

# Kavod Assisted Living at Cherry Creek

## Activity Calendar — JANUARY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Room Location Guide:</b>            GR—Gathering Rm (West)            SH —Shul (2nd floor East)            SHC-Shul Classroom (2nd floor East)            HWC-Health Wellness Center (West, top floor)            - Pikes Peak- PP            - Mt. Blue Sky-MBS</p>	<p><b>Color Guide:</b>            Blue = Life Enrichment classes            Green = Life Enrichment Trips            Purple = Health &amp; Wellness classes            Black = Religious or Other classes</p>			<p>Celebrate Activity Professionals Week!            January 26 - 30</p>		
				<p><b>1 EAST Offices Closed</b></p>	<p><b>2</b> 9:00 Relaxation Hour—Pikes Peak            10:00 Gentle Yoga—Pikes Peak            No Mindfulness Fiber Arts today            12:30 Legacy Strength Training for Seniors—Pikes Peak            1:00 Book Club—MBS            1:00 Ice Cream Cafe -3rd floor Bridge            6:00 Resident Led Shabbat Services—SH</p>	<p><b>3</b></p>
<p><b>4</b> 4:00 Israeli Scouts Volunteer Day—SHC            6:00 Rummikub Games—GR</p>	<p><b>5</b> 10:30 Bingo—Pikes Peak            11:00 Conversations on the Edge—SHC            12:15 AL Food Committee—GR            1:00 Readers Theatre—Pikes Peak            5:15 Sing Along with Christine—GR</p>	<p><b>6</b> 9:00 Tai Chi—Pikes Peak            10:00 Bridge Players Club-3rd Floor Bridge            10:00 Boxing for Seniors—Pikes Peak            11:00 Sacred Grounds with Rabbi Steve—Bistro            12:15 Poetry Sharing Group with Madison—GR            1:00 Opening Minds through Art—Pikes Peak            2:30 Mindfulness Practice Group—MBS            6:00 Rummikub Games—GR</p>	<p><b>7</b> 9:00 Mountain Balance-PP            10:00 BUNCO Games with Lauren—GR            11:30 Good Vibes with Rick &amp; Coffee in the Bistro            *New time: 12:00 Gentle Yoga—Pikes Peak            12:15 "AL What's Happening at Kavod"—GR            1:00 Mahjong Players—3rd floor bridge            2:00 Art with Isaak—SHC            5:15 Painting &amp; Wine with Polly—GR</p>	<p><b>8</b> 9:00 Tai Chi—Pikes Peak            1:00 Current Events—MBS            2:00 Super Target shopping—trip            2:30 Mindfulness Practice—MBS            5:00 Dancing to the Oldies—GR            6:00 Natalie's Knitting and Crocheting Circle—SHC</p>	<p><b>9</b> 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 Ice Cream Cafe -3rd floor Bridge            2:00 TimeSlips with Elizabeth—MBS            2:00 Ceramics &amp; Nature—Pikes Peak            6:00 Soulful Shabbat Service with Rabbi Steve—SH</p>	<p><b>10</b>            2:00 Elvis Presley's Birthday Fun with Madison —GR</p>

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## Activity Calendar — JANUARY 2026

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>11</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak  5:00 Game Night with Katie—SHC  6:00 Rummikub Games—GR	<b>12</b> 10:30 Bingo—Pikes Peak  1:00 Readers Theatre—Pikes Peak  2:30 DPL Bookmobile—GR  2:30 Challah Braiding with Daniel—Pikes Peak  5:15 Sing Along with Christine—GR  6:00 SoulFULL Necklace Workshop —SHC	<b>13</b> 9:00 Tai Chi—Pikes Peak  10:00 Boxing for Seniors—Pikes Peak  10:00 Gratitude Sharing—GR  1:00 Opening Minds through Art—Pikes Peak  *2:00 King Soopers shopping—trip  2:30 Mindfulness Practice —MBS  6:00 Rummikub Games—GR	<b>14</b> 9:00 Mountain Balance—PP  10:00 Low Vision Support Group—GR  *New time: 12:00 Gentle Yoga—Pikes Peak  1:00 Herbalism—Pikes Peak  1:00 Mahjong Players—3rd floor bridge  2:00 Art with Isaak—SHC  2:00 Red Hat Meeting—Mt. Blue Sky	<b>15</b> 9:00 Tai Chi—Pikes Peak  2:30 Mindfulness Practice—MBS  6:00 Kavod Players Readers Theatre presents “Need a Lift” - Pikes Peak  6:00 Natalie’s Knitting and Crocheting Circle—SHC	<b>16</b> 9:00 Relaxation Hour—PP  10:00 Gentle Yoga—Pikes Peak  11:00 Mindfulness Fiber Arts—MBS  12:00 Lunch n’ Learn with Ronica Rooks—Pikes Peak  12:15 Denver Botanic Gardens Sensory Adventures—GR  1:00 Book Club—MBS  1:00 Ice Cream Cafe —3rd floor Bridge  2:00 International Flower Day Crafts & Trivia with Madison—GR	<b>17</b> 10:00 Shabbat Services with Dr. Seth Ward —SH
<b>18</b> 10:00 Non-Denominational Christian Services with Steve Miller on piano—Pikes Peak    12:45 Birthday Celebration & Concert—EAST DR  1:30 Tech Help with Claire—3rd floor bridge  6:00 Rummikub Games—GR	<b>19</b> EAST Offices Closed for Martin Luther King Jr. Day    5:15 Sing Along with Christine—GR	<b>20</b> 9:00 Tai Chi—Pikes Peak  10:00 Boxing for Seniors—Pikes Peak  10:00 Bridge Players Club—3rd Floor Bridge  12:15 Martin Luther King Jr Day Movie with Madison—GR  1:00 Opening Minds through Art—PP  2:30 Mindfulness Practice Group—MBS  6:00 Rummikub Games—GR	<b>21</b> 9:00 Mountain Balance—PP  10:30 Foundations of Kabbalah—SHC  *New time: 12:00 Gentle Yoga—Pikes Peak  1:00 Active Minds “Pompei”—Pikes Peak  1:00 Mahjong Players—3rd floor bridge  2:00 Art with Isaak—SHC	<b>22</b> 9:00 Tai Chi—Pikes Peak  1:00 Current Events—MBS  2:30 Mindfulness Practice—MBS  5:00 Dancing to the Oldies—GR  6:00 Natalie’s Knitting and Crocheting Circle—SHC	<b>23</b> 9:00 Relaxation Hour—PP  10:00 Gentle Yoga—Pikes Peak  *10:30 Carmine’s Pizza lunch —trip  11:00 Mindfulness Fiber Arts—MBS  12:30 Legacy Strength Training for Seniors—PP  1:00 Book Club—MBS  1:00 Ice Cream Cafe —3rd floor Bridge  2:00 TimeSlips with Elizabeth—MBS  6:00 Musical Shabbat Service with Rabbi Kim—SH	<b>24</b>
<b>25</b> 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak  12:15 Kindness Rocks Arts Project with Madison—GR  2:00 Claire’s Jewelry Making—MBS  5:00 Game Night with Katie—SHC	<b>26</b> 10:30 Bingo—Pikes Peak  1:00 Readers Theatre—PP  2:30 DPL Bookmobile—GR  5:15 Sing Along with Christine—GR	<b>27</b> 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  12:15 Active Minds “Classical Music for the New Year”—GR  1:00 International Holocaust Remembrance Day Commemoration—SHC  1:00 Opening Minds through Art—Pikes Peak  2:30 Mindfulness Practice Group—MBS  6:00 Rummikub Games—GR	<b>28</b> 9:00 Mountain Balance—PP  * 10:15 Denver Indian Center—trip  10:30 Foundations of Kabbalah—SHC  *New time: 12:00 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	<b>29</b> 9:00 Tai Chi—Pikes Peak  12:15 AL Resident Council—GR  1:00 Current Events—MBS  2:30 Mindfulness Practice—MBS  6:00 Natalie’s Knitting and Crocheting Circle—SHC	<b>30</b> 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 Ice Cream Cafe —East Lobby	<b>31</b> 10:00 Shabbat Services with Dr. Seth Ward —SH  12:15 Afternoon Movie & Snacks with Madison—GR  

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JANUARY 2026

## Connie's CORNER



Hi Everyone,

Happy New Year! I want to wish everyone a happy, healthy, and prosperous new year.

Be sure to attend the **"AL What's Happening in Assisted Living with Life Enrichment"** on **Wednesday, January 7 at 12:15 pm in the Gathering Room.** *Bring your suggestions and ideas!*

**Also, be sure to sign up for all of the exciting trips this month like the *Carmines Pizza Lunch & Denver Indian Center*, and much more!**

Connie Moore  
Director of Life Enrichment  
720.382.7813  
[cmoore@kavodseniorlife.org](mailto:cmoore@kavodseniorlife.org)



**Celebrate  
National Activities  
Professionals Week!  
January 26-30**

During National Activity Providers and Professionals Week, we celebrate the dedication and passion of our staff who provide the many wonderful trips, classes and events at Kavod Senior Life!

The creativity, care and commitment to enhancing the lives of our residents is nothing short of inspiring.

Together, we make a meaningful difference every day.

Be sure to thank our Life Enrichment and Health & Wellness staff, and Rabbi Steve who provide so many incredible activities to enrich your lives.

# From Chaplaincy and Spiritual Services



**There's more to life than what meets the eye!**

**Wednesdays, January 21 & 28  
10:30 am -Noon, SHC**

**There's more to life than what meets the eye!**

**SECOND HALF OF FOUR PART SERIES!**

Explore **Foundations of Transformative Kabbalah** with Melanie Gruenwald, Executive Director of the Kabbalah Experience. In this interactive introduction to the foundational teachings of Kabbalah (Jewish Mysticism) we'll explore what is hidden in plain sight—unseen reality, the relationship between the infinite and the finite, and the ways we find light in darkness. Together we will open our awareness beyond habitual thinking and discover the deep connectivity of all creation—known in physics as *Quantum Entanglement*, in depth psychology as *Synchronicity*, and in Kabbalah as *Soul Connections*.

**Everyone Welcome!!**



**Kehillat Kavod and Jewish Family Service  
Invites you to honor local survivors and  
commemorate**

**International Holocaust Remembrance Day**

**Tuesday, January 27  
1 pm - Shul**

The United Nations General Assembly designated January 27—the anniversary of the liberation of Auschwitz-Birkenau—as International Holocaust Remembrance Day. On this annual day of commemoration, the UN urges every member state to honor the six million Jewish victims of the Holocaust and millions of other victims of Nazism and to develop educational programs to help prevent future genocides.

Kehillat Kavod is collaborating with Jewish Family Service to host this special event. Survivors will be honored. It is open to everyone and will include some Russian translation. Please join us in remembering and honoring the lives of all those who perished in WWII. Rabbi Steve and Pastor Caitlin Trussel will lead this event with a few other special guests and accompanied by Rabbi Birdie Becker on cello.

# LEADERSHIP CORNER



**Michael Klein**  
**President & CEO**



**Kara Harvey**  
**Chief Operating Officer**

Dear residents,

We are excited to ring in the new year here at Kavod. If these winter months seem a bit dreary, Connie, Mandie and Rabbi Steve have a number of wonderful programs planned to keep you engaged and connected. Please take advantage of them!

Kara and I wanted to highlight a few important messages.

- We know our elevators are critical to your ability to move around. At the time of this writing, we have a major modernization elevator project happening in the South Building and ask your patience as our contractor, Uprise Elevators, completes this important work.
- As you know, starting this month (January 1), Kavod is completely smoke free. This means the smoke hut is no longer operational. We are looking for suggestions as to how to reuse the space to encourage more wellness programs. If you have ideas, please bring them to a Resident Council

meeting or share with your Care Coordinator.

- We have reviewed the results of the resident survey completed in late fall of 2025. We were pleased with the numbers of residents who completed it and what we learned. We will present a summary at an upcoming Resident Council meeting, so you can see the data as well.
- Lastly, we received a large grant from two foundations for a program new to Kavod that includes a nurse, an occupational therapist and a handy worker to support 30-35 residents to age as long as possible in their apartments. We will be sharing more information about this program later this month. Look for posted flyers coming soon.

If you have another idea to share with us, Kara and I are always looking for ways to improve life here at Kavod for everyone. Thanks to your feedback, we have brought many new innovations here, and we hope to continue this progress going forward.

Wishing you a happy and healthy 2026.

*Michael Klein & Kara Harvey*

# FROM LIFE ENRICHMENT

## The Kavod Academy of Lifelong Learning, (KALL), launched in January 2012



and include all classes, activities, events and trips that are offered at Kavod Senior Life.

Participants earn credit hours for each activity that are counted towards an

annual "graduation" ceremony, which will be held again in 2026. This data is tracked through **ActivityPro**, a software used by activity professionals across the United States.

**To ensure your credits are tracked, be sure to sign-in at every class and event!**

**Why is it important to sign-in for classes and events?** If you like a particular class and want it to continue, and yet do not sign in, we have no way of knowing that the class is well attended and a good use for our budget. **The class could get cancelled if people do not sign in!** Sign-in sheets are provided in every classroom at Kavod, please encourage everyone in attendance to sign in.

**All classes, trips and events are open to residents and non-residents, and emphasize the improvement of body, mind and spirit. In 2025, over 16,000 class hours were tracked!**

While there is a large movement of lifelong learning for 60-plus students nationally, few academies are actually located within a senior residence so that educational opportunities are easily accessible. Our

central location make us convenient for seniors in the community as well. All classes are free of charge, funding is provided by Kavod Senior Life, and open to Kavod residents and to members of the community at large.

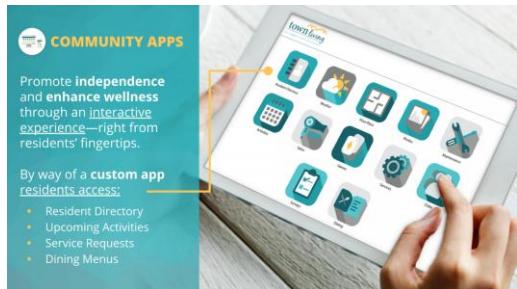
The KALL resident advisory board is comprised of a diverse group of Kavod residents overseen by me. We meet once a month to discuss all the happenings and upcoming happenings around Kavod. As part of their service, this board does audits of all these activities and provides feedback and support for the activity programs at Kavod.

**If you would like to serve on the resident Kavod Academy of Lifelong Learning Advisory Board, please call me at 720.382.7813.**

**Connie Moore**  
**Director of Life Enrichment**



## Uniguest Community Apps



**Life Enrichment is very excited to help you learn about the FREE**



Uniguest  
Community Apps

**Community App!**

Learn how to access daily information about our trips, classes, events, menus and much more! **Uniguest (formerly Touchtown) is a FREE, innovative way to communicate, connect and stay engaged at Kavod!**

**In case you are new, or haven't heard about Touchtown, contact us for all of the details.**

**Log in with the following:**

**USER NAME: 4575**

**PASSWORD: 4575**

**On your computer** you can access Community Apps by going to [www.communityapps.com](http://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**

## FROM LIFE ENRICHMENT



### 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.

# NOTICE

**FRAGRANCE FREE ZONE  
KEEP THE AIR WE  
SHARE HEALTHY  
AND SCENT FREE**

**Please remember that due to some people having allergies and asthma, DO NOT wear fragrances on outings in the Kavod vans or in classes, and do not spray air fresheners in the hallways of our buildings.**

**Thank you!**

## 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 Connie at 720-382-7813. Reservations are required.**



### *Super Target Shopping trip*

**Thursday, January 8**

\*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.**



### *King Soopers Shopping trip*

**Tuesday, January 13**

\*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.**



**Friday, January 23**

**10:30 am – Van Trip**

### **Carmine's New York Pizza**

Join us for delicious, authentic New York Pizza for lunch at Carmines Pizza and Pasta!

Don't miss out on the fun and fabulous food!

**No need to bring money, lunch is paid by Kavod.**

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

## TRIPS FROM LIFE ENRICHMENT



**Keynote: Dr. Tink Tinker,**



**Wednesday, January 28**

**10:15 am Van Trip**

### **Building Bridges of Understanding**

Join us for our final trip of the year funded by a generous grant from the Murnick Family Foundation. Our keynote speaker will be Dr. Tink Tinker, Iliff School of Theology professor emeritus, and member of the Osage nation. Also part of our program will be Mr. Clark TallBull, enjoy a cultural sharing from a local drum circle, and a delicious Native American lunch.

***No cost, but please call Connie at 720-382-7813 to sign up.***



## **January Activities with Madison**

### **AL What's Happening**

Wednesday, January 7, 12:15 pm - Gathering Room

### **Poetry Sharing Group**

Tuesday, January 6, 12:15 pm - Gathering Room

### **Elvis Presley's Birthday Fun, Trivia & Bingo**

Saturday, January 10, 2:00 pm - Gathering Room

### **International Flower Day**

Friday, January 16, 2:00 pm - Gathering Room

### **Martin Luther King Jr. Day Movie**

Tuesday, January 20, 12:15 pm - Gathering Room

### **Kindness Rocks Art Project**

Sunday, January 25, 12:15 pm - Gathering Room

### **Afternoon Movie & Snacks**

Saturday, January 31, 12:15 pm - Gathering Room

## Assisted Living Activities



### Mondays Piano Sing Along with Christine 5:15 pm - Gathering Room

Join Christine on the piano right after dinner to sing and reminisce with favorite old songs.



**Wednesday, December 7**  
**12:15 pm - Gathering Room**

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

Join Madison from Life Enrichment to hear about this month's classes, events and trips!  
\*Bring your monthly Voice and Calendar.  
**Enjoy cookies and bring your ideas and suggestions for any new things you would like to do or places you'd like to go!**



### Wednesday, December 7 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!

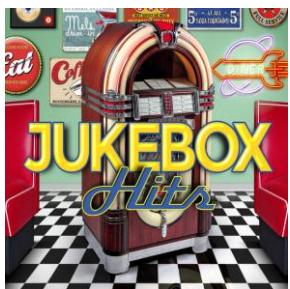
## Assisted Living Activities



Wednesday, December 7

### **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!



Thursdays, December 8 & 22  
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!



**drinks dessert & dancing** Birthday Celebration

**\*\*NEW Day. Time and Location!**

**Sunday, January 18**  
**12:45 pm - EAST Dining Room**  
**Birthday Celebration with**  
**The Spratt Band**

**Please note the new day, time and location for our monthly birthday celebrations!**



Happy Birthday to everyone celebrating a birthday this month.

**All birthday gifts will be delivered to those with birthdays.**

*If you don't receive your gift by the end of the month, call Dmitriy at 720.382.7821.*

*In order to respect our resident's privacy, we are no longer publishing names or apartment numbers in the Voice.*

## Assisted Living Activities



**Fridays, January 9 & 23  
2 pm - Mt. Blue Sky**

### **TimeSlips with Elizabeth**

Join Elizabeth for a fun hour of TimeSlips, a creative storytelling adventure that uses imagination instead of memory to help people connect and grow.

We will use a photograph to spark conversation and then weave responses into a story. Everyone contributes to the making of the story.

## DENVER BOTANIC GARDENS

**Friday, January 16  
12:15 pm - Gathering Room**

### ***Sensory Adventures at Kavod***

**Denver Botanic Gardens comes to you!** A horticultural therapist will work with us to create nature-based experiences that take place right here at Kavod. Each program will be different and designed to fulfill participant goals while providing an enriching and engaging opportunity.

**Tuesday, January 27  
12:15 pm - Gathering Room**

### **Classical Music for the New Year!**

Celebrate the New Year with a joyful exploration of classical music's most festive traditions. This class highlights Vienna's world-famous New Year's Concert and the sparkling waltzes of Johann Strauss I and II, alongside seasonal favorites by Tchaikovsky and Beethoven. Enjoy the elegance, charm, and exuberance of the music that has welcomed the New Year for generations.



## **Sunday, January 4 4 pm - Shul Classroom Israeli Scouts Volunteer Day**

On January 4th, Kavod residents will enjoy a special visit from the 5th and 6th grade kids from tzofim (Israeli scouts), who will be joining us for a fun arts and crafts activity.

Together, they'll create and decorate bags that will be able to hang on assistive devices or be used on their own, adding color, creativity, and connection to our community.

We're excited for this wonderful intergenerational volunteer day filled with joy, mentorship, teamwork, and heart!

**Refreshments served and Everyone welcome!**

## **Challah Braiding with Daniel**

**Monday, January 12  
2:30 pm - Pikes Peak**

Join Daniel, community volunteer from *Repair the World* from 2:30 pm-3:30 pm for challah braiding.

We will have premade challah dough ready to be braided. Residents will get to take home a braided loaf of challah to cook in their apartments.

Challah is the traditional bread served at Shabbat Dinners. No experience needed. **Just come ready to play with dough!**



## **Thursday, January 15 6 pm - Pikes Peak & Mt. Blue Sky**

Buckle up for a hilarious 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.**



### ***The Friends Who Drive You Crazy Are Actually the Ones You Need Most***

Here's something worth celebrating: the richest, most meaningful friendships in your life probably aren't with people who are just like you. Think about it. Your closest friend, the one who really gets you, is probably someone who drives you a little crazy sometimes. Who sees the world completely different. Who makes you laugh at yourself. Who pushes you to be better without even trying. And that's not a coincidence. That's the magic of friendship.

We live in a world designed to surround us with sameness. Algorithms show us more of what we already like. We gravitate toward people who think like us, laugh at the same jokes, share our worldview. It's comfortable. It's validating. It's easy. But easy doesn't make us grow. And comfortable doesn't make us come alive. The best friendships? They happen when we stop looking for people who are just like us and start getting curious about people who aren't. - *Simon Sinek*

*We are hoping to add some new classes this year so please keep an eye out for flyers in addition to notes in the Voice. We hope you have a fantastic January and look forward to seeing you in the H&W Center!*

### ***Phone Usage in H&W Programming***

It has been requested by instructors and fellow residents that you please place your ringer on vibrate, silent or to not bring it to class as they are often a disruption when they go off during class. If you are expecting a call please answer immediately and step out of the room. Thank you so much!

### ***Telephone Buddy***

If you would like to visit with someone, are lonely, or feeling isolated and want someone to check on you one to two times per week, please call 303-333-3482 and request a telephone buddy! Great opportunity to develop new friendships and companions. Golden Voice Outreach also provides virtual companionship with a weekly phone call - <https://www.goldenvoiceoutreach.org/>



### Special H&W Offerings in January!

**\*\*Kavod Salon and Spa NEW YEAR SPECIAL\***  
*Happy New Year! Start the year off right! Treat yourself to a massage. \$5.00 off an Hour Massage in the month of January. Please call to schedule an appointment or with any questions you may have. Thank you! Rachael 303-667-0404 - Services provided at Kavod Salon & Spa*

**Friday, January 16<sup>th</sup>  
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. This is the rescheduled presentation from November 2025. Join Dr Rooks as she shares 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!

**Wednesday, January 14<sup>th</sup>  
1pm - HWC/Pikes Peak  
Herbalism Series with Jenna Gusto**

Join local herbalist, Jenna Gusto, as she guides us through tea-making, aromatherapy spray creation, fire cider and more to support our immunities and topical salves to ease our aches and pains. The topic for January is undecided at this time. Please sign up at the front desk for a surprise or wait for a flyer to be distributed! Either way we hope to see you there!

**Please sign up at the front desk! Advance sign up is REQUIRED to attend!**