



Kavod Assisted Living at Cherry Creek

Activity Calendar — AUGUST 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Room Location Guide:</i> 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	<i>Color Guide:</i> Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other					1
2 2:00 Current Events—SHC 6:00 Rummikub Games—GR	3 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 12:15 AL Food Committee—GR 2:30 The Writing Center—SHC 5:15 Sing Along with Christine— GR	4 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 1:00 Mahjong (Intermediate) Players—Bridge 6:00 Rummikub Games—GR	5 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 6:00 Tech Help with Lauren—Bridge 5:15 Painting & Wine with Polly—GR 5:30 Holding Our Stories: A Healing Circle—Pikes Peak	6 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak *2:00 King Soopers—trip 2:00 Sculpting & Sketching with Jim—Pikes Peak 2:30 Mindfulness Practice—MBS *SPECIAL EVENT! 6:00 “Ain’t Done Just Yet” Musical Revue & Happy Hour—Pikes Peak & MBS	7 10:00 Gentle Yoga—PP 11:00 Mindfulness Fiber Arts—MBS 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	8
9 10:00 Non-Denominational Christian Services with Rev. Dale —Pikes Peak 2:00 Current Events—Shul Classroom 6:00 Rummikub Games—GR	10 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center— SHC 2:30 DPL Bookmobile—GR 5:15 Sing Along with Christine— GR	11 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 1:00 Mahjong (Intermediate) Players—Bridge 2:00 Mindful Wise Aging—SHC 3:00 Happy Hour Bingo—GR 6:00 Rummikub Games—GR	12 10:00 Low Vision Support Group—GR 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 1:00 Herbalism Series—Pikes Peak 5:30 Holding Our Stories: A Healing Circle—Pikes Peak 6:00 Tech Help with Lauren—Bridge	13 10:00 Relaxation Hour—Pikes Peak 11:00 Sacred Grounds with Rabbi Steve—Bistro 11:00 Boxing for Seniors—Pikes Peak 12:00 Back to School Trivia with Ming + Lunch—Pikes Peak & MBS 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR 6:00 Tote Bag Arts Class with April—Pikes Peak	14 10:00 Gentle Yoga—Pikes Peak *11:00 Morning Story lunch —trip 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 Lbby 2:00 The Ceramic Studio—Pikes Peak 3:00 Rosary with Sister Magdalit—MBS	15 10:00 Shabbat Services with Dr. Seth Ward —SH  NEXT PAGE

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23 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak 2:00 Current Events—SHC 6:00 Rummikub Games—GR	24 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center— SHC 2:30 DPL Bookmobile—GR 5:15 Sing Along with Christine— GR *Special Event 6:00 Oral Health Presentation + BINGO—Pikes Peak	25 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 1:00 Mahjong (Intermediate) Players—Bridge 12:00 Jazz Café & Coffee Hour—EAST Bistro 6:00 Rummikub Games—GR	26 12:00 Gentle Yoga—MBS 12:15 Good Vibes & Tunes with Rick- GR 1:00 Mahjong Players—Bridge *2:00 Walmart—trip 3:00 Rocky Mountain Red Hat Cook out—West Building Top Deck 5:30 Holding Our Stories: A Healing Circle—Pikes Peak 6:00 Tech Help with Lauren—Bridge	27 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors-Pikes Peak 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR	28 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 The Ceramic Studio—Pikes Peak	29 10:00 Shabbat Services with Dr. Seth Ward —SH
30 10:00 Non-Denominational Christian Services with Rev. Dale —Pikes Peak 2:00 Current Events—SHC 3:00 Get Grill On with Katie—West Bldg Top Deck 6:00 Rummikub Games—GR	31 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center—SHC 5:15 Sing Along with Christine— GR					 PREVIOUS PAGE

AUGUST 2026

Connie's CORNER



Hi Everyone,

We have planned some great trips, classes, and events this month so be sure to come join the fun!

Be sure to attend the **"What's Happening in Assisted Living with Life Enrichment" on Wednesday, August 5th 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

National Senior Citizens Day – August 21!

From The American Presidency Project, Proclamation 6321—National Senior Citizens Day, 1991:

Join us for a "Laugh & Learn" with Borscht Belt Humor on Friday, August 21 at 1:30 pm in the Shul Classroom to celebrate this special day! "Many a poet and philosopher has reverently described it as 'the autumn of life,' or the rich twilight that eventually follows the glorious day of youth. Today, however, millions of American seniors are changing the way we view old age. Far from fading into the sunset, these men and women are serving as brilliant points of light in their communities. They are serving others through a host of volunteer programs and personal acts of kindness; they are sharing their ample knowledge and experience in the workplace; and they are quietly enriching their families with a wealth of love and wisdom. Across the United States, older Americans are proving that the senior years -- like any other season in life -- hold great opportunities and rewards of their own."

We celebrate your wisdom, strength and invaluable contributions. On this day, let us pledge to stand together so we may live with dignity, health and happiness.

From Chaplaincy and Spiritual Services



**Friday, August 14
3 pm – Mt. Blue Sky**

Rosary with Sister Magdalit, Jewish community liaison for the Archdiocese of Denver.

Sister Magdalit Bolduc and Rabbi Steve have been friends for years. She is French Canadian and is a consecrated sister in the Community of the Beatitudes.

She regularly leads pilgrimages to Israel, where she lived for 12 years. Come learn about her work and calling as liaison between the Catholic and Jewish communities.

Also: Optional opportunity to participate in rosary prayers.

AND.... She may join us for Shabbat candle lightings, 4:30 in Assisted Living dining room and 5 pm in Senior Living main dining room.

Fall harvest festival of Sukkot begins at sundown on Friday Sept. 25. And runs for a week.



MINDFUL WISE AGING:

I am my body. I am not my body

Tuesday, August 11

2 pm - 3:30 pm - Shul Classroom

In this continuation of our earlier series, we will explore **chapter three** of the book **Wise Aging: Living with Joy, Resilience and Spirit**, and explore how mindfulness can help us meet physical and emotional challenges.

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



Upcoming High Holidays

Rosh Hashanah/Jewish New Year begins at sundown Friday, September 11 and runs through the weekend.

Yom Kippur begins at sundown Sunday, September 20, through sundown Monday, September 21.

Remember

WE REMEMBER THEM

Almighty One, what are human beings that you take note of them, the children of humanity that you should think of them? A human being is like a momentary breeze, a person's days are but a passing shadow. At dawn, life blossoms and renews itself, at dusk, it withers and dries up. You return a person unto dust.

You say: Return, O children of humanity!

(From Psalms 144 and 90)



Peggy Phillips



Jerry Gelfand (former long-time Kavod resident)



Stuart Shinbein (former long-time Kavod resident)

May their memories be for a blessing!

Galina Tsivilko (No photo available)

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,

We cannot believe it is already August! This year is flying by. Below are a few reminders to ensure Kavod is a pleasant place to live for all. Please report any concerning behaviors to the front desk.

- **Pet Rules:** If you have a pet, please adhere to the protocols outlined in the House Rules. These include, but are not limited to:
 - Maintaining a pet within your apartment
 - Keeping a dog on a leash and as close to you as possible to avoid injury to them or others (which may occur if they wander too far)
 - Disposing of animal waste appropriately and regularly in apartments; picking up dog waste outside using a doggie bag and disposing it into waste baskets

No unruly, unsupervised, or uncontrolled pet behavior is allowed. Any animal that causes bodily harm to a tenant, guest, or staff member will be

reported to Denver Animal Protection and may be permanently removed from the community.

- **Electrical Appliances and Other Equipment:** Electric fireplaces, space heaters, portable washers/dryers, or dishwashers are not allowed in apartments. These appliances require high utility costs and may cause flooding or fires. If you have one of these or related items, it must be removed immediately.
- **No Smoking Community:** As a reminder, Kavod is a no smoking / no vaping community.
 - Smoking in apartments, stairwells, and on the property is forbidden and will result in a lease violation notice.
 - If you smoke outside and off the property, be mindful of your surroundings; pick up and dispose of cigarette butts responsibly. There are several cigarette butt disposals in the back alleyways.
 - Do not put butts into the large trash bins, as these have started fires.

Thank you for keeping Kavod a safe, beautiful community for everyone who lives and works here.

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. Reservations are required.***



King Soopers Shopping trip **Thursday, August 6**

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

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

Deadline to signup: August 4

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



Friday, August 14
11 am – Van Trip

Morning Story Restaurant

Join us for a delicious brunch or lunch at the popular Morning Story Restaurant where you can choose from over the top pancakes or gourmet burgers, and many more items to choose from.

Cost of lunch is paid by Life Enrichment.

Deadline to signup: August 10

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



Tuesday, August 18
2:30 pm – Van Trip

The Denver Museum of Nature & Science **Infinity Theatre "TREX" & *MYSTERY* Dinner—trip**

Join us as we experience the undisputed king of the dinosaurs, the greatest of All Tyrants — as it roars to life on the giant screen in the film "TREX." ***After the film we will have dinner at a MYSTERY location!***

Approximate return time to Kavod is 6 pm.

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

Deadline to signup: August 10



Walmart Shopping trip
Wednesday, August 26

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

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

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

Deadline to signup: August 20

The Volunteer Connection



Megan Dearman
Volunteer Engagement Coordinator

Please note that Megan will be out for an
undetermined time, please contact Connie
Moore, Director of Life Enrichment with any
volunteer needs or questions, thank you.

**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, August 5
12:15 pm – Gathering Room

**What's Happening this month with Life
Enrichment**

****Meet our new Life Enrichment Assistant
DeAngela!** And 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!**

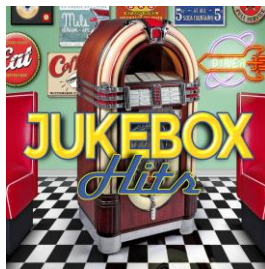
Assisted Living Activities



Wednesday, August 5

Painting & Wine with Polly 5:15 pm – Gathering Room

Join your friends and neighbors for a fun evening of painting and wine! **No cost**, professional instructor, all materials, wine and laughter are provided!



Thursdays, August 13 & 27
5 pm – Gathering Room

Dancing to the Oldies

Join your friends and neighbors twice a month after dinner for a fun hour of toe tappin' tunes and dancing to the oldies!

DENVER BOTANIC GARDENS

Friday, August 21
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. Each program will be different and designed to fulfill participant goals while providing an enriching and engaging opportunity.



Wednesday, August 26
12:15 pm – Gathering Room



Good Vibes & Tunes with Rick

Enjoy some good vibes and tunes with Rick Weingarten and his Vibraphone right after lunch!

Rick is a Kavod favorite and has been coming to Kavod to entertain for many years.

ACTIVITY *guide*



All Mondays in August

***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.



**Challah Braiding
with Zeldy**

**No Class in August, but Zeldy will
return on September 17!**



***Last Session!**

Thursday, 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, August 13
12 pm – Pikes Peak & MBS
Back to School Trivia + Lunch

Thursday, August 13 • Pikes Peak and MBS Class is in session! Join us for a relaxed afternoon of trivia and lunch with staff and your neighbors. Teams of 2–3 will be mixed across residents and staff departments, so you'll get to play alongside familiar faces and meet some new ones. No trivia expertise required, just come ready to have some fun. Sign up as a team or on your own and we'll place you. Start brainstorming your team name now, bonus points for school spirit.

Lunch will be provided at no cost to you.



Thursday, August 13
6 pm – Pikes Peak

Tote Bag Art Class with April

Join April for a fun art class! This month we are going to learn a new multi-media project learning how to take any print and make a cute tote bag with mod podge. If you have a tote bag you would like to put a pic on please bring that, or you can use one of ours. Tell your friends, we will be having a great time! Prints with various subjects will be available for you to choose from.



Sunday, August 16
12:45 pm – EAST Dining Room

**Birthday Celebration with
The Michael Friedman Duo!**

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 Ming at 720.382.7820.*



Fridays, August 14 & 28
2 pm – Pikes Peak

The Ceramic Studio

Holidays are coming! Learn a new craft, see your possibilities. Stop by & try it out with Katie.



Thursday, August 20
10 am – 3rd floor bridge

Uniguest (formerly Touchtown) Learning Session with Ming

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

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

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

Bring your smartphones, laptops and tablets to this session for help downloading our Community App.

****Please note you may need your pin for iPhones to download apps***



Friday, August 21

1:30 pm – Shul Classroom

National Senior Citizen's Day **"Laugh & Learn"**

Join us for a fun hour of good clean comedy! *Laughter is the best medicine*, so don't miss **Comedian Daniel Roberts**, a retired Rabbi, from Cleveland who was named Cleveland's funniest Rabbi several years in a row. He provides a unique type of comedy show called "Borscht Belt Humor." A really fun way to celebrate **National Senior Citizen's Day!**

No signup required, just drop in!

Refreshments and snacks will be served.



Friday, August 21

2:30 pm – Pikes Peak & MBS

Herbs & Wellness:

The Power of Scent

Join us for another Golden Age Foundation Health & Wellness Workshop with Kalina! Discover the power of herbs as we plant easy-to-grow herbs for your home, explore flavorful herbs for cooking, and experience the wonderful scents of fresh herbs. Together, we'll learn how these simple plants can enrich our daily lives in fun and practical ways. We'll also explore everyday wellness, discussing simple habits and tools you can add to your personal Wellness Toolbox to help support your health and well-being each day.

Light snacks and beverages will be provided.

We look forward to seeing you there!



Wednesday, August 26

3 pm - 6 pm – West Building Top Deck

ROCKY MOUNTAIN RED HAT COOK OUT

Red Hat ladies join us for a cook-out from 3:00 pm - 6:00 pm up on the patio west building. We will discuss the plans.



Sunday, August 30

3 pm - 6 pm – West Building Top Deck

Get Your Grill on! You bring your own meat (no shrimp or pork)

You can bring your own place setting & dinner. Come enjoy the night sky and city lights.



Special H&W Offerings for August 2026

Wednesdays

530-630pm – 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, August 12th

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, August 12th

1pm – HWC/Pikes Peak

Herbalism Series: Skin Disinfectant

In the garden and nick yourself? Accidentally get a cut? No problem. In this class we will talk about wound care. Several herbs disinfect, regenerate skin recovery, and are a spectacular alternative to drugstore brands. We will make a skin disinfectant. *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. The pace is gentle and highly accessible (seated or standing), making it appropriate for a wide range of mobility levels.

***SPECIAL* Monday, August 24th**

6pm – HWC/Pikes Peak

Oral Health Presentation + BINGO

Join us for a fun and informative event featuring a brief oral health presentation, where you'll learn simple tips to keep your smile healthy at any age. Afterward, stay and enjoy a lively game or two of bingo with chances to win exciting prizes. Refreshments will be provided, so come ready to learn, connect, and have a great time!



GENERAL

Garrett Barter
ColoradoGives
Kara Harvey
Florrie Katchen
Jon and Julie Moses, In Memory of Sara
Moses, z"ll
Gaile Weisbly Waldinger

HEALTH & WELLNESS

Arlene Mobell, In Hnonor of Sarah Fun

JEWISH GIVING TUESDAY

Eileen Naiman
Karen Wollman

SAFETY AND SECURITY GRANT

Future Without Violence

SUMMER EVENT 2025-SPPONSORSHIP

Securitas

BEN SEIDMAN SUMMER EVENT 2026- SPONSORSHIP

Alice & Scott Alban
Christina McCausey
Essey Yirdaw
Gregory Nowling
Tanya Davoll
Debbie & Robert Friedman
Kara Harvey
Arthur Judd
Vaughn Nichols
Larry Mizel
Debbie & Frank Piazza
Paul Franke

Alan Reyf
Laurie & Connell Saltzman
Traci McCullough
Paul Riggle
Mark Tseraskrsky
Gaile Weisbly Waldinger, In Memory of Ellen
Cohen Alweis, z"ll

BEN SEIDMAN SUMMER EVENT 2026- DONATIONS

Saundra Brodsky
Michele & Ted Cooper
Frank Goldman
Katherine Kaufman

KAVOD ON THE ROAD ANNUAL CONFERENCE

Marilyn Bogan
Marcia Cooperman

KAVOD ON THE ROAD

Barbara Dey
Phyllis Lann
Carol Phelps
Jim & Ruth Sharon

SHUL

Sandra Kolesnikova