

## Kavod Senior Living at Cherry Creek Activity Calendar — OCTOBER 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Room Location Guide:  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  Color Guide: Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other			1 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 2:00 Art with Isaak—SHC 6:00 Kol Nidre/Yom Kippur Service Yom Kippur begins at sundown	2 Offices Closed 10:00 Yom Kippur Morning and Yizkor at Noon 3:00 Mincha, Book of Jonah Study—SH 7:00 Final Shofar Blast with Rabbi Steve (Outside, weather permitting, or in the Shul)	3 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 Resident Led Kabbalat Shabbat Service—SH	4
5 11:00 Bronco Game with Madison—GR  12:00 Piano Music while you dine by Christine-DR  New time: 1:30 Tech Help with Claire—3rd floor bridge  2:00 Blessing of the Animals—Gazebo behind West building  3:00 Painting & Wine with Polly—Pikes Peak	6 9:00 Life Enrichment "What's Happening at Kavod" Breakfast—SHC  10:30 Bingo—Pikes Peak *11:00 Kaiser Flu Shot-trip  11:00 Conversations on the Edge—SHC  1:00 Readers Theatre—Pikes Peak  2:30 DPL Bookmobile—GR	7 Offices Closed 10:00 Sukkot Services—SH  Wish you a very joyful sukkot Happy Sukkot	8 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice— MBS 10:00 Low Vision Support Group— GR 10:00 Gentle Yoga—Pikes Peak 11:00 Vaccination Clinic—MBS 11:00 Sacred Grounds with Rabbi Steve—Sukkah 1:00 Herbalism Series Jenna-PP 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC *6:00 Lamont Symphony Orchestra—trip	9 9:00 Tai Chi—Pikes Peak *11:00 Hiro Buffet—trip 1:00 Current Events—MBS 2:30 Mindfulness Practice— MBS *NEW 6:00 Natalie's Knitting and Crocheting Circle—SHC	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 6:00 Shabbat Sukkot Service with Rabbi Josh Margo—SH	11  NEXT PAGE

# **Kavod Senior Living at Cherry Creek Activity Calendar — OCTOBER 2025**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12 10:00 Non- Denominational Christian Services with Rev. Dale— Pikes Peak  5:00 Game Night with Katie—SHC	13 *9:00 Mountain Casino—trip 10:30 Bingo—Pikes Peak 12:00 Lunch & Learn: League of Women Voters—Pikes Peak 1:00 Readers Theatre—Pikes Peak 6:00 SoulFULL Necklace Workshop —SHC Shemini Atzeret begins at sundown	10:00 Shimini Atzeret & Yizkor Service with Dr. Seth Ward—Shul  Shemini Atzeret  6:00 Erev Simchat Dancing with Torah Service —Shul  Simchat Torah begins at sundown	15 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 10:00 Resident Council Bake Sale—3rd floor bridge 1:00 Active Minds "UNESCO World Heritage Sites"—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Red Hat Meeting—Mt. Blue Sky 2:00 Art with Isaak—SHC	16 9:00 Tai Chi—Pikes Peak 10:00 Dance for Health—Pikes Peak 11:30 Volunteer Training & Pizza Party—Pikes Peak 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	17 9:00 Relaxation Hour—PP 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts— MBS 12:30 Legacy Strength Training for Seniors—PP 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge	18 10:00 Shabbat Services— with Seth Ward
19 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	20 *9:30 DollarTree—trip 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR 6:00 Volunteer Training & Dessert Party—Pikes Peak/MBS	21 9:00 Tai Chi—Pikes Peak  10:00 Boxing for Seniors-Pikes Peak  10:00 Bridge Players Club—3rd floor bridge  *11:45 JFS Food Bank & Pantry trip  1:00 Opening Minds through Art- Pikes Peak  2:30 Mindfulness Practice Group—MBS  5:30 Birthday Celebration & Concert—Bistro & Main DR 6:00 Cousins Coloring—SHC	22 9:00 Mountain Balance-Pikes Peak *9:30 Super Walmart—trip 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC	23 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 *1:00 Kaiser Flu Shot-trip 1:00 Current Events—MBS 2:30 Mindfulness Practice—MBS *4:30 "Horror in Hollywood at Adams Mystery Playhouse— trip 4:30 Piano music by Tory—DR *NEW 6:00 Natalie's Knitting and Crocheting Circle—SHC	24 9:00 Relaxation Hour—PP  10:00 Gentle Yoga—Pikes Peak  11:00 Mindfulness Fiber Arts—MBS  12:30 Legacy Strength Training for Seniors—PP  1:00 Book Club—MBS  1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge  2:00 Ceramics & Nature—Pikes Peak  6:00 Soulful Shabbat Service with Rabbi Steve—SH	25
26 10:00 Non- Denominational Christian Services with Rev. Dale—Pikes Peak New time: 1:30 Tech Help with Claire—3rd floor bridge 4:30 Wendy Klein's Student Spooky Piano Recital—DR 5:00 Game Night with Katie— SHC	Peak	28 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Gratitude Sharing—GR 12:00 Jazz Café & Coffee Hour— Bistro 1:00 Opening Minds through Art- PP 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	29 *9:00 PetSmart-trip 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice- MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC *6:00 CU Symphony Orchestra—trip	30 *10:00 Forest Bathing Denver Botanic Gardens — trip 9:00 Tai Chi—Pikes Peak No Dance for Health today 2:30 Mindfulness Practice—MBS *NEW 6:00 Natalie's Knitting and Crocheting Circle—SHC	31 9:00 Relaxation Hour—PP 10:00 Gentle Yoga—Pikes Peak 10:30 Spooky fall festival—DR 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	PREVIOUS PAGE

6:00 Cousins Coloring—SHC

OCTOBER 2025

## Connie's



Hi Everyone,

I am happy to let you know that I am back at work and busy planning some fun activities, trips and events for you.

Be sure to join Susan for Breakfast this month at the informative "Life Enrichment What's Happening at Kavod" on Monday, October 6 at 9 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 Kayod!



### 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)

**Welcome New Residents** 



### 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 2<sup>nd</sup> 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.



### **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 Officer



Kara Harvey Chief Operating

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 copresidents.

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.** 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**.

For real-time updates, sign up for BallotTrax to track your ballot from mailing to counting at <u>bit.ly/BallotTraxSignUp</u>.

#### **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** 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

Phone: 720-337-5555

Website: denvergov.org/District5

Social media:



### **Resident Council Meeting**

### Thursday, October 16 1 pm – HWC/Pikes Peak

Autumn has arrived, and the Rockies are alive with vibrant color — and so is Kavod! Thanks to the hard work of our staff, new wall coverings in the East and South buildings, along with bright, coordinating furniture, have brought a fresh energy and warmth back into our community spaces.

Fall also brings the beginning of the Jewish High Holidays. To all who celebrate, we wish you a Happy New Year filled with health, joy, and peace.

Your Resident Council is busy making plans for the upcoming holiday season. Mark Your Calendars for these Upcoming Resident Council Events:

- Bake Sale: Wednesday, Oct. 15, 2025, 10 am – 1 pm
- Friendsgiving: Sunday Nov. 23, 2025, 5 – 7:30
- Holiday Celebration December (date/time TBD) Christmas tree decorations, Chanukkah Lights, Kwanzaa Lights, Holiday Cookies, Holiday Punch, Egg Nog

Representative Diane DeGette recently visited Kavod and met with several residents to discuss the future of Social Security, Medicare, and Medicaid. She assured us that Social Security will remain

protected and that she is committed to doing everything in her power to ensure it stays that way. Unfortunately, reductions to Medicare and Medicaid are expected, which will affect many Kavod residents. Michael and Kara will continue to keep us informed as new developments arise.

## With possible funding cuts ahead, we are asking for your support.

Fundraising is one of the ways Kavod is able to provide the high-quality activities and services that mean so much to our community. One way residents can help is by reaching out to family members and asking them to contribute.

Every donation—large or small—helps sustain the programs that make Kavod special, including our CU Health Clinic, Legacy, and the many classroom groups and activities we all enjoy. Together, we can ensure that Kavod continues to thrive.

### **Community Safety Reminder**

We are still experiencing issues with visitors not signing in when they enter the buildings. Please help keep our community safe by reminding your visitors to:

- Sign in at the kiosk upon arrival.
- Wear a name tag at all times.

If you have new caregivers, please make sure they wear a visible name tag that shows their agency's name.

### **Resident Council**

(continued)

### For your safety:

When entering a building, please do not allow unknown individuals to follow you inside or hold the door open for them. All visitors must use the call box to contact the resident they are visiting and be buzzed in properly.

Together, we can keep Kavod a safe and welcoming community.

#### **Important Notice on Package Theft**

We've noticed an ongoing problem with packages being taken from in front of residents' doors. Please remember that many seniors at Kavod live on limited means, and these deliveries are often essential items.

We ask everyone to respect their neighbors and their property. If a package is not yours, please do not take it. Let's work together to keep our community safe, supportive, and caring.

**DO NOT** leave your unwanted food, books, clothing, or household items in any building's common area. Save it for the clothing drive or give and take. Food brings bugs and smells. Please throw it away.

Join the Conversation at Current Events. We'd love to see you at Current Events, held on the 2nd and 4<sup>th</sup> Thursdays of each month in Mt. Blue Sky at 1 pm. This is an open forum to discuss what's happening in the world around us. Come listen, learn, and share your perspective! Nonpartisan and respectful discussions welcome.

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

### **Executive Board**

**Resident Council Co-Chairs:** 

- \*Karen Wollman Apt. 805 E Phone # 918-815-2995
- \*Roz Brooks Apt. 920 E Phone # 303-726-8781

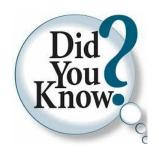
### **Secretary**

\*Beverly Bolden apt. 408E

### **Board & Program / Planning Committee**

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

Email: kavodresidentcouncil@gmail.



# Please thank The Life Enrichment Team!

Please take a minute when you see this hardworking team to thank them for all these things and SO much more!





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.

Connie Moore, Director of Life Enrichment

<u>Dmitriy Umanskiy</u>, Lead Driver & Program Assistant

Stewart Schoenthal, Driver & Trip Assistant

<u>Susan Schoenthal</u>, Life Enrichment Coordinator

*Genny Hale,* Volunteer Engagement Coordinator

<u>Elizabeth Stanbro</u>, Intergenerational Program Coordinator

<u>Madison Magor</u>, 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?

### 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 <a href="mailto:ghale@kavodseniorlife.org">ghale@kavodseniorlife.org</a>.

### **Volunteer Training!**

Attention Kavod resident volunteers only! Please attend <u>one</u> 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 16<sup>th</sup> at 11:30 am in the Pikes Peak Room and pizza will be served

#### OR

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

To RSVP, you can contact Genny at <a href="mailto:ghale@kavodseniorlife.org">ghale@kavodseniorlife.org</a> or you can leave a voicemail (no texts) at 720.382.7820.

### **Fraud Fighter's Tips**



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.
- 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 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.





### 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, 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 <a href="https://www.kavodseniorlife.org/life-enrichment">https://www.kavodseniorlife.org/life-enrichment</a>

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 <a href="mailto:cmoore@kavodseniorlife.org">cmoore@kavodseniorlife.org</a>

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 <a href="https://www.kavodseniorlife.org/life-enrichment">https://www.kavodseniorlife.org/life-enrichment</a>

\*\*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



**Kaiser Flu Shot Van trips** 

Monday, October 6 at 11 am OR

Thursday, October 23 at 1 pm Van Trips

\*\*For Kaiser members only, don't miss your annual flu shot. Be sure to bring your Kaiser insurance card with you.

No cost, but please sign up at the Front Desk.

Deadline: October 3 &

October 21



### 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



## Monday, October 13 \*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: October 11



Thursday, October 30 10 am – Van Trip

### Denver Botanic Gardens "Forest Bathing"

\*This trip is for Residents Only!

Forest Bathing is a nature based Well-Being Practice, drawing upon the beauty, awe, and wisdom in nature. Come join us for a relaxed beautiful walk in the gardens.

**Cost Residents: \$5 transportation** 

**Deadline: October 28** 





\*\*Tuesday, October 21 – <u>ONLY!</u>

Please note due to high holy holiday closings at JFS and Kavod, we will only have ONE trip to the JFS Food Bank this month!

Tuesday, October 21 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 for 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 <u>sign-up for ONE trip each month</u>. 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, October 23 4:30 pm – Van Trip

# Adams Mystery Playhouse presents Horror in Hollywood

Enjoy a delicious dinner and a fun evening at the **Adams Mystery Playhouse**,

Colorado's premier Mystery Dinner Theatre and only full time "Mystery Mansion!"

Join us on the "HAUNTED" set, for the filming of a major Hollywood movie where YOU are an "extra" in the "big dining room scene" in Dracula's Castle!

Costumes are encouraged! Dress as yo ur favorite Celebrity or Halloween Masquerade!

Dinner, tips, transportation all included, but any Bar charges are <u>not</u> included.

Cost Residents: \$55 includes

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transportation

**Cost Non-Residents: \$65 includes** 

transportation

**Deadline: October 16** 





### Wednesday, October 29 9 am – Van Trip Grant funded PetSmart Trip

### **For Resident Pet / Animal Owners Only!**

Residents with pets (or service animals) are invited to participate in this trip to and will receive a gift card towards their purchase, thanks to a grant from the Singer Family Foundation.

No cost but please sign up!

**Deadline: October 27** 





# 6:00 pm - Van Trip CU Yiddish Concert The Sounds of Ashkenaz—Yiddish Song + Klezmer

Wednesday, October 29

Experience an evening rich with the sounds of Jewish Eastern Europe: The soulful refrains of Yiddish song, the spirited rhythms of klezmer dances and the lively strains of Central European folk tunes.

Join acclaimed Yiddish vocalist Anthony Mordechai Tzvi Russell, klezmer and Transylvanian fiddle specialist Zoë Aqua, accordionist Dmitri Gaskin and cellist Raffi Boden for an evening of impassioned music making you won't want to miss.

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







Monday, October 6 9:00 am – Shul Classroom

## "What's Happening at Kavod" Breakfast with Life Enrichment

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

We will have a variety of complimentary breakfast items 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, October 1 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, October 15 2 pm - Mt. Blue Sky Red Hat Society

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





### Tuesday, October 21 5:30 pm – Bistro/Dining Room

### Birthday Celebration with The Jack Dunlevie Jazz Trio

Many thanks to

## The Mary Jeane Project for sponsoring this event!

The Mary Jeanne Project is a nonprofit that uses music, memory, and storytelling to revive dignity and connection among underserved seniors, while bridging generations through shared creativity. They believe that music is memory in motion, rhythm transcends age, and every voice, once heard, can echo across generations.

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.







### Wednesday, October 15 1 pm – Pikes Peak

## Active Minds *Presents:* "UNESCO World Heritage Sites"

Established in 1945, the United Nations Educational, Scientific and Cultural Organization (UNESCO) is a specialized agency within the UN with a mission of promote peace through education. As part of that mission, UNESCO oversees the selection and legal protection of World Heritage Sites, locales judged to "be of outstanding value to humanity". Join Active Minds as we trace the origin and extension of World Heritage Sites and take a tour of a few highlights.



### Tuesday, October 28 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.





Sunday, October 26 4:30 pm – Dining Room

## Spooky Recitals

Join Wendy Klein and her piano students for a fun evening of spooky recitals! The students will be in costume, you are welcome to wear yours too! Refreshments served!



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 "РУС" 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 РУС (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 hoe 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 8<sup>th</sup> 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 2<sup>nd</sup> Wednesday from 1-2pm. \*You MUST sign up in advance at the front desk to attend!

### Wednesday, October 8<sup>th</sup> 10am - Gathering Room Low Vision Group

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



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.* 

<u>Flu shot</u> 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 13<sup>th</sup> 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 16<sup>th</sup> and 23<sup>rd</sup> 10am – HWC/Pikes Peak Dance for Health

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



### 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



### **August Gifts**

#### **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 Friedman Tracy & Jon Friedman, In Honor of Rob Friedman

Louis Gelfand/ Marian P. Gelfand Fund, In Memory of Marian Gelfand and Molly Lispman, z"" Marty & Beth Gold, In Honor of Rob Friedman Uros & Stephanie Grasic Jerry & Marilyn Kopelman Shelley & Robert Krovitz Herzl & Hazel Melmed Larry Mizel/MDC Holdings 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 PROFESSIONA/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

Johnson Kendall Johnson
John McCarthy & Jeff McKeehan
MidFirst Bank
Perry & Susie Moss
Pinkard Construction
Dr. Hanah Polotsky
Renee & Andy Raabe
Alan & Liza Reifler
Rose Medical Center
Mike Rosen
Sharon & Justin Roth
Gary & Judy Saltzman
Shamrock Foods Company
Gaile Waldinger
Molly Zwerdlinger & Aaron Rich