



Kavod Assisted Living at Cherry Creek

Activity Calendar — JUNE 2026






Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Guide:</p> <p>GR—Gathering Rm (1st floor 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 Bridge—3rd Floor Bridge</p>	<p>Color Guide:</p> <p>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other</p>					
	<p>1 10:30 Bingo—Pikes Peak</p> <p>11:00 Conversations on the Edge—SHC</p> <p>12:15 AL Food Committee—GR</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:00 The Writing Center—Dining Room Conf Room</p> <p>2:30 DPL Bookmobile—GR</p>	<p>2 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club—Bridge</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:00 Mindful Wise Aging—SHC</p> <p>4:45 Authentic Relationship Group—Pikes Peak</p> <p>6:00 Rummikub Games—GR</p>	<p>3 10:00 DBT Skills Group with Benjamin—Pikes Peak</p> <p>10:00 Kindness Rock Painting with Madison—GR</p> <p>11:30 Deva Yoder LIVE Music & Coffee in the <u>EAST</u> Bistro</p> <p>12:00 Gentle Yoga—MBS</p> <p>12:15 Life Enrichment “What’s Happening in Assisted Living”—GR</p> <p>1:00 Mahjong Players—Bridge</p> <p>3:30 CAPABLE Chat—East Lobby</p> <p>4:30 Tech Help with Lauren—Bridge</p> <p>5:15 Painting & Wine with Polly—GR</p>	<p>4 10:00 Relaxation Hour—Pikes Peak</p> <p>11:00 Boxing for Seniors—Pikes Peak</p> <p>*1:00 Super Walmart—trip</p> <p>2:30 Mindfulness Practice—MBS</p>	<p>5 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength Training for Seniors—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Cafe –East Lobby</p> <p>2:00 Ceramics & Nature—Pikes Peak</p> <p>6:00 Soulful Service with Rabbi Steve—SH</p>	<p>6</p>
<p>7 2:00 Current Events—Shul Classroom</p> <p>6:00 Rummikub Games—GR</p>	<p>8 No Bingo today</p> <p>1:00 Readers Theatre “Watch & Learn”—Pikes Peak</p> <p>2:00 The Writing Center—Dining Room Conf Room</p> <p>6:00 SoulFULL Necklace Workshop —SHC</p>	<p>9 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:00 Mindful Wise Aging—SHC</p> <p>2:30 AL Bingo Fun with Madison—GR</p> <p>6:00 Rummikub Games—GR</p>	<p>10 10:00 Low Vision Support Group—GR</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Mahjong Players—Bridge</p> <p>4:30 Tech Help with Lauren—Bridge</p>	<p>11 10:00 Relaxation Hour—Pikes Peak</p> <p>11:00 Boxing for Seniors—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p> <p>6:00 Resin Arts Class with April—Pikes Peak</p>	<p>12 10:00 Gentle Yoga—Pikes Peak</p> <p>*11:00 Cracker Barrel —trip</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength Training for Seniors—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Café—East Lobby</p>	<p>13 10:00 Shabbat Services with Dr. Seth Ward “Parsha Shelach”—SH</p> <p>12:15 AL Movie Club with Madison</p>



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BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>14 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>12:45 Birthday Celebration & the Kavod Russian Choir Concert — EAST DR</p>  <p>2:00 Current Events—SHC 6:00 Rummikub Games—GR</p>	<p>15 10:00 Bridge Players Club—Bridge</p> <p>10:30 Bingo—Pikes Peak</p> <p>12:15 Summer Ice Cream Social with Madison—GR</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:00 The Writing Center—Dining Room Conf Room</p> <p>2:30 DPL Bookmobile—GR</p> <p>5:15 Sing Along with</p>	<p>16 9:00 Tai Chi—PP</p> <p>10:00 Boxing for Seniors-PP</p> <p>10:00 Bridge Players Club—Bridge</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:00 Mindful Wise Aging—SHC</p> <p>5:30 *Special Event! Juneteenth Celebration with the Bella Diva Samba & Afro Brazilian Dancers—EAST DR</p>	<p>17 11:00 *Special Event! Annual Remembrance—Shul Classroom</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Active Minds “Cuba”—Pikes Peak</p> <p>1:00 Mahjong Players—Bridge</p> <p>*3:00 Longhorn Steakhouse Dinner trip</p> <p>4:30 Tech Help with Lauren—Bridge</p> <p>5:30 Grief Group with Tracy—Pikes Peak</p>	<p>18 10:00 Relaxation Hour—Pikes Peak</p> <p>*11:00 *Special Event! Father’s Day Bash: BBQ, Brews & LIVE Music—Top Deck West Building</p> <p>11:00 Boxing for Seniors - Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>3:00 Trivia Fun with Madison—GR</p>	<p>19</p> <p>EAST Offices Closed for Juneteenth</p>  <p>6:00 Musical Shabbat Service with Rabbi Kim—SH</p>	<p>20</p>
<p>21 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>12:45 Father's Day "Swing Time Trio" Concert Celebration—EAST DR</p>  <p>2:00 Current Events—SHC 6:00 Rummikub Games—GR</p> <p><i>Summer Begins</i></p>	<p>22 NO Bingo today, <i>Come to Bingo tonight at 6pm!</i></p> <p>11:00 DMV2GO—SHC</p> <p>No Readers Theatre today</p> <p>1:30 Tech Help with Claire—Bridge</p> <p>No Readers Theatre today</p> <p>2:00 The Writing Center—Dining Room Conf Room</p> <p>6:00 *Special Event! Pride Week Happy Hour & Drag Queen Bingo—PP/ MBS</p> 	<p>23 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>12:15 Active Minds “Julius Caesar”—Gathering Room</p> <p>No Opening Minds through Art today</p> <p>No Wise Aging today</p>	<p>24 *8:30 Kavod on the Road Positive Aging Conference—trip</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Mahjong Players—Bridge</p> <p>2:00 Rocky Mountain Red Hat Meeting—SHC</p> <p>4:30 Tech Help with Lauren—Bridge</p> <p>5:30 Grief Group with Tracy—Pikes Peak</p>	<p>25 10:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Uniguest Learning with Ming</p> <p>11:00 Boxing for Seniors-Pikes Peak</p> <p>12:15 AL Resident Council—GR</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p>	<p>26 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:15 Denver Botanic Gardens Sensory Adventures—GR</p> <p>12:30 Legacy Strength Training for Seniors—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Café—East Lobby</p> <p>2:00 Ceramics & Nature—Pikes Peak</p>	<p>27 10:00 Shabbat Services with Dr. Seth Ward “Parsha Chukat Balak”—SH</p>
<p>28 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>2:00 Current Events—SHC 6:00 Rummikub Games—GR</p>	<p>29 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>*1:30 King Soopers —trip</p> <p>2:00 The Writing Center—Dining Room Conf Room</p> <p>2:00 Claire’s Jewelry Making —Shul Classroom</p> <p>2:30 DPL Bookmobile—GR</p> <p>5:15 Sing Along with Christine— GR</p>	<p>30 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>12:00 Jazz Café & Coffee Hour—EAST Bistro</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:00 Mindful Wise Aging —SHC</p> <p>3:00 Sunshine Happy Hour with Madison—GR</p>				 <p>PREVIOUS PAGE</p>

Voice

Monthly Newsletter for Kavod
Assisted Living Residents

JUNE 2026

Connie's CORNER



Hi Everyone,

Summer officially kicks off on June 21! We have an incredible lineup of trips, classes, and events waiting for you—come join the fun!

Be sure to attend the **“What’s Happening in Assisted Living with Life Enrichment” on Wednesday, June 3rd at 12:15 pm in the Gathering Room.** Be sure to bring your Voice, Calendar, questions, suggestions and ideas!

I would like to remind everyone to ***sign-in on the attendance sheets at every class, event and activity that you attend.*** If you don’t sign-in there’s no way to know if the class, event or activity is well attended and ***could get cancelled in the future!***

Stay in the know! Be sure to log-in to **Uniguest/formerly Touchtown** for a daily calendar, menus, and much more! See instructions inside the *Voice*.

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



Spotlight
HONORING AND CELEBRATING
JUNETEENTH

Tuesday, June 16
5:30 pm – EAST Dining Room

Juneteenth Celebration:
The Bella Diva Samba
and Afro Brazilian Dancers

Join us today to honor and celebrate Juneteenth, a holiday commemorating the emancipation of enslaved people in the US.

The holiday was first celebrated in Texas, where on that date in 1865, in the aftermath of the Civil War, slaves were declared free under the terms of the 1862 Emancipation Proclamation.

Enjoy a special performance of the Bella Diva World Dance Troupe, a Denver-based international dance company striving to bring the magic of global movement to Colorado.

Everyone welcome!



Kavod
SENIOR LIFE
Honor. Community. Jewish Values.

From Chaplaincy and Spiritual Services

Wise Aging Through Jewish Mindfulness
Tuesdays, June 2, 9 & 16
2 pm - 3:15 pm - Shul Classroom

All are welcome to this special new series.
(*You don't have to be Jewish or have meditation experience.*)

From The Institute for Jewish Spirituality (IJS), based on *Wise Aging*, the now-classic book by Rabbi Rachel Cowan and Linda Thal, we'll explore how meditation and mindfulness can help us meet physical and emotional challenges, learn to grow in acceptance of ourselves and others, deepen our friendships and familial relationships, live with greater joy, gratitude, and resilience, and shape a legacy for the future.

Facilitated locally by Rabbi Steve, we will watch video presentations from IJS and engage in our own conversations, journaling, sharing and practice. *Optional homework in the book Wise Aging that Kavod will provide.*

Contact Rabbi Steve with any questions:

720 382-7836, or sbnadav@kavodseniorlife.org

ANNUAL KAVOD SENIOR LIFE CELEBRATION & REMEMBRANCE



Wednesday, June 17
11 am - Shul

Please join us as we gather **to remember and celebrate any and all former residents who have passed away**, recently or in the more distant past.

Bring your memories, mementos, most of all, yourself. **We will light candles and read names of those who have passed in the last year.**

The service will be built around **four pieces of music offered by "Apples and Honey,"** a cello and violin duo of Rabbi Birdie Becker and Lisa Appleton. Beginning in sorrow, we will end in a joyful musical celebration of friendships and lives well lived.

Service led by: Rabbi Stephen Booth-Nadav, Rev. Dale Lee, Rabbi Birdie Becker.

A lite lunch will be provided!

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,

It's already June, and we're halfway through the year! We hope everyone is enjoying the start of summer. Here are a few updates:

Resident Property Managers: We are pleased to be fully staffed for our on-call Resident Property Managers (RPM). Hamza Robleh, long time former night manager, leads the team of Kalib Grey and Denise Gallegos. Kalib will be helping with weekend overnight shifts, and Denise will be here during the day on Saturdays. Welcome our new property managers!



Hamza Robleh



Kalib Grey



Denise Gallegos

Security Updates: We continue to work on increasing safety measures at Kavod. On June 1, 2026, we locked the fob access to the back doors of each building from 9:00 pm-7:00 am during spring and summer months. Those who park in the east, south, and west parking lots still have fob access to the back doors. All others must enter through the front main entrances. If you are entering the back doors, please do not allow entry to a non-resident and direct them to the front doors.

During a week in June, several staff and resident council volunteers sat at each entrance to ensure

visitors are educated about checking in at the kiosks each time they are at the buildings. If you have a visitor, please tell them they must sign in and out each time they visit. This is to keep YOUR homes safe.

Security Guards: We have brought in Securitas Security for evening/overnight monitoring since June 2024. Our two current guards, Evgeny and Damian, are very friendly, but they are here to conduct contracted security duties; they are not decision-makers for Kavod and cannot watch personal items. If you need assistance with these tasks or anything that is not security-related, notify the Resident Property Managers or front desk. Do not ask them to assist with other needs.

Evgeny was awarded Employee of the Month in March for his dedication and commitment to Kavod by the Securitas District Manager, Robert Muren. Evgeny was the very first Securitas guard to work at Kavod and we are very pleased with how he handles various situations. When you see him, please congratulate him!

Washers and Dryers: As many know, due to fluctuations in the market, CVC Serviceworks increased the price for washers and dryers in April by \$0.25 without notifying us. Thankfully, we were able to negotiate the dryers back to \$1.00; the washers will remain at \$1.25. We appreciate your patience with these changes.

Artwork: Thank you to our facilities team for hanging some artwork on the elevator lobby floors in the East and South buildings. As a reminder, any unauthorized artwork will be disposed of if placed in public spaces.

Kavod is a Welcoming and Safe Community: The word "Kavod" means "honor" or "respect" in Hebrew. Our name guides the value of respect we uphold here on campus. While not everyone will get along or like each other, it is important we treat one another with kindness and respect. The diverse group of people who live and work at Kavod makes it the special place that it is.

Be well,

Michael Klein & Kara Harvey

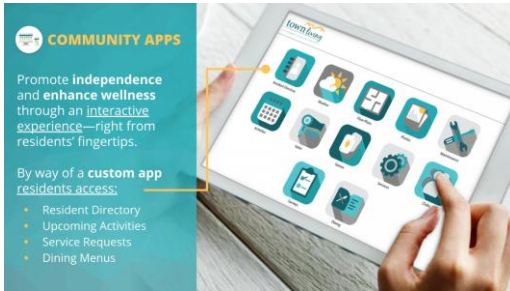


Megan Dearman

Volunteer Engagement Coordinator

Thank you for 3 wonderful months at Kavod! As part of the Life Enrichment team, my role is all about building connections both inside and outside of our community. While you may see me working with resident volunteers in the building, I also coordinate everything behind the scenes recruiting, organizing, and supporting volunteers for roles like the gift shop, events, and even this newsletter. In addition, I spend time out in the community connecting with local groups, schools, and organizations to bring in new opportunities like Fix-It Day and special performances.

A heartfelt thank you to our amazing volunteers from **Temple Sinai Denver** for helping us with Fix-It Day last month. Their kindness and willingness to help mean so much to our community. We are always so grateful for the care and energy they bring. We are also looking for more groups who would like to come in for another Fix-It Day, and I will keep everyone informed as we plan ahead. Have one in mind? Let me know!



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! **Unigest (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**

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 or let Madison know when you see her. Reservations are required.***



Super Walmart Shopping trip Thursday, June 4

***Depart at 1 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 or let Madison know you'd like to sign up.*

Please call Connie at 720-382-7813 or let Madison know you'd like to sign up.



**Friday, June 12
11 am – Van Trip**

Cracker Barrel Restaurant & Old Country Store

Enjoy a delicious home-style lunch or breakfast (served all day), prepared from scratch. They offer traditional country cooking favorites like Chicken and Dumplings, Meatloaf, Seafood and more. Many delicious all day breakfast menu items such as Homemade Buttermilk Biscuits and Country Gravy, or try the wonderful Wild Maine Blueberry Pancakes. The best you've ever tasted!

Please call Connie at 720-382-7813 or let Madison know you'd like to sign up



**Wednesday, June 17
3 pm – Van Trip**

Longhorn SteakHouse

Join us for a fun evening dinner trip where the steaks are legendary! Many more menu items to choose from such as Salmon, Chicken and more! ***Please call Connie at 720-382-7813 or let Madison know you'd like to sign up***



Kavod Senior Life Conference Transportation & Event Information

**June 24 | Temple Emanuel
Kavod Van departs 8:30 am
Conference runs 9:00 am – 3:00 pm**

Keynote Speaker

Dr. Samantha Farro

Director of Behavioral Health and Integrated
Programs

University of Colorado School of Medicine,
Division of Geriatric Medicine

Breakout Sessions

Engaging and informative discussions on
topics relevant to older adults and caregivers

Resource Fair

Connect with helpful services, community
organizations, and vendors

Registration Information

Online registration opened in late April.
Paper registration forms available: June 1 (at
the front desk)

Conference fee: \$18 pay online or get paper
registration at front desk.

Transportation cost: \$5 pay at East Front
Desk Reception Window

Transportation

A Kavod van will be available for
transportation to and from the conference:

Departure: 8:30 AM

Return: 3:15 PM

No Transportation Fee for Assisted Living
residents.

Please notify the front desk in advance if you
need transportation.

Questions or Assistance

Contact Jackie at 720-382-7848 for questions
or help with registration.

Learn more at:

<https://kavodseniorlife.org/conference/>



**King Soopers Shopping trip
Monday, June 29**

*Depart at **1:30 pm** in front
of **West** Building

**Be sure to bring cash or your credit card
for this shopping trip. Please call Connie at
720-382-7813 or let Madison know you'd like
to sign up.**

**Please call Connie at 720-382-7813 or let
Madison know you'd like to sign up.**

Assisted Living Activities



Fun in JUNE with Madison!

Kindness Rock Painting

Wednesday, June 3 at 10 am - GR

AL Bingo Fun

Tuesday, June 9, 3 pm - GR

Movie Club

Saturday, June 13, 12:15 pm - GR

Summer Ice Cream Social

Monday, June 15, 12:15 pm - GR

Trivia Fun

Thursday, June 18, 3 pm - GR

Sunshine happy hour (Mocktails & summer fun)

Tuesday, June 30 at 3 pm - GR



Piano Sing Along with Christine

Mondays at 5:15 pm – Gathering Room

Join Christine for a fun and uplifting Sing Along! A beloved weekly tradition. All are welcome!



Wednesday, June 3

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! Connie, Director of Life Enrichment will also be dropping by to say hello and talk with you about some ideas for summer outings!

***Bring your monthly Voice and Calendar and bring your ideas and suggestions for any new things you would like to do or places you'd like to go!**



Wednesday, June 3

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, June 11 & 25
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!



Tuesday, June 23
12:15 pm – Pikes Peak

“Julius Caesar”

Explore the extraordinary life and legacy of Julius Caesar, one of history’s most influential leaders. Join Active Minds as we bring ancient Rome to life and Caesar’s lasting impact on history, politics, and modern culture.



Friday, June 26
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.

ALL PROGRAMS



All Mondays in June
2 pm – Dining Room Conference Room

The Writing Center

(formerly Writing Class about Life)

The Writing Center at Kavod is facilitated by Sheila Witherington—a Kavod resident—a career journalist, writer, editor, publisher, and researcher.

Starting in **June**, we will meet **EVERY MONDAY 2:00-4:00 pm**, with drop-in sessions or those who come early and stay late. Our new meeting place is the **Dining Room Conference Room**.

It is **OUR WRITING CENTER**. *Come claim it.* Help make it what we want—to serve us so we can serve others better. Learn to do research, write proposals to get what you want, write persuasive papers to change people’s minds, start or finish your memoirs, compose a song, describe a room, explain a concept—the types of writing you can do at **KAVOD WRITING CENTER** are endless. Plus, we have *fun*.

All materials provided. Learn that **YOU CAN WRITE** the painless way.



Monday, June 8

1 pm – Pikes Peak

Curious about acting without the pressure of memorization? Discover the art of Readers Theater! Watch as the actors bring a brand new script to life, shaping characters and story right before your eyes. It's a low stress way to explore performance and creativity. And it's fun! Interested in joining the group? This is the perfect chance to see how it all works. **Light refreshments will be served.** Come be a part of the experience!



Thursday, June 11

6 pm – Pikes Peak

Resin Arts Class with April

Join April for a fun art class making decoupage ceramic plates with resin.

All materials supplied, and everyone takes home something they made!



Sunday, June 14

12:45 pm – Dining Room

Birthday Celebration with The Kavod Russian Choir!

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.*



Tuesday, June 16

5:30 pm – Dining Room

**Juneteenth Celebration:
The Bella Diva Samba
and Afro Brazilian Dancers**

Join us today to honor and celebrate Juneteenth, a holiday commemorating the emancipation of enslaved people in the US.

Enjoy a special performance of the Bella Diva World Dance Troupe, a Denver-based international dance company striving to bring the magic of global movement to Colorado.

Everyone welcome!



Father's Day Celebration Concert



**Wednesday, June 17
1 pm – Pikes Peak
“Cuba”**

With U.S. policy toward Cuba currently at a potential inflection point, join Active Minds for a past, present and future look at our communist neighbor to the south. We will cover Castro's revolution, the Bay of Pigs, the Cuban Missile Crisis, Guantánamo Bay and current implications of the change in U.S. policy.

**Sunday, June 21
12:45 pm – Dining Room**

Happy Father's Day! Join your friends and neighbors for a lively hour of music by The Swingtime Trio, you don't want to miss these talented performers!



**Father's Day
Bash:
BBQ, Brews &
Good Times**

**Thursday, June 18
11 am - West Building, Top Deck**

***Calling all Men at Kavod!
Join us to celebrate being a dad, or celebrate
your own dad!***

Enjoy a **Father's Day Bash**, a delicious BBQ with Sirloin burgers, quarter pound hot dogs, veggie burgers, potato salad, ice cold Beer and Root Beer, and **LIVE music** with Randall Ames on guitar, mandolin, vocals & Jazz on the Deck, with Life Enrichment! **No cost or need to sign up, just drop in!**



**Monday, June 22
11 am – Shul Classroom**

Don't wait in line at the DMV! We have arranged for them to come to you!

DMV2GO, the mobile service for the Department of Motor Vehicles will be onsite at Kavod 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.

Call or email Connie Moore with any questions (contact info on cover page of this edition).



**Monday, June 22
6 pm – Pikes Peak**

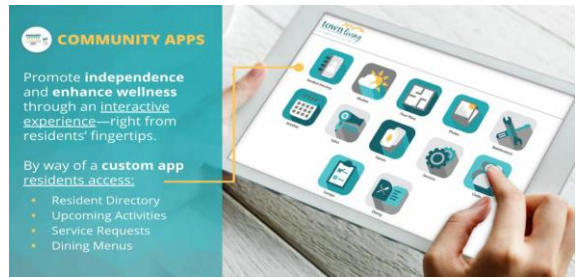
Pride Week Happy Hour & Drag Queen Bingo

All are welcome, accepted, celebrated, encouraged, respected and loved here!

Join us as we celebrate Pride Week with a Happy Hour and Drag Queen Bingo!

We welcome Denver's premier Drag Queen, "America Jackson" and friends to Kavod to play some **Drag Queen Bingo** as well as performing!

We will have lots of decorations, Pride Week giveaways, **special bingo prizes**, wine, beer and soda to enjoy!



**Thursday, June 25
10 am – 3rd floor bridge**

Uniguest (formerly Touchtown) Learning Session with Ming

We're excited to tell you about a great way for you to stay connected to Kavod Senior Life.

With our free Community App, you can have the latest information about Kavod at your fingertips like:

- Upcoming classes and trips
- What's on the dinner menu
- Announcements
- Virtual Museums & Activities
- Photos

Bring your smartphones, laptops and tablets to this session for help downloading our Community App. *Please note you June need your pin for iPhones to download apps



CAPABLE program

The CAPABLE (Community Aging in Place. Advancing Better Living for Elders) is a person-directed, home-based program that addresses both function and healthcare expenses. The program is FREE and currently available only this year! If you are chosen as a participant you can expect; six meetings with an Occupational Therapist, four meetings with a Registered Nurse and a Handyperson to make modifications in your home! Stop by the East lobby the 1st Wednesday of the month or **call #720.382.7838** to learn more about CAPABLE!

Monthly SNAP Enrollment and Information

Are you interested in receiving funds to support your monthly grocery bill?

What is SNAP? SNAP (Supplemental Nutrition Assistance Program) is the largest U.S. federal program helping low-income individuals and families buy food. It aims to improve nutrition and health by supplementing grocery budgets, with benefits calculated based on income, household size, and resources. Stop by the East lobby on the **2nd Tuesday of the month from 10am – 11am** to learn more about SNAP, check your status, and set up an appointment to apply or recertify! If you have any questions, **call 720.382.7855** to learn more and what to bring!

Access-a-Ride and Access-on-Demand Application Support

Are you having difficulty taking the bus, understanding stops, etc.?

Access- a-Ride provides local charter bus transportation in the Denver metro area for people with disabilities.

To qualify you must - Be unable to get to/from a bus stop, on/ off a lift-equipped bus on your own, or have a disability that prohibits you from riding the bus independently. ***If you are interested in applying - call for 720.382.7855!**

Mountain Balance Break

You may see Mountain Balance is missing from the calendars for Wednesdays. We are hoping to bring this **back in July at a new time and day**. If you have attended this class in the past but stopped – please let us know why and what would bring you back! Please call 720.382.7855 with your feedback!

Special H&W Offerings for June 2026

Tuesdays @ 10am - HWC/Pikes Peak

Thursdays @ 11am – HWC/Pikes Peak

Boxing for Seniors *ADDITIONAL CLASS ADDED*

You asked for it!!! Boxing for Seniors is now offered Tuesday and Thursday at 10am. What is Boxing for Seniors?? It is a class designed to be accessible, beneficial for residents of all skill levels and FUN!!! Come for an engaging 30-minute session where we focus on breath work, balance, strength, conditioning, and cardio. Whether you are in a chair or on your feet, the class is tailored to meet you where you are, providing exercises and techniques to build confidence, coordination, and fitness.

Wednesday, June 3rd (Final Meeting)
10-11am – HWC/Pikes Peak
DBT Skills Group with Benjamin

Join our recent Naropa graduate, Benjamin, as he guides attendees to develop evidence-based skills to:

- Navigate and manage difficult emotions
- Build stronger, more supportive relationships
- Navigate and manage difficult emotions
- And more!

Wednesday, June 3rd
330-5pm – East lobby
CAPABLE Chat

Are there goals you have that you have been unable to reach? Stop by our table outside the dining room to learn more about the CAPABLE program and how it can support you in your home! The program includes 6-OT appointments, 4- RN visits and home modification in your home to support you aging in place. No cost to you!

Wednesday, June 10
12:45 pm – Van Trip
Herbalism Series “On the Road”
Guided trip to Apothecary Tinctura

Come join herbalist, Jenna Gusto, as she guides you around a local apothecary! We have space for twenty residents with the bus leaving at 12:45 pm. Jenna and the Apothecary Tinctura staff will walk the attendees through the creating your own tea blend. \$5 for transportation. Advance registration is required. Please sign up at the front desk!

Wednesday, June 10th
10am – Gathering Room
Low Vision Group

Join Lydia Van der Vorst, Kavod Care Coordinator and Low Vision instructor, as she guides the “Low Vision group” which is available for all experiencing challenges with their vision. She guides discussion, brings in guest speakers or devices, etc. to support you on your low vision journey!

Wednesdays *NEW - starting June 17th*
530-630pm – HWC/Pikes Peak
Grief Group with Tracy

If you have not had the opportunity to meet Tracy Nall, your life will change after doing so. Please join, Tracy Nall, of Good Grief Wellness, licensed therapist and death doula, as she guides you through the mysteries of grief. Flyer to come with more details.

Thursdays *NEW DAY and TIME*
10am – HWC/Pikes Peak
Moving Meditation & Sound Therapy (aka
Relaxation Hour)

This class blends Tai Chi, Qigong, breathwork, sound therapy, meditation, and simple mindfulness practices into one cohesive, deeply calming and restorative experience.

What can you expect? *Residents can expect slow, guided, flowing movements that are easy to follow and designed to improve balance, coordination, mobility, and overall confidence in the body—while also supporting nervous system regulation, mental clarity, and emotional well-being.*

Thursdays *NEW DAY and TIME*

10am – HWC/Pikes Peak

Moving Meditation & Sound Therapy (aka Relaxation Hour)

(continued)

What makes this class unique? *The integration of sound as a therapeutic tool for relaxation and regulation:*

- *External sound through crystal singing bowls*
- *Internal sound through gentle vocal toning*

Together, this creates a deeply soothing effect on the body—often described as an “internal massage” for the nervous system—helping residents feel grounded, relaxed, and at ease.

Each class includes:

- Light, flowing movement (Tai Chi & Qigong-inspired)
- Breathwork to support relaxation and internal regulation
- Sound therapy (both listening and gentle participation)
- Simple mindfulness or meditative moments to promote calm and presence

This approach helps:

- Improve balance and reduce fall risk
- Increase circulation and oxygenation
- Reduce stress, anxiety, and physical tension
- Support cognitive function and focus
- Enhance posture and body awareness

The pace is gentle and highly accessible (seated or standing), making it appropriate for a wide range of mobility levels.

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MARCH - APRIL GIFTS

LIFE ENRICHMENT ACTIVITIES

Chotin Family Foundation

DINING/KOSHER FOOD

The M.B. Glassman Foundation

GARDEN

Michael and Wendy Klein, In Honor of Debbie Schuster and Scott Fisher

GENERAL

Garrett Barter

Stephen Canges

Joy Davis

Jack Defez

Janet & Sheldon Fisher

Sarah Sue Fun, In Memory of my parents, z"ll

Paula & Stan Gubber, In Memory of Ernie Stone, z"ll

Paula & Stan Gubber

Kara Harvey

Robert & Diane Hochstadt

Harold & Joyce Koch

Dmitry Kononov, In Memory of Basia

Kononov, z"ll

Carole Kornreich Foss

Gary Leavitt

Marlene Leddick, In Honor of Connie Moore & Michael Klein

Steven & Susan Lipstein, In Honor of Debbie Schuster

Stan Sharoff

Michael Staenberg

Ernest Stone Estate

Gaile Weisbly Waldinger In Memory of

Florianne Solin & Leslie Rody, z"ll

Ellen Welner Lozow, In Honor of Marilyn Winograd

Melinda Wirsing, In Honor of Debbie Schuster

Karen Wollman, In Memory of Lottie,

Leon, Richard & Martin Wollman, z"ll

HEALTH & WELLNESS

Kara Harvey

Arlene Mobell, In Honor of Sarah Fun

KAVOD ON THE ROAD ANNUAL CONFERENCE - SPONSORSHIP

Kaiser Permanete Colorado

Humana

KAVOD ON THE ROAD

Sara Kishoni

Eileen Naiman

SAFETY AND SECURITY GRANT

Future Without Violence

SHUL

Larisa Ace

Sandra Kolesnikova

The M.B. Glassman Foundation