







Kavod Assisted Living at Cherry Creek




Activity Calendar — OCTOBER 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Guide:</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>Color Guide:</p> <p>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes</p>		<p>1 9:00 Mountain Balance-PP 10:00 BUNCO Games with Lauren—GR 10:00 Gentle Yoga—Pikes Peak 11:30 Good Vibes with Rick & Coffee in the Bistro 12:15 “AL What’s Happening at Kavod”—GR 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 5:15 Painting & Wine with Polly—GR 6:00 Kol Nidre/Yom Kippur Service Yom Kippur begins at sundown</p>	<p>2 West Offices Closed</p> <p>10:00 Yom Kippur Morning and Yizkor at Noon</p> <p>3:00 Mincha, Book of Jonah Study—SH</p> <p>7:00 Final Shofar Blast with Rabbi Steve (Outside, weather permitting, or in the Shul)</p> 	<p>3 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—PP 11:00 Mindfulness Fiber Arts—MBS *10:30 PF Chang’s Lunch trip 12:30 Legacy Strength Training for Seniors—PP 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge 6:00 Resident Led Kabbalat Shabbat Service—SH</p>	<p>4</p>
<p>5 12:15 Bronco Game with Madison—GR 2:00 International Coffee & Music Day Celebration with Madison —GR 2:00 Blessing of the Animals—Gazebo behind West building</p>	<p>6 10:30 Bingo—Pikes Peak 12:15 AL Food Committee—GR 11:00 Conversations on the Edge—SHC 1:00 Readers Theatre—Pikes Peak New Hours: 2:30—3:30 DPL Bookmobile—GR 5:15 Sing Along with Christine-GR</p>	<p>7 West Offices Closed</p> <p>10:00 Sukkot Services—SH</p> 	<p>8 9:00 Mountain Balance-PP 10:00 Low Vision Support Group—GR 10:00 Gentle Yoga—Pikes Peak 11:00 Sacred Grounds with Rabbi Steve—Sukkah 12:15 Assisted Living Birthday Party Celebration-GR 1:00 Mahjong Players—3rd floor bridge 1:00 Herbalism Series Jenna-PP *1:30 Target shopping—trip 2:00 Art with Isaak—SHC</p> 	<p>9 9:00 Tai Chi—Pikes Peak 1:00 Current Events—SHC 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR *NEW 6:00 Natalie’s Knitting and Crocheting Circle—SHC</p>	<p>10 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge 2:00 TimeSlips with Elizabeth—MBS 6:00 Shabbat Sukkot Service with Rabbi Josh Margo—SH</p>	<p>11</p> 

Kavod Assisted Living at Cherry Creek
Activity Calendar — OCTOBER 2025

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>12 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>5:00 Hot Cocoa and Life Stories with Madison—GR</p> <p>5:00 Game Night with Katie—SHC</p>	<p>13 10:30 Bingo—Pikes Peak</p> <p>12:00 Lunch & Learn: <i>League of Women Voters</i>—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>3:30 AL Bingo—GR</p> <p>5:15 Sing Along with Christine-GR</p> <p>6:00 SoulFULL Necklace Work-shop —SHC</p> <p><i>Shemini Atzeret begins at sundown</i></p>	<p>14 Offices Closed</p> <p>10:00 Shimini Atzeret & Yizkor Service with Dr. Seth Ward—Sukkah</p>  <p>6:00 Erev Simchat Dancing with Torah Service —Shul</p> <p><i>Simchat Torah begins at sundown</i></p>	<p>15 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>1:00 Active Minds “UNESCO World Heritage Sites ”—Pikes Peak</p> <p>2:00 Red Hat Meeting—Mt. Blue Sky</p> <p>2:00 Art with Isaak—SHC</p> 	<p>16 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Dance for Health—Pikes Peak</p> <p>11:30 Volunteer Training & Pizza Party—Pikes Peak</p> <p>*1:30 Walmart shopping—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>17 9:00 Relaxation Hour—PP</p> <p>10:00 Gentle Yoga—Pikes Peak</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>18</p> <p>10:00 Shabbat Services with Seth Ward—Shul</p>
<p>19 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>2:00 Claire’s Jewelry Making—MBS</p>	<p>20 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>New Hours: 2:30—3:30 DPL Bookmobile—GR</p> <p>5:15 Sing Along with Christine-GR</p> <p>6:00 Volunteer Training & Dessert Party—Pikes Peak/ MBS</p>	<p>21 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 “Nobel Prize”—GR</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>*1:30 King Soopers shopping—trip</p> <p>2:30 Mindfulness Practice —MBS</p> <p>6:00 Cousins Coloring—SHC</p>	<p>22 9:00 Mountain Balance-PP</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>12:15 Chicken Soup for the Soul with Madison—GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p>	<p>23 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Dance for Health—Pikes Peak</p> <p>1:00 Current Events—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>24 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>6:00 Soulful Shabbat Service with Rabbi Steve—SH</p>	<p>25</p> <p>12:15 Afternoon Movie with Madison—GR</p>
<p>26 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>5:00 Game Night with Katie—SHC</p>	<p>27 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—PP</p> <p>*3:30 Los Dos Potrillos Dinner—trip</p> <p>5:15 Sing Along with Christine-GR</p>	<p>28 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>10:00 Gratitude Sharing—GR</p> <p>12:00 Jazz Café & Coffee Hour—Bistro</p> <p>12:15 Active Minds “Beethoven’s 6th Symphony”-GR</p> <p>1:00 Opening Minds through Art-PP</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>6:00 Cousins Coloring—SHC</p>	<p>29 9:00 Mountain Balance-PP</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>12:15 Good Vibes & Tunes with Rick-GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p>	<p>30 9:00 Tai Chi—Pikes Peak</p> <p>12:15 AL Resident Council -GR</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>31 9:00 Relaxation Hour—PP</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:30 Spooky Fall Festival—DR</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>PREVIOUS PAGE</p>

OCTOBER 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, October 1 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

Enjoy an Active and Healthy Life at Kavod!



Spotlight

Rabbi Stephen Booth-Nadav
Chaplain

Yom Kippur – Sukkot: May We Be Inscribed in the Book of Life, for Joy!

Yom Kippur, also known as "The Day of Atonement," or "The Day of At-One-Ment," marks the end of "The Ten Days of Teshuvah/Turning/Awe." It is the holiest day in the cycle of the Jewish year. Having had 40 days to make amends with others as best we can, with 24hrs. of prayer and fasting on Yom Kippur we turn and bring our vulnerable souls to The Creator. We ask for forgiveness. We seek a fresh start to live righteously. Ten days after we entered the New Year on Rosh Hashanah, we clear the slate and begin with kindness towards self and others.

(continued on next page)

Yom Kippur – Sukkot: May We Be Inscribed in the Book of Life, for Joy!

(continued from page 1)

Yom Kippur begins at sundown on **Wednesday, October 1** this year, and ends with a final blast on the Shofar after sundown on **Thursday, October 2**.

*(Quick note: Jewish law **does not allow fasting** if it would harm your health. For a variety of medical reasons, including needing to not take medicine on an empty stomach, the majority of Kavod residents do not do a complete fast from food and water. But if you are Jewish, I encourage you to create a fast that works for you. Perhaps having only liquids. Or no meat. Or no deserts. Or no bread. Or eating only fresh fruit and vegetables. Or just eating half as much as usual. Decide in advance what might work for you and give it a try. Just because you cannot do a complete fast doesn't mean you can't participate.)*



Four days after Yom Kippur, beginning at sundown on **Monday, October 6**, is the major fall festival of **Sukkot**. Sukkot is also known as “**The Season of our Joy**.” We are commanded to dwell in “Sukkot,” fragile temporary outdoor structures, and to enjoy and share the cornucopia of the fall harvest, and of our lives. Come any time to enjoy the

mitzvah of “sitting in the Sukkah” outside our East Building. Sukkot is a most FUN holy week.. truly a “Season of our Joy!”

Our “Kehillat Kavod” rituals end on **Tues. Oct. 14**, in the morning with a service that includes **Yizkor/Remembrance**, and in the evening with a special Simchat Torah/Rejoicing in Torah ritual of literally dancing with the Torah!
L’Shana Tovah Tikateyvu... By our actions, may we, may our world, be inscribed for good in the New Year 5786!



Wednesday, October 8
11:00 am – *Sukkah (If weather is inclement, move to Bistro)

Sacred Grounds: Conversations with Rabbi Steve in the Sukkah

Join us in the SUKKAH! (outside the east building) Snacks provided. Bring (or share with Rabbi Steve in advance) your **questions or topics you would like to discuss.**

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, October 3

6 pm - Shul

Resident Led Shabbat Services

Friday, October 10

6 pm - Shul

**Shabbat Sukkot Service
with Rabbi Josh Margo**

Friday, October 24

6 pm - Shul

Soulful Shabbat Service with Rabbi Steve

SHABBAT MORNING SERVICES

Saturday, October 18

Dr. Seth Ward

10 am - Shul

Saturday, November 1

Dr. Seth Ward

10 am - Shul



**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, October 12

10 am - Pikes Peak

Led by Reverend Dale

Sunday, October 19

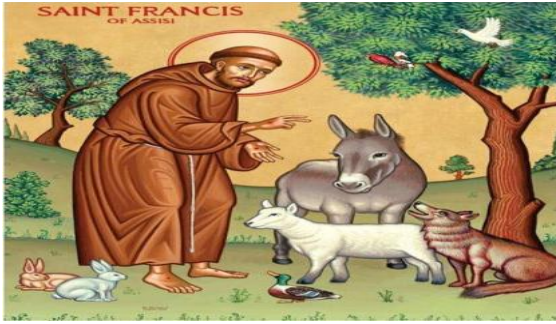
10 am - Pikes Peak

Led by Reverend Dale & Steve Miller on piano

Sunday October 26

10 am - Pikes Peak

Service and Communion with Reverend Dale & Steve Miller on piano



ST. FRANCIS DAY: BLESSING OF THE ANIMALS!

Sunday, October 5
2:00 pm - Gazebo behind West Building
(Blue Sky Room is rain/cold backup)

The Feast Day of St. Francis is often celebrated as a day to honor and bless all of Creation, and especially animals. Francis was known for his love of Nature and special relationship with animals.

Bring your pets for a blessing at our annual celebration of St. Francis Day! Rev. Dale and Rev. Susan will lead the blessing. There will be treats for all (both for 2 legged and 4 legged). **Leashes for our dogs please, and shy kitties may prefer a crate.** Bring a picture or story for blessing of your departed furry friends, especially if you no longer have a pet. Or come to just enjoy our Kavod furry friends.

Remember

WE REMEMBER THEM

Almighty One, what are human beings that you take note of them, the children of humanity that you should think of them? A human being is like a momentary breeze, a person's days are but a passing shadow. At dawn, life blossoms and renews itself, at dusk, it withers and dries up. You return a person unto dust. You say: Return, O children of humanity! (From Psalms 144 and 90)



Lois Senzon



Eileen "Grace" Long

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Fall is such a beautiful time of year. We hope you find time to get out and enjoy the changing leaves and crisp autumn air.

Last month, we installed a new fire pump for the east and south buildings. Thanks for your patience through the various alarms that went off; they were all part of the process to make sure things worked well and safely.

As a reminder, please dispose of old furniture and items into the proper trash receptacles OR - call a service or friend to haul it away. When items are left in hallways, elevator lobbies, or other spaces that do not belong, it inconveniences other residents and becomes a hardship for our staff. Please help us keep Kavod clean and decluttered!

In other news, we are somewhat relieved that we will not face the drastic cuts we thought were coming from HUD. Funding will remain flat for the foreseeable future. We will still need to be prudent with our budget, as inflation and costs do rise over time.

On that note, we continue to raise funds from external sources to help provide for the

activities, trips, and medical services we have here.

At our big fundraiser in August, we also recognized current board member and past board chair Rob Friedman with the Elaine Wolf L'Dor V'Dor Award for his years of dedication to Kavod's leadership. Rob exemplifies the values wrapped up in our name – Kavod – of “honor” and “respect”.

On your part, if you shop at King Soopers, you can link your card to Kavod and Kroger will send us \$25 after every \$300 you spend at the store. If you have questions, contact Karen Wollman or Rosalind Brooks, our Resident Council co-presidents.

Thank you for being part of our Kavod community!

Michael Klein & Kara Harvey

From Councilwoman Amanda Sawyer Denver City Council District 5

Participate in Denver's Upcoming Coordinated Election on November 4

Don't miss **Denver's Coordinated Election on Tuesday, November 4!** There are a number of important issues on this ballot, including the Vibrant Denver Bond package and the Denver Public Schools School Board elections. Every election impacts our neighborhoods, our schools, and the priorities we set as a community. Your voice is a powerful force in deciding what comes next for District 5. Get ready to vote and make sure you're heard!

Voter Registration and Status

If you're unsure about your voter registration status or need to update your information, visit [**bit.ly/DenverVotingStatus**](https://bit.ly/DenverVotingStatus). Registered voters will automatically receive their ballots by mail about three weeks before Election Day. Ballots can be returned by mail or at one of the city's 24-hour drop-off boxes. Replacement or accessible ballots are available at Voter Service and Polling Centers at [**bit.ly/AccessibleBallot**](https://bit.ly/AccessibleBallot).

For real-time updates, sign up for BallotTrax to track your ballot from mailing to counting at [**bit.ly/BallotTraxSignUp**](https://bit.ly/BallotTraxSignUp).

Casting Your Vote in District 5

We are lucky to have a number of voting locations within Council District 5. You can use a 24-hour drop box, drive through a polling center to hand your ballot to an election worker, or enter a building and get assistance with a ballot issue directly from an election worker!

24-hour Drop Box Locations

- Montclair Recreation Center, 729 N. Ulster Way
- Windsor Gardens, 595 S. Clinton St.
- Ross - Cherry Creek Branch Library, 305 N. Milwaukee St.

In Person Voter Service Centers and Drive Thru's

- In Person Days and Times
 - Monday, Nov. 3: 10:00 a.m. - 6:00 p.m.
 - Tuesday, Nov. 4: 7:00 a.m. - 7:00 p.m.
- District 5 Locations
 - Montclair Recreation Center, 729 N. Ulster Way, Multipurpose Room
 - Christ Church United Methodist, 690 N. Colorado Ave., Fellowship Hall

Fact-Checking

To help combat misinformation, the Clerk & Recorder's office offers a fact-checking service that answers election questions within 24 hours: [**bit.ly/DenverElectionQuestion**](https://bit.ly/DenverElectionQuestion) or by calling 720-913-VOTE (8683).

Every vote counts—be sure to participate in Denver's Coordinated Election on November 4! As always, please don't hesitate to reach out to our office if there is anything we can do to assist you. You can reach the District 5 office at:

Email: [**denvercouncil5@denvergov.org**](mailto:denvercouncil5@denvergov.org)

Phone: 720-337-5555

Website: [**denvergov.org/District5**](https://denvergov.org/District5)

Social media:



**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



Carol Garcia

Carol Garcia is a familiar face around Kavod. She is also a valued volunteer, delivering the Voice Newsletter faithfully every month. She's always on time, cheerful and efficient!

Volunteering is not new for Carol. One of her most cherished volunteering experiences was volunteering with St. Vincent de Paul School located at Mississippi and University right here in Denver.

Volunteer Spotlight (continued)

She volunteered in a first grade classroom helping take the children to recess and to paint rocks.

She also volunteered in their cafeteria and as a crossing guard. Additionally, Carol volunteered for the food bank at the Church of the Risen Christ where she would help pack boxes with food from the Foodbank of the Rockies and she'd help check in cars in line for donations. Carol also volunteered at her previous residence delivering the newsletter there and helping set tables for holidays and events.

Prior to retiring, Carol worked in food service for Presbyterian St. Luke's hospital for 30 years preparing food, delivering food and serving as a patient advocate. Carol was married at age 31 to a gentleman from Mexico.

The youngest of seven children, five girls and two boys, Carol was born in Arizona but moved to the small town of Antonito, Colorado in the San Luis Valley when she was a young girl. That's where she learned the importance of community. Carol likes keeping busy and meeting people as well as doing origami and painting rocks. Kavod is very lucky to have a volunteer like Carol who embodies friendliness and accountability. Thank you Carol!

For those of you who haven't yet volunteered, I encourage you to do so if you can. It's rewarding and a great way to make new friends. If you have any questions about volunteer opportunities, you can reach me at

720.382.7820 or at
ghale@kavodseniorlife.org.

Volunteer Training!

Attention Kavod resident volunteers only! Please attend one of the trainings/get-togethers listed below. We will be discussing the new online volunteer app as well as other pertinent information for the Kavod volunteer program.

Please RSVP to Genny at least 48 hours in advance of whichever training you'd like to attend. The dates are:

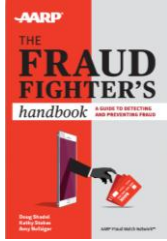
Thursday, October 16th at 11:30 am in the Pikes Peak Room and pizza will be served

OR

Monday, October 20th at 6 pm in the Pikes Peak/Mount Blue Sky rooms-dessert will be served.

To RSVP, you can contact Genny at ghale@kavodseniorlife.org or you can leave a voicemail (no texts) at 720.382.7820.

Fraud Fighter's Tips



cookies, the best course of action is to deny permission.

Hopefully, by using these simple tips you'll help to reduce your exposure to malicious code.



For those of you who regularly use the computer, iPads or apps on your smart phones, there are a few simple ways to limit your exposure to malware, worms and viruses and other malicious computer code.

- 1) **Beware of pop-up ads**-these often carry software that can infect your computer. Use a pop-up blocker or set your settings on your computer or phone to block ads. Most internet browsers like Google or Edge etc. offer built-in pop-up blockers. Even if you don't use a pop-up blocker, avoid clicking on pop-up ads.
- 2) **Block spam email**-if you think your email provider allows too many spam and fraud emails to get through you can download a separate spam blocker app on your phone or home computer. You can also use filters in your email to recognize emails you've marked as spam.
- 3) **Control cookies**-which are small amounts of code that is downloaded onto your device whenever you visit a website. The purpose of a cookie is to track a device user's movements online so that the next time the user visits that site the merchant knows what the user's interests are and can ostensibly offer up products based on past browsing experience. If a website asks your permission to use

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!**

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.**

TRIPS FROM LIFE ENRICHMENT



For the Assisted Living trips, the Kavod Van will pick you up in front of the WEST building. Be sure to be in the West Lobby 15 minutes before departure time! ***Signup with Susan at 720-382-7849. Reservations are required.***



Friday, October 3 10:30 am – Van Trip PF Chang's Restaurant

Join us for a delicious lunch at P.F. Chang's, the first internationally recognized multi-unit Asian culinary brand to honor and celebrate wok cooking as the center of the guest experience. With roots in Chinese cuisine, their menu spans across all of Asia, honoring cultures and recipes from Japan, Korea, Thailand, and beyond. We promise a fun trip with excellent food and conversation!

Cost is paid by Kavod Life Enrichment, so no need to bring money. Please call Susan at 720-382-7849 to sign up



Super Target Shopping trip Wednesday, October 8

****Depart at 1:30 pm in front
of West Building***

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

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

TRIPS FROM LIFE ENRICHMENT



Thursday, October 16
Walmart Shopping trip

*Depart at **1:30 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***



King Soopers Shopping trip
Tuesday, October 21

*Depart at **1:30 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.**

Los Dos

P O T R I L L O S

AN AUTHENTIC FAMILY TRADITION

Monday, October 27
3:30 pm – Van Trip
Los Dos Potrillos

Join us for a delicious authentic Mexican dinner! Voted the best "Real Mexican Food" in Colorado, you are sure to find some tasty dinner selections, such as sizzling grilled Fajitas, tableside Guacamole, Smothered Burritos, Street Tacos and much more! Jose Ramirez started this successful family owned restaurant many years ago with hard work and incredible family recipes. Be sure to save room for the award winning Fried Ice Cream!

We promise a fun trip with excellent food and conversation!

***Cost is paid by Kavod Life Enrichment, so
no need to bring money. Please call Susan
at 720-382-7849 to sign up***

Assisted Living Activities



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.



Wednesday, October 1

BUNCO Games with Lauren!

10 am - Gathering Room

Join Lauren, the Assisted Living Care Coordinator for some Bunco fun! Learn how to play Bunco, a simple dice game that is perfect for socializing and entertainment. No special skills are needed—just roll dice, follow the rules and have fun!



Wednesday, October 1

12:15 pm - Gathering Room

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

Join Madison 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, October 1

Painting & Wine with Polly

5:15 pm - Gathering Room

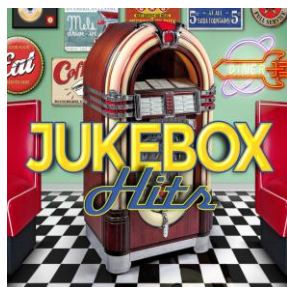
Join your friends and neighbors for a fun evening of painting and wine! **No cost**, professional instructor, all materials, wine and laughter are provided!

Assisted Living Activities

Wednesday, October 8
12:15 pm – Gathering Room
Birthday Celebration &
Concert



Assisted Living Activities



Thursdays, October 9 & 23
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!



Fridays, October 10 & 24
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.

DENVER BOTANIC GARDENS

Friday, October 17
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, October 21
12:15 pm – Gathering Room
The Nobel Prize

Swedish chemist Alfred Nobel, the inventor of dynamite, established the Nobel Prize in his will in 1895. For over a century the prize has stood for extraordinary accomplishment in a variety of fields throughout the world. Join Active Minds as we trace the history of the Nobel Prize, highlighting notable laureates, notable omissions, and a controversy here and there. We will also take a look at recent and possible future winners and the political impact the prize can have in the world.

Assisted Living Activities



Tuesday, October 28
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.



Tuesday, October 28
12:15 pm – Gathering Room

Beethoven's Sixth Symphony

Recollections of Country Life:
Beethoven's unconventional Sixth Symphony is all about nature. In this Active Minds presentation, Beethoven awakens happy feelings on arriving in the country, strolls by a brook, enjoys a gathering of country folk, and survives

a wild thunderstorm; and we'll see how this symphony is "More an Expression of Feeling than Painting."



Spooky Fall Harvest **Festival and Costume Party** **Friday, October 31** **10:30 am – Main Dining Room**

Join us, in costume if you like, for a fun morning of spooky **LIVE DJ music, Strolling Magician, Paint Your Own Pumpkins, Spooky Bingo, Costume Contest, Guess the weight of the Pumpkins, and more!**

Costumes are not required to attend, but it's worth showing up for this party to see what everyone is wearing! **GREAT Prizes will be awarded for best costumes!**

You will also be treated to a **hauntingly delicious lunch** of spooky finger sandwiches and wraps, caramel apple bites, potato chips and ghoulish red punch!

No cost or signup required, see you there!



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. If interested in learning more please contact your care coordinator.

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 October 2025

Tuesdays

10am – HWC/Pikes Peak

Boxing for Seniors

Boxing for Seniors is designed to be accessible and beneficial for residents of all skill levels. Come for a fun, engaging 30-minute session where we focus on breath work, balance, strength, conditioning, and cardio. Whether you are in a chair or on your feet, the class is tailored to meet you where you are, providing exercises and techniques to build confidence, coordination, and fitness.

Wednesday, October *DATE TO BE DETERMINED*

9am – 1pm – HWC/Mt Blue Sky

APPOINTMENT REQUIRED

Vet Clinic

Our vet clinic is back to serve your vet needs for your animal! Reminder this is NOT A GROOMING APPOINTMENT! We have received funding to support every animal that signs up for a well visit and HUD required vaccines (up to \$100/apartment). Dr Fishman and Waldbaum will be our onsite vets! Please sign up at the front desk. The vet clinic will be monthly through the rest of the year!

Wednesday, October 8th

1pm – HWC/Pikes Peak

Herbalism Series: Fire Cider

It is that time of the year again, it is fire cider season! Often brought up in most if not all of our community herbalism classes, the favorite class per request is coming back for 2025. Come join to learn among the super powered immune and aromatic foods and herbs with 101+ benefits. We will talk about what fire cider is, the history, share age old stories of this timeless folk medicine, and the many benefits and uses. We will not only prepare and build our immune system for the cold and flu season to come, but also our community over this apple cider vinegar extraction. We will make fire cider and you will leave with your own to take home as a health boosting ally with the knowledge to pass on to friends and family as it has been intended for millena's and many more to come. *The herbalism series will be a monthly offering every 2nd Wednesday from 1-2pm. *You MUST sign up in advance at the front desk to attend!*

Wednesday, October 8th

10am – Gathering Room

Low Vision Group

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



**Wednesday, October 8th
11am —HWC/Mt Blue Sky
Vaccination Clinic with Alpine Pharmacy***

Vaccines can be administered at the same time (just different arms!) per the CDC recommendations. *PLEASE CHECK WITH YOUR INSURANCE TO MAKE SURE THEY ARE COVERING THE VACCINATIONS!*

Vaccinations available:

COVID booster; newest variation to fight multiple variants (2025-26 formula). *The COVID booster was covered by some Medicare Advantage plans, Medicare Part B and Medicaid in 2024.*

Flu shot was covered by some Medicare Advantage plans, Medicare Part B and Medicaid in 2024. If paying out of pocket the cost is \$40.

RSV shot is covered by Medicare Part D. You only need to get one shot in your lifetime. This shot is to support your fight against a severe upper respiratory infection.

If you are interested please check coverage with your insurance, complete the attached form, return it to the front desk and sign up for a time!

**Monday, October 13th
12pm – HWC/Mt Blue Sky
Lunch n Learn: November Ballot
Discussion**

Join for lunch and a discussion with Lisa Haddox from League of Women Voters, Denver Chapter. Lisa will discuss the upcoming elections being held on Nov. 4. 2025, in addition, will discuss the Ballot Measures (Bond Measures) that will be on the ballot and what they mean. Such as; School Board Candidates, Ballot Initiative Petitions, Municipal Candidates, and Referendum Petitions.

Reminder - Ballots will be mailed to all registered and eligible voters on Oct. 10.

Lunch + Refreshments will be served!

**Thursdays, October 16th and 23rd
10am – HWC/Pikes Peak
Dance for Health**

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



Halloween puzzle: find 10 differences!



Aging doesn't have to be *spooky* or *scary* with your Legacy Healthcare Team!

There are many things we can help you with:

- Muscle weakness
- Arthritis
- Vertigo
- Memory and cognitive changes
- Balance deficits
- Difficulty using technology or learning a new skill
- Decreased participation in leisure activities
- Hard of hearing
- Swallowing difficulties
- Incontinence
- Social isolation
- Impaired fine motor coordination
- Pain
- Changes in your voice quality or ability to speak loudly
- Impaired vision
- Limited mobility
- Decreased activity tolerance

Interested in learning more about Physical, Occupational, or Speech Therapy?

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

303-321-2452



GENERAL GRANT

Comprecare

GENERAL

Garrett Barter
Stephen Booth-Nadav
Klila & Brian Caplan
Sharon Gottesfeld
David & Ronnie Hauptman
Audrey Held
Robert & Sandy Klein, In Memory
of Ed & Rhoda Klein, z"ll
Stu & Robin Pack, In Honor of
Scott Fisher
Richard Zerobnick

HEALTH & WELLNESS GRANT

Futures without Violence

SUMMER EVENT 2025 AD

Garrett Barter
Dan & Carley Brooks
David & Angel Drucker
Mickey Friedman
Iris Companies
Deborah Meisterplass

SUMMER EVENT 2025 DONATIONS

Ira & Susan Buchwald, In Honor of
Rob Friedman
Peter Cloussy & Willie Recht
Harriett Fass, In Honor of Rob
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Tracy & Jon Friedman, In Honor of
Rob Friedman
Louis Gelfand/ Marian P. Gelfand
Fund, In Memory of Marian
Gelfand and Molly Lispman, z"ll

August Gifts

Marty & Beth Gold, In Honor of
Rob Friedman
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Shelley & Robert Krovitz
Herzl & Hazel Melmed
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Eileen Naiman
Jonathan & Lisa Perlmutter
Eric & Diane Rosenbaum, In Honor
of Rob Friedman
Marci Rosenberg, In Honor of Rob
Friedman
Eric & Kathleen Waldinger
Michael Waldinger & Alyson
Sprafkin
Steven & Barbara Zimmerman, In
Honor of Art Protskin and Marlene
Richter

SUMMER EVENT 2025 PROFESSIONAL/STAFF TICKETS

Denver Academy of Torah
Bill Geller
JEWISHcolorado
Jeff Oliver
Rocky Mountain Jewish Historical
Society

SUMMER EVENT 2025 GENERAL TICKETS

Hal & Esti Applebaum
James & Miriam Barnard
Garrett Barter
Bill Berger
Dan & Carley Brooks
Christine Dewhurst
David & Linda Fogel
Mark & Jamie Idelberg
Courtney Johnson
Tracy Kapaun & Anne Deines
Herzl & Hazel Melmed

Dr. Mindy Peng
Debbie Reinberg & Paul Simon
Sandford Rodgers
Yolanda Webb
Patti Zetlin

SUMMER EVENT 2025 SPONSORSHIPS

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MidFirst Bank
Perry & Susie Moss
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Dr. Hanah Polotsky
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Rose Medical Center
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Shamrock Foods Company
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Molly Zwerdinger & Aaron Rich