



Kavod Senior 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 12:00 Piano Music while you dine by Christine-DR 2:00 Current Events—SHC 3:00 Painting & Wine with Polly—Pikes Peak	3 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 1:30 Tech Help with Claire—Bridge 2:30 The Writing Center—SHC	4 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak *11:45 JFS Food Bank & Pantry—trip	5 *8:00 Royal Gorge Bridge Park—trip 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 5:30 Holding Our Stories: A Healing Circle—Pikes Peak 6:00 Tech Help with Lauren—Bridge	6 10:00 Relaxation Hour—Pikes Peak *11:00 King Soopers—trip 11:00 Boxing for Seniors—Pikes Peak 2:00 Sculpting & Sketching with Jim—Pikes Peak 2:30 Mindfulness Practice—MBS 4:30 Piano Music by Tory—DR *SPECIAL EVENT! 6:00 “Ain’t Done Just Yet” Musical Revue & Happy Hour—Pikes Peak & MBS	7 *8:30 Indian Hot Springs—trip 10:00 Gentle Yoga—PP 11:00 Mindfulness Fiber Arts—MBS 11:30 Life Enrichment “What’s Happening at Kavod” Lunch & Learn—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	8
9 10:00 Non-Denominational Christian Services with Rev. Dale — Pikes Peak 2:00 Current Events—SHC	10 *9:30 Super Walmart—trip 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 1:30 Tech Help with Claire—Bridge 2:30 The Writing Center—SHC 2:30 DPL Bookmobile—GR	11 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	12 *8:00 Georgetown Loop Railroad—trip 10:00 Low Vision Support Group—GR 10:00 English Language Practice—MBS 10:00 SNAP Enrollment—East Lobby 12:00 Gentle Yoga—MBS 1:00 Herbalism Series—Pikes Peak 1:00 Mahjong Players—Bridge 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 6:00 Tote Bag Arts Class with April—Pikes Peak	14 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 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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16 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak 12:45 Birthday Celebration with The Michael Friedman Duo — DR  2:00 Current Events—SHC	17 *9:00 Mountain Casino —trip 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center—SHC	18 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak *11:45 JFS Food Bank & Pantry—trip	19 10:00 English Language Practice-MBS 12:00 Gentle Yoga—MBS 1:00 Active Minds “Barcelona: Biography of a City ”—*Shul Classroom (this month only!) 1:00 Mahjong Players—Bridge 5:30 Holding Our Stories: A Healing Circle—Pikes Peak 6:00 Tech Help with Lauren—Bridge	20 *7:00 Terry Bison Ranch & Train Ride—trip 10:00 Uniguest Learning Session with Ming—Bridge 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors-Pikes Peak 1:00 Resident Council-Pikes Peak 2:30 Mindfulness Practice—MBS 4:30 Piano Music by Tory—DR	21 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:15 Denver Botanic Gardens Sensory Adventures—GR 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Café—East Lobby *Special Events 1:30 “Laugh & Learn” + Snacks & Refreshments—SHC 2:30 Kalina’s Herbal Workshop—Pikes Peak & MBS 6:00 Musical Shabbat Service with Rabbi Kim and Brian—SH National Senior Citizens Day	22
23 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak 2:00 Current Events—SHC 4:00 Jewelry Making Workshop with Claire—SHC	24 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center— SHC 2:30 DPL Bookmobile—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 *11:00 HIRO Buffet—trip 12:00 Jazz Café & Coffee Hour—Bistro	26 10:00 English Language Practice—MBS 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 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 *9:00 King Soopers—trip #1 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors-Pikes Peak *1:00 King Soopers—trip #2 2:30 Mindfulness Practice—MBS	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 12:00 Piano Music while you dine by Christine-DR 2:00 Current Events—SHC 3:00 Get Grill On with Katie—West Bldg Top Deck	31 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center—SHC					 PREVIOUS PAGE

AUGUST 2026

Connie's CORNER



Hi everyone,

Be sure to join us on some fun trips, classes and special events this month! Read all about them in this issue!

Don't miss out on an informative **"Life Enrichment Lunch & What's Happening at Kavod" on Friday, August 7 at 11:30 am in the Shul Classroom.** We will have a variety of sandwiches and wraps for you to enjoy during the meeting.

Be sure to attend the **"Laugh & Learn" on Friday, August 21 at 1pm in the Shul Classroom to celebrate National Senior Citizens Day!**

Stay in the know! Be sure to log-in to **Unigest/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

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! *More info on p. 14 in this issue.*

"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



KAVOD RESIDENT COUNCIL
SERVING OUR COMMUNITY

Annual School Supply Drive

Our Annual School Supply Drive is in full swing and off to a great start. A reminder that 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 must 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** when ballots will be put in apartment mailboxes. Thank you for helping make our community such a wonderful place to live!

******Get ready. Give and Take will be
Thursday September 10, 2026, 10a – 12:30p
Shul Classroom******

Items missing from Laundry Rooms

Please be mindful of washing machine and dryer times. Be there when your machine stops. It's been reported that items have been removed from machines. **IF YOU SEE SOMETHING, SAY SOMETHING.**

******Please refrain from smoking on Kavod property. That includes your apartment******

*****Our next meeting will be on Thursday
August 20, 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

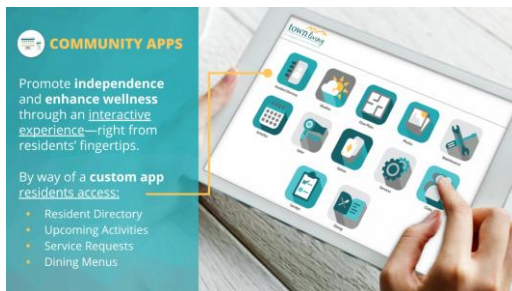
✉ kavodresidentcouncil@gmail.com

☎ Questions or suggestions welcome!

Life Enrichment



Unigest
Community Apps



Life Enrichment is very excited to help you learn about the FREE



Unigest
Community Apps

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**



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.

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.

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, August 4, 11 & 18
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 this month 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.



Wednesday, August 5
8 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. (Continued next page)***

Royal Gorge Bridge & Park

(Continued)



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 has passed, check front desk for availability.



****RESCHEDULED**

**Wednesday, August 12
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, August 17

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: August 10

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.

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

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.

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 has passed, check front desk for availability.



Tuesday, August 25

11 am —trip

Join your friends and neighbors for a fun and delicious lunch outing to the HIRO Japanese Buffet. A splendid array of seafood, sushi, vegetables and desserts, all you can eat. Lunch price is \$14.99, ***Seniors get 10% off***, not including tax and tip.

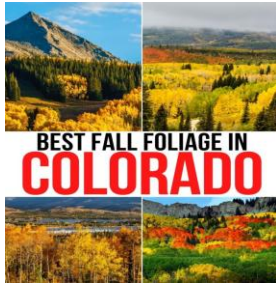
Residents: \$5 transportation – pay for meal there

Non-Residents: \$10 transportation – pay for meal there

Deadline: August 23



TRIPS
Coming in SEPTEMBER!



Tuesday, September 29
9 am – Van Trip
Fall Colors Day Trip #1

****Please note we will have two Fall Colors trips, please only sign up for one of the dates, routes will be the same.***

Join us for an amazing day trip through the Colorado Rocky Mountains to view the dazzling changing of the seasons! You may bring your lunch or have lunch in a restaurant along the way, ***lunch not included in price.***

We suggest you bring a light jacket and bottled water to stay hydrated.
Estimated return time is late afternoon.

Residents \$15
Non-residents \$25
Deadline: September 15



Wednesday, September 30
9 am – Van Trip
Fall Colors Day Trip #2

****Please note we will have two Fall Colors trips, please only sign up for one of the dates, routes will be the same.***

Join us for an amazing day trip through the Colorado Rocky Mountains to view the dazzling changing of the seasons! You may bring your lunch or have lunch in a restaurant along the way, ***lunch not included in price.***

We suggest you bring a light jacket and bottled water to stay hydrated.
Estimated return time is late afternoon.

Residents \$15
Non-residents \$25
Deadline: September 16



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



**All Mondays in August
*2:30 pm – 4:30 pm
Shul Classroom**

The Writing Center

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.



**Friday, August 7
11:30 am – Shul Classroom**

“What’s Happening” with Life Enrichment

Join us for a fun “Life Enrichment Lunch & What’s Happening at Kavod!” We will have a variety of boxed lunches 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!**



Challah Braiding with Zeldy

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



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.

***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
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.



**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



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

Birthday Celebration with The Michael Friedman Duo!

Happy Birthday to everyone celebrating a birthday this month.

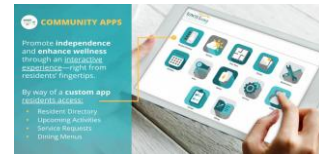
All birthday gifts will be delivered to those with birthdays. *If you don't receive your gift by the end of the month, call Ming at 720.382.7820.*



**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.



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.



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!



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
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Frank Goldman
Katherine Kaufman

KAVOD ON THE ROAD ANNUAL CONFERENCE

Marilyn Bogan
Marcia Cooperman

KAVOD ON THE ROAD

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SHUL

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