



Kavod Senior Living at Cherry Creek

Activity Calendar — NOVEMBER 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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	<i>Color Guide:</i> Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other					1 10:00 Shabbat Services— with Seth Ward
2 <i>Time change! Set clocks back one hour</i>  12:00 Piano Music while you dine by Christine-DR 1:30 Tech Help with Claire—3rd floor bridge 3:00 Painting & Wine with Polly—Pikes Peak	3 9:00 Life Enrichment “What’s Happening at Kavod” Breakfast—SHC 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR	4 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 *3:00 Bohemian Biergarten & CU Piano & Tenor Concert—trip 6:00 Cousins Coloring—SHC	5 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice—MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Fused Glass—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 4:30 Piano music by Tory—DR *6:00 Lamont Symphony Orchestra—trip	6 9:00 Tai Chi—Pikes Peak *9:30 King Soopers—trip 2:30 Mindfulness Practice—MBS 6:00 Natalie’s Knitting and Crocheting Circle—SHC	7 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Sacred Grounds with Rabbi Steve—Bistro 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Fix it Day 1:00 Book Club—MBS 1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge 6:00 Soulful Shabbat Service with Rabbi Steve—SH	8
9 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 3:00 Kavod Players Readers Theatre presents “Need a Lift?”—Pikes Peak & Mt. Blue Sky 5:00 Game Night with Katie—SHC	10 *9:00 Mountain Casino—trip No Bingo today 1:00 Readers Theatre—Pikes Peak 6:00 SoulFULL Necklace Workshop —SHC	11 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 2:30 Mindfulness Practice Group—MBS 5:00 Veterans Day Honor Celebration—DR  6:00 Cousins Coloring—SHC	12 9:00 Mountain Balance-Pikes Peak *9:30 Super Walmart—trip 10:00 Low Vision Support Group—GR 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 1:00 Herbalism—Pikes Peak 2:00 Art with Isaak—SHC 6:00 Gift Making with April—SHC	13 9:00 Tai Chi—Pikes Peak 1:00 Current Events—SHC 2:30 Joy of Writing with Denny—SHC 2:30 Mindfulness Practice—MBS 6:00 Natalie’s Knitting and Crocheting Circle—SHC 6:00 Lamont Jazz—trip	14 9:00 Relaxation Hour—PP 10:00 Gentle Yoga—Pikes Peak *10:30 Yorkshire Fish & Chips—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	15 10:00 Shabbat Services— with Seth Ward 

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
16 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak 12:00 Piano Music while you dine by Christine-DR 2:00 Claire’s Jewelry Making—MBS 5:00 Resident Council “Friendsgiving” dinner—Pikes Peak	17 10:30 Bingo—Pikes Peak *11:00 King Soopers—trip 12:00 Lunch & Learn with Ronica Rooks—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR	18 9:00 Tai Chi—Pikes Peak 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 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	19 *8:30 Celestial Seasonings Factory Tour & Dushanbe Tea House lunch—trip 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 1:00 Active Minds “The Roots of Rock ‘n’ Roll ”—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 2:00 Red Hat Meeting—Mt. Blue Sky 4:30 Resident Council Happy Hour Get Together—meet in East Lobby	20 9:00 Tai Chi—Pikes Peak 11:00 Soul of Aging Sampler #1—Mt. Blue Sky 1:00 Resident Council-Pikes Peak 2:30 Mindfulness Practice—MBS 4:30 Piano music by Tory—DR 6:00 Natalie’s Knitting and Crocheting Circle—SHC	21 9:00 Relaxation Hour—PP 10:00 Gentle Yoga—Pikes Peak *10:00 Shalom Park Pool—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 6:00 Shabbat & Rosh Hodesh Service with Rabbi Kim—SH	22
23 10:00 Non-Denominational Christian Services & Communion with Rev. Dale—Pikes Peak 1:30 Tech Help with Claire—3rd floor bridge 5:00 *Special Event! Opening Minds through Art Show & Reception—DR 5:00 Game Night with Katie—SHC	24 No Bingo today 1:00 Readers Theatre—Pikes Peak	25 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing—GR 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—MBS 5:30 Birthday Celebration & Concert— Bistro & Main DR	26 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 Gift Making with April—SHC	27 OFFICES CLOSED Happy Thanksgiving	28 Offices Closed day after Thanksgiving	29 10:00 Shabbat Services— with Seth Ward
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NOVEMBER 2025

Connie's CORNER



Happy Thanksgiving! Let's remember the many blessings we have in our lives. This month we celebrate Thanksgiving, so let's live a life of **ThanksLIVING** every day. I hope that each of you find an activity, class and outing to enjoy this month, as we celebrate a full and active way of life here at Kavod Senior Life.

Starting in November, ONLY the NEW classes, special high holiday services, activities and special events will be listed in the Voice, **no recurring services, classes or events will be listed.** ALL classes, services and special events will be listed on the calendar.

Join us for a delicious and informative **"Life Enrichment Breakfast at the "What's Happening at Kavod" on Monday, November 3rd at 9 am in the Shul Classroom.**

Stay in the know! Be sure to log-in to **Touchtown**, see instructions inside the Voice.

Connie Moore
Director of Life Enrichment
720.382.7813
cmoore@kavodseniorlife.org



Spotlight Veterans Day Celebration

Join us on Tuesday, November 11 at 5 pm in the Dining Room as we celebrate Veterans Day.



From Chaplaincy and Spiritual Services

NEW!

SOUL OF AGING SAMPLER!

"Beautiful young people are accidents of nature, but beautiful old people are works of art." - Eleanor Roosevelt

For several years, we have run a powerful intimate series called "The Soul of Aging." Using poetry, journaling and deep listening we create a "Circle of Trust," share and together harvest the wisdom of our years. In order to create and sustain a safe and intimate group, once a group forms it is closed to new people. **WE ARE READY TO START A NEW SOUL OF AGING GROUP!**

Anyone is welcome to visit a "sampler" session. Then if you decide this is for you we will start the new group in December or January.

**SOA Sampler #1 will be Thursday
November 20, 11am -12:30 pm**

**SOA Sampler #2 will be Thursday
December 4, 11 am -12:30 pm**

Mt. Blue Sky Room



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)



Janice Rubin

LEADERSHIP CORNER



Michael Klein
President & CEO
Officer



Kara Harvey
Chief Operating
Officer

November is upon us, and it is a good time to remember all for which we are thankful. As always, we also have a few items and reminders to share with you:

Superior Review! The Colorado Housing and Finance Administration (CHFA) recently reviewed Kavod's leasing and financial practices for the West building, and Kavod received a Superior rating- the top level. We are proud to have such an exceptional operating team.

Smoking: There have been increased reports of residents smoking on Kavod's property and in apartments, especially marijuana.

Federal law states that it is illegal to possess or smoke marijuana (or any illegal substance) on campus.

The House Rules stated that smoking of any kind is not allowed inside or outside on the property, only in the Smoking Hut (East building).

Violations to either of these is considered a lease violation. We appreciate everyone complying with these regulations.

Public Cleanliness: A reminder to please keep public areas free of any personal or unwanted items, including hallways and stairwells.

If it is hard to throw good things away, consider donating to a charity; do not leave them out for other residents.

Ask a neighbor, friend or family to help you remove unwanted items, if you need assistance, or hire a person to assist.

Unwanted furniture, food and trash should be disposed of properly.

Break down boxes and place in recycling bins outside the West and East buildings. Recycling bins are not for regular trash and refuse, however. If you're not sure what belongs, ask!

Fire Pump: Congratulations to Jeff Oliver, our Director of Facilities, for successfully overseeing the installation of a new fire pump. It was a long and detailed process that Jeff handled masterfully.

We appreciate all of you for being part of our Kavod family. Have a wonderful Thanksgiving!

Michael Klein & Kara Harvey



Resident Council Meeting

Thursday, October 20
1 pm – HWC/Pikes Peak

It's hard to believe it's already November and the holiday season is just around the corner! Are you ready? We are only 43 days away from Chanukkah and 54 days until Christmas. Your Resident Council is preparing for a busy and joyful season ahead.

✧ A Look Back

Our October Bake Sale was a wonderful success! Residents enjoyed cookies, brownies, chocolate pretzels, and so much more. Kavod is full of talented bakers, and we are so grateful for everyone who participated and supported the event.

🍷 Friendsgiving Potluck

Mark your calendars—our annual Friendsgiving is almost here!

Date: Sunday, November 16, 2025

Time: Please bring your side dishes and desserts starting at 4:30 PM. Dinner begins at 5:00 PM.

Location: Pikes Peak

Please note: The date has been changed due to a scheduling conflict with another Kavod event. Resident Council will provide the turkey, gravy, mashed potatoes, and drinks. We ask residents and guests to bring a side dish and/or dessert. A sign-up sheet is available on the 3rd floor bridge, large table on the east side. This is our **biggest event of the year**, so we hope you'll join us!

🌟 ✧ ✧ Holiday Celebration

Join us for a festive gathering!

Date: Wednesday, December 10, 2025

Time: 11:00 AM – 1:00 PM

Location: 3rd Floor Bridge

We'll be decorating the Christmas tree, lighting the Chanukkah and Kwanzaa lights, and sharing holiday treats. Enjoy cookies, brownies, holiday punch, and egg nog while listening to seasonal music. Come celebrate the warmth, joy, and traditions of the season together!

Make Your Voice Heard at Resident Council meetings that take place on the 3rd Thursday of every month at 1:00 p.m. in Pikes Peak, unless otherwise

noted due to scheduling conflicts. These meetings are your opportunity to be informed, involved, and heard

Executive Board – Council Co-Chairs
Board & Program / Planning Committee

*Karen Wollman apt. 805E #918-815-2995

*Sandy Brodsky * Agnes Zeffries * Doug Krug

*Roz Brooks apt. 920E #303-726-8781

*Linda Mason Gallagher * Bob Lawrence son

Secretary *Beverly Bolden apt. 408E

*Tracy Chamberlin *

****Watch for all our events on the Resident Council News easels that are in the East, West lobbies and 3rd floor bridge**

LIFE ENRICHMENT RULES OF CONDUCT

1. Everyone will respect one another, the Activities staff, vans, equipment and space at all times.
2. Cell phones are prohibited during classes and presentations.
3. Smoking is prohibited on or near the vans.
4. Alcohol is not permitted on any trips and outings, including purchasing alcohol at any venue we visit.
5. Participants must be kind and courteous to staff and other participants at all times.
6. If you have food or drink in the classes or vans, please be responsible and dispose of your trash.
7. Other than emergencies, please do not converse with the driver of the van when the van is moving.
8. Abusive language or engaging in behavior that disturbs others is not permitted.
9. Headphones must be used when listening to music or when using programs requiring sound, such as games and radio websites.
10. Participants must be 16 years of age or older or accompanied by a parent or guardian.

Violators of the above rules will result in the following:

1st violation: You may not be allowed to attend classes and/or go on trips for 1 month. The incident will be reviewed by the Life Enrichment staff and a decision will be made after careful examination of the incident.

2nd violation: You may not be allowed to attend classes and/or go on trips indefinitely. The incident will be reviewed by the Life Enrichment staff and a decision will be made after careful examination of the incident.



Genny Hale
Life Enrichment, Volunteer
Engagement Coordinator

This month will be a short column as well as my last column for Kavod. After 3 years with Kavod it's time for me to be moving on. I am excited about this next chapter in my life but it is also with a heavy heart that I will be saying good-bye to everyone at Kavod.

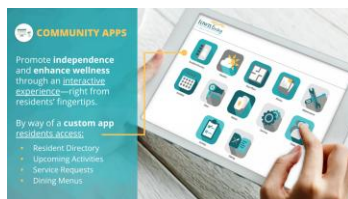
I first want to say how much I have loved working with the amazing volunteers here at Kavod both resident volunteers and volunteers from the community. You **all** have contributed immensely to improving the lives of residents living in the Kavod community and for that I thank you. You matter and you make a difference!

Volunteers (continued)

Second, I want to say what a privilege and honor it has been for me to serve as the Volunteer Engagement Coordinator. I have learned that age is mind over matter and if you don't mind it doesn't matter.

Each one of us is endowed with gifts that we can share all our lives. I've been inspired by so many residents at Kavod who have shared their unique gifts with others in so many ways. Please continue to do that going forward into the future with new staff who come on board to lead the volunteer program.

Finally, in the spirit of November being a month of Thanksgiving please never forget to say thank you and never forget that I thank you! May you all experience many blessings and as the traditional Irish Farewell blessing says, "May the road rise to meet you. May the wind be at your back. May the sun shine warm on your face, and the rain fall soft on your fields, until we meet again."



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.**



Low Vision Newsletter

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, please contact Connie at 720-382-7813. 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, November 4, 11 & 18
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 **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.

Tuesday, November 4
3 pm – Van Trip

Bohemian Biergarten Restaurant & University of Colorado Boulder Concert



Join your friends and neighbors for a delicious dinner at the famous **Bohemian Biergarten Restaurant in Boulder.** The menu is inspired by Central European Cuisine from Germany, Czech Republic, Hungary, Poland and Austria. Prices range from \$16 - \$26, plus drink, tax and tip.



College of Music
 UNIVERSITY OF COLORADO BOULDER

After dinner we will enjoy an exciting evening of music at the University of Colorado Boulder. Titled "Amok Time," this duo will present timeless themes of the human condition—featuring Gerald Finzi's seminal 20th-century song cycle "A Young Man's Exhortation" in addition to works by Lena McLin, Margaret Bonds, Samuel Barber, Benjamin Britten, Peter Warlock and Charles Ives.

Cost Residents: \$10 + pay for meal at site

Cost Non-Residents: \$20 + pay for meal at site

Deadline: November 2

Upcoming Trips



Wednesday, November 5
6 pm – Van Trip

Lamont Symphony Orchestra

Join the Lamont Symphony Orchestra for an unforgettable evening featuring guest conductor Giovanni Ferrauto. The program opens with Mendelssohn's evocative *Hebrides Overture*, led by student conductor Ke-Yuan Hsin, followed by Ferrauto's own *Bellini Reloaded*—a vibrant reimagining of the bel canto master's legacy. After intermission, acclaimed pianist Leo de María takes the stage for Beethoven's majestic Piano Concerto No. 5, the "Emperor." Don't miss this exciting blend of classical tradition and contemporary flair.

Residents: \$8

Cost Non-Residents: \$20

Deadline: November 3



Monday, November 10

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: November 8

Upcoming Trips



Lamont Jazz Orchestra

Thursday, November 13
6 pm – Van Trip

The Lamont Jazz Orchestra (LJO) is the University of Denver's premier large jazz ensemble, the LJO performs the standard canon of jazz literature as well as original music by students and faculty.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: November 11



Friday, November 14
10:30 am – Van Trip

Yorkshire Fish and Chips

This little neighborhood joint has been offering authentic English fish and chips, serving the finest seafood, made-to-order chips from fresh potatoes, and their trademark batter made from scratch daily since 1971.

Yorkshire serves Fish & Chips, Shrimp, Scallops, Oysters, Chicken Strips, Clam Strips and more. 5280 magazine has named it the "best fish & chips" for good reason. The average cost for lunch is \$19 - \$24, not including tax and drink.

Residents Cost: \$5 transportation + pay for lunch at the site

Non-Residents Cost: \$10 transportation + pay for lunch at the site

Deadline: November 11

Upcoming Trips



**Wednesday, November 19
8:30 am – Van Trip**

Celestial Seasonings Tea Factory Tour & Dushanbe Teahouse

Join us for a tour of the famous Celestial Seasonings Tea Factory in Boulder! In addition to seeing the world's most advanced tea production plant, you'll have the chance to enjoy the extensive display of original artwork in their gallery and enjoy **free samples** of teas. After our tour, you can visit the Tea Shop, where you'll find every flavor of your favorite Celestial Seasonings products as well as a wide variety of gift items.

After the tour, we will have lunch at the beautiful and historical **Boulder Dushanbe Teahouse**. In 1987, during his first visit to Boulder, Mayor Maksud Ikramov announced that Dushanbe planned to present the city with a Teahouse to celebrate the establishment of sister city ties. From 1987-1990, more than 40 artisans in several cities of Tajikistan created the decorative elements in the Teahouse, including the gorgeous hand-carved and hand-painted

ceiling, tables, stools, columns, and exterior ceramic panels. An amazing day, not to be missed!

Cost Residents: \$15 + pay for lunch there

Cost Non-Residents: \$25 + pay for lunch there

Deadline: November 10



Friday, November 21

10 am - Van Trip

Shalom Park Pool

Features include Warm Water Therapy and Exercise Pool, Rehabilitation and Therapy Gym, Fitness Center and Aerobic Exercise Gym, Salon and Spa! **The van will depart Shalom promptly at 1pm to return to Kavod. *Please note!** There is no lifeguard on duty at this time.

****If you have Silver Sneakers the cost is \$5 for the pool, *If you DO NOT have Silver Sneakers then the cost is \$10, (Pay There!)***

Residents Cost: \$3 transportation (Pay for Pool at Shalom Park)

Non-Residents Cost: \$6 transportation (Pay for Pool at Shalom Park)

Deadline: November 19



TRIPS Coming in DECEMBER 2025!



Cowboy Christmas Jubilee at the Flying W Ranch

Christmas Chuck wagon Supper Show

**Thursday, December 4
4 pm – Van Trip**

Join us as we travel to the world famous Flying W Ranch in Colorado Springs for the Christmas Chuck wagon Supper Show. Come and experience a beautiful and joyful time of year at the Ranch. *The Flying W Wranglers* will perform a dazzling and heart-warming Western Christmas concert. The wood-burning fireplaces and the twinkling white lights render the Mountain Stream Lodge a lovely and magical setting for a wonderful and unforgettable evening.

The Chuck wagon Supper is a special delicious seasonal Christmas menu featuring **smoked center-cut Angus strip steak and smoked Chicken**, plus all the scrumptious trimmings.

*****Please indicate if you need a vegetarian or gluten-free meal when you sign up in the East office.***

Our approximate return time to Kavod is 10 pm.

Resident Cost: \$70

Non-Resident Cost: \$85

Deadline: November 21



**Thursday, December 11
9:45 am – Van Trip**

Hammond's Candy Factory Tour & Mickey's Top Sirloin



Embark on a journey through Hammond's history and timeline,

tracing the sweetness and tradition of this Colorado family business. From founders to family legacy, discover the people behind this unique confectionery story. At the end of the tour you will be able to shop for some sweet treats!



**After the tour
enjoy a delicious
lunch at Mickey's**

Top Sirloin Restaurant. The lunch menu prices range from \$15 - \$25, plus tax and tip.

Resident Cost: \$5 – tour included, pay for lunch at restaurant

Non-Resident Cost: \$10 – tour included, pay for lunch at restaurant

Deadline: December 8



Fix-it day!

Friday, November 7

1 pm – 3 pm

By Appointment Only

- Volunteers will be here from the University of Denver to help with some small tasks in your apartment.
- The Fix-it-day form was distributed in October and everyone should already have turned it in, but please call Connie Moore at 720.382.7813 with any questions.

Kavod Readers Theatre *performs*

Scenes from Need a Lift?



Sunday, November 9

3:00 pm – Pikes Peak & Mt. Blue Sky

Buckle up for a hilarious Sunday afternoon ride! *Need a Lift?* is a fast-paced comedy told through a whirlwind of scenes featuring drivers Angie and Theo. What begins as a simple bet quickly spirals into chaos as Theo discovers just how outrageous life behind the wheel can be.

Packed with quick wit, absurd encounters, and laugh-out-loud moments, this show proves being a driver is anything but ordinary. Join us!

Doors open 15 minutes prior to showtime through the Mt. Blue Sky room.

A light reception will follow.



Veterans Day Celebration

**Tuesday, November 11
Main Dining Room**

We want to celebrate our Kavod Veterans with a special program and musical salute in the main dining room.

We would also like to show our gratitude for your service with special dinner tables set-up just for the Veterans, called **"Honor Tables."** ****Please call Connie Moore at 720-382-7813 before November 5th to reserve your seat, or just drop in that evening!***

We will also have a Veteran's "Photos Honor Table" in the Dining Room where **you can bring your own photos of when you served in the military**, so please bring those to the event and place on the Table for everyone to enjoy by 4:30 pm that evening. And be sure to take your photos home after the event!

We will also have an **"Honor Tree"** in the dining room where you can take a yellow ribbon and add your name and date of service to the tree.

Please call Connie Moore at 720.382.7813 with any questions.



New Group from Resident Council! **Happy Hour Get Together** **4:30 pm – Meet in East Lobby**

Every 3rd Wednesday of the month, we'll go to a different Happy Hour Restaurant each month that's within walking distance to Kavod. We'll meet and leave from the East Bldg lobby at 4:30 pm. You can order a drink (alcohol optional), appetizer or a full dinner.

This is a get together social group. **Next get-together is Wed. Nov. 19th.** Call Karen 918-815-2995 for more information



**Sunday, November 23
5 pm – Dining Room**

Opening Minds through Art Show & Reception

Please join us to celebrate the OMA artists' beautiful work on November 23rd in the main dining room from 5-6pm. There will be an art show, and refreshments and wine will be served.

Opening Minds Through Art is an intergenerational program that honors older adults' creativity and builds relationships with younger generations through the art-making process.



drinks dessert
& dancing Birthday *
Celebration

**Tuesday, November 25
5:30 pm – Bistro/Dining Room**

**Birthday Celebration with
The Duallin Mandos**

Everyone is 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.



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 November 2025](#)



Wednesday, November *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, November 12th

1pm – HWC/Pikes Peak

Herbalism Series: Immune Super Power

Uh oh.. So you think you caught a bug. Do not fret. In this class we will learn about how to prepare an immune decoction for the first signs and early stages of a cold or flu. Decoctions are used with the more tenacious parts of the plant, such as roots,

barks, twigs, fruits, and some seeds or nuts. These plants require higher heat and a longer cooking period. When in doubt, turn to the aid and resources of these special herbs. In this class we will bust myths of sickness and take a deep dive into how these herbs redefine, defend, and support your body in the best possible condition to fight and heal harmoniously. We will make an immune decoction in class and you will leave with this rescue remedy to have on hand.

*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!*

Monday, November 17th

12pm – HWC/Pikes Peak

Lunch n Learn with Dr. Ronica Rooks

Dr. Ronica Rooks, a researcher and professor at Metro State, held a study opportunity at Kavod earlier this year. She will be onsite on November 17th to share her findings and details from her recent research paper. Kavod will provide boxed lunches for this lunch and learn. Please join us regardless if you participated to learn more about Dr. Rooks study and findings. We hope to see you there!

Lunch + Refreshments will be served!



SEPTEMBER

IN_KIND DONATION

Reene and Andy Raabe

GENERAL

Garrett Barter

Charlotte Bright, In Memory of Sara Moses,
z"ll

Michael Cohen

Linda & Eli Frank, in honor of Gaile Waldinger

Gaile Weisbly Waldinger. In Memory of Jackie

Rabicooff Cooper & , Sharon Birnbaum, z"ll

Gaile Weisbley Waldinger, In Honor of Alan

Boxer & Shira Zimmerman

Charlene Wandel

LIFE ENRICHMENT: OPENING MINDS THROUGH ART & MUSIC & MEMORY GRANT

Sandy Wolf & Robert Gold -

SUMMER EVENT DONATIONS

Barbara Cook

SUMMER EVENT 2025 SPONSORSHIPS

Herbert & Arlene Buchwald

Annette Shtivelband

SHUL

Larisa Ace, In Memory of my parents, Z"ll

Valeriy Blyumkin

Faina Lukovskay

Sofia Merimsky, In Memory of parents &
husband, z"ll

YIZKOR

Doris Beck

Galina Blyumkin

Alan Boxer

Nancy Collier

Lyubov Dolgina

Aida Hinkediker

Olga Ionikh

Sandra Kolesnikova

Rakhil Koretskayan

Marina Naroditskaya Yizkor

Dr. Irina Pines

Leah Rodie, In Memory of Mel Rodie, Vivian
Singer, Bill Singer , z"ll

Bella Verba

Yefim Veyber

Gaile Weisbly Waldinger