



Kavod Senior 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)</p> <p>HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS</p> <p>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>5 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 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 2:00 Ceramics & Nature—Pikes Peak 6:00 Soulful Service with Rabbi Steve—SH</p> | <p>1 10:30 Bingo—Pikes Peak</p> <p>No Conversations on the Edge today</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>6:00 Lamont Jazz Orchestra—trip</p> | <p>2 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club—Bridge 10:00 Boxing for Seniors—Pikes Peak *11:45 JFS Food Bank & Pantry—trip 1:00 Opening Minds through Art—Pikes Peak 2:00 Mindful Wise Aging—SHC 4:45 Authentic Relationship Group—Pikes Peak</p> | <p>3 10:00 English Language Practice—MBS 10:00 DBT Skills Group with Benjamin—Pikes Peak 11:30 Deva Yoder LIVE Music & Coffee in the Bistro 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 3:30 CAPABLE Chat—East Lobby 4:30 Tech Help with Lauren—Bridge</p> | <p>4 *9:30 King Soopers—trip</p> <p>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 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 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 Soulful Service with Rabbi Steve—SH</p> | <p>6</p> |
| <p>7 12:00 Piano Music while you dine by Christine-DR</p> <p>2:00 Current Events—SHC</p> <p>3:00 Painting & Wine with Polly—Pikes Peak</p> | <p>8 *9:30 Super Walmart—trip</p> <p>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 10:00 SNAP Enrollment—East Lobby 10:00 Boxing for Seniors—Pikes Peak *11:45 JFS Food Bank & Pantry—trip 1:00 Opening Minds through Art—Pikes Peak 2:00 Mindful Wise Aging—SHC</p> | <p>10 10:00 Low Vision Support Group—GR 10:00 English Language Practice—MBS 12:00 Gentle Yoga—MBS *12:45 Apothecary Tinctura—trip 1:00 Mahjong Players—Bridge 4:30 Tech Help with Lauren—Bridge</p> | <p>11 *9:00 Estes Park in Rocky Mountains—trip 10:00 Relaxation Hour—PP 11:00 Boxing for Seniors—Pikes Peak 11:00 Sacred Grounds with Rabbi Steve—Bistro 2:30 Mindfulness Practice—MBS 4:30 Piano Music by Tory—DR 6:00 Resin Arts Class with April—Pikes Peak</p> | <p>12 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Café—East Lobby 2:00 Ceramics & Nature—Pikes Peak</p> | <p>13 10:00 Shabbat Services with Dr. Seth Ward “Parsha Shelach”—SH</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 — DR</p> <p>2:00 Current Events—SHC</p> | <p>15 *9:00 Mountain Casino—trip</p> <p>10:00 Bridge Players Club—Bridge</p> <p>10:30 Bingo—Pikes Peak</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>16 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>*11:45 JFS Food Bank & Pantry—trip</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—DR</p> | <p>17 10:00 English Language Practice-MBS</p> <p>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>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>1:00 Resident Council—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> | <p>19</p> <p>Office 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—DR</p>  <p>2:00 Current Events—SHC</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>2:00 The Writing Center—Dining Room Conf Room</p> <p>6:00 *Special Event! Pride Week Happy Hour & Drag Queen Bingo—Pikes Peak & MBS</p>  | <p>23 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>*11:00 King Soopers—trip</p> <p>12:15 Active Minds “Julius Caesar ”—Gathering Room</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>No Wise Aging today</p> | <p>24 *8:30 Kavod on the Road Positive Aging Conference—trip</p> <p>10:00 English Language Practice—MBS</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Mahjong Players—Bridge</p> <p>*NEW date/location: 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 Session with Ming—Bridge</p> <p>11:00 Boxing for Seniors-Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>4:30 Piano Music by Tory—DR</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>12:00 Piano Music while you dine by Christine-DR</p> <p>2:00 Current Events—SHC</p> <p>4:00 Get Grill On with Katie—West Bldg Top Deck</p> | <p>29 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</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>30 *9:00 Cracker Barrel—trip</p> <p>9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>12:00 Jazz Café & Coffee Hour—Bistro</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:00 Mindful Wise Aging—SHC</p> | | | |  <p>PREVIOUS PAGE</p> |

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!

Don't miss the Life Enrichment Lunch & Learn "What's Happening at Kavod" on Friday, June 5th at 11:30 am in the Shul Classroom.

We will have a variety of sandwiches, chips and drinks to enjoy during the meeting. Bring your June Voice and Calendar!

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 – 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!

From Chaplaincy and Spiritual Services

Mindful Wise Aging
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

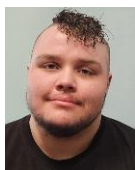
Dear residents,

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 May, 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



KAVOD RESIDENT COUNCIL
SERVING OUR COMMUNITY

As a reminder—and for those who may not know—the role of your Resident Council is to serve as a liaison between residents and staff. We work closely with staff to help make life at Kavod happier and more enjoyable. We meet regularly with department directors and executive staff to discuss ways to improve daily living and bring forward suggestions from both the Resident Council Board and fellow residents.

The Resident Council is funded entirely by donations from residents. These contributions allow us to host events such as Friendsgiving, the Super Bowl Party, the Friday Ice Cream Café, our Dog Show, Bake Sale, Flea Market/Craft Fair, and the ever-popular Give and Take. We also reach out into the community by supporting those in need through our clothing and school supply drives.

In addition, the Resident Council provides paper for the copier and printer on the bridge, as well as ink cartridges for the copier.

At our monthly meetings, we invite speakers who provide updates on elections, community projects, and safety, and who are available to answer your questions. We are a busy group of volunteers dedicated to being helpful and engaged.

Please support us in our efforts to keep Kavod a safe, welcoming, and enjoyable place to live—a true community, like a small town of its own. We are all here for the same reason: to maintain an enjoyable and independent lifestyle for as long as possible.

Our recent Bake Sale and Flea Market/Craft Fair was a great success! Everyone who attended enjoyed the variety of vendors, and the donated baked goods sold quickly. The few remaining items were shared with Kavod staff. Due to its success, we've been asked to host the event again—and the answer is yes, we will!

On June 1st we will begin our School Supply Drive. A suggested donation item list will be in your apartment mailbox soon, and the collection box will be located in the Beauty Salon and Spa.

Starting **Sunday June 12th**, the **Current Events Discussion Group** will meet in the Shul classroom every Sunday @ 2pm. This is a nonpartisan group where everyone is welcome.

Primary Ballots will be mailed out the week of June 8th and our **Voter Red Box** will be at Kavod on Tuesday June 23rd in the East Lobby from 3:30p – 5P for you to cast your ballot in the Colorado primary.

Lastly, it has been reported that some small items have been removed from residents' doors and that certain informational flyers have been damaged. Please remember that there are cameras throughout Kavod, including outside areas, lobbies, and the bridge. We all live here. Please respect others and do not take or damage items that do not belong to you.

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

*Linda Mason Gallagher

* Bob Lawrenson

*Beverly Bolden apt. 408E/Secretary

VOLUNTEERS ALWAYS WELCOME AND
NEEDED

✉ kavodresidentcouncil@gmail.com

📞 Questions or suggestions welcome!

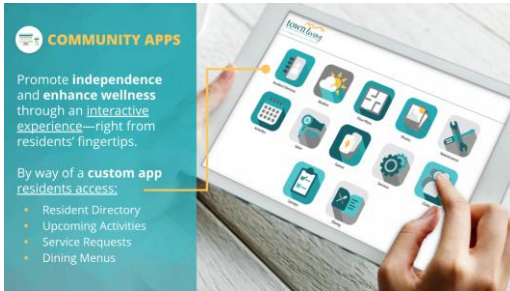


Megan Dearman

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, 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



Tuesdays, June 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.



UNIVERSITY OF
DENVER

Lamont School of Music



Monday, June 1
6 pm – Van Trip

Lamont Jazz Orchestra

Join us to experience the electrifying fusion of Brazilian rhythms and contemporary jazz as the Lamont Jazz Orchestra, under the direction of renowned guitarist and composer Gabriel Santiago, performs an evening of his original works. Hailed as “a young master” by JazzTimes, Santiago brings his award-winning compositions to life with intricate grooves, lush harmonies, and vibrant improvisation. Join us for a night of bold, expressive music that bridges the worlds of jazz and Brazilian tradition.

Residents: \$8

Non-Residents: \$20

Deadline: June 1



Wednesday, June 10
12:45 pm – Van Trip

Apothecary Tinctura
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 creating your own tea blend. Advance registration is required. Please sign up at the front desk!

Residents: \$5
Non-Residents: \$10
Deadline: June 7



Thursday, June 11
9 am – Van Trip
Estes Park Colorado

Travel with us to one of the most beautiful mountain towns in Colorado. Feel free to bring your own lunch or visit one of the many restaurants and cafes in town.



You will have an opportunity to visit all of the quaint mountain shops where you can enjoy an ice cream cone on

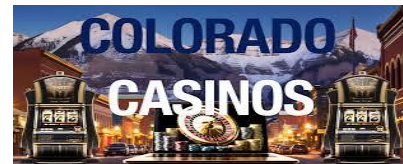
a bench or sample fudge and popcorn!

Be sure to bring a light jacket, wear comfortable walking shoes, bring water to stay hydrated and wear a hat. ***The altitude of Estes Park is 7,523 feet.**

We will depart Estes Park at 3 pm to return to Denver. Our estimated return time is approximately 5 pm.

Residents: \$15 transportation + lunch on your own
Non-residents: \$25 transportation + lunch on your own

Deadline: June 8



Monday, June 15
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.

We will depart at 2 pm to return to Kavod.
Residents: \$8
Non-Residents: \$10
Deadline: June 13



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
Transportation Fee: \$5

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/>



**Tuesday, June 30
9 am – Van Trip**

Breakfast at the Cracker Barrel Restaurant & Old Country Store

Enjoy a delicious home-style breakfast, prepared from scratch. They offer traditional country cooking favorites like Hickory Smoked Breakfast meats, Grits, Homemade Buttermilk Biscuits and Country Gravy, or try the wonderful Wild Maine Blueberry Pancakes. The best you've ever tasted! You will have time to shop in the unique gift shop after breakfast.

Residents: \$5 transportation + pay for breakfast at site

Non-Residents: \$10 transportation + pay for breakfast at site

Deadline: June 28



TRIPS

Coming in JULY 2026!



Wednesday, July 15

8:30 am - Van Trip

Indian Hot Springs

Enjoy the wonderful indoor Indian Hot Springs **Mineral Water Swimming Pool** in Idaho Springs. Under the translucent dome lies a tropical paradise, complete with flowering plants and live Banana and Palm Trees. The swimming pool is continually fed with hot mineral water at 115°. With an average temperature of 90° to 100° the pool is a favorite with adults and children of all ages. **Bring your own towel!** Masks are optional at this time.

For Wheelchair access or those who cannot do the stairs: the Hot Springs does have an **outside wheelchair access door, but the person would need to be able to get in the pool on their own once inside, **they do not have lift equipment to help them in the pool. The Wheelchair accessible bathroom can be reached by a ramp leading to the first floor.**

Please bring your ID.

We will depart the hot springs at Noon to go to downtown Idaho Springs for lunch (lunch

not included in price). *Approximate* return time to Kavod is 3 pm.

Residents: \$30 includes pool & transportation, lunch on your own

Non-Residents: \$40 includes pool & transportation, lunch on your own

Deadline: July 10



Friday, July 10

8 am - Van Trip

Georgetown Loop Railroad Train Ride
Shopping & Lunch in historic Georgetown

Join us as we travel to historic Georgetown, Colorado, **only 45 miles West of Denver**. The Georgetown Loop Railroad® was one of Colorado's first visitor attractions. Completed in 1884, this spectacular stretch of three-foot narrow gauge railroad was considered an engineering marvel for its time.

The Train Depot has restrooms that we will use before and after the train ride.

After the 1 hour and 15 minute train ride, we will drive into town for lunch on your own and shopping, **cost of lunch NOT included.**

We will depart at **approximately** 2 pm to return to Denver.

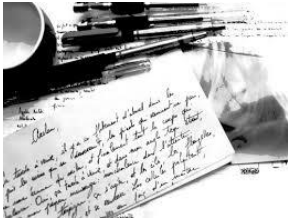
Residents: \$48 includes train ride & transportation

Non-Residents: \$58 includes train ride & transportation

Deadline: June 19



THIS SECTION IS DEVOTED TO NEW OR UPDATED TOPICS FOR CLASSES, ACTIVITIES AND EVENTS



**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.



Friday, June 5

11:30 am – Shul Classroom

“What’s Happening”

Life Enrichment Lunch & Learn

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 or need to sign up, just drop in!**

Readers Theater Watch & Learn

Curious about acting without the pressure of memorization? Discover the art of Readers Theater! Join us for a lively demonstration on **June 8, 1-2pm** in the **Pikes Peak Room**.

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!



**Wednesday, June 17
12:15 pm – Gathering Room**

“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.



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!**

Father's Day Celebration Concert



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!



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!

Everyone welcome!



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

Unigest (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 may 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.

Thursdays *NEW DAY and TIME*

10am – HWC/Pikes Peak

Moving Meditation & Sound Therapy (aka

Relaxation Hour)

(continued)

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.*

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.



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