



Kavod Senior Living at Cherry Creek

Activity Calendar — DECEMBER 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 Life Enrichment “What’s Happening at Kavod” Breakfast—SHC 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR	2 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 11:00 Advent Season with Rev. Susan Greenwood—Pikes Peak *11:45 JFS Food Bank & Pantry—trip 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 3:15 Conversations on the Edge—MBS	3 9:00 Mountain Balance—PP 10:00 English Language Practice—MBS 10:00 Gentle Yoga—Pikes Peak 11:00 Seasons of Support Workshop—Pikes Peak 11:30 Good Vibes with Rick & Coffee in the Bistro 12:00 Hot Cocoa Mix Making—MBS 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC 4:30 Piano music by Tory—DR	4 9:00 Tai Chi—Pikes Peak 11:00 Soul of Aging Sampler #2—Mt. Blue Sky 12:00 Holiday Broadway Music with Tova—Bistro 2:30 Mindfulness Practice—MBS *4:00 Flying W Ranch “Cowboy Christmas” Show & Supper—trip 4:30 Piano music by Tory—DR 6:00 Natalie’s Knitting and Crocheting Circle—SHC	5 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 Book Club—MBS 1:00 Ice Cream Cafe -3rd floor Bridge 6:00 Soulful Shabbat Service with Rabbi Steve—SH	6
7 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	8 *9:00 Mountain Casino—trip No Bingo today 1:00 Readers Theatre—Pikes Peak 6:00 Residents’ Talent Show—Pikes Peak/MBS 6:00 SoulFULL Necklace Workshop —SHC	9 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 10:00 Gratitude Sharing—GR 11:00 Advent Season with Rev. Susan Greenwood—Pikes Peak *11:45 JFS Food Bank & Pantry—trip No Opening Minds through Art today 2:30 Mindfulness Practice Group—MBS *5:30 Holidays are for Phamaly & Colorado Symphony—trip 6:00 Cousins Coloring—SHC	10 9:00 Mountain Balance-Pikes Peak *9:00 PetSmart-trip 10:00 Low Vision Support Group—GR 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 10:30 Foundations of Kabbalah—SHC 11:00 Holiday Festivities with Resident Council—3rd floor bridge 11:00 Seasons of Support Workshop—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	11 9:00 Tai Chi—Pikes Peak 9:30 Spice up your home—MBS *9:45 Hammond’s Candy Factory Tour & Mickey’s Top Sirloin lunch—trip 1:00 Current Events—MBS 2:30 Mindfulness Practice—MBS 6:00 Natalie’s Knitting and Crocheting Circle—SHC	12 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak *9:30 King Soopers—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 Ceramics & Nature—Pikes Peak	13 10:00 Shabbat Services with Dr. Seth Ward —SH <div></div> <div>NEXT PAGE</div>

Kavod Senior Living at Cherry Creek

Activity Calendar — DECEMBER 2025

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<p>14 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>2:00 Claire's Jewelry Making—MBS</p> <p>5:00 Resident Council Menorah Lighting—3rd Floor Bridge</p> <p>Hanukkah begins at Sundown</p> 	<p>15 10:30 Bingo—Pikes Peak</p> <p>*11:00 King Soopers—trip</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:30 DPL Bookmobile—GR</p> <p>2:30 Hanukkah Cookie Decorating with Ashley—Pikes Peak</p> <p>4:30 Hanukkah Piano Concert with Doug—DR</p> <p>5:00 Lighting the Menorah—DR</p> <p>*6:00 Traditional Holiday Lights—trip</p>	<p>16 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>11:00 Advent Season with Rev. Susan Greenwood—Pikes Peak</p> <p>*11:45 JFS Food Bank & Pantry trip</p> <p>12:00 Make Gingerbread Cookies—MBS</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>5:00 Lighting the Menorah—DR</p> <p>5:30 Birthday Celebration & Concert— DR</p> <p>6:00 Cousins Coloring—SHC</p> 	<p>17 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:30 Foundations of Kabbalah—SHC</p> <p>11:00 Seasons of Support Workshop—Pikes Peak</p> <p>1:00 Active Minds “Pablo Picasso”—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p> <p>2:00 Red Hat Meeting—Mt. Blue Sky</p> <p>5:00 Lighting the Menorah—DR</p> <p>5:20 Colorado Hebrew Chorale's Women's Choir, <i>Kol Nashim</i> Chanukah Concert— DR</p> <p>6:00 Gift Making with April—SHC</p>	<p>18 9:00 Tai Chi—Pikes Peak</p> <p>10:30 Healing Service—SHC</p> <p>1:00 Resident Council-Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Lighting the Menorah—DR</p> <p>5:15 Holiday Christmas Carolers—DR</p> <p>5:30 Intergenerational Happy Hour & Dreidel Spinning Contest—Pikes Peak & MBS</p> <p>6:00 Natalie's Knitting and Crocheting Circle—SHC</p>	<p>19 9:00 Relaxation Hour—PP</p> <p>*9:30 Super Walmart—trip</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength Training for Seniors—PP</p> <p>1:00 Book Club—MBS</p> <p>2:00 Movie & Snacks—Pikes Peak</p> <p>1:00 Ice Cream Cafe -3rd floor Bridge</p> <p>5:00 Lighting the Menorah—DR</p> <p>6:00 Shabbat Service: 6th Night of Hanukkah with Rabbi Melissa Hoffman—SH</p>	<p>20</p>
<p>21 10:00 Non-Denominational Christian Services with Steve Miller on piano—Pikes Peak</p> <p>12:00 Piano Music while you dine by Christine-DR</p> <p>5:00 Resident Council Menorah Lighting—3rd Floor Bridge</p>	<p>22 10:30 Bingo—Pikes Peak</p> <p>11:00 DMV2GO—SHC</p> <p>11:30 Winter Wonderland Trivia—Pikes Peak/MBS</p> <p>1:00 Readers Theatre—Pikes Peak</p>	<p>23 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>10:00 Gratitude Sharing—GR</p> <p>11:00 Advent Season with Rev. Susan Greenwood—Pikes Peak</p> <p>12:00 Jazz Café & Coffee Hour—Bistro</p> <p>1:00 Opening Minds through Art-PP</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>4:30 Piano music by Tory—DR</p> <p>6:00 Cousins Coloring—SHC</p>	<p>24 9:00 Mountain Balance-PP</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Seasons of Support Workshop—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Christmas Eve Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>2:00 Art with Isaak—SHC</p>	<p>25 Offices Closed For Holiday</p> 	<p>26 9:00 Relaxation Hour—PP</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>11:30 Simmer Pot Kit Making—PP</p> <p>12:30 Legacy Strength Training for Seniors—PP</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Cafe -3rd floor Bridge</p> 	<p>27 10:00 Shabbat Services with Dr. Seth Ward—SH</p>
<p>28 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>5:00 Game Night with Katie—SHC</p>	<p>29 10:30 Bingo—Pikes Peak</p> <p>No Readers Theatre today</p> <p>5:30 New Years Eve Holiday Party with John Philip Sousa Band—DR</p> 	<p>30 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Flr Brdg</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>No Mindfulness Practice Group today</p> <p>6:00 Cousins Coloring—SHC</p>	<p>31 9:00 Mountain Balance-PP</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Seasons of Support Workshop—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p>			 <p>PREVIOUS PAGE</p>

DECEMBER 2025

Connie's CORNER



Happy Holidays, I hope that each of you can celebrate and enjoy the holidays with family and friends!

We want to thank Susan Schoenthal and Genny Hale from Life Enrichment and Melanie Kaye from Leasing, for many years of dedicated service to Kavod. We wish them well in the next chapter of their lives, they will be greatly missed.

Stay in the know! Be sure to log-in to Uniguest, our community app, for loads of content, videos and announcements, see instructions inside the *Voice*.

We have a new Alcohol Policy! Please see the article in this issue for more information.

Join us for a delicious and informative **"Life Enrichment Breakfast at the "What's Happening at Kavod" on Monday, December 1st 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

Rabbi Stephen Booth-Nadav
Chaplain

HANUKKAH: SHARE THE MIRACLES!

This year Hanukkah begins at sundown on December 14 and lasts for eight days. I very much appreciate when Hanukkah and Christmas do not overlap. It makes it easier in our multifaith country to observe and/or appreciate each holiday on their own.

Though Hanukkah is not a biblical holiday, it is one of the most observed holidays in the Jewish calendar.

In the first and second Temples in Jerusalem there was a Menorah that was kept lit 24/7. But under Greco-Syrian rule in the year 167 BCE the Temple was desecrated and the light was extinguished. (And most Jewish practice was outlawed.) Judah the Maccabee lead a revolt against the mighty Syrian army and miraculously retook the Temple. They found only enough "kosher" oil to relight the Menorah for a day, but miraculously it lasted for eight days!

(Continued next page)

From Chaplaincy and Spiritual Services

HANUKKAH: SHARE THE MIRACLES!

(Continued)

There are two miracles. They are referred to as the “military” miracle and the “spiritual” one connected to the light. For almost two thousand years the rabbis repressed the military miracle story. They did not want to encourage Jews to revolt against more powerful armies, which when it happened usually didn’t go well. They focused instead on the spiritual miracle of the light, and the faith it took to light the menorah under such circumstances.

Hanukah, which means “dedication,” comes to remind us to rededicate ourselves to our culture, our people, our religion, and to bringing light to the world in dark times. It also reminds us to remember to feed the inner flames of our souls so that we have the possibility of sharing light with others.

I bless our community that we each find ways to feed and care for our good souls so that we can be lights for others, and for our world. Chag Orim Sameach...Happy Festival of Lights!



Hanukkah Menorah Candle Lighting

A central “mitzvah” of Hanukkah is “making known the miracle,” by lighting a “Chanukiyah” (menorah) in public.

Please join us as we light the menorah each weeknight in the **main dining room at 5 pm**, and every night of Hanukkah in the **Assisted Living Dining room at 4:30 pm. Bring friends. Join us for either or both lightings!**

AND...Resident Council will host a Menorah lighting on the bridge on the first and last nights... Sundays, December 14 & 21 at 5 pm!

From Chaplaincy and Spiritual Services

SOUL OF AGING SAMPLER #2

Thursday December 4
11 am -12:30 pm - Mt. Blue Sky

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



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

Explore **Foundations of Transformative Kabbalah** with Melanie Gruenwald, Executive Director of the Kabbalah Experience.

Wednesdays, December 10 & 17
10:30 am -Noon, SHC

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!!



A BALM FOR THE SOUL!

Join us for our first “Healing Service”

Thursday Dec. 18

10:30 am - Shul/SHC

Led by Carla Sciaky, Colorado singer-songwriter, violinist and creator of “The Doorway to Healing,” and Rabbi Steve. With music and poetry, silence and prayer, we will turn inward, then towards the support of community, and finally to the support of The Source of all Life. For whatever is challenging your spirit, join us for an hour of soulful support and nourishment.



Advent is the Christian season of the preparation for the mystery of the incarnation, God with us at Christmas.

Tuesdays, December 2, 9, 16 & 23
11:00 am - Pikes Peak Room

**Please join us in the quiet observance
of the Season:**

- **Advent Lights**
- **Music**
- **Meditative Coloring**
- **The Story of Advent**

Led by the Rev. Susan Greenwood

From Chaplaincy and Spiritual Services



**Wednesday, December 24
2 pm – Pikes Peak**

Christmas Eve Service Non-Denominational Christian Service

We will be gathering to celebrate a non-denominational Christmas Eve worship service and embrace the in-breaking presence of the Divine in our lives. All, regardless of religious affiliation, are welcome to attend the service. Please plan to join in the celebration, led by Rev. Dale Lee.

THE LIGHT OF CHRISTMAS



Christmas, the most spiritually charged and emotionally expectant stage in the year for Christians, is the culmination of the Advent season leading-up to the birth of Jesus as the proclaimed "Prince of Peace." Being the exclamation point of Advent (which means "coming") and signifying Divine intervention into the here-and-now of this world, it is cause for

comfort and joyous celebration, especially in these uncertain and turbulent times.

Centuries ago, the prophet Isaiah spoke poetically of people who "have walked in darkness and seen a great light." Let us, and all with whom we share this wondrous Creation, having walked in darkness and seen a great light, eagerly embrace the spirit of Christmas with the joyful assurance that God is with us today, tomorrow, and always.

Rev. Dale Morris Lee



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)



Gwen Hinz

LEADERSHIP CORNER



Michael Klein
President & CEO
Officer



Kara Harvey
Chief Operating
Officer

Happy holidays! Along with our warmest season's greetings, here are some important updates we want to share:

- **Artwork:** Beautiful art and sculptures are being placed throughout the buildings. Do not tamper, move or remove any of it. Many pieces have been generously donated by community members who care about Kavod and wish to see them on display. They deserve your appreciation and respect.
- **Warning - Do Not Steal!** Stealing is a serious issue. Do not take anything that is not yours from public spaces at Kavod. There have been several reports of missing items from the gardens as well as the Bridge. If something does not have a note saying "Free," do NOT take it! Kavod will involve the police as needed, and has cameras in certain areas both internally and externally to help resolve this issue.

- **HUD Update:** At the time of this writing, the Federal government is still in the middle of a shutdown. Nearly all of the HUD staff are furloughed. Kavod still continues to receive monthly payments, and believe we this will continue through the end of the year. We will keep Resident Council informed of any changes; attend their meetings to stay on top of the latest news.
- **Other Funding:** We recently received three wonderful grants from Next50 Foundation, Weinberg Foundation and the Daniels Fund. Some of this money will be used to add apartment modifications such as grab bars, automatic door openers and bathtub cut outs. Other funds will cover the cost of a new program that will improve apartment living, using an occupational therapist and nurse to help select residents improve daily living / functioning. We will share more about this program through our care coordinators and written updates soon. We continue to work hard to help everyone live their best life here at Kavod.

We hope you experience joy, peace and love this December. We are grateful you are part of our community.

Michael Klein & Kara Harvey

Announcement! Kavod Smoking Change

Kavod is mandating and enforcing a smoke-free community prohibiting smoking in living units, interior areas, as well as outdoor areas and within 15 feet of entrances.

For many years, Kavod Senior Life has provided an enclosed “smoking hut” for those who smoke, even though Kavod is a no smoking campus. The hut is attached to the east building and we receive complaints that smoke wafts into residents’ apartments.

With the health and wellbeing of residents in mind and given Kavod’s limited space, the decision has been made to repurpose the smoke hut into something more usable and to enhance the community, such as a solarium or greenhouse. Residents and staff will also have an opportunity to share their ideas.

The smoke hut will be closed effective January 1, 2026.

- All smoking, including vaping, must be off Kavod’s property.
- Per house rules, no smoking or vaping inside apartments.

Smoking Cessation

If you would like help to quit smoking altogether, there are several resources:

- Schedule an appointment with your doctor
- Call the Colorado Quitline: 1-800-QUIT-NOW (1-800-748-8669)
- Smokefree.gov offers tools and tips to quit smoking.

Thank you for making Kavod a healthier place to live and work.

Kavod Management

***NEW**

ALCOHOL POLICY, CODE OF CONDUCT & WAIVER

Hi Everyone,

We have a new **Alcohol Policy, Code of Conduct and Waiver**, for all Life Enrichment trips and outings.

Anyone who wants to consume alcohol while on our trips is required to sign the policy form, otherwise they will not be able to partake in alcohol while on any trip. **The policy form can be signed while boarding the vans, just ask the driver.**

PURPOSE

This policy sets clear expectations for alcohol use during Kavod Senior Life (Kavod) trips and ensures all participants understand their responsibilities.

POLICY AND CODE OF CONDUCT

As a participant in this trip, I agree to:

1. Consume alcohol only if I am of legal drinking age (21+) and only in permitted areas.
2. Drink responsibly and avoid behavior that could cause harm to myself or others.
3. Respect other participants, staff, and property at all times.
4. Follow all Kavod rules, staff directions, and applicable laws.

5. Not bring open containers of alcohol onto Kavod-owned or contracted vehicles unless permitted by law.
6. Understand that if I become impaired, disruptive, or unsafe, I may be restricted from further participation and/or sent home at my own expense.
7. Take responsibility for my own health, including medication and medical conditions that may be affected by alcohol use.

WAIVER AND RELEASE OF LIABILITY

I understand and agree that:

- My consumption of alcohol during this trip is voluntary and at my own risk.
- Kavod, its staff, management, board, volunteers, and transportation providers are not responsible for any injury, accident, illness, or damages that may result from my alcohol consumption.
- I release and hold harmless Kavod and its representatives from any liability related to alcohol use during this trip.

Connie Moore
Director of Life Enrichment
Kavod Senior Life

Resident Council **MEETING**

Holiday Happenings at Kavod!

The holidays are finally upon us! Thanksgiving has come and gone, and what a wonderful **Friendsgiving** it was. We want to thank everyone who came and contributed to the table — there were so many delicious dishes to enjoy! It was a joyful day of **fellowship, laughter, and fun** shared by all our residents.

♥ Farewell to Our Dear Team Members

This season, we say a heartfelt goodbye to three beloved staff members — **Susan, Genny, and Melanie**. Their warmth, dedication, and care have touched so many lives here at Kavod. They will be dearly missed, and we wish them all the best in their future journeys.

🎄 Holiday Festivities with the Resident Council

Join us on **Wednesday, December 10th** at 11 am for an afternoon of holiday celebration on the **3rd Floor Bridge!**

Festivities include:

- 🎄 Decorating the Christmas Tree
- 🕯 Lighting of the Menorah and Kwanzaa lights
- 🍪 Enjoying eggnog, cookies, and sweet treats
- 🎵 Singing along to classic holiday music

Let's come together to celebrate the season of joy, light, and community!

📅 Mark Your Calendar!

The next **Resident Council Meeting** will be held on:

📅 **Thursday, December 18th at 1:00 PM**

📍 **Pikes Peak Room**

★ Stay Informed!

****Remember to check the **Resident Council easels** regularly for the latest announcements, upcoming events, and important updates. You'll find them in the **lobbies of the East & West buildings** and on the **3rd floor bridge**

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

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

*Sandy Brodsky * Agnes Zeffries * Doug Krug

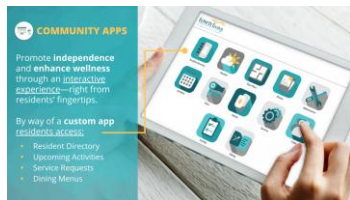
*Roz Brooks apt. 920E #303-726-8781

*Linda Mason Gallagher * Bob Lawrence

SecretaryBeverly Bolden apt. 408E

*Tracy Chamberlain

Email: kavodresidentcouncil@gmail.com
or call with any questions or suggestions



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.

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, 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, December 2, 9 & 16
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.



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.

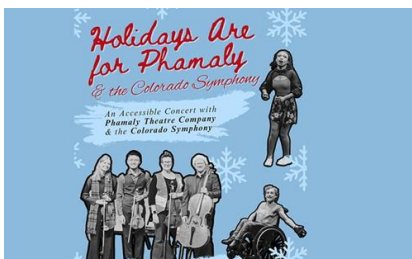
Our approximate return time to Kavod is 10 pm.

Resident Cost: \$70

Non-Resident Cost: \$85

Deadline: December 21

Upcoming Trips



Holidays are for Phamaly & The Colorado Symphony

**Tuesday, December 9
5:30 pm – Van Trip**

Join us as we enjoy the Colorado Symphony and Phamaly Theatre Company for a holiday-themed cabaret! This performance will feature a live string quartet of Colorado Symphony musicians and actors from the Phamaly Theatre Company.

Sing along with your favorite holiday tunes and enjoy heartwarming stories and monologues.

Our **approximate** return time to Kavod is 10 pm.

**Resident Cost: \$35
Non-Resident Cost: \$45
Deadline: December 3**



**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**

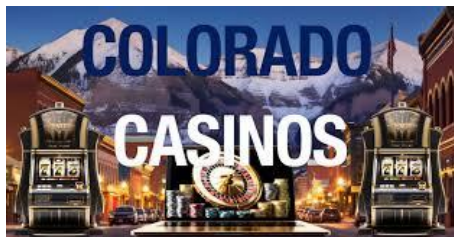
Top Sirloin Restaurant. The lunch menu prices range from \$15 - \$25, plus tax and tip.

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

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

Deadline: December 8

Upcoming Trips



Monday, December 8

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.***

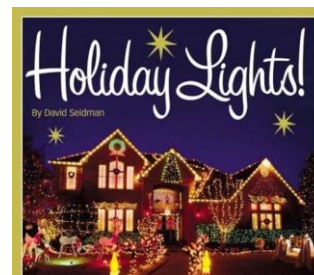
We will depart at 2 pm to return to Kavod.

Please be sure to be back at the designated spot given by our driver and staff by 2 pm to depart back to Denver.

Cost Residents: \$8

Cost Non-Residents: \$10

Deadline: December 6



Monday, December 15

6 pm – Van trip

Traditional Holiday Lights Tour

We will start out by driving by the impressive annual display at the Denver City and County building. The massive outdoor holiday lights display consists of more than 20,000 lights and 5 miles of electrical wire. From there it will be a Mystery Tour! We promise new sights and great lights! You are welcome to bring a hot thermos of coffee or hot chocolate.

Cost: Residents \$5

Cost: Non-Residents \$15

Deadline: December 10



TRIPS

Coming in JANUARY 2026!



Thursday, January 15
9:15 am – Van Trip

The Denver Art Museum *presents*

**The Honest Eye: Camille Pissarro's
Impressionism**

The Honest Eye: Camille Pissarro's Impressionism is the first major U.S. retrospective of Camille Pissarro, known as "the first impressionist," in over 40 years. The exhibition will present an overview of the artist's illustrious career and examine his singular role within the Impressionist movement.

After the tour, you will have time to explore the rest of the museum and have lunch on your own.

Dining cost guide: \$ = **Inexpensive**, usually \$10 and under.

\$\$ = **Moderately expensive**, usually between \$10 - \$25:

There are a few choices for lunch on your own at the Museum: The Ponti (\$\$, located on level 1 of the Sie Welcome Center), Café Gio (\$, quick, casual dining across main hall from The Ponti) and Mad Greens, walk East across courtyard (\$, casual quick dining).

*****Please meet the Kavod van to depart at 1:30 pm where you were dropped you off.***

Residents Cost: \$29 includes audio + transportation

Non-Residents Cost: \$39 includes audio + transportation

Deadline: January 2



Monday, December 1

10 am – Shul Classroom

**Life Enrichment
“What’s Happening at Kavod”
Breakfast Meeting**

Join Madison for an **in-person** “Life Enrichment Breakfast & What’s Happening at Kavod!” We will have coffee, tea, and breakfast goodies to enjoy during the meeting.

Bring your monthly Voice & Calendar to follow along as we go over the trips, classes and events.

No cost, just drop in!

Thursday, December 4

12 pm – Bistro in Dining Room

**Holiday Broadway Musical
Celebration with Tova**

Join your friends and neighbors for a an hour of beautiful and inspiring holiday and Broadway music by Tova in the Bistro!

Tova Altmann will be accompanied by Randy Weiss in a musical delight for the holidays.

Tova is a dedicated senior advocate, a proud mother of six, and a lifelong lover of music. The daughter of an Off-Broadway musical theatre performer, Tova grew up surrounded by the sounds of timeless classics such as *Hello, Dolly*, *Seven Brides for Seven Brothers*, and *Oklahoma!*—inspiring her own love for song and stage.

A California native now based in Colorado, Tova shares her voice within her synagogue and community, bringing light, warmth, and joy through music that uplifts the spirit and connects the heart.



Kavod Residents' Talent Show

International Premiere 2025

Monday, December 8

6 pm – Pikes Peak & MBS

Enjoy an evening of music, song and more by our many talented Kavod Residents!

Ray, Lilia and Faith have worked hard to provide the opportunity for residents to discover and showcase their talents while having a fun time.

There will be songs, musicians, dances, and much more! We have also prepared some interesting surprises for you. What's the surprise? Come to the show and you'll see! **Everyone welcome!**



Wednesdays, December 10 & 17

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.



Hanukkah Cookie Decorating

Monday, December 15

2:30 pm – Pikes Peak

Join volunteer Ashley from *Repair the World* for Hanukkah cookie decorating! Ashley is the proud Mom to 4 Golden Retrievers and loves sharing her joy of food. We will have baked sugar cookies ready for a personal touch. No experience needed. **Just come ready to have fun!**



**Monday, December 15
4:30 pm – Dining Room**

Hanukkah Piano Concert

Join your friends and neighbors for a lovely hour of piano music by Doug Sanders in celebration of Hanukkah.



**drinks dessert
& dancing** Birthday Celebration

**Tuesday, December 16
5:30 pm – Bistro/Dining Room**

Birthday Celebration with The Michael Friedman Jazz Duo



**Happy Birthday to everyone
celebrating a birthday this month.**

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

****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.

Everyone is welcome to celebrate with your neighbors and friends who have birthdays each month!



Intergenerational Happy Hour & Dreidel Spinning Contest!

**Thursday, December 18
5:30 pm - Pikes Peak & Mt. Evans**

Join community young professionals for a night to socialize, laugh, compete and celebrate Hanukkah.

Enjoy latkes, sufganiyot, gelt, wine and more from 5:30 pm to 7 pm.

All are welcome!

Prizes awarded for the longest spins.

RSVP to Christie at 720.382.7805 or CZiegler@KavodSeniorLife.org



**Colorado Hebrew Chorale's
Women's Choir, Kol Nashim**

Chanukah Concert

**Wednesday, December 17
5:20 pm - Main Dining Room**

Enjoy a lovely half hour concert of *Songs Celebrating Hanukkah* with Kol Nashim.



**Thursday, December 18
5 pm - Dining Room**

Holiday Christmas Carolers

Enjoy the Holiday Christmas Carolers in the Dining Room at 5 pm. They will stroll around the dining room while singing at the tables for one hour.



**Monday, December 22
11 am - Shul Classroom**

DMV2GO, the mobile service for the Department of Motor Vehicles will be onsite so you can renew your license, apply for a new license, get a Colorado ID, etc.

You will need to contact the county motor vehicle for anything regarding handicap placards or vehicle services

You must sign-up in the East office
for your time slot.

We are no longer doing a Stand-by list.

- * Colorado State IDs are free to adults older than 60
- * For all ages driver's licenses are \$30.87

*If you need to renew a Colorado Driver License you will need to bring your CO drivers license, Social Security Card, VA Card or current Passport.

For proof of address bring two of the following: Bank Statement, Phone or Utility Bill, CO drivers license for proof of address.

Accepted forms of payment are check or money order made out to the Department of Revenue or DOR, and credit card.



Monday, December 29
New Year's Eve Holiday Party
with the John Philip Sousa
Band of Colorado
5:30 pm – Dining room

Celebrate the New Year with the John Philip Sousa Band of Colorado. This 30 member orchestra will play all the holiday favorites to help ring in the New Year! Everyone is welcome!

Party hats, horns and beads provided.



31 Days of December

It is that time again! 31 Days of December started in 2020; in the unknowns of a pandemic when holidays, weddings, funerals, births were experienced alone. We are grateful to celebrate, honor and treasure our time together once again! The offerings are a snapshot of the spiritual, wellness, community driven and life enriching opportunities available throughout Kavod.

Project Story 2.0

We are in search of “grandpartners” to participate in an intergenerational program partnering with The Logan School called “Project Story”. **Call Mandie at 720.382.7838 to learn more!**

Special H&W Events in December!

Wednesdays (throughout December) 11am – HWC/Pikes Peak Seasons of Support Workshop Series

Join a welcoming space where real understanding and connection happen. If the holidays, anniversaries, birthdays and memories make you feel more alone, you're not alone in those feelings—many of us share them. This workshop series is for anyone seeking support, friendship, and genuine community. Come as you are, find others who want to lift each other up, and

discover ways to build lasting connections. The workshop series will be led by Benjamin, a therapist with The Gestalt Center for Growth and Training, every Wednesday in December.

Wednesday, December 10th 1pm - HWC/Pikes Peak Herbalism Series: *Longevity Chai*

Did someone say chai? In the spirit of the holidays and the dark and colder months, we will honor the cultures and medicine traditions by learning and turning to the warming, delicious, and health promoting beverage, chai. There is nothing like the comfort a hot cup of tea in the middle of winter brings to the body and mind. Chai is a robust, spicy blend originating in India, Nepal, and Tibet with literally thousands of different recipes. In the west many of these herbs are associated with the holidays. In this class we will talk (and take in the smells and delight) of the herbs in chai, with an added TCM or traditional Chinese medicine herbal bonus. This tasty chai is enhanced with herbs known in Asia for their “longevity” benefits. Come learn, welcome, and celebrate the holiday season together as a community over the world favorite beverage. You will leave with your own longevity chai formula to enjoy for the months ahead.

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



Thursday, December 11th
930am – HWC/Mt Blue Sky
Spice up your home!

Join to make a dried fruit garland for your home or loved one! We will use dried oranges to represent the sun and the return of light during the upcoming winter solstice, a symbolism that made them a perfect holiday decoration. In addition, we will have dried limes, apples, pears and cinnamon sticks to incorporate into our garlands.

Friday, December 19th
2pm – HWC/Pikes Peak
Movie + Snacks

Play hooky and join for a movie! Do we show the famous Casablanca? Or Something's Gotta Glve or Annie Hall to honor the late Diane Keaton? Or enjoy a new flick? Either way something salty, sweet and refreshing will accompany the film.

Monday, December 22nd
1130am – HWC/Pikes Peak and Mt Blue Sky
Winter Wonderland Trivia

Come for BINGO and stay for Winter Wonderland trivia! Trivia will range everything that occurs or has occurred in December. We will have sandwiches and beverages to keep you fueled for a game filled Monday!

Wednesday, December 24th
12pm – HWC/Mt Blue Sky
Make, Decorate and Eat Gingerbread Cookies

Join to make and decorate your very own gingerbread cookies! All ingredients supplied!

Friday, December 26th
1130am – HWC/Pikes Peak
Simmer Pot Kit Making

Do you enjoy the scents of something delicious cooking in your kitchen? Learn how to keep that smell going without the cooking by making a simmer kit. Samples will be brewing all morning!



Do you struggle with anxiety, difficulty sleeping, stress management or high blood pressure? If so, mindfulness, meditation and deep breathing can all assist in calming your nervous system to afford you improved quality of life. Your Legacy Therapy Team can show you how to incorporate some of these practices into your daily life!

Please feel free to stop by the Health and Wellness Center or give us a call at 302-321-0432. We are here to help!



OCTOBER

GENERAL

Garrett Barter
Lynn & Richard Glassman
Chuck & Honey Goldberg, In Memory of
Helen & Jack Weinstock & Miriam & Max
Goldberg, z"l
Nadia Greenfield
Susan Greenwood, In Memory of Bob
Ritchey, z"l
Jewish Community at Wind Crest, In Honor
of Aaron Greenstein, MD
Carole Kornreich Foss
Charles & Ellen Kreiman
Carmelit Lucarelli
Eileen Naiman, in honor of recovery of all
the hostages that were freed
Sharon & Justin Roth, In Memory of Lee
Levy, z"
Stan Sharoff
Neal & Roseann Spevack, In Memory of
Jerry Gerhsten, z"
Gaile Waldinger, In Memory of Jerry
Gerhsten, Lee Levy, Tanya Davoll's Mother,
z"l

GENERAL OPERATIONS -GRANT

100+ Jews Who Care

HEALTH & WELLNESS GRANT

Nextfifty

HEALTH & WELLNESS

Cindy Diamond, In Memory of Alvin
Feldman

KAVOD ON THE ROAD- GRANT

Rose Community Foundation

KAVOD ON THE ROAD PARTNERSHIPS

Shalom Park
Temple Emanuel

KAVOD ON THE ROAD

Eileen Naiman, In Memory of David
Naiman, z"l
Dona Penn-Oliner

RESIDENT SERVICES

A. Barry & Arlene Hirschfeld, In Honor of
Scott Fisher

SAFETY AND SECURITY GRANT

Colorado Division of Homeland Security
Futures without Violence

SUMMER EVENT 2025 SPONSORSHIPS

Sandra Eichberg

SHUL GRANT

Rose Community Foundation

SHUL

Sandra Kolesnikova

YIZKOR

Marcus Erlichman, In Memory Frank, Sally,
Reva, Alice, Jennie, z"l