





Kavod Assisted Living at Cherry Creek Activity Calendar — JULY 2026



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|---|---|
| <p>Room Location Guide: 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: Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other</p> | | | | | |
| | | | <p>1 12:00 Gentle Yoga—MBS 11:30 Good Vibes with Rick & Coffee in the <u>EAST</u> Bistro 12:15 Life Enrichment “What’s Happening in Assisted Living”—GR 1:00 Mahjong Players—Bridge 4:30 Tech Help with Lauren—Bridge 5:15 Painting & Wine with Polly—GR 5:30 Holding Our Stories: A Healing Circle—Pikes Peak</p> | <p>2 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak *1:00 Dollar Tree—trip 2:30 Mindfulness Practice—MBS 6:00 *SPECIAL EVENT! Independence Day Concert & Happy Hour with The Queen City Jazz Band —East Lawn</p> | <p>3 Offices Closed for 4th of July Holiday 5:00 Resident Led Kiddush in the Dining Room</p> | <p>4</p> <div style="text-align: center;">  </div> |
| <p>5 2:00 Current Events—Shul Classroom 6:00 Rummikub Games—GR</p> | <p>6 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 12:15 AL Food Committee—GR 2:30 The Writing Center—*NEW time & location: SHC 5:15 Sing Along with Christine— GR</p> | <p>7 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 2:00 Mindful Wise Aging—SHC *3:00 Texas Roadhouse Dinner—trip 6:00 Rummikub Games—GR</p> | <p>8 10:00 Low Vision Support Group—GR 11:15 Life Enrichment BBQ & Summer Concert—West Building Top Deck/ Pikes Peak 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 1:00 Herbalism Series—Pikes Peak 4:30 Tech Help with Lauren—Bridge 5:30 Holding Our Stories: A Healing Circle—Pikes Peak</p> | <p>9 10:00 Relaxation Hour—Pikes Peak 10:00 Challah Baking with Zeldy—Mt. Blue Sky 11:00 Boxing for Seniors—Pikes Peak 2:00 Sculpting & Sketching with Jim—Pikes Peak 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR 6:00 Resin Arts Class with April—Pikes Peak</p> | <p>10 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS *12:00 Special Exercise Trivia + 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 6:00 Musical Shabbat Service with Rabbi Kim and Brian—SH</p> | <p>11</p> <div style="text-align: center;">  </div> |

Kavod Assisted Living at Cherry Creek

Activity Calendar — JULY 2026

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| <p>19 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak</p>  <p>12:45 Birthday Celebration & The Cow Jazz Trio— <u>EAST DR</u></p> <p>2:00 Current Events—SHC</p> <p>6:00 Rummikub Games—GR</p> | <p>20 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:30 The Writing Center—*NEW time & location: SHC</p> <p>5:15 Sing Along with Christine— GR</p> | <p>21 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>11:00 Uniguest Learning with Ming</p> <p>*2:30 Super Target—trip</p> | <p>22 11:00 Music & Memory—SHC</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>5:30 Holding Our Stories: A Healing Circle—Pikes Peak</p> | <p>23 10:00 Relaxation Hour—Pikes Peak</p> <p>11:00 TISHA B'AV: The Fast of The 9th of AV—Shul</p> <p>11:00 Boxing for Seniors—Pikes Peak</p> <p>2:00 Sculpting & Sketching with Jim—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p> | <p>24 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>6:00 Soulful Service with Rabbi Steve—SH</p> | <p>25</p> |
| <p>26 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>2:00 Current Events—SHC</p> <p>6:00 Rummikub Games—GR</p> | <p>27 10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:30 The Writing Center— *NEW time & location: SHC</p> <p>2:30 DPL Bookmobile—GR</p> <p>5:15 Sing Along with Christine— GR</p> | <p>28 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors—Pikes Peak</p> <p>12:15 Active Minds “Mozart the Entertainer” -GR</p> <p>12:00 Jazz Café & Coffee Hour—<u>EAST</u> Bistro</p> | <p>29 11:00 Music & Memory—SHC</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 Holding Our Stories: A Healing Circle—Pikes Peak</p> | <p>30 10:00 Relaxation Hour—Pikes Peak</p> <p>11:00 Boxing for Seniors—Pikes Peak</p> <p>2:00 Sculpting & Sketching with Jim—Pikes Peak</p> <p>12:15 AL Resident Council—GR</p> <p>2:30 Mindfulness Practice—MBS</p> | <p>31 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Sacred Grounds with Rabbi Steve—Bistro</p> <p>*11:00 Mystery Mountain Town & lunch—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>PREVIOUS PAGE</p> |

JULY 2026

Connie's CORNER



Hi Everyone,

Summer is here and we have some great 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, July 1st at 12:15 pm in the Gathering Room.** Be sure to bring your Voice, Calendar, questions, suggestions and ideas!

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*.

We have iPads you can borrow from our Lending Library, feel free to call Ming at 720-382-7820.

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



Spotlight Independence Day

Independence Day, also called the **Fourth of July** or **July 4th**, in the United States, is the annual celebration of nationhood.

It commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. Independence Day is celebrated on Saturday, July 4, 2026 in the United States.

We will have an Independence Day Celebration with a Happy Hour & Outdoor Concert by the Queen City Jazz Band on the East Lawn on Thursday, July 2nd at 6 pm. Enjoy a beer, wine or soda while listening to the concert outdoors. Everyone will receive a small American flag.



Kavod
SENIOR LIFE
Honor. Community. Jewish Values.

From Chaplaincy and Spiritual Services



TISHA B'AV: THE FAST OF THE 9TH OF AV

**Thursday July 23 (starts sundown Wed.)
11am in the Shul.**

This is the second full fast of the Jewish year. It is an opportunity to take a moment to mourn all the tragedies and losses of the Jewish people through time, starting with the destruction of both Jerusalem temples on this day. Though it is not as fully observed as on Yom Kippur, it is still an important day. It started as a day of mourning for the loss of Jerusalem. When I was studying in Jerusalem in the 80's, my teacher asked "why are we mourning the loss of Jerusalem when we are living in the middle of Jerusalem miraculously rebuilt!" But since grief can be a good thing, and there are many other losses both in history and in our very day, he proposed a half day fast. Fasting for what has been lost. Then some nourishment to give thanks for our blessings now.

SO JOIN US! Fasting or not. Fasting for a half or full day. We will spend the last hour of the morning together learning about Tisha B'Av and discussing the losses we are aware of and the grief we may or may not be feeling.... Ending with a brief closing ritual.

***Last Session!**

Wise Aging through Jewish Mindfulness

All are welcome to this last session of this special series.

*(You don't have to be Jewish
or have meditation experience)*

***Tuesday, July 7 - Shul Classroom
2 pm - 3:15pm***

For those who would like to take a deeper dive, learning how mindfulness practice can help us embrace aging as a spiritual practice.

All levels welcome. Contact Rabbi Steve with any questions: 720 382-7836, or sbnadav@kavodseniorlife.org

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,
We hope July brings warm weather and more outdoor opportunities!

Doggone Fun: I (Michael) and a few other staff enjoyed being judges for May's Dog Show sponsored by Resident Council. We enjoyed each "pawsome" canine participant, big and small. Congratulations to Vivian Weinstein for winning Best in Show for her pooch, Esme, who was bark-tastic!

Check In Buttons: Just a friendly reminder to press your red "Check In" button each day between 5:00 a.m. and 10:00 a.m. so we know you are okay, unless you are on the away list. Residents who regularly miss check-in may receive a Notice of Compliance.

Security Updates: In May, as part of Kavod's ongoing security efforts, leadership members and Resident Council volunteers spent time in each building lobby helping visitors check in at the kiosks. Many visitors, including families and caregivers, did not know they needed to check in. Please remind your visitor they must check in, wear their name badge while at Kavod, and check out. We received feedback regarding the kiosk process and are working on solutions.

As of July 1, 2026, the back doors of each building are locked from 9:00 p.m. to 7:00 a.m. for additional security measures. Those who are parked in the lots will still have access with their fobs. All others will need to enter through the main entry doors.

Please ensure doors are not propped open with rocks or other objects.

West Building Ledge Project: Thank you for your patience as repairs continue on the west building ledges. Because the building was constructed in 1969, these repairs are needed to maintain safety. We understand the drilling and hammering can be disruptive, but this work is important to help protect everyone below.

Phone Etiquette: To help keep shared spaces comfortable for everyone, please avoid using speakerphone during classes, activities, programs, and in smaller areas like elevators.

Pet Waste: Please remember to clean up after your pet and follow all pet rules. Thank you for helping keep Kavod clean, comfortable, and enjoyable for everyone.

Be well,

Michael Klein & Kara Harvey

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.***



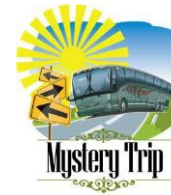
Dollar Tree Shopping trip **Thursday, July 2**

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

Be sure to bring cash or your credit card for this shopping trip.

Deadline to signup: July 1

Please call Connie at 720-382-7813 to reserve your spot!



Tuesday, July 7
3 pm – Van Trip

Texas Roadhouse Steakhouse

Travel with us for the Early Bird Special Dinner! *Everyone will choose from the Early Bird Specials Menu with choices from Steaks, Chicken Dinners, and more! We promise a fun ride, great ambiance in the restaurant, delicious food and lots of fun! Cost of dinner is paid by Life Enrichment.*

Deadline to signup: July 6

Please call Connie at 720-382-7813 to reserve your spot!



Wednesday, July 15
8:30 am – Van Trip

Indian Hot Springs & Lunch

Enjoy the wonderful indoor Indian Hot Springs **Mineral Water Swimming Pool** in Idaho Springs. Under the translucent dome lies a tropical paradise. The swimming pool is continually fed with hot mineral water at 115°, with an average temperature of 90° to 100° for the pool. **Bring your own towel!** We will depart the hot springs at Noon to go to downtown Idaho Springs for lunch. *Approximate return time to Kavod is 3 pm. **Please call Connie at 720-382-7813 to reserve your spot!***

Deadline to signup: July 10



**Super Target Shopping trip
Wednesday, July 21**

*Depart at **2:30 pm** in front
of **West** Building

**Be sure to bring cash or your credit
card for this shopping trip.**

Deadline to signup: July 17

***Please call Connie at 720-382-7813 to
reserve your spot.***



***Mystery Mountain drive &
Lunch***

**Friday, July 31
11 am - Van Trip**

Join us as we get out of the city and
enjoy the fresh mountain air for a
stunning drive through the Rocky

Mountains of Colorado, just 40
minutes from Denver.



We will have lunch
at a restaurant
that offers a wide
variety of items to

choose from.

Cost of meal is paid by Life
Enrichment.

We will be at an elevation of about
6,368 feet.

Our ***approximate*** return time to
Kavod is 3 pm.

Deadline to signup: July 24

***Please call Connie at 720-382-7813 to
reserve your spot!***

Assisted Living Activities



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, July 1

12:15 pm – Gathering Room

What's Happening this month with Life Enrichment

Join Connie Moore, Director of Life Enrichment to hear about this month's classes, events and trips!

*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!

DENVER BOTANIC
GARDENS

Friday, July 24

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.



Wednesday, July 28

12:15 pm – Gathering Room

“Mozart the Entertainer”

Garden parties, lavish dinners, graduation celebrations -- out of these informal, wine-soaked gatherings came some lovely outdoor music for the fun-loving Viennese, compliments of Mozart. His 30 Serenades and Divertimentos bubble over with catchy marches and gorgeous melodies. In this Active Minds program, we'll sample the lighter side of Mozart.

ACTIVITY *guide*



All Mondays in July

****New time & Location!***

***2:30 pm – 4:30 pm**

Shul Classroom

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.

This is the Resident's **WRITING CENTER**.

Come claim it. Help make it what you want—to serve residents 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.



Thursday, July 2

6 pm – East Lawn

Independence Day Concert with The Queen City Jazz Band!

Join us for an amazing Independence Celebration Concert with a Kavod favorite, The Queen City Jazz Band! Enjoy a beer, wine or soda while listening to the concert outdoors. Everyone will receive a small American flag.

****NEW!**



Challah Braiding with Zeldy

Thursday, July 9

10 am – Mt. Blue Sky

Everyone's invited!

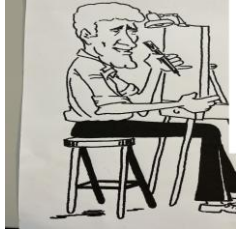
Join Zeldy to learn how to braid Challah!

- ✚ Learn new and different shapes
- ✚ Take your braided loaf and rolls home to bake and enjoy!

No cost or sign-up required

All materials provided

*NEW Art Series!



**Thursdays, July 9, 23 & 30
(Also August 6)**

Sculpting and Sketching the Human Face 2 pm – Pikes Peak

A rare opportunity to learn portraiture from Kavod's own resident artist. Over 4 sessions, Jim Bartush will guide us through the anatomy of the face, starting with air-dry clay and moving into pencil sketching. All skill levels welcome. Materials provided, just bring them with you each week so you can build on your progress. You can do it!



**Thursday, July 9
6 pm – Pikes Peak**

Resin Arts Class with April

Join April for a fun art class! This month we will continue to add to our skills we learned last month. With a Summer theme we will be putting images on the dominoes and tins and adding lots of bling to make something beautiful! Come and join us! If you have any small tins bring them to class to share or to work on yourself. All supplies are included. Any donations of old jewelry, watches or bling gratefully accepted. We will be using a lot in the next few months!



***Starts July 15 through August 19
Wednesdays
11 am - Shul Classroom**

We're happy to bring back Music and Memory! Join us for a weekly hour of listening to and discussing music with students from Regis University. Each week we'll focus on a different theme, sharing the songs that have meant something to us along the way. Music and Memory has been shown to lift mood, ease anxiety, and bring back the joy of old favorites. Plus, it's just a wonderful way to spend an hour. Our final week on August 19 will be a celebration, details to follow.

Spots are limited and registration is required. To sign up, contact **Ming at Life Enrichment** — mhwong@kavodseniorlife.org or 720-382-7820.



**Film Screening:
*Centered: Joe Liberman***

**Thursday, July 16
10:30 am – Shul Classroom**

Join us for the film screening of *Centered: Joe Liberman*, by Rob Schwarz Founder of Hidden Light Institute and Executive Producer of the film. Mr. Schwarz served as Chief of Staff to Senator Joe Lieberman, of blessed memory, during Lieberman's tenure as Connecticut State Senate

Majority Leader. **Centered: Joe Lieberman**, a powerful and timely new documentary directed by Jonathan Gruber. The film offers an intimate and inspiring portrait of Senator Joe Lieberman, tracing his journey from New Haven to the national stage as the first Jewish nominee on a major U.S. presidential ticket. Through never-before-seen archival footage and personal interviews with family, friends, and colleagues, the film highlights Lieberman's legacy of integrity, bipartisanship, and public service values that feel especially resonant right now. This film is also about the sanctity of Democracy, importance of bipartisanship and the need for civility amongst Americans.

Refreshments served.



**Summer Wreath Making with Ming
(Oranges & Lemons)**

**Thursday, July 17
2 pm - Pikes Peak & MBS**

If you missed the Spring Wreath making class, here's your chance to join us again.

This time our theme "Summer Wreaths" with lemons and orange peels. Materials provided. Come ready to create something beautiful for your door.



**Sunday, July 19
12:45 pm - Dining Room**

**Birthday Celebration with
The Cow Jazz Trio!**

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, July 21
11 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

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! Sound interesting? **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!

Many thanks for completing the "Kavod Programs Survey"!

Thank you so much for participating in the Kavod Programs Survey to support H&W

programming!!! This is crucial as the funds support all of our fitness and wellness classes/events! The raffle winners were not available at the time of print, but you know who you are!! We greatly appreciate your feedback and support with completing the survey!

Pump it for Parkinson's

Thank you to everyone that met us on the NuSteps in April for Pump it for Parkinson's on April 9th! We surpassed our goal of 75,000 steps with the support of our walkers, NuSteppers, and cyclists! Our lucky winner of a brand-new pair of shoes was Lydia! Thank you everyone that helped us reach our goal and bring awareness to Parkinson's!!

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/>

Access-a-Ride 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!**

Special H&W Offerings for July 2026

Tuesdays @ 10am & Thursdays @ 11am

HWC/Pikes Peak

Boxing for Seniors

This fun and energizing class supports healthy aging through movement, coordination, flexibility, functional strength, and music! Participants enjoy rhythmic movement, stretching, boxing-inspired exercises, and hand-eye coordination activities that promote balance, mobility, posture, and confidence. Adaptable to all fitness levels, the class encourages active and independent living. Come join this full-body wellness experience!

Date to be determined

9am - 1pm - HWC/Mt Blue Sky

APPOINTMENT REQUIRED

Vet Clinic

Our vet clinic is back to serve your animal needs! We have received funding to support every animal that signs up for a well visit and HUD required vaccines (up to \$100/apartment). Dr Fishman and Waldbaum will be our onsite vets! Please sign up at the front desk. The vet clinic will be monthly through the rest of the year!

Wednesdays

3-4pm - HWC/Pikes Peak

Holding Our Stories: A Healing Circle

Are you navigating life transitions, change, loneliness, trauma, and loss? Join Good Grief therapist, Tracy Nall, for a 12-week grief and healing circle that is designed for all! This circle will draw from the frameworks of grief theorists and practitioners including J. William Worden, Francis Weller, and David Kessler, recognizing grief as a universal human experience that is best carried out in community. Wondering what to expect? The circle will emphasize connection over fixing, witnessing over advising and will engage attendees with speaking, writing, listening, observing art, gentle movement and more! Every week is different!

Wednesday, July 8th

10am - Gathering Room

Low Vision Group

Join Lydia Van der Vorst, Kavod Care Coordinator and Low Vision instructor, as she supports your low vision journey with monthly presenters, opportunities to apply for in-home low vision support, processing your vision loss and more!

Wednesday, July 8th

1pm - HWC/Pikes Peak

Herbalism Series: Pain Management Oil

Stiff joints, aches, and pains are no match for these herbs. Experience relief and nourishment with topical herbal extracted oils. We will blend and formulate the oils in class for a ready-made remedy. *The herbalism series will be a monthly offering every 2nd Wednesday from 1-2pm.*

Thursdays ***NEW DAY and TIME***

10am – HWC/Pikes Peak

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.*

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.

***SPECIAL* Friday, July 10th**

12pm – HWC/Pikes Peak

Exercise Trivia + Strength Training Class with Legacy

Did you know that strength training when done regularly helps you combat weakness, frailty, build muscle strength, preserve bone density, independence as you age? Join us on July 10th for a SPECIAL version of strength class featuring exercise trivia and SNACKS! Come by to learn more about the benefits of exercise and other fun facts about fitness!



May Gifts

GENERAL

Garrett Barter
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