicles will be onsite so you can renew your license, apply for a new license, get a Colorado ID, etc.

*You will need to contact the county motor vehicle for anything regarding handicap placards or vehicle services*

You must sign-up in the East office for your time slot.

We are no longer doing a Stand-by list.

\* Colorado State IDs are free to adults older than 60

\* For all ages driver's licenses are \$30.87

\*If you need to renew a Colorado Driver License you will need to bring your CO drivers license, Social Security Card, VA Card or current Passport.

For proof of address bring two of the following: Bank Statement, Phone or Utility Bill, CO drivers license for proof of address.

Accepted forms of payment are check or money order made out to the Department of Revenue or DOR, and credit card.

**Sign up at the office in East building.**



**Tuesday, September 30**

**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 Natalie can teach you the fundamentals to get started.



### ***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!**

### ***Computer Lab keyboard update!***

We have added an additional feature to one of the computers on the bridge. One computer has been outfitted with a "Russian" keyboard. You can easily shift the typing options of the computer with a simple click on the right side of the bottom toolbar. It will either read "ENG" for English or "PYC" for Russian. If you wish to change to Russian you just click ENG and a text box pops up with the option to select ENG (English) or PYC (Russian). If you do so you **MUST** click back to ENG (English) before ending your time on the computer.

The white letters on the keyboard are for English language, the orange letters are for Russian language. Instructions will be posted at the computer to support immediate use.

***Welcome Berkley Home Health!*** Berkley Home Health is our new skilled nursing preferred provider. Berkley serves those who are acutely ill, temporarily disabled and those who require short or long-term home care services. From medical check-ups, wound care, post hospital care and rehabilitation therapies. Berkley's core values are the guiding principles that dictated the behavior and actions determining the right path for you and your care team. Please join to meet for breakfast and **learn more about Berkley Home Health on Thursday, September 4<sup>th</sup> at 10am in the Health and Wellness Center.**

## Special H&W Offerings for September 2025

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, September**  
**\*DATE TO BE DETERMINED\***  
**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!

**Thursday, September 4<sup>th</sup>**  
**10am – HWC/Mt Blue Sky**  
**Breakfast n Learn: Who is Berkley Home Health?**

Join for breakfast and stay to learn more about Kavod's NEW preferred partner, Berkley Home Health! Berkley Home Health provides skilled care for those who are acutely ill, temporarily disabled and those

who require short or long-term home care services.

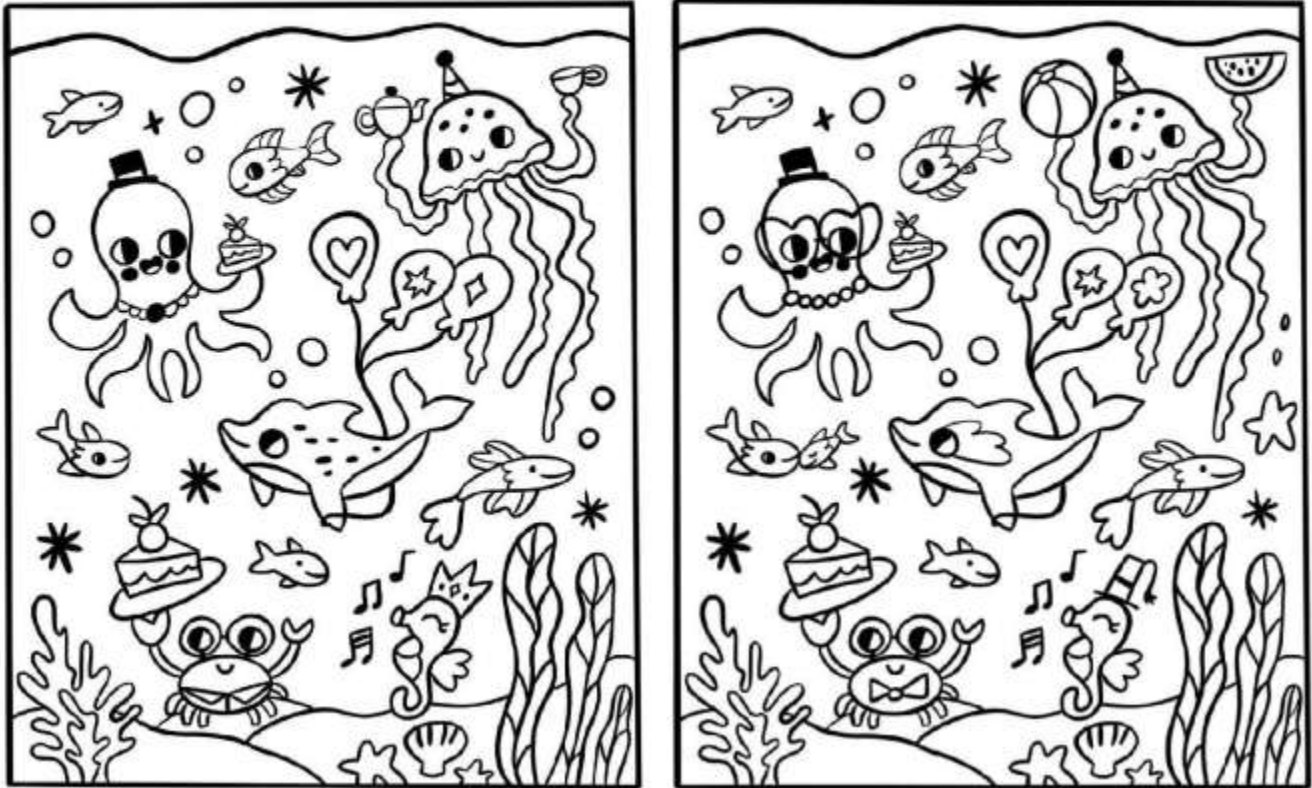
**Wednesday, September 10<sup>th</sup>**  
**1pm – HWC/Pikes Peak**  
**Herbalism Series: *Feed Your Brain***

Wonder what you can do for your brain health? Children forget where they left their jacket, teenagers are notorious for forgetting everything they don't want to remember, and in ageing often there is fear every time we forget something. 76 year old famous herbalist Rosemary Gladstar says forgetfulness is a resistance to remembering certain details and facts, a selective memory. It is as if it is meant to draw us into ourselves, away from the mundane, the details that seem so important to the world, but hardly worth thinking about, and to get on to the more important quests of life. No matter the philosophy, it is important to have a mind that is sharp and clear with long term acuity. In this class we will talk about the brain, brain health, the amazing herbs accessible, and how to make a brain tonic tincture, or alcohol extraction. This class is as much preventative as it is a reminder that improvement and enhancement of cognitive function are just an herb away. Come nerd out, calm any fears about forgetfulness, and support your wellbeing. *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!*





## SPOT 10 DIFFERENCES



Did you know that being kind is actually good for your health?? Practicing kindness can lessen stress, which is known to cause inflammation in the body. Feeling good from experiencing positive connections with others actually lowers the inflammatory response leading to the opportunity for improved overall health.

As a bonus, there is a benefit from both receiving *and* offering kindness. ☺

**Interested in learning more about reducing inflammation and/or improving your overall health? Come chat with your Legacy Therapy Team located in the Health & Wellness Center or call us at 303-321-2452.**

**We look forward to connecting with you!**





## July Gifts

### GENERAL GRANT

Colorado Division of Homeland Security and  
Emergency Management

### GENERAL

Garrett Barter  
Irina Djalalova, In Honor of Kavod Staff  
Paul & Susan Fishman  
Rachel Grynberg  
Gary & Judy Saltzman, In Memory of Charles  
Zwerdinger, z"l

### HEALTH & WELLNESS GRANT

Futures without Violence

### KAVOD ON THE ROAD PARTNERSHIP

Colorado Hebrew Chorale

### KAVOD ON THE ROAD

Anita n& Gerald Gershten, In Memory of Bernard  
Hochman, z"l

### SUMMER EVENT 2025 DONATIONS

Dean Beyer  
Amy S. Cohen  
Dr. Michele & Dr. Theodore Cooper  
Ruth Epstein  
Sarah Golombek  
Robert & Diane Hochstadt  
Arthur Judd  
Angelika Kagan  
Lee & Burton Levy  
Essie Perlmutter  
Ricki Rosen  
Steven & Loraine Summer  
Lola & Elly Zussman

### SUMMER EVENT 2025 PROFESSIONAL/STAFF TICKETS

Tanya Davoll  
Joshua & Lynn Ginsberg- Margo

Intermountain Jewish News, Inc.  
Melanie Gruenwald, Kabbalah Experience  
Boaz Meir

Temple Emanuel

Rabbi Joe & Sue Black  
Rabbi Elizabeth Sacks  
Rabbi Emily Hyatt

Temple Sinai

Lisa Thorner  
Debbie Foster

Christie & Tom Ziegler

### SUMMER EVENT 2025 GENERAL TICKETS

Wendy Davis  
Kerry Hildreth  
Cindy Levin  
Susie & Perry Moss  
Mindy Peng  
Jeff & Karen Raizen  
Sarah Tietz

### SUMMER EVENT 2025 VIP TICKETS

Steven & Senator Joyce Foster  
Arthur Judd  
Fred & Ann Leviton  
Cari Levy  
Connell & Laurie Saltzman

### SUMMER EVENT 2025 SPONSORSHIPS

Comer, Nowling & Associates, PC  
Scott Fisher & Bev Michaels  
Robert & Debbie Friedman  
Kara Harvey  
Scott & Laure Levin  
Paul Franke  
Michael Staenberg & Ellen Abrams  
Gaile Waldinger, In Memory of Marjorie Rosen, Myrna  
Engbar, z"l

### SHUL

Sandra Kolesnikova  
Carmelit Lucarelli, In Memory of Heina Palmer, z"l