



Kavod Assisted Living at Cherry Creek

Activity Calendar — NOVEMBER 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 classes					1 10:00 Shabbat Services— with Seth Ward
2 <i>Time change! Set clocks back one hour</i> 	3 10:30 Bingo—Pikes Peak 12:15 AL Food Committee—GR 11:00 Conversations on the Edge—SHC 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR 5:15 Sing Along with Christine-GR	4 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 12:15 Active Minds “Civil War”—GR 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 6:00 Cousins Coloring—SHC	5 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 Fused Glass—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 5:15 Painting & Wine with Polly—GR	6 9:00 Tai Chi—Pikes Peak 2:30 Mindfulness Practice—MBS *6:00 Lamont School of Music Choir Concert—trip 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 2:00 Fall Water Color Painting with Madison—GR
9 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 10:00 Hot Cocoa and Life Stories with Madison—GR 3:00 Kavod Players Readers Theatre presents “Need a Lift?” - Pikes Peak & Mt. Blue Sky 5:00 Game Night with Katie—SHC	10 No Bingo today 1:00 Readers Theatre—Pikes Peak 5:15 Sing Along with Christine-GR 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 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 5:00 *Special Event! Veterans Day Honor Celebration—EAST DR  6:00 Cousins Coloring—SHC	12 9:00 Mountain Balance-PP 10:00 Low Vision Support Group—GR 10:00 Gentle Yoga—Pikes Peak 12:15 Assisted Living Birthday Party Celebration-GR 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 *1:30 Target shopping—trip 2:30 Mindfulness Practice—MBS 2:30 Joy of Writing with Denny—SHC 5:00 Dancing to the Oldies—GR 6:00 Natalie’s Knitting and Crocheting Circle—SHC	14 9:00 Relaxation Hour—PP 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	15 10:00 Shabbat Services with Seth Ward—Shul 2:00 Trivia & Snacks with Madison —GR 

Kavod Assisted Living at Cherry Creek

Activity Calendar — NOVEMBER 2025

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 2:00 Claire’s Jewelry Making—MBS	17 10:30 Bingo—Pikes Peak 12:00 Lunch & Learn with Ronica Rooks—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR 5:15 Sing Along with Christine-GR	18 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Peak 12:15 Active Minds “Musical Jargon”—GR 1:00 Opening Minds through Art-Pikes Peak *2:00 King Soopers shopping—trip 2:30 Mindfulness Practice — MBS 6:00 Cousins Coloring—SHC	19 *8:30 Celestial Seasonings Factory Tour & Dushanbe Tea House lunch—trip 9:00 Mountain Balance-PP 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	20 9:00 Tai Chi—Pikes Peak 11:00 Soul of Aging Sampler #1—Mt. Blue Sky 12:15 AL Resident Council—GR 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR 6:00 Natalie’s Knitting and Crocheting Circle—SHC	21 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak *10:00 Shalom Park Pool—trip 11:00 Mindfulness Fiber Arts-MBS 12:15 Denver Botanic Gardens Sensory Adventures—GR 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 10:00 World TV Day - TV trivia & Bingo with Madison—GR 5:00 *Special Event! Opening Minds through Art Show & Reception—EAST DR 5:00 Game Night with Katie—SHC	24 No Bingo today 1:00 Readers Theatre—PP *10:15 Ceramics in the City & Lunch—trip 5:15 Sing Along with Christine-GR	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 6:00 Cousins Coloring—SHC	26 9:00 Mountain Balance-PP 10:00 Gentle Yoga—Pikes Peak 12:15 Good Vibes & Tunes with Rick- GR 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 6:00 Gift Making with April—SHC	27 WEST OFFICES CLOSED Happy Thanksgiving	28 WEST Offices Closed day after Thanksgiving	29 10:00 Shabbat Services— with Seth Ward
30 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 2:00 Afternoon Movie & Popcorn with Madison—GR						 PREVIOUS PAGE

Voice

Monthly Newsletter for Kavod
Assisted Living Residents

NOVEMBER 2025

Connie's CORNER



Hi Everyone,

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.

Be sure to attend the "AL What's Happening in Assisted Living with Life Enrichment" on Wednesday, November 5 at 12:15 pm in the Gathering Room. *Bring your suggestions and ideas!*

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



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

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.

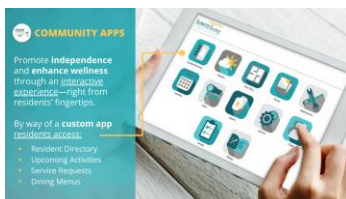
I first want to say how much I have loved working with the amazing volunteers here at Kavod both resident volunteers and volunteers from the community. You all have contributed immensely to improving the lives of residents living in the Kavod community and for that I thank you. You matter and you make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



Thursday, November 6

6 pm – Van Trip

**Lamont School of Music *presents*
Lamont Choirs, Season opening Concert**

Join us to experience the powerful artistry of the Lamont Choirs in their first concert of the season, featuring the Lamont Chorale under the direction of guest conductor David McNeil. Also performing are Voces Aureas, led by Kevin Padworski, and Voces Fortes, led by Jeff Talley. The program includes works by Francis Poulenc alongside a varied selection of choral music for high, low, and mixed voices. Our approximate return time is 9:30 pm. ***Please call Connie at 720-382-7813 to sign up.***



Super Target Shopping trip

Thursday, November 13

***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 Connie at 720-382-7813 to sign up.



King Soopers Shopping trip

Tuesday, November 18

***Depart at 2 pm in front
of West Building**

**Be sure to bring cash or your credit card
for this shopping trip. *Please call Connie at
720-382-7813 to sign up.***

TRIPS FROM LIFE ENRICHMENT



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**. ***Please call Connie at 720-382-7813 to sign up.***



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.

Please call Connie at 720-382-7813 to sign up.



Monday, November 24

10:15 am – Van Trip

Ceramics in the City & lunch at Zaidys

Join us for a fun morning at Ceramics in the City, where you will pick out a piece of pottery to paint and take home! **After that we will go to lunch at Zaidys.**

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 Connie at 720-382-7813 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.



Tuesday, November 4

12:15 pm – Gathering Room

Civil War: Causes & Effects

It's been a little over 160 years since the end of the Civil War. Join Active Minds for a look at what caused the war and how our country was changed as a result. This program will not attempt to cover the military conflict in any significant detail, but rather will focus on what preceded and followed it.



Wednesday, November 5

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, November 5

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!

Assisted Living Activities



Wednesday, November 5

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!

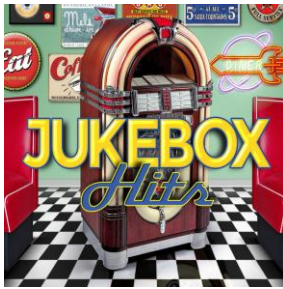
Wednesday, November 12

12:15 pm – Gathering Room

Birthday Celebration & Concert



Assisted Living Activities



Thursdays, November 13 & 20
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!



Friday, November 14
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.



Tuesday, November 18
12:15 pm – Gathering Room

Musical Jargon

What's the difference between a Philharmonic Orchestra and a Symphony Orchestra, a concerto and a sonata, or andante vs. "Magico"? Musicians use a lot of unique language, a whole vocabulary unto itself. Join Active Minds for a look at the jargon we find in classical music.



Friday, November 21
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.



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.



**Tuesday, November 11
Main Dining Room**

Veterans Day Celebration

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!

Please call Connie Moore at 720.382.7813 with any questions.

***NEW**



Wednesdays, November 12 & 26

6 pm – Shul Classroom

Gift Making with April

April will teach how to use UV resin to make jewelry and will introduce Epoxy resin making with molds in the second class. Bring an old shirt or something to cover your clothes as resin is very sticky! There are so many things you can make!

Supplies will be provided and class is limited to 15.



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.



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