






Kavod Senior Living at Cherry Creek

Activity Calendar — SEPTEMBER 2025






Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Room Location Guide:</i> 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> Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other</p>	<p>1 Offices Closed</p> 	<p>2 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Peak 11:30 “What’s Happening at Kavod” Lunch—SHC *11:45 JFS Food Bank & Pantry trip 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 4:30 Piano music by Doug Sanders—DR 6:00 Cousins Coloring—SHC</p>	<p>3 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 Mahjong Players—3rd floor bridge 1:30 Activity Fair—Pikes Peak/Mt. Blue Sky 2:00 Art with Isaak—SHC</p>	<p>4 9:00 Tai Chi—Pikes Peak *9:30 King Soopers—trip 10:00 Berkley Home Health Brunch n’ Learn —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>5 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—PP 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 6:00 Soulful Shabbat Service with Rabbi Steve—SH</p>	<p>6</p>
<p>7 Happy Grand-parents Day! SL 12:30 Grandparents Day Concert Celebration—DR New time: 1:30 Tech Help—3rd floor bridge 3:00 Painting & Wine with Polly—Pikes Peak</p> 	<p>8 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 1:00 Readers Theatre—Pikes Peak New Hours: 2:30—3:30 DPL Bookmobile—GR</p>	<p>9 9:00 Tai Chi—Pikes Peak 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 Group—MBS 6:00 Cousins Coloring—SHC</p>	<p>10 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice—MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Herbalism Series with Jenna-PP 1:00 Mahjong Players—3rd floor bridge *NEW 2:00 Red Hat Meeting—Pikes Peak 2:00 Art with Isaak—SHC</p>	<p>11 8:00 Royal Gorge and Lunch—trip 9:00 Tai Chi—Pikes Peak 2:30 Mindfulness Practice—MBS *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p>12 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak *11:00 Films that Illuminate with Rabbi Steve —SHC 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 2:00 Ceramics & Nature—Pikes Peak</p>	<p>13 10:00 Shabbat Services— with Seth Ward 8:00 SPECIAL HAVDALLAH AND SHORT SLICHOT (asking forgiveness)</p> 

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
14 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 12:00 Piano Music while you dine by Christine-DR 5:00 Game Night with Katie—SHC	15 *9:00 Mountain Casino—trip 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 6:00 SoulFULL Necklace Workshop —SHC	16 9:00 Tai Chi—Pikes Peak 10:00 Give & Take-3rd Floor Bridge 10:00 Bridge Players Club-3rd Floor Bridge 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 5:15 Birthday Celebration & Concert with Hal Aqua—Bistro & Main DR 6:00 Cousins Coloring—SHC	17 *9:30 Super Walmart—trip 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Active Minds “Nuclear Power ”—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC	18 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak *10:30 Islamic Center—trip 1:00 Resident Council—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 *6:00 CU Symphony Orchestra—trip	19 9:00 Relaxation Hour—PP *9:00 Mystery Breakfast—trip 10:00 Gentle Yoga—Pikes Peak 11:00 Sacred Grounds—Bistro 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 6:00 Musical Shabbat Service with Rabbi Kim—SH	20
21 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 12:00 Piano Music while you dine by Christine-DR 2:00 Claire’s Jewelry Making—MBS 3:00 Get Your Grill On-HWC Deck	22 10:30 Bingo—Pikes Peak 11:00 DMV2Go—SHC 1:00 Readers Theatre—Pikes Peak New Hours: 2:30—3:30 DPL Bookmobile—GR 6:00 Erev Rosh Hashanah Service—SH	23 Offices Closed 10:00 Rosh Hashanah Service—SH 	24 Offices Closed 10:00 Rosh Hashanah Service—SH 	25 *9:30 DollarTree—trip 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak 12:00 Safe & Sound Fall Fest—Pikes Peak and Mt Blue Sky 2:30 Mindfulness Practice—MBS *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC *6:00 CU Symphony Orchestra—trip	26 9:00 Relaxation Hour—PP 10:00 Gentle Yoga—Pikes Peak 9:00 Fall Colors and lunch —trip 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 2:00 Ceramics & Nature—Pikes Peak	27 10:00 Shabbat Services— with Seth Ward
28 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 5:00 Game Night with Katie—SHC	29 *9:30 King Soopers—trip 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak	30 9:00 Tai Chi—Pikes Peak 9:00 Fall Colors and lunch—trip 10:00 Boxing for Seniors-Pikes Peak 12:00 Jazz Café & Coffee Hour—Bistro 1:00 Opening Minds through Art-PP 2:30 Mindfulness Practice Group—				 PREVIOUS PAGE

SEPTEMBER 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 lunch this month at the informative "Life Enrichment What's Happening at Kavod" on Tuesday, September 2 at 11:30 am in the Shul Classroom.

Stay in the know! Be sure to log-in to **Touchtown** for loads of content, videos and announcements, see instructions inside the Voice.

We have iPads you can borrow from our Lending Library, feel free to call Susan at 720-382-7849.

Connie Moore

Director of Life Enrichment

720.382.7813

cmoore@kavodseniorlife.org

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 2nd 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!!**

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 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, 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



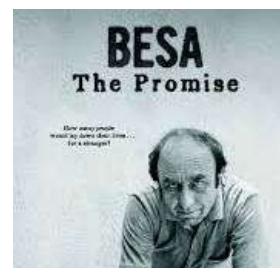
Friday, September 19

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



Resident Council Meeting

Thursday, September 18

1 pm – HWC/Pikes Peak

The Dog Days of Summer Are Behind Us... Or Are They?

Autumn may be around the corner, but the thermometer certainly suggests otherwise! It's tempting to say it's been a quiet summer—but has it? Many residents have enjoyed local outings, such as the Cherry Creek Festivals, Jazz in the Park, and visits to the Farmers' Market, as well as well-deserved vacations. What did you do this summer?

🍷 Sweet Success!

Our Root Beer Float fundraiser was a delicious way to gather and catch up. Thank you to everyone who stopped by for good conversation and an old-fashioned treat. Your participation helped make it a success!

Get Ready for the Give & Take!

Mark your calendar for the Quarterly Give & Take on

Tuesday, September 16th
10:00 AM – 1:00 PM (note new end time)
3rd Floor Bridge

Start bringing household items to share at 9:45 AM.

Please note we will NOT accept new items to display after 10:45 AM. Anything that doesn't make it this time can be saved for the next Give & Take!

The Fight for Democracy Continues

Join us every Thursday at 6 PM on the corner of Steele & Ellsworth to make your voice heard. We have signs you can borrow, or you can bring your own creative design.

Need materials? Reach out to Karen Wollman or Sandy Brodsky.

This is NONPARTISAN – these issues affect us all.

Join the Conversation: Current Events Group

A lively, friendly discussion about what's happening in the world around us.

Tuesdays, September 9th & 16th
2:00 PM
Shul Classroom

Meets on the 2nd & 3rd Tuesdays each month.

Looking Ahead

Resident Council Bake Sale – coming in October! Stay tuned for details.

🏠 Resident Council Monthly Meeting

Thursday, September 18th
1:00 PM
Pikes Peak Room

Stay Informed!

Remember to check the Resident Council easels regularly for the latest announcements, upcoming events, and important updates.

You'll find them in the lobbies of the East & West buildings and on the 3rd floor bridge

Executive Board

Resident Council Co-Chairs:

*Karen Wollman Apt. 805 E
Phone # 918-815-2995

*Roz Brooks Apt. 920 E
Phone # 303-726-8781

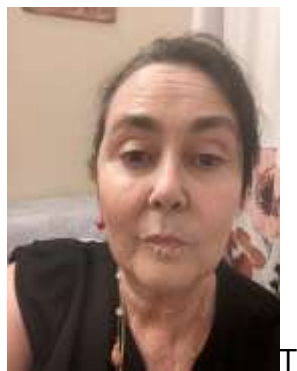
Secretary

*Beverly Bolden apt. 408E

Board & Program / Planning Committee

*Sandy Brodsky
*Agnes Zeffreys
*Doug Krug
* Linda Mason Gallagher
* Bob Lawrenson
*Tracy Chamberlin

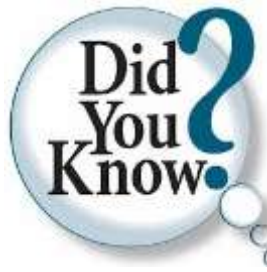
Email: kavodresidentcouncil@gmail.



Thanks to Malka!

After 50 years of teaching, Malka Amster is retiring. The first graduate at the University of Denver's Judaic studies, she's never stopped teaching, learning and sharing her expertise with others.

We so appreciate all the activities she's led at Kavod from the Sunday Sing Along to the Jewish programming that included Yiddish, Judaism and the Women's Rosh Chodesh group, Malka is ever devoted to her teaching craft. May her jubilee year be one of renewal.



**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 KavodDid 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

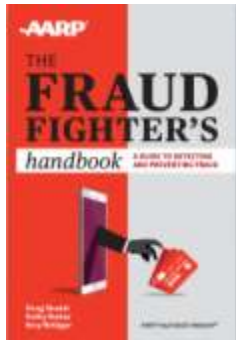
Susan Greenwood and her canine companion Rory, are two of Kavod's most active volunteers. Over the several years that Susan and Rory have lived at Kavod, Susan has designed beautiful and fun centerpieces for the bistro, decorated the dining room for squirrel appreciation day, assembled a large shark 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 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

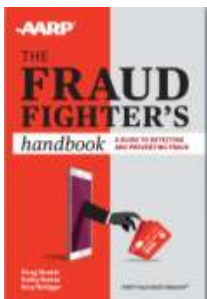


Each month we will bring you a tip from the AARP book, "The Fraud Fighter's Handbook," which was gifted to us by a recent Lunch & Learn speaker.

In this day and age with inexpensive or free technology it's relatively easy for fraudsters to pretend to be someone they are not using all sorts of technology platforms including phone calls, text messages, emails, social media, websites, QR code stickers or apps and so forth. Knowledge is power in protecting yourself against these bad actors.

- **Phone calls:** don't answer the phone from numbers you don't recognize. Remember government agencies, the police and utility companies won't call you. Never give out personal information over the phone from a call you receive and weren't expecting. If you are feeling pressured, emotional or a sense of urgency, it's probably a scammer. Block their number. Don't call back numbers left on voicemail without verifying independently that the call is 100% legitimate and look up numbers yourself and don't call numbers just left on your voicemail. Get help from tech savvy friends if needed for this.

- **Texts:** Don't assume unsolicited texts are legitimate as often many of them are scams. Text messages are the new popular way to scam people. Use the same approach as phone calls. Independently verify numbers of organizations or people not using the information in the text message. Never click on links or give out personal information. Don't respond back unless you're absolutely certain the sender is valid.
- **Email:** Don't open attachments or click on links from emails you were not expecting. If it looks like it's coming from someone you know or an organization you do business with, verify that indeed it's a legitimate email by double checking the email address, looking for grammar/spelling errors and by independently contacting the person or organization not using that particular email you received and are unsure about. Beware of emails that instill fear, urgency or are overly friendly or overly impersonal. Block spam emails.
- **Social media:** Use social media with extreme caution. Do not overshare personal information online. For example, sharing a grandchild's name can be mined for the grandparent scam. Posting that you'll be out of town can alert criminals to when your house or mailbox may be more vulnerable. Pay attention to privacy settings. Get help with setting these. *Continued next page*



Continued

privacy settings up. Proceed slowly with new people. Question photos.

- **QR Codes:** Recently fraudulent QR code stickers for parking were showing up in Cherry Creek and in downtown Denver on parking signs. Be careful about QR codes on stickers.

Remember to always slow down and don't react emotionally. Take the time to research anything that might be suspicious and if in doubt at all don't respond. Don't be embarrassed to report any suspicious activity to the appropriate authorities or to trusted family or friends. Nobody deserves to be a victim of fraud under any circumstance.



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.



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.**



Updates for the Senior Loan Project, 2025

We are pleased to announce the addition of **2 new Senior Loan Project loan officers.** **Sarah Cohen** has joined our group along with **Alicia Macioch.**

Both bring their own special qualities to the Senior Loan Project, and we are really delighted that they will now be a part of our team. Please join us in welcoming them to the SLP team.

For those that are new to the Kavod Family, the Senior Loan Project was started by residents in 2011 with a \$35.00 loan. We have continued with no break during our Covid event, and we have continually raised our Dollar amount.

Currently you may ask for a loan up to **\$150.00** with the same benefits as an interest-free loan and up to 4 months to repay the amount.

Please call any of us for your questions about our program.

Listing of officers:

Sarah Cohen – Senior Loan Officer
702/588-3755

Alicia Macioch – Senior Loan Officer
720/980-0272

Bernice Fallik – Senior Loan Officer
720/607-2242

Gary Wilson – Senior Loan Officer
303/355-230

Marina Navodnitsky – Russian Senior
Loan Officer
720/585-1489

Ondalee Kline – Project Director
303/258-6797



Low Vision Newsletter

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, please **contact Susan at 720-382-7849.** It will be delivered to you along with the regular newsletter near the end of each month.

TRIPS, 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, September 2, 9 & 16

**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.



**Thursday, Sept. 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.



Monday, September 15

***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: September 13

Building Bridges of Understanding

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



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.

No cost, but please sign up at the front desk in the East office no later than NOON ON FRIDAY SEPT. 12!!

Upcoming Trips



College of Music
UNIVERSITY OF COLORADO BOULDER

Thursday, September 18

6:00 pm – Van Trip

Wind Symphony and Symphonic Band Fall Concert

Journey with us as we take a trip through magnificent symphonic works that you've come to know and love.

The CU Boulder Symphony Orchestra performs a diverse repertoire, including symphonies and large-scale orchestral works by major composers at Macky Auditorium.

Cost Residents: \$10

Cost Non-Residents: \$20

Deadline: September 12



Friday, September 19

9:00 am – Van Trip

Mystery Breakfast

Do you enjoy a mystery? Then join us for a mystery breakfast that is sure to surprise and delight. Plus the food will be delicious! Don't miss this enjoyable trip. Pay for meal there, approximately \$20-25, including tax and tip.

Cost Residents: \$5

Cost Non-Residents: \$10

Deadline: September 17



College of Music

UNIVERSITY OF COLORADO BOULDER

Thursday, September 25

6:00 pm – Van Trip

Symphony Orchestra: First Fall 2025 Concert

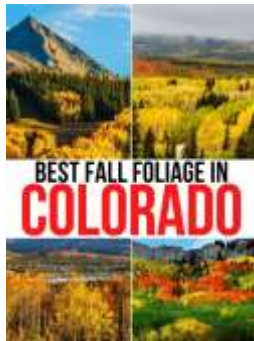
Don't miss this a diverse selection of orchestral works by major composers. Macky Auditorium is a historic venue you will appreciate.

Cost Residents: \$10

Cost Non-Residents: \$20

Deadline: September 23

Upcoming Trips



Friday, September 26

9 am – Van Trip

AND

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! You may bring your lunch or have lunch in a restaurant along the way, lunch not included in price. **Price for meal approximately \$20-25, including tax and tip.**

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

Estimated return time is late afternoon.

Cost: Residents \$10 includes transportation

Cost: Non-residents \$20 includes transportation

Sept 26 trip: Deadline - September 24

Sept 30 trip: Deadline - September 28



TRIPS

Coming in OCTOBER 2025!



Wednesday, October 8

6 pm – Van Trip

Lamont Symphony Orchestra Season Opening Gala Concert

Join us for a spectacular evening as the Lamont Symphony Orchestra kicks off its season. The stars of tomorrow are on stage today at Denver University Newman Center, where Campus Orchestra performs a wide variety of symphonic repertoire from across the periods and standards of orchestral repertoire.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: October 6



Thursday, October 9
11:00 am – Van Trip
Hiro Buffet

Your mouth will water seeing the rows of food at the Hiro Buffet. Includes hibachi grill, sushi and meals you won't easily forget. Pay for meal there, approximately \$20, including tax and tip.

Cost Residents: \$5
Cost Non-Residents: \$10
Deadline: October 7

in music in the Yiddish language, highlights the transitional moment for east European Jews, reintroducing the great tradition of Yiddish art song, which turned the sounds of a traditional world uprooted into plaintive folk hymns.

Cost Residents: \$10
Cost Non-Residents: \$20
Deadline: October 27



Wednesday, October 29
6:00 pm – Van Trip
Wind Symphony and Symphonic
Band Fall Concert

For the past decade Anthony Russell, a vocalist, composer, and arranger specializing



Tuesday, September 2
11:30 am – Shul Classroom

“What’s Happening at Kavod” *Lunch* **with Life Enrichment**

Join Susan for an **informative hour of learning about all the activities, trips, classes and events this month at Kavod.**

We will have a variety of complimentary 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!



Wednesday, September 3
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!



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

Special events!



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 21

3 pm – HWC Deck and Pikes Peak

Get Your Grill ON

Bring your own meat for grilling with Katie (please no pork or shrimp). A sign-up sheet to sign up for a grill time from 3:00-6:00pm will be on bridge.



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.

Deadline: September 20



drinks dessert
& dancing Birthday Celebration

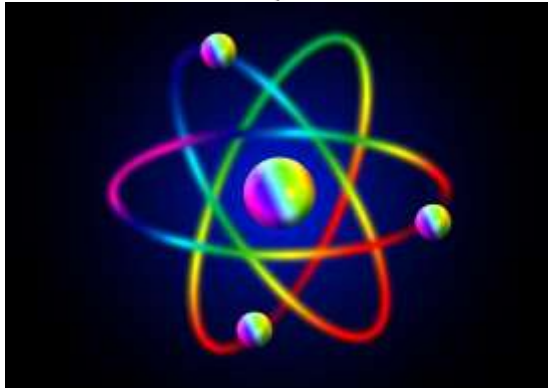
**Tuesday, September 16
5:15 pm – Bistro/Dining Room
Birthday Celebration with Hal Aqua**

Everyone welcome to celebrate with your neighbors and friends who have birthdays each month!

****If you have a birthday this month, you can pick up your gift from Life Enrichment staff in the Bistro at this party!** If you are unable to attend the party to receive your gift, please call Dmitriy at 720.382.7821.

Everyone welcome, Life Enrichment will have wine, beer, sodas and cupcakes for everyone in the Bistro!





**Wednesday, 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.



**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 if you're new to knitting and crocheting, Natalie can teach you the fundamentals to get started.



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 4th at 10am in the Health and Wellness Center.**

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 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 4th

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 10th

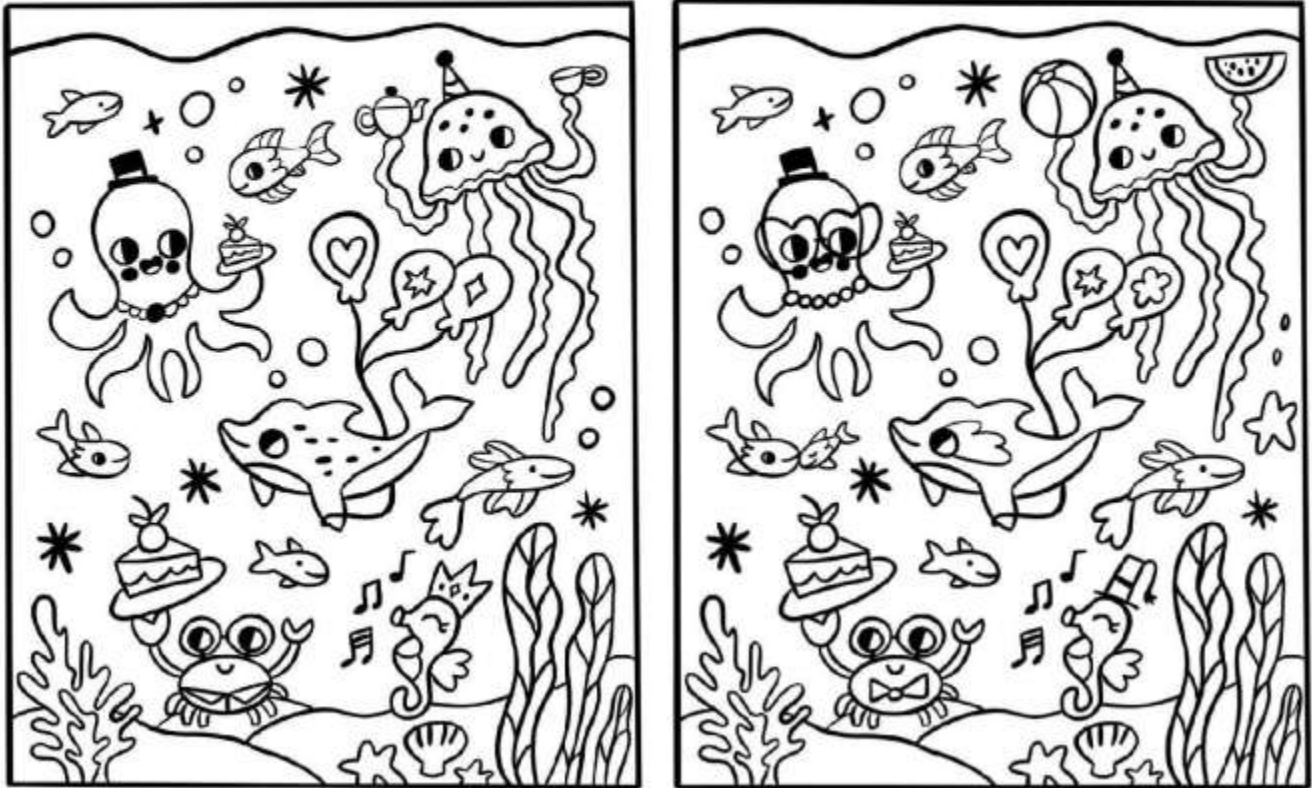
1pm – HWC/Pikes Peak

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 2nd 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