



Kavod Senior Living at Cherry Creek

Activity Calendar — JANUARY 2026







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			Celebrate Activity Professionals Week! January 26 - 30		
				1 Offices Closed 	2 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak No Mindfulness Fiber Arts today 11:30 Life Enrichment “What’s Happening at Kavod” Lunch—SHC 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe –East Lobby 6:00 Resident Led Shabbat Services—SH	3
4 12:00 Piano Music while you dine by Christine-DR 3:00 Painting & Wine with Polly—Pikes Peak 4:00 Israeli Scouts Volunteer Day—SHC	5 *9:00 Mountain Casino—trip 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 1:00 Readers Theatre—Pikes Peak	6 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 10:00 Boxing for Seniors-Pikes Peak 10:00 Gratitude Sharing—GR 11:00 Sacred Grounds with Rabbi Steve—Bistro *11:45 JFS Food Bank & Pantry—trip 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS	7 9:00 Mountain Balance-Pikes Peak 10:00 English Language Practice-MBS 11:30 Good Vibes with Rick & Coffee in the Bistro *New time: 12:00 Gentle Yoga—Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 Art with Isaak—SHC	8 9:00 Tai Chi—Pikes Peak *9:30 King Soopers—trip 1:00 Current Events—MBS 2:30 Mindfulness Practice—MBS 6:00 Natalie’s Knitting and Crocheting Circle—SHC	9 9:00 Relaxation Hour—Pikes Peak 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—PP 1:00 Book Club—MBS 1:00 Ice Cream Cafe –East Lobby 2:00 Ceramics & Nature—Pikes Peak 6:00 Soulful Shabbat Service with Rabbi Steve—SH	10 

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Activity Calendar — JANUARY 2026

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div>11</div><div>10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</div><div></div><div>5:00 Game Night with Katie—SHC</div></div>	<div><div>12</div><div>*9:30 Super Walmart—trip</div><div>10:30 Bingo—Pikes Peak</div><div>1:00 Readers Theatre—Pikes Peak</div><div>2:30 DPL Bookmobile—GR</div><div>2:30 Challah Braiding with Ashley—Pikes Peak</div><div>6:00 SoulFULL Necklace Workshop —SHC</div></div>	<div><div>13</div><div>9:00 Tai Chi—Pikes Peak</div><div>10:00 Give & Take—3rd flr bridge</div><div>10:00 Gratitude Sharing—GR</div><div>10:00 Boxing for Seniors-Pikes Peak</div><div>*11:45 JFS Food Bank & Pantry trip</div><div>1:00 Opening Minds through Art-Pikes Peak</div><div>2:30 Mindfulness Practice Group—MBS</div></div>	<div><div>14</div><div>9:00 Mountain Balance-PP</div><div>10:00 English Language Practice-MBS</div><div>10:00 Low Vision Support Group—GR</div><div>*New time: 12:00 Gentle Yoga—Pikes Peak</div><div>1:00 Herbalism—Pikes Peak</div><div>1:00 Mahjong Players—3rd floor bridge</div><div>2:00 Art with Isaak—SHC</div><div>2:00 Red Hat Meeting—Mt. Blue Sky</div></div>	<div><div>15</div><div>9:00 Tai Chi—Pikes Peak</div><div>*9:15 Denver Art Museum—trip</div><div>1:00 Resident Council—Pikes Peak</div><div>2:30 Mindfulness Practice—MBS</div><div>6:00 Kavod Players Readers Theatre presents “Need a Lift” - Pikes Peak</div><div>6:00 Natalie’s Knitting and Crocheting Circle—SHC</div></div>	<div><div>16</div><div>9:00 Relaxation Hour—PP</div><div>10:00 Gentle Yoga—Pikes Peak</div><div>11:00 Mindfulness Fiber Arts—MBS</div><div>12:00 Lunch n' Learn with Ronica Rooks—Pikes Peak</div><div>1:00 Book Club—MBS</div><div>1:00 Ice Cream Cafe –East Lobby</div></div>	<div><div>17</div><div>10:00 Shabbat Services with Dr. Seth Ward —SH</div></div>
<div><div>18</div><div>10:00 Non-Denominational Christian Services with Steve Miller on piano—Pikes Peak</div><div></div><div>12:45 Birthday Celebration & Concert— DR</div><div>1:30 Tech Help with Claire—3rd floor bridge</div></div>	<div><div>19</div><div>Offices Closed for Martin Luther King Jr. Day</div><div></div></div>	<div><div>20</div><div>9:00 Tai Chi—Pikes Peak</div><div>10:00 Bridge Players Club-3rd Floor Bridge</div><div>10:00 Boxing for Seniors-Pikes Peak</div><div>*11:45 JFS Food Bank & Pantry—trip</div><div>1:00 Opening Minds through Art-PP</div><div>2:30 Mindfulness Practice Group—MBS</div><div>4:30 Piano music by Tory—DR</div></div>	<div><div>21</div><div>9:00 Mountain Balance-PP</div><div>*9:30 Scheels Adventure & Nordy’s BBQ—trip</div><div>10:00 English Language Practice-MBS</div><div>10:30 Foundations of Kabbalah—SHC</div><div>*New time: 12:00 Gentle Yoga—Pikes Peak</div><div>1:00 Active Minds “Pompei”—Pikes Peak</div><div>1:00 Mahjong Players—3rd floor bridge</div><div>2:00 Art with Isaak—SHC</div></div>	<div><div>22</div><div>9:00 Tai Chi—Pikes Peak</div><div>*11:00 King Soopers—trip</div><div>1:00 Current Events—MBS</div><div>2:30 Mindfulness Practice—MBS</div><div>6:00 Natalie’s Knitting and Crocheting Circle—SHC</div></div>	<div><div>23</div><div>9:00 Relaxation Hour—PP</div><div>10:00 Gentle Yoga—Pikes Peak</div><div>11:00 Mindfulness Fiber Arts—MBS</div><div>12:30 Legacy Strength Training for Seniors—PP</div><div>1:00 Book Club—MBS</div><div>1:00 Ice Cream Cafe –East Lobby</div><div>2:00 Ceramics & Nature—Pikes Peak</div><div>6:00 Musical Shabbat Service with Rabbi Kim—SH</div></div>	<div><div>24</div></div>
<div><div>25</div><div>10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak</div><div>12:00 Piano Music while you dine by Christine-DR</div><div>2:00 Claire’s Jewelry Making—MBS</div><div>5:00 Game Night with Katie—SHC</div></div>	<div><div>26</div><div>*9:30 Sprouts —trip</div><div>10:30 Bingo—Pikes Peak</div><div>1:00 Readers Theatre—Pikes Peak</div><div>2:30 DPL Bookmobile—GR</div></div>	<div><div>27</div><div>9:00 Tai Chi—Pikes Peak</div><div>10:00 Bridge Players Club-3rd Flr Bridge</div><div>10:00 Boxing for Seniors-Pikes Peak</div><div>10:00 Gratitude Sharing—GR</div><div>12:00 Jazz Café & Coffee Hour—Bistro</div><div>1:00 International Holocaust Remembrance Day Commemoration—SHC</div><div>1:00 Opening Minds through Art—Pikes Peak</div><div>2:30 Mindfulness Practice Group—MBS</div><div></div></div>	<div><div>28</div><div>9:00 Mountain Balance-PP</div><div>10:00 English Language Practice-MBS</div><div>* 10:15 Denver Indian Center — trip</div><div>10:30 Foundations of Kabbalah—SHC</div><div>*New time: 12:00 Gentle Yoga—Pikes Peak</div><div>1:00 Mahjong Players—3rd floor bridge</div><div>2:00 Art with Isaak—SHC</div></div>	<div><div>29</div><div>*8:00 Breckenridge International Snow Sculptures—trip</div><div>9:00 Tai Chi—Pikes Peak</div><div>1:00 Current Events—MBS</div><div>2:30 Mindfulness Practice—MBS</div><div>6:00 Natalie’s Knitting and Crocheting Circle—SHC</div></div>	<div><div>30</div><div>9:00 Relaxation Hour—PP</div><div>10:00 Gentle Yoga—Pikes Peak</div><div>11:00 Mindfulness Fiber Arts—MBS</div><div>12:30 Legacy Strength Training for Seniors—PP</div><div>1:00 Book Club—MBS</div><div>1:00 Ice Cream Cafe –East Lobby</div></div>	<div><div>31</div><div>10:00 Shabbat Services with Dr. Seth Ward —SH</div><div></div><div>PREVIOUS PAGE</div></div>

January 2026

Connie's CORNER



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

As we look to the new year ahead, I hope that you will find a new activity, class and outing to attend each month! There's something for everyone, so be sure to join us on some exciting, new adventures.

Join us for the "Life Enrichment Lunch & What's Happening at Kavod" on Friday, January 2nd at 11:30 am in the Shul Classroom.

We will have a variety of sandwiches, chips and drinks to enjoy during the meeting.

Be sure to log-in to **Touchtown** for loads of content, videos and announcements.

If you would like to serve on the resident Kavod Academy of Lifelong Learning Advisory Board, please fill out the form inserted in this publication and return to the front desk to my attention by January 12.

Connie Moore
Director of Life Enrichment
720.382.7813
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



A New Year! A New Beginning!

We survived Thanksgiving, Chanukah, Christmas, and New Year's — what a ride! 2025 was a year we said goodbye to cherished friends, neighbors, and loved ones. We enter 2026 holding those memories close, while looking forward to new experiences, new joys, and new beginnings.

★ **UPCOMING EVENTS & IMPORTANT UPDATES**

Give & Take Event

📅 Tuesday, January 13th

🕒 10:00am – 1:00pm (No items accepted after 11:30am)

📍 3rd floor bridge

Bring your gently used **household items only**.

🚫 *No food items, please.*

Our popular Clothing Drive will return in May!

Current Events Discussion Group

📅 Thursdays, January 8, 22 & 29

🕒 1:00pm

📍 MBS

Join us weekly as we chat about news, share opinions, and stay informed!

Monthly Happy Hour Trip — Discontinued

Due to low participation, we will no longer host Happy Hour outings.

Thank you to everyone who joined us while we tried something new!

🍦 **Ice Cream Café – Treat Yourself!**

📅 Every Friday

🕒 1:00 – 2:30pm

📍 East Building Lobby

All proceeds help your Resident Council bring more fun and community support to Kavod!

♥ **HOW YOUR RESIDENT COUNCIL GIVES BACK**

Thanks to YOU and your support, the Resident Council proudly funds or hosts:

- Super Bowl Party • A Night at the Oscars • Kavod Dog Show & Kavod Cat Contest
- Annual Clothing Drive • Annual School Supply Drive • Donations of new items to the Abused Women's Shelter • Annual Friendsgiving • And so much more.

This year, the Resident Council purchased and distributed **puzzle pins** to express our appreciation to all Kavod staff. **Together We Work Better!**

We lovingly provide **flower arrangements to the Shul for all memorials**, ensuring our community is honored with dignity and care.

🙏 **THANK YOU FOR YOUR SUPPORT!**

All Resident Council donations stay right here at Kavod and help us continue making our community vibrant, welcoming, and full of heart.

Let's make 2026 a year of connection, caring, and celebration — together!

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

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

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

*Sandy Brodsky * Agnes Zeffries

*Linda Mason Gallagher * Bob Lawrenson

SecretaryBeverly Bolden apt. 408E

*Tracy Chamberlain

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

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!

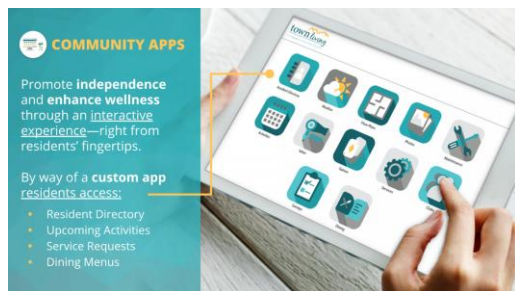
While there is a large movement of lifelong learning for 60-plus students nationally, few academies are actually located within a senior residence so that educational opportunities are easily accessible. Our

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 fill out the form inserted in this publication and return to the front desk to my attention before January 12, 2026.

Connie Moore
Director of Life Enrichment



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

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** 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.



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.

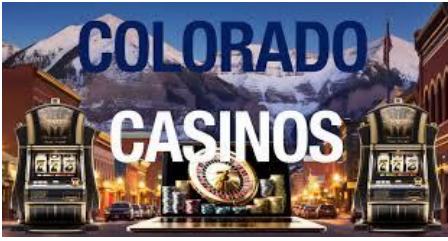
If you're unable to go on a trip, you must cancel by the deadline date to receive a refund. Exceptions must be approved by Life Enrichment Director. **There are NO refunds for concert, theatre or show tickets!**

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



Monday, January 5

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: January 4



Tuesdays, January 6, 13 & 20

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.

Upcoming Trips



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 at the museum. 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



Wednesday, January 21

9:30 am – Van Trip

Scheels Adventure & Nordy's BBQ

SO much more than shopping, your retail adventure begins at SCHEELS in Johnstown Colorado. In addition to the specialty shops, the SCHEELS shopping experience is like no other. **The Johnstown SCHEELS features an indoor 65-foot Ferris wheel that rises 65 feet above the floor!** With 16 cars, the Ferris wheel has plenty of room for riders and is only \$1.00 for a 10-minute ride. During the ride, you'll get a bird's-eye view of everything in the store. Also enjoy the 16,000-gallon saltwater aquarium, Wildlife Mountain, bowling alley, interactive games and Golf simulators where you can test your swing!



After our adventure at Scheels, we will have lunch at Nordy's BBQ, some of the best BBQ in Colorado! Choose from a delicious selection of their famous St. Louis Ribs, BBQ Chicken, Brisket, Burgers & Catfish, specialty cocktails, sides and desserts, to name a few! Prices range from \$12.99 - \$18.99, not including drink, tax or tip. Everyone's going to need a nap on the way home!

Residents Cost: \$8

Non-Residents Cost: \$18

Deadline: January 14

Upcoming Trips



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 must sign up!

Deadline: January 14



**Thursday, January 29
8 am – Van Trip**

The Breckenridge International Snow Sculpture Championships

Invite your friends as we drive a scenic route to the breathtaking mountain town of Breckenridge.

- View the world renowned, amazing International Snow and Ice Sculptures in an outdoor art gallery in historic downtown Breckenridge, Colorado
- 25-ton blocks of snow sculpted into enormous, intricate works of art by artists from around the world
- **This attraction is advertised as “wheelchair and walker friendly,”** but cold, snowy conditions may exist and make it very difficult to navigate. Dress warmly with hats, gloves and high traction shoes or boots.

Lunch and dinner are not included in the price. You may bring your own lunch and food to enjoy or have lunch in a local restaurant in Breckenridge.

We will stop for a quick dinner and restroom break on the way home.

Our estimated return time is 6 pm

Cost: Residents \$15

Non-residents \$35

Deadline: January 10



TRIPS

Coming in February 2026!



Wednesday, February 4
6 pm – Van Trip

Lamont Symphony Orchestra Season Opening Gala Concert

Experience an evening of rich musical storytelling with the Lamont Symphony Orchestra, led by student conductors Bryant Denmark and Ke-Yuan Hsin. The program features Strauss's *Die Fledermaus* Overture, Britten's haunting *Passacaglia* from *Peter Grimes*, and Florence Price's charming *Dances in the Canebrakes*, orchestrated by William Grant Still. Soprano Maggie Sczekan is the soloist on Barber's *Knoxville: Summer of 1915*, and the concert concludes with Haydn's spirited *Symphony No. 64, "Tempora Mutantur."*

Cost Residents: \$8
Cost Non-Residents: \$20
Deadline: February 3



Thursday, February 12
6 pm – Van Trip

Lamont Choirs Concert

The Lamont Choirs return for a luminous winter program featuring works by Reena Esmail and Ola Gjeilo. The Lamont Chorale, under the direction of Catherine Sailer, is joined by Voces Aureas, led by Kevin Padworski, and Voces Fortes, led by Jeff Talley. Together, these ensembles bring warmth and brilliance to a rich selection of choral music for high, low, and mixed voices.

Cost Residents: \$8
Cost Non-Residents: \$20
Deadline: February 9



Monday, February 23
6 pm – Van Trip

Lamont Jazz Orchestra

Be among the first to hear bold new works by some of today's leading voices in modern jazz composition. The Lamont Jazz Orchestra, conducted by Remy Le Boeuf, premieres commissioned pieces by Miho Hazama, Nick DePinna, Tracy Yang, John Sturino, and Drew Zaremba. This concert showcases the next generation of large ensemble writing—innovative, expressive, and deeply connected to the evolving language of jazz.

Cost Residents: \$8
Cost Non-Residents: \$20
Deadline: February 20



Friday, January 2
11:30 am – Shul Classroom
“What’s Happening”
Life Enrichment Lunch & Learn

Join us for a “Life Enrichment Lunch & Learn *What’s Happening at Kavod.*”

We will have a variety of sandwiches, chips and drinks to enjoy during the meeting.

Bring your monthly Voice & Calendar to follow along as we learn about all the trips, classes and events.

No cost, just drop in!



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!**



Kavod Readers Theatre *performs*
Scenes from Need a Lift?



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.



**drinks dessert
& dancing** Birthday Celebration

****NEW day and time!**

Sunday, January 18
12:45 pm – Bistro/Dining Room
Birthday Celebration with
The Spratt Band

Please note the new day and time 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.



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

Wednesday, January 14th

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!

Friday, January 16th

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!