




Kavod Senior 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)</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: Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other</p>					
			<p>1 10:00 English Language Practice—MBS 11:30 Good Vibes with Rick & Coffee in the Bistro 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 4:30 Tech Help with Lauren—Bridge 5:30 Holding Our Stories: A Healing Circle—Pikes Peak</p>	<p>2 *9:30 King Soopers—trip 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak 2:00 Life Enrichment “What’s Happening at Kavod” with Cookies & Iced Tea—SHC 2:30 Mindfulness Practice—MBS 4:30 Piano Music by Tory—DR 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</p> <p>5:00 Resident Led Kiddush in the Dining Room</p>	<p>4</p> 
<p>5 12:00 Piano Music while you dine by Christine-DR 2:00 Current Events—SHC 3:00 Painting & Wine with Polly—Pikes Peak</p>	<p>6 *9:30 Super Walmart—trip 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center— *NEW time & location: SHC</p>	<p>7 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak *11:45 JFS Food Bank & Pantry—trip 2:00 Mindful Wise Aging—SHC</p>	<p>8 10:00 Low Vision Support Group—GR 10:00 English Language Practice—MBS 10:00 SNAP Enrollment—East Lobby 11:15 Life Enrichment BBQ & Summer Concert—West Building Top Deck 12:00 Gentle Yoga—MBS 1:00 Herbalism Series—Pikes Peak 1:00 Mahjong Players—Bridge 4:30 Tech Help with Lauren—Bridge 5:30 Holding Our Stories: A Healing Circle—Pikes Peak</p>	<p>9 10:00 Relaxation Hour—PP 10:00 Challah Braiding 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 6:00 Resin Arts Class with April—Pikes Peak</p>	<p>10 *8:00 Georgetown Loop Railroad—trip 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 Lbby 2:00 Ceramics & Nature—Pikes Peak 6:00 Musical Shabbat Service with Rabbi Kim and Brian—SH</p>	<p>11</p>  <p style="text-align: center;">NEXT PAGE</p>

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<p>12 10:00 Non-Denominational Christian Services with Rev. Dale —Pikes Peak</p> <p>2:00 Current Events—SHC</p>	<p>13 *9:00 Mountain Casino—trip</p> <p>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>14 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>*11:45 JFS Food Bank & Pantry—trip</p>	<p>15 *8:30 Indian Hot Springs—trip</p> <p>10:00 English Language Practice-MBS</p> <p>11:00 Music & Memory—SHC</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Active Minds “Amelia Earhart”—Pikes Peak</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>16 10:00 Relaxation Hour—Pikes Peak</p> <p>10:30 Joe Liberman “Centered” Film Screening—SHC</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>4:30 Piano Music by Tory—DR</p>	<p>17 *10:00 Bimbo’s Bread & Bakery Discount Outlet—trip</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength Training for Seniors—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Café—East Lobby</p> <p>2:00 Summer Wreath Making with Ming—Pikes Peak</p>	<p>18 10:00 Shabbat Services with Dr. Seth Ward Begin Deuteronomy! —SH</p>
<p>19 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>12:45 Birthday Celebration with The Cow Jazz Trio — DR</p> <p>2:00 Current Events—SHC</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>21 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors -Pikes Peak</p> <p>11:00 Uniguest Learning Session with Ming—Bridge</p> <p>*11:45 JFS Food Bank & Pantry—trip</p>	<p>22 10:00 English Language Practice—MBS</p> <p>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 *9:00 Dollar Tree—trip #1</p> <p>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>*1:00 Dollar Tree—trip #2</p> <p>2:00 Sculpting & Sketching with Jim—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</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>12:00 Piano Music while you dine by Christine-DR</p> <p>2:00 Current Events—SHC</p> <p>3:00 Get Grill On with Katie—West Bldg Top Deck</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>28 *9:00 King Soopers—trip #1</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 King Soopers—trip #2</p>	<p>29 10:00 English Language Practice—MBS</p> <p>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>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 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></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!

Don't miss the Life Enrichment "What's Happening at Kavod" on Thursday, July 2nd at 2 pm in the Shul Classroom. We will have a variety of cookies and Iced Tea to enjoy during the meeting. Bring your July 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.***

Please note that Opening Minds through Art is on hold for now.

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

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.

Be sure to attend this patriotic and inspirational performance.

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 June 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



KAVOD RESIDENT COUNCIL
SERVING OUR COMMUNITY

3rd Annual Dog Show

Our 3rd Annual Dog Show was a huge success and so much fun!

Grand Prize: Esme & Vivian Weinstein

2nd Place: Charlie & Barbara Shafran

3rd Place: Joey & Iris Jacobson

Congratulations to all of our winners! And a great big **thank you** to everyone who participated and came out to watch.

A special **Bow Wow** goes to our Dog Show judges—Jackie Schwartz, Michael Klein, and Sue Lupo—who had the difficult job of making the final decisions. We’re already looking forward to making the event even bigger and better next year!

Annual School Supply Drive

Our Annual School Supply Drive is in full swing and off to a great start. This year, we are supporting **Lawrence Elementary School**. While all school supplies are appreciated, the school is currently in special need of **baby wipes** and **Kleenex**. These are the items teachers run out of most often and frequently have to replace with their own money. A complete list of requested supplies was placed in resident mailboxes at the beginning of June. You can also find the list, along with the donation box, in the Salon/Spa during regular business hours.

The drive will continue through **August**. Thank you for your generosity and support!

Resident Council Elections

Please keep in mind that in **September** we will begin accepting names for the ballot for the positions of **Co-Chairs** and **Secretary** for the **2027–2028 Resident Council Executive Board**.

You may run for Co-Chair with someone you know, or the first and second-place winners on the ballot will serve together as Co-Chairs. If you are interested in serving, please let **Karen Wollman** or **Roz Brooks** know of your intentions. Voting will take place in **October**.

Thank you for helping make our community such a wonderful place to live!

*****Our next meeting will be on:
Thursday, July 16, 2026*****

RESIDENTS - REMEMBER SCOOP THE POOP!!!

ALL VISITORS, CAREGIVERS AND FAMILY MUST SIGN IN WHEN ENTERING THE BUILDINGS

HAVE A GREAT SUMMER!!!

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

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

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

Secretary: Beverly Bolden apt. 408E

Board & Planning Committee:

Sandy Brodsky

Linda Mason Gallagher

Bob Lawrenson

VOLUNTEERS ALWAYS WELCOME AND NEEDED

✉ kavodresidentcouncil@gmail.com

📞 Questions or suggestions welcome!

Life Enrichment

The Volunteer Connection



Megan Dearman

Volunteer Engagement Coordinator

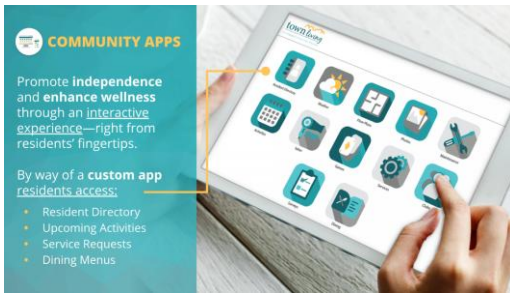
We're excited to welcome new volunteer Gabrielle, whose mother is a trusted veterinarian for many Kavod residents! Gabrielle will be volunteering her time by offering weekly dog walking on Wednesday afternoons as she prepares for her junior year—simply as a way to give back to the community. If you would like your dog to join her for a walk, appointments are required.

Please contact me to schedule via email at mdearman@kavodseniorlife.org or by phone at 720-382-7849.

Thank you to our new gift shop kiosk volunteers. Because of your help, the kiosk has been open more consistently, and many residents and visitors have appreciated the added access.

We're also happy to welcome another new volunteer named Jyl (Zhenya), who is excited to support residents with technology and digital wellness. She will be available to meet one-on-one with residents to help with things like using smartphones, tablets, or computers, learning new features, staying connected with family and friends, and feeling more confident navigating the digital world. All sessions will be one-on-one and scheduled in advance based on availability.

(continued next page)



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**

The Volunteer Connection

(continued)

In addition, she'll be helping with Kavod's iPad lending library to support residents with checking out iPads and learning how to use them, whether you're brand new or just looking to build your skills.

Jyl (Zhenya), speaks both English and Russian and is happy to provide support in either language.

Please contact me to schedule via email at mdearman@kavodseniorlife.org or by phone at 720-382-7849.



Low Vision Newsletter

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, **please contact Ming at 720-382-7849.**

This will be delivered to you along with the regular newsletter near the end of each month.

LIFE ENRICHMENT CODE OF CONDUCT

Mutual Respect: All participants must treat staff, peers, Kavod vans, and meeting/classrooms with respect at all times.

Punctuality: Timely arrival is required. Late entry to classes may be denied, and missed trips due to tardiness are non-refundable.

Health & Safety: For the well-being of the group, individuals experiencing illness should refrain from attending programs or trips.

Technology Etiquette: Please silence and put away cell phones during classes and presentations. Headphones are required for personal audio or gaming.

Environment: Smoking is strictly prohibited and participants are responsible for disposing of their own trash in classrooms and on Kavod vans.

Transit Safety: To ensure safety, please do not engage the driver in conversation while the van is in motion, except in emergencies.

Conduct: Abusive language, harassment, or disruptive behavior will not be tolerated.

Age Requirement: Our programs and trips are for those 16 and older. Younger guests are always welcome when accompanied by a guardian.

Consequences of Policy Violations

You may not be allowed to attend classes and/or go on trips. The incident will be reviewed by the Life Enrichment staff and a decision will be made after careful examination of the incident.

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, July 7, 14 & 21
11:45 am – Van Trip
JFS Food Bank & Pantry

UPDATE! PLEASE NOTE: We no longer have a grant to pay the transportation costs for this trip, so starting in AUGUST 2026 Residents will be charged \$3 roundtrip transportation to go on this trip.

Each month we take residents to Jewish Family Services to pick up their commodity boxes and receive items in the JFS Food Pantry. ***Please bring your own bags.***

***Please remember,** you can be refused service for not following the rules or 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.** **At the request of JFS, we are limited to 6 residents for each trip.**

****Residents: \$3**

Deadlines are 4 days before each trip

For questions call Connie at 720.382.7813.



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 and shopping on your own, ***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 has passed, check front desk for availability.



Monday, July 13_
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: July 10



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!**

****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 17
10:00 am - Van Trip
Bimbo's Bakery & Bread
Outlet Shop

Join us as we go to Bimbo's bakery and bread outlet. You can shop for a large variety of breads, sweets, bakery items, cakes, packaged soups, pastas and many more items at greatly discounted costs.

Residents: \$3 transportation

Non-Residents: \$6

Deadline: July 10



TRIPS

Coming in AUGUST 2026!



Wednesday, August 5
9 am – Van Trip

Royal Gorge Bridge & Park

The World's Highest Suspension Bridge!

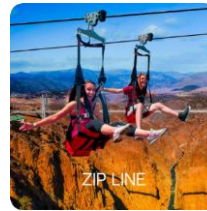
Travel with us to *scenic and breathtaking* Canyon City where we will visit the world famous and amazing Royal Gorge Bridge and Park. **One day, about 3 million years ago**, a trickle of water slowly began to carve out a canyon from the solid granite bedrock around it. Little by little, that tiny trickle became the raging Arkansas River, one of the United States' longest rivers. And that canyon became the Royal Gorge.

At approximately 10 miles long and surrounded by red granite walls towering over 1,000 feet, it's no wonder some of the first American explorers referred to it as the Grand Canyon of the Arkansas

Access to the park, bridge and Gondola Ride, Museum and Theatre (see the Movie about the History of the Park) are ALL included in the price! You can ride the free trolley or walk across the bridge!



****Please note: We recommend those with mobility issues ride the gondola starting at the Visitor Center and do the round trip. When you return to the Visitor Center you can then catch the shuttle to cross the bridge.**



The Skycoaster and Zip Line are extra pay attractions, you can buy your tickets there.

Ride around the park on the free **Trolley** or walk around and take in the natural wonder of the Royal Gorge and its surrounding scenery. **The Visitor Center** offers a gift shop where you can find a souvenir, or enjoy **lunch in Café 1230**. From the deck of the Visitor Center you can watch thrill seekers defy gravity as they come soaring over the Gorge on the Zipline. Across the bridge you can dine at the **Bridge View BBQ** for delicious pit smoked foods. Don't forget to grab an **Ice Cream** treat at locations found all around the park!

Bring good walking shoes, sunscreen, hat and sunglasses. We provide bottled water on the van and some snacks.

We will depart the Park at 4 pm, with a quick dinner stop on the way home. Our estimated return time is approximately 7 pm.

Residents \$50 includes park entrance and transportation

Non-residents \$65 includes park entrance and transportation

Deadline: July 25



TRIPS

Coming in AUGUST 2026!

Thursday, August 20

7 am – Van Trip

Terry Bison Ranch

Ride the Bison Train!



Travel with us to the historic and famous Terry Bison Ranch in Cheyenne, Wyoming!

Join us for an exciting day trip for a true western experience set on a working ranch in the wide-open prairie. This unique destination offers guests the chance to explore ranch life firsthand, enjoy scenic countryside views, and **see herds of Bison** and other animals in a relaxed, natural setting.



ranch train through the scenic property, **see the Bison up close and personal**, and learn more about the ranch’s history and daily operations.

Train is handicapped accessible.

Please dress appropriately for outdoor conditions and **be prepared for walking on uneven ground and varied terrain.**

Bring comfortable walking shoes, sunscreen, hat and sunglasses. We provide bottled water on the van and some snacks.

We will depart the Ranch at 2 pm, with a quick dinner stop on the way home. Our estimated return time is approximately 6 pm.

Residents \$55 includes Bison Train Tour and transportation

Non-residents \$70 includes Bison Train Tour and transportation

Deadline: July 23



When we arrive you will have time for a restroom break and then board the famous



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



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.



**Thursday, July 2
2 pm – Shul Classroom**

**“What’s Happening”
with Life Enrichment**

We will have a variety of cookies and iced tea 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!**

****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 Lieberman

Thursday, July 16
10:30 am – Shul Classroom

Join us for the film screening of *Centered: Joe Lieberman*, by Rob Schwartz 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
- 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! 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
Judy & Gary Saltzman, In Memory of RJ Ours,
z"ll

HEALTH & WELLNESS

Arlene Mobell, In Hnonor of Sarah Fun

HEALTH & WELLNESS GRANT

JewishColorado

RESIDENT SERVICES

Benefits in Action

SAFETY AND SECURITY GRANT

Future Without Violence

SUMMER EVENT 2025-SPPONSORSHIP

Securitas

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