

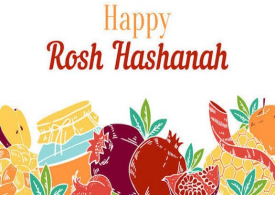


Kavod Assisted Living at Cherry Creek

Activity Calendar — SEPTEMBER 2026

National Assisted Living Week 2026 : September 13 to September 19



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Room Location Guide: GR—Gathering Rm (1st floor West) SH—Shul (2nd floor East) SHC—Shul Classroom (2nd floor East) HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS Bridge—3rd Floor Bridge	Color Guide: Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other	1 8:30 Oral Health Screening—Health Services (By appointment only) 9:00 Tai Chi—Pikes Peak 10:00 Music & Memory—MBS 10:00 Boxing for Seniors—Pikes Peak 11:00 Dance for Health—Pikes Peak 2:00 Mindful Wise Aging—SHC 1:00 Mahjong (Intermediate) Players—Bridge 6:00 Rummikub Games—GR	2 11:30 Good Vibes with Rick & Coffee in the EAST Bistro 12:15 Life Enrichment “What’s Happening in Assisted Living”- GR 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 1:00 Mindfulness Fiber Arts Workshop “Prayer Flags”—MBS 5:15 Painting & Wine with Polly—GR 5:30 Holding Our Stories: A Healing Circle—Pikes Peak 6:00 Tech Help with Lauren—Bridge	3 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak *1:00 King Soopers—trip 1:00 Sketching with Jim—Pikes Peak 2:30 Mindfulness Practice—MBS 3:00 AL Bingo with DeAngela—GR	4 10:00 Gentle Yoga—Pikes Peak 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe –East Lobby 1:30 Renewing Our Days—SHC 3:00 Name that Tune: Music Trivia with DeAngela—GR 6:00 Soulful Service with Rabbi Steve—SH	5 8:15 PM SPECIAL SLICHOT CEREMONY with Dr. Ward: Havdalah, Changing Torah covers to white. Special prayers of forgiveness—Shul
6 2:00 Current Events—SHC 6:00 Rummikub Games—GR	7 OFFICES CLOSED FOR LABOR DAY 	8 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 11:00 Dance for Health—Pikes Peak 1:00 Care Kits Project with Valley Beit Midrash —Pikes Peak 2:00 KavodTalks: Stories Worth Sharing with Michael Klein—SHC 1:00 Mahjong (Intermediate) Players—Bridge 4:00 Shofar Blast —Outside East Bldg 6:00 Rummikub Games—GR	9 10:00 Low Vision Support Group “RTD”—GR 10:00 Music & Memory—SHC 12:00 Gentle Yoga—MBS 12:15 AL Food Committee—GR 1:00 Herbalism Series—Pikes Peak 1:00 Mahjong Players—Bridge 3:00 Old Time Radio Hour with DeAngela—GR 4:00 Shofar Blast with Rabbi Steve—Outside East Bldg 5:30 Holding Our Stories: A Healing Circle—Pikes Peak 6:00 Tech Help with Lauren—Bridge	10 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak 1:00 Sketching with Jim—Pikes Peak 2:30 Mindfulness Practice—MBS 4:00 Shofar Blast with Rabbi Steve—Outside East Bldg 5:00 Dancing to the Oldies—GR 6:00 Decoupage & Holiday Ornaments Arts Class with April—Pikes Peak	11 10:00 Gentle Yoga—Pikes Peak *10:30 PF Changs —trip 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe –East Lobby 2:00 The Ceramic Studio—Pikes Peak 3:00 A Time to Remember, A Time to Hope—GR 6:00 Erev Rosh Hashanah Service—SH Rosh Hashanah begins at Sundown 25th Anniversary 9 11 Attacks 	12 10:00 Rosh Hashanah Service—SH 
13 Offices Closed for Rosh Hashanah 10:00 Rosh Hashanah Service—SH 10:00 Non-Denominational Christian Services with Rev. Dale —Pikes Peak 	14 10:30 Bingo—Pikes Peak 12:15 Decades Day with DeAngela—GR 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center—SHC 5:15 Grandparents Day Celebration Concert —EAST DR 5:15 Sing Along with Christine—GR	15 9:00 Tai Chi—Pikes Peak 9:30 DPL Bookmobile—Bistro 10:00 Boxing for Seniors—Pikes Peak 11:00 Dance for Health—Pikes Peak 1:00 Mahjong (Intermediate) Players—Bridge 2:00 Mindful Wise Aging—SHC 3:00 Pajamas Day with DeAngela—GR 5:15 Trio Ojaleo with Flamenco Dancers for Hispanic Heritage Month—EAST DR 6:00 Rummikub Games—GR	16 10:00 Music & Memory—SHC 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 1:00 Active Minds “The Story of Salt”—Pikes Peak 1:00 Herbalism Series—Pikes Peak 2:30 Process & Express—SHC 3:00 Crazy Hat Day with DeAngela—GR 5:30 Holding Our Stories: A Healing Circle—Pikes Peak 6:00 Tech Help with Lauren—Bridge	17 10:00 Relaxation Hour—Pikes Peak 10:00 Challah Braiding with Zeldy—Mt. Blue Sky 11:00 Boxing for Seniors—Pikes Peak 11:00 Conversations on the Edge—SHC 2:30 Mindfulness Practice—MBS 2:00 KavodTalks: Stories Worth Sharing with Dmitriy—GR 3:00 Tropical Day with DeAngela—GR	18 10:00 Gentle Yoga—Pikes Peak 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 6:00 Musical Shabbat Teshuvah Service with Rabbi Kim and Brian—SH	19 10:00 KavodTalks with DeAngela—GR 

Kavod Assisted Living at Cherry Creek
Activity Calendar — SEPTEMBER 2026

BACK PAGE

Fall Prevention Week is September 21—25

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak 1:00 Paint & Sip with DeAngela—GR 2:00 Current Events—SHC 6:15 Kol Nidre/Yom Kippur Service begins at sundown Yom Kippur begins at Sundown	21 Offices Closed 10:00 Yom Kippur Morning Service followed by Yizkor—SH 3:00 Mincha, Book of Jonah Study—SH 7:30 Neilah, Final Shofar Blast with Rabbi Steve (Outside East Building, weather permitting, or in the Shul) 	22 9:00 Tai Chi—Pikes Peak 10:00 Music & Memory—MBS 10:00 Boxing for Seniors-Pikes Peak 11:00 Dance for Health—Pikes Peak 1:00 Mahjong (Intermediate) Players—Bridge 6:00 Rummikub Games—GR 	23 12:00 Gentle Yoga—MBS 10:00 Fall Wreath Making with DeAngela—GR 1:00 Mahjong Players—Bridge 6:00 Tech Help with Lauren—Bridge	24 10:00 Uniguest Learning Session with Ming—Bridge 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors-Pikes Peak 1:00 Sukkah decorating with Jewish Colorado community volunteers—Sukkah outside East building 1:00 Date with a Nutritionist — Pikes Peak 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR	25 10:00 Gentle Yoga—Pikes Peak 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 5:00 Erev Sukkot Candle lighting—DR <i>Sukkot begins at Sundown</i>	26 Offices Closed 10:00 Shabbat - Sukkot Services—SH 
27 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak  12:45 Birthday Celebration with The KvetchUP Band — DR 1:00 Escape Room Escapades with DeAngela—GR 2:00 Current Events—SHC 3:00 Get Grill On with Katie— West Bldg Top Deck 6:00 Rummikub Games—GR	28 *10:00 Fall Colors & Lunch Trip 10:30 Bingo—Pikes Peak 11:00 DMV2GO—SHC 1:00 Readers Theatre—Pikes Peak 2:00 Jeopardy Games with DeAngela—GR 2:30 The Writing Center—SHC 5:15 Sing Along with Christine— GR	29 9:00 Tai Chi—Pikes Peak 9:30 DPL Bookmobile—Bistro 10:00 Boxing for Seniors-Pikes Peak 11:00 Dance for Health—Pikes Peak 1:00 Mahjong (Intermediate) Players—Bridge 12:00 Jazz Café & Coffee Hour—<u>EAST</u> Bistro 6:00 Rummikub Games—GR	30 12:00 Gentle Yoga—MBS 12:15 Good Vibes & Tunes with Rick—GR 1:00 Mahjong Players—Bridge *2:00 Super Target—trip 2:00 Rocky Mountain Red Hat Meeting—SHC 6:00 Tech Help with Lauren—Bridge			 PREVIOUS PAGE

SEPTEMBER 2026

Connie's CORNER



Hi Everyone,

Fall begins on September 22, so be sure to join us for the annual **Fall Colors trip on Monday, September 28!**

Be sure to attend the **"What's Happening in Assisted Living with Life Enrichment" on Wednesday, September 2nd at 12:15 pm in the Gathering Room.** Be sure to bring your Voice, Calendar, questions, suggestions and ideas! ***Challah Baking for Assisted Living coming in October!**

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

Rabbi Stephen Booth-Nadav
Chaplain

The Days of Awe

Shalom Aleychem! (Peace be with you!)

On September 11, with the next new moon, the Jewish world will enter a ten-day time period so special it has several names: "The Days of Awe," "The Ten Days of Teshuvah/Turning/Atonement/At-one-ment," also known as the "High Holy Days."

The days between Rosh Hashanah and Yom Kippur are an opportunity to "level up," to make amends where needed and to do a personal assessment, all in service of beginning the New Year with a clean and clear slate. We ask: how am I doing on my life mission? What do I need to do to advance in my life mission? Do I need to make amends with anyone?

We learn that the rituals and prayers can effect forgiveness between us and G'd, but for things between us and other human beings, or our communities or planet, we need to do that ourselves.

(Continued next page)

From Chaplaincy and Spiritual Services

From Chaplaincy and Spiritual Services

The Days of Awe

(Continued)

The blasts of the Shofar (ram's horn) this month will call us to this sacred journey, both individually and as a community.

Rosh Hashanah, also known as "Yom Truah," the Day of the (many) Shofar blasts, is the Jewish New Year. This year will be 5787 on the Jewish calendar. Interestingly, the word "shanah" in Hebrew has multiple meanings. In addition to "year," it can also mean "change" or "repeat." How we handle this opportunity will have an impact on whether we change and up our games, or whether we simply repeat whatever we were doing before, for better or worse.

Yom Kippur is a communal atonement ritual. It also has many meanings. A 25hr. period of prayer and fasting, it is a time to clear the slate, ask forgiveness for our mistakes, and to reestablish "At-One-Ment" with G'd, or alignment with our sacred missions in this life.

Obviously this is serious stuff! But mostly it is a time of joyful celebration with family, friends and/or community. We wish each other a "sweet New Year," and an "easy fast."

And then four days later we enter a week long festival of **Sukkot**, a fall cornucopia harvest festival also known as "**The Season of our Joy**," the centerpiece of which is relaxing in our outdoor temporary hut or "Sukkah,"

welcoming guests, enjoying food and drink, and giving thanks.

And finally, the Festival season ends with Simchat Torah/Rejoicing in Torah, where we read the end of the Book of Deuteronomy, roll the scroll back to the beginning of Genesis, and start again!

Please see schedules in the Voice, on your calendars, posters, on-line, etc..... and join us for any or all of our many events of this sacred fall season.

I wish everyone a "Shana Tovah U'Mitukah," a Good and Sweet New Year!



Kehillat Kavod: Kavod's Jewish Community

Services are held in the Shul, East Building, on the 2nd floor.

FRIDAY, SEPTEMBER 4

6 pm - Shul

Soulful Shabbat Service with Rabbi Steve

FRIDAY, SEPTEMBER 18

6 pm - Shul

**Musical Shabbat Teshuvah
with Rabbi Kim and Brian**

**SEPTEMBER KEHILLAT KAVOD SERVICES
FOR THE DAYS OF AWE AND MORE!**

Services are held in the Shul, East Building, on the 2nd floor.

SATURDAY, SEPTEMBER 5

8:15 pm – Shul

**Special Slichot Ceremony
with Dr. Seth Ward**

*Havdalah. Changing Torah covers to white.
Special prayers of forgiveness*

Please join us for
**HIGH HOLY DAY
SERVICES**



THE TEN DAYS OF AWE

**Most High Holy Day Services led by Dr.
Seth Ward unless otherwise indicated.**



**Come hear the blasts of the Shofar in final
preparation for Rosh Hashanah!
4pm outside East building
Tuesday –Thursday, September 8 -10**

FRIDAY, SEPTEMBER 11

**Erev Rosh Hashanah
6 pm – Shul**

SATURDAY, SEPTEMBER 12

**Rosh Hashanah Morning Services
10 am – Shul**

SUNDAY, SEPTEMBER 13

**Rosh Hashanah Morning Services
10 am – Shul**

SUNDAY, SEPTEMBER 20

**Kol Nidre Services
(Yom Kippur begins)
6:15 pm – Shul**



MONDAY, SEPTEMBER 21

**Yom Kippur Morning Service
10 am – Shul
Yizkor around Noon – Shul**

**Mincah/Jonah Conversation
3 pm – Shul**

**Final Shofar Blasts & Havdallah:
Meet Rabbi Steve**

**7:30 pm – Outside East Building or in
inclement weather, Shul**

FALL FESTIVAL OF SUKKOT

FRIDAY, SEPTEMBER 25

**EREV SUKKOT BLESSING/CANDLE LIGHTING
5 PM – Main Dining Room**

SATURDAY, SEPTEMBER 26

**Sukkot Services
10 am – Shul**

SATURDAY, OCTOBER 3

**Shmini Atzeret & Yizkor Service
with Rabbi Steve
10 am – Shul**

From Chaplaincy and Spiritual Services



Friday, September 4

1:30 pm – SHC

Renewing our Days:

A class on the spiritual core of the Jewish High Holy/Days of Awe/New Years, with Rabbi Steve.



HELP DECORATE THE SUKKAH!

Thursday, September 24

1 pm – Sukkah, Outside East Building

Join community volunteers from Jewish Colorado 50+ affinity group for a fun afternoon decorating the Sukkah.

***SAVE THE DATE! COMING IN OCTOBER!**



PIZZA IN THE HUT with RABBI STEVE!

Thursday, October 1

Noon – Sukkah, Outside East Building

Eat Pizza in our Sukkah! We will have a moment for Torah about impermanence, and the opportunity for folks to shake the lulav and etrog.

Upcoming Holidays

Shmini Atzeret and Yizkor, and in the evening Simchat Torah... all on Sat. Oct. 3!



MINDFUL WISE AGING:

I am my body. I am not my body

Tuesdays, September 1 & 15

2 pm - 3:30 pm - Shul Classroom

In this continuation of our earlier series, we will explore how meditation and mindfulness can help us meet physical and emotional challenges, learn to grow in acceptance of ourselves and others, deepen our friendships and familial relationships, live with greater joy, gratitude, and resilience, and shape a legacy for the future.

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



COME PLAY "PROCESS AND EXPRESS"

Share, Write, Move!

With Gwen Gussman, Artistic Director of the Holdtight Dance Company

Wednesday, September 16

2:30 pm -4 pm - SHC

Rabbi Steve has known Gwen since she was a teenage dancer at DSA before she turned pro in NYC, and attends her monthly intergenerational class at her studio. She will be bringing her bright and welcoming spirit and talent to us at Kavod for a special experience. This workshop blends **creative writing, facilitated dialogue and embodied movement** practices to support personal reflection, creative expression and community connection. **ALL BODIES WELCOME!** Come in comfortable clothes, a journal and yoga mat are optional.



This year marks the 25th Anniversary of the September 11 Attacks

Remembrance and Service

A quarter century after the September 11, 2001 attacks, 100 million Americans are too young to remember the day that changed our city and nation forever. It is our shared promise — made 25 years ago — to never forget, so those born after 9/11 learn its significance and enduring legacy. As we commemorate this anniversary, a new generation will learn about the unimaginable loss we experienced and the inspiring stories of bravery, compassion, unity, and service that we witnessed, and have rippled through the decades.

Observe the Moments of Silence With Us

Every year as part of the official commemoration ceremony held at the World Trade Center for victims' families, we observe six moments of silence marking the key events of 9/11.

- **8:46 a.m.:** Hijackers deliberately crashed American Airlines Flight 11 into floors 93 through 99 of the North Tower.
- **9:03 a.m.:** Hijackers deliberately crashed United Airlines Flight 175 into floors 77 through 85 of the South Tower.
- **9:37 a.m.:** Hijackers deliberately crashed American Airlines Flight 77 into the Pentagon, near Washington, D.C.
- **9:59 a.m.:** The South Tower collapsed.
- **10:03 a.m.:** After learning of the other attacks, passengers on United Airlines Flight 93 launched a counterattack on hijackers aboard their plane to try to seize control of the aircraft. In response, the hijackers crashed the plane into an empty field near Shanksville, Pennsylvania.
- **10:28 a.m.:** The North Tower collapsed, leaving the 16-acre World Trade Center site in ruins and collateral damage affecting all adjacent properties and streets. The rescue effort commenced immediately.

A seventh moment of silence, following the reading of the names, honors those lost to 9/11 health effects.

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,

It is hard to believe September is already here. We will be transitioning from summer to fall very soon. Just like that change, we have some other changes and updates for you.

- East Building Flood update: At the time of this writing, we likely will still be working on remediation from July's unexpected flood. As we shared, the broken pipe has been fixed and clean up is in progress. We appreciate everyone's patience during this process.
- Bistro Price Increase: On August 1, Bistro menu prices increased slightly due to inflation. Thank you for your understanding and support of the Bistro. Look for some new menu items as well!
- The Bistro area is now offering smaller tables for smaller parties at dinner. We understand that some people enjoy eating by themselves or with fewer people.

- Saturday Front Office Hours: At the end of July, we opened the front office window on Saturdays. You should see a friendly face, Denise Gallegos, who is also one of our Resident Property Manager Assistants. We hope this has allowed more access to residents. Saturday hours are 10:00a to 4:00p; Denise may be called away periodically from the window for emergencies.
- West Building Ledges: Progress is being made on the West ledge repairs. The south side required some additional work to be completed properly. Our contracted structural engineering group continues regular checkups on the stability of the ledges. The overall project is on schedule for completion in early 2027.
- Friendly Reminder: Ask family members, caregivers, and visitors to use the call box in the main part of each lobby and dial your apartment number to reach you. When you receive the call, answer your phone and press "6" to let them in. You cannot grant entry from a cell phone call; they must call from the call box. Tell your visitors to sign in at the kiosk and wear their visitor badge, which helps us with security.

Thank you for being part of our community and making Kavod the best home it can be for everyone who lives 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 by calling DeAngela at 720-382-7826 or Connie at 720-382-7813 to reserve your spot!***

Reservations are required.



King Soopers Shopping trip **Thursday, September 3**

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

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

Deadline to signup: September 2

Please call DeAngela at 720-382-7826 or Connie at 720-382-7813 to reserve your spot!



Friday, September 11 **10:30 am – Van Trip**

***Depart at 10:30 am** in front of **West** Building

Join us for a delicious lunch at PF Chang's where you will find delicious menu selections with roots in Chinese cuisine, the menu spans across all of Asia, honoring cultures and recipes from Japan, Korea, Thailand, and beyond. Each menu item offers a unique exploration of flavor. We promise good food, good conversation and a fun outing!

Cost of lunch is paid by Life Enrichment.

Deadline to signup: September 9

Please call DeAngela at 720-382-7826 or Connie at 720-382-7813 to reserve your spot!

TRIPS FROM LIFE ENRICHMENT



Super Target Shopping trip **Wednesday, September 30**

*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: September 25

***Please call DeAngela at 720-382-7826
or Connie at 720-382-7813 to reserve
your spot!***



Monday, September 28 **10 am – Van Trip**

*Depart at **10 am** in front
of **West** Building

Fall Colors Day Trip and Lunch

Join us for an amazing day trip
through the Colorado Rocky
Mountains to view the dazzling
changing of the seasons!

***Please call DeAngela at 720-382-7826
or Connie at 720-382-7813 to reserve
your spot!***

NATIONAL ASSISTED LIVING

WEEK: SPIRIT WEEK!

2026

DECADES DAY!

Mon, Sept 14, 12:15pm

Decades Day Dress in attire from your favorite decade, whether it's the fabulous 50s, groovy 60s, disco 70s, rad 80s or beyond!

PAJAMAS DAY!

Tues, Sept 15, 3:00pm

Pajama Day Wear your coziest pajamas, robes, or comfy lounge wear.

CRAZY HAIR DAY!

Weds, Sept 16, 3:00pm

Crazy Hat Day Show off your silliest, fanciest, biggest, or most creative hat!

TROPICAL DAY!

Thurs, Sept 17, 3:00pm

Tropical Day Break out the Hawaiian shirts, floral prints, sunglasses, leis, and beach attire.

Kavod Life Enrichment

**Join us in The Gathering
Room!**



September Activities with DeAngela

AL Bingo

Thursday, September 3, 3:00pm (GR)

Name that Tune: Music Trivia

Friday, September 4, 3:00pm (GR)

KavodTalks: Stories Worth Sharing Featuring Kavod President & CEO, Michael Klein

Tuesday, September 8, 2:00pm (SHC)

Old Time Radio Hour

Wednesday, September 9, 3:00pm (GR)

A Time to Remember, A Time to Hope

Friday, September 11, 3:00pm (GR)

9/14-9/17 Spirit Week (Natl Assisted Living Week)

Mon, Sept 14, 12:15pm, "Decades Day", (GR)

Tues, Sept 15, 3:00pm, "Pajama Day", (GR)

Wed, Sept 16, 3:00pm, "Crazy Hair Day", (GR)

Thurs, Sept 17, 3:00pm, "Tropical Day", (GR)

KavodTalks: Stories Worth Sharing Featuring Dmitriy Umanskiy

Thursday, September 17, 2026 (GR)

KavodTalks: Stories Worth Sharing Learn All About It!

Saturday, September 19, 10:00am (GR)

Paint & Sip

Sunday, September 20, 1:00pm (GR)

Fall Wreath Making

Wednesday, September 23, 10:00am (GR)

Escape Room Escapades

Sunday, September 27, 1:00pm (GR)

Jeopardy!

Monday, September 28, 2:00pm (GR)



Piano Sing Along with Christine

Mondays

5:15 pm – Gathering Room

Join Christine for a fun and uplifting Sing Along! A beloved weekly tradition. All are welcome!



**Wednesday, September 2
12:15 pm – Gathering Room**

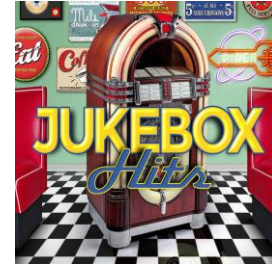
What's Happening this month with Life Enrichment

Join Connie Moore, Director of Life Enrichment and DeAngela, Life Enrichment Assistant, 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!**



**Wednesday, September 2
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,
September 10 & 24
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, September 18
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, September 30
12:15 pm – Gathering Room

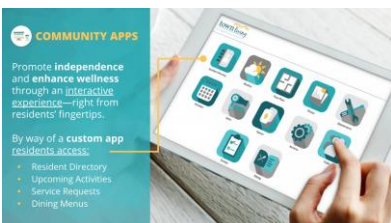


Good Vibes & Tunes with Rick

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.

The logo for Life Enrichment, featuring a green arc above the text 'Life Enrichment' in blue.



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! **Uniguest (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.



Music and Memory

Originally planned for the August, the program was postponed while we worked with Regis University to secure a new group of student volunteers. Residents will be paired one-on-one with a young volunteer to share favorite songs and the memories behind them, building a personalized playlist together.

Tuesday, Sept , 10 am -11am in MBS
 Wednesday, Sept 9, 10 am -11am in SHC
 Wednesday Sept 16, 10 am -11am in SHC
 Tuesday, Sept 22, 10 am -11am in MBS

Open to previously registered participants. If you are interested in joining the next co-hort, contact Ming at 720.382.7820 or mhwong@kavodseniorlife.org.



All Mondays in September
***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**. All materials provided. Learn that YOU CAN WRITE the painless way.



Tuesday, September 8
1 pm – Pikes Peak

Care Kits Project with Valley Beit Midrash

Kavod residents are invited to join Valley Beit Midrash Denver for a meaningful afternoon of hands-on service. Together, we'll assemble care packages and hygiene kits that VBM Denver will distribute to people in our community facing homelessness and housing insecurity. ***This is a chance to turn compassion into action — right from Kavod.*** Each kit we build together carries real dignity

and care to a neighbor who needs it, embodying the Jewish value of *tikkun olam*, repairing the world. No experience needed, just a willingness to lend a hand and be part of something good.

Come for the mitzvah, stay for the community. We'd love to have you join us!

Refreshments will be served.



***Class is continuing!**

Thursdays, September 3 & 10

SKETCHING WITH JIM

1 pm – Pikes Peak

Learn to Sketch Anything! Come learn to sketch with Jim! This fun, hands-on class will teach you simple techniques to help you draw everyday objects and scenes with confidence. Soon you'll be sketching at the Bistro, in your apartment, or anywhere creativity calls. In addition to being enjoyable, sketching supports cognitive wellness, improves fine motor skills, reduces stress, and promotes mindfulness and relaxation.



KavodTalks: *Stories Worth Sharing*
Featuring Kavod President & CEO,
Michael Klein

Tuesday, September 8
2 pm – Shul Classroom

Join us for our first of a series KavodTalks. This month our guest speaker will be Michael Klein, President/CEO of Kavod!



Thursday, September 10
6 pm – Pikes Peak

Decoupage Art Class with April

Join April for a fun art class! This month our project for will be "Decoupage Coasters" and a holiday ornament made from ceramic coasters, napkins and various added embellishments. Get a friend and come to class and make something beautiful!



Fridays, September 11 & 25
2 pm – Pikes Peak

The Ceramic Studio

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



Tuesday, September 15
5:15 pm – EAST Dining Room

The Sounds of Trio Ojaleo for Hispanic Heritage Month

Enjoy an hour of the amazing sounds of Trio Ojaleo to celebrate Hispanic Heritage month.



Challah Braiding with Zeldy

Thursday, September 17
10 am – Mt. Blue Sky

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



Thursday, September 24
10 am – 3rd floor bridge

Uniguest (formerly Touchtown) Learning Session with Ming

Join Ming to learn about our free Community App, so you can have the latest information about Kavod at your fingertips. *Bring your smartphones, laptops and tablets to this session for help downloading our Community App.*



Sunday, September 27
12:45 pm – Dining Room

Birthday Celebration with The KvetchUP Band!

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 Dmitry at 720.382.7820.*



Wednesday, September 30
2 pm – Shul Classroom

Join the Rocky Mountain Red Hat Society for a fun afternoon to enjoy Root Beer Floats, socialize and plan for a lunch out at a walkable restaurant near us.



Monday, September 28
11 am – Shul Classroom

Don't wait in line at the DMV! We have arranged for them to come to you!

DMV2GO, the mobile service for the Department of Motor Vehicles will be onsite at Kavod so you can renew your license, apply for a new license, get a Colorado ID, etc. *You will need to contact the county motor vehicle for anything regarding handicap placards or vehicle services.*

You must sign-up in the East office for your time slot.



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! *This is our FINAL month for open enrollment!!!!

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!

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 September 2026

Tuesday, September 1st

**830am – 12pm – HWC/Health Services
Oral Health Day Screenings**

CU Anschutz School of Dental Medicine – Senior and Special Care Clinic practitioners will be onsite to provide FREE oral health evaluations and recommendations. This is by appointment only! Please sign up at the front desk for an appointment.

Wednesday, September 2nd *NEW DAY and TIME*

Mindfulness Fiber Arts Workshop “Prayer Flags”

1pm – Mt. Blue Sky

Tuesdays in September *SPECIAL*

11am – 12pm – HWC/Pikes Peak

Dance for Health with *Colorado Ballet*

Did you know that “National Dance Day” is September 20th? In honor of movement and fall prevention we welcome a very special series of “Dance for Health”. We highly encourage you to check this class out! It will be every Tuesday in September following Boxing for Seniors. The last class will be a very special offering – Dance for Health: Music in Motion. It will incorporate some of your favorite tunes and moves! See you then!

Wednesdays *Last Meeting September 16th*

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, September 9th

10am – Gathering Room

****SPECIAL OPPORTUNITY** - Low Vision Group
(open to everyone!!!)**

Lydia Van der Vorst, Kavod Care Coordinator and Low Vision facilitator, has arranged for RTD to be onsite to speak about all their programming and options for older adults! They have a new program especially that helps offset the cost of Access a Ride and Access on Demand per trip! This opportunity is open to not only the Low Vision group participants, but everyone! We hope you can make it!

Wednesday, September 9th

1pm – HWC/Pikes Peak

Herbalism Series: *Fire Cider*

Another class favorite, this ancient folk remedy has 101 plus benefits. It is a warming immune tonic made with food and herbs. Get ready for the colder months ahead and learn all about fire cider. *The herbalism series will be a monthly offering every 2nd Wednesday from 1-2pm. Please make sure to sign up in advance! Sign up closes September 2nd.*

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 Week – September 21st – 25th**

H&W Center (Times/Days Vary)

Fall Prevention Week

One in four Americans aged 65 and over fall each year. A fall can have serious impacts on long-term health, day to day functions and independence. The good news is that many falls can be prevented! Join us to learn how strengthening your body and community connections can you keep you and fellow neighbors safe. This week will include education, activities and fun to support your overall health and goal to reduce falls. Keep an eye out for more details!

Thursday, September 24th

1pm – HWC/Pikes Peak

Food for Thought

Food for Thought (formerly Date with a Nutritionist) is a new resident-led program that makes nutrition practical, engaging, and fun. Join us to explore everyday meal choices, discuss nutrition topics in the news, take a closer look at menus, and enjoy food-related activities and conversation. Please bring a list of foods and beverages you have eaten over the past 24 hours—or up to the past two weeks—including snacks. Journals and pens will be provided.



July Gifts

GENERAL

Garrett Barter
Alvin Cohen
Jack Defez
Ruth Epstein
Louis Gelfand
Rachel Grynberg
Kara Harvey
Angelika Kagan In Honor of Ausma Kagan
Diana McFail

HEALTH & WELLNESS

Shelley & Robert Krovitz

KAVOD ON THE ROAD ANNUAL CONFERENCE

Barbara Butler
Allan Gordon

KAVOD ON THE ROAD

Eileen Naiman, In Memory of David Naiman,
z"ll

SUMMER EVENT 2025-SPONSORSHIP

Securitas

BEN SEIDMAN SUMMER EVENT 2026- SPONSORSHIP

Harris Mountain West/Climate Engineering
Integrity Print Group
Kaiser Permanete Colorado
Kurt Nickels
Jonathan & Lisa Perlmutter
Dr. Hanah Polotsky
Debra & Marc Schuster
Uprise Elevator Solutions

BEN SEIDMAN SUMMER EVENT 2026- DONATIONS

Frank Goldman
Essie Perlmutter
Kevin Shuller
Michael Staenberg
Ellen Welner Lozow, In Honor of Scott Fisher's
Birthday

SHUL

Sandra Kolesnikova

YIZKOR

Carmelit Lucarelli, In Memory David Cohen,
z"ll