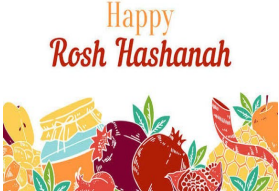




Kavod Senior Living at Cherry Creek

Activity Calendar — SEPTEMBER 2026



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 *11:45 JFS Food Bank & Pantry—trip 2:00 Mindful Wise Aging—SHC	2 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 1:00 Mindfulness Fiber Arts Workshop “Prayer Flags”—MBS 5:30 Holding Our Stories: A Healing Circle—Pikes Peak 6:00 Tech Help with Lauren—Bridge	3 *9:00 King Soopers—trip 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 4:30 Piano Music by Tory—DR	4 10:00 Gentle Yoga—Pikes Peak 10:30 Life Enrichment “What’s Happening at Kavod” Breakfast—SHC 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 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 12:00 Piano Music while you dine by Christine-DR 2:00 Current Events—SHC 3:00 Painting & Wine with Polly—Pikes Peak	7 OFFICES CLOSED FOR LABOR DAY 	8 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 10:00 SNAP Enrollment—East Lobby 11:00 Dance for Health—Pikes Peak *11:45 JFS Food Bank & Pantry—trip 1:00 Care Kits Project with Valley Beit Midrash —Pikes Peak 2:00 KavodTalks: Stories Worth Sharing with Michael Klein—SHC 4:00 Shofar Blast —Outside East Bldg	9 *9:00 Mountain Casino-trip 10:00 Low Vision Support Group “RTD”—GR 10:00 English Language Practice—MBS 10:00 Music & Memory—SHC 12:00 Gentle Yoga—MBS 1:00 Herbalism Series—Pikes Peak 1:00 Mahjong Players—Bridge 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 *9:00 Sprouts—trip 10:00 Give & Take with Resident Council—SHC 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak *1:00 Dollar Store —trip 1:00 Sketching with Jim—Pikes Peak 2:30 Mindfulness Practice—MBS 4:00 Shofar Blast with Rabbi Steve—Outside East Bldg 6:00 Decoupage & Holiday Ornaments Arts Class with April—Pikes Peak	11 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 2:00 The Ceramic Studio—Pikes Peak 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 *9:00 Super Walmart #1—trip 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak *1:00 Super Walmart #2—trip 2:30 The Writing Center—SHC 5:15 Grandparents Day Celebration Concert —DR	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 *11:45 JFS Food Bank & Pantry—trip 2:00 Mindful Wise Aging—SHC 5:15 Sounds of The Trio Ojaelo for Hispanic Heritage Month—DR 	16 10:00 English Language Practice—MBS *11:00 Yorkshire Fish & Chips—trip 10:00 Music & Memory—SHC 12:00 Gentle Yoga—MBS 1:00 Active Minds “The Story of Salt”—Pikes Peak 1:00 Mahjong Players—Bridge 2:30 Process & Express—SHC 4:30 Holiday Piano Concert by Doug—DR 5:30 Holding Our Stories: A Healing Circle—Pikes Peak (Last Session) 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 Conversations on the Edge—SHC 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	18 *10:00 Mighty Argo Cable Car Ride—trip 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 Lbby 6:00 Musical Shabbat Teshuvah Service with Rabbi Kim and Brian—SH	19 

Kavod Senior 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 12:00 Piano Music while you dine by Christine-DR 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 Bimbo’s Bakery & Bread Outlet Shop—trip 10:00 Music & Memory—MBS 10:00 Boxing for Seniors-Pikes Peak 11:00 Dance for Health—Pikes Peak 	23 *9:45 Forest Bathing trip 10:00 English Language Practice-MBS 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 6:00 Tech Help with Lauren—Bridge	24 *9:00 King Soopers—trip #1 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 Food for Thought —Pikes Peak *2:00 King Soopers—trip #2 2:30 Mindfulness Practice—MBS	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  2:00 Current Events—SHC 3:00 Get Grill On with Katie—West Bldg Top Deck	28 10:30 Bingo—Pikes Peak 11:00 DMV2GO—SHC 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center—SHC	29 *9:00 Fall Colors Trip #1 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 12:00 Jazz Café & Coffee Hour—Bistro	30 *9:00 Fall Colors Trip #2 10:00 English Language Practice—MBS 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 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 trips!**

Join us for a FREE hot breakfast!

Enjoy hot coffee, fruit and cinnamon rolls at our **Life Enrichment Breakfast and Happenings at Kavod on Friday, September 4 at 10:30 am in the Shul Classroom.** Hear about all the exciting classes, events and trips this month.

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

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



☞ Summer Is Still Here... But the Holidays Are Sneaking Up!

It may still be HOT outside, but... **can you believe it's only 116 days until Christmas and 95 days until Hanukkah?** 🌲 🕎

Summer is flying by faster than an ice cream cone melts on a hot Colorado day! Before we know it, we'll be trading our shorts and sandals for sweaters, coats, and—of course—trying to remember where we put them last winter!

Autumn will be here in just **21 days**. That means the leaves will soon be changing, the air will be getting cooler, and many of us will be wondering, *"Where did the year go?"* 🍁 So, whether you're ready or not... **the holiday countdown is on!** Maybe it really is time to start shopping. After all, the holidays have a way of sneaking up on us when we're not looking!

NOTICE TO ALL RESIDENTS Effective September 1st

Due to the misuse and excessive use of paper, we will no longer be keeping paper in the printer and copier that's located on the 3rd floor bridge. If you need paper, **Resident Council will be selling 20 sheets for \$1.00.** You are also welcome to provide your own paper.

To purchase paper, please call, text, or ask **Karen or Roz.**

Thank you for your understanding and cooperation.

📦 Our School Supply Drive Was HUGE!

As of this writing, our School Supply Drive was a **HUGE success!** Kavod residents and staff really stepped up this year, and we are so proud of the generosity shown by everyone.

We delivered boxes of school supplies to a very grateful **Lawrence Elementary School**. Teachers, staff, and students were thrilled to receive all the wonderful donations.

A heartfelt **THANK YOU** to everyone who donated, helped collect supplies, or supported the drive in any way.

Kavod residents and staff really showed what happens when we all work together!



♻️ Quarterly Give & Take

It's time to clean out those closets, cabinets, drawers, and "I might need this someday" piles!

Our next **Quarterly Give & Take** will be held on:

📅 **Thursday, September 10, 2026**

📍 **Shul Classroom**

🕒 **10:00 a.m. – 12:30 p.m.**

We will begin accepting items at **9:45 a.m.** and will stop accepting donations at **11:00 a.m.**

🔔 **IMPORTANT:** We will **NOT accept items after 11:00 a.m.**

So, start looking around and see what treasures you may have to share. One person's "I haven't used this in years" may be another person's "I've been looking for one of these!" 😊

Kavod Resident Council

(Continued)

Resident Council Elections

Believe it or not, it's almost election season at Kavod!

We are now accepting nominations for the **2027-2028 Resident Council Executive Board**. The positions up for election are **Co-Chairs** and **Secretary**.

Interested in serving? We'd love to have you! You can run for **Co-Chair** with a partner of your choosing, or you can run individually. If you run on your own, the first- and second-place vote-getters will serve together as Co-Chairs.

If you'd like to place your name on the ballot, please let **Karen Wollman** or **Roz Brooks** know before the end of September.

Voting will take place in **October**, with ballots delivered directly to residents' apartment mailboxes.

Serving on the Resident Council is a wonderful way to share your ideas, meet your neighbors, and help make Kavod an even better place to call home. We encourage everyone to consider getting involved—and, most importantly, don't forget to vote!

*****Nominees will be posted in the October Voice*****

Thank You, Kavod Staff, for getting us through the Great Flood of 2026. It was a challenging time for all, but everyone stepped up and helped. Senior Kavod Staff, Dining Staff, Maintenance, and Residents. Everyone pulled together. That's what we call Community!

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

*****Our next meeting will be on Thursday September 17, 2026*****

**RESIDENTS - REMEMBER
SCOOP THE POOP!**

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

**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**

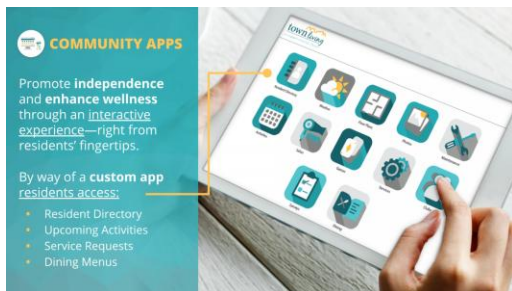
✉ kavodresidentcouncil@gmail.com

📞 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.



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.

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, September 1, 8 & 15
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, September 9
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: September 7



Wednesday, September 16
11 am – Van Trip
Yorkshire Fish and Chips

This little neighborhood joint has been offering authentic English fish and chips, serving the finest seafood, made-to-order chips from fresh potatoes, and their trademark batter made from scratch daily since 1971. The average cost for lunch is \$19 - \$24, not including tax and drink.

Residents: \$5 transportation + pay for lunch at the site

Non-Residents: \$10 transportation + pay for lunch at the site

Deadline: September 11



Friday, September 18
10 am – Van Trip

Mighty Argo Cable Car Ride

NEW Mountain attraction in Idaho Springs!

Join us for an incredible adventure as we ride the all new Mighty Argo Cable Car!

Soar above Virginia Canyon and take in sweeping 360-degree views of the Colorado Rockies. This unforgettable gondola ride offers a new perspective on the mountains, where every direction reveals a breathtaking panorama of alpine beauty. *Elevation is 8800 feet at the top of the mountain.*

The cable cars are accessible for all visitors.

Cost is for unlimited gondola rides that day and transportation.

Lunch will be at the top of the mountain in the Outpost! Perched at the top, The Outpost is your mountaintop stop for lunch. Enjoy a selection of local and in-house food and beverage offerings while taking in the views. ***Lunch is not included in the price.***

We will depart at 2 pm to return to Denver.

Residents: \$45

Non-Residents: \$55

Deadline: September 10



Tuesday, September 22
10:00 am – Van Trip
Bimbo's Bakery & Bread
Outlet Shop

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

Residents: \$3 transportation

Non-Residents: \$6

Deadline: September 15



Wednesday, September 23
9:45 am – Van Trip

Denver Botanic Gardens **"Forest Bathing"**

Forest Bathing is a nature based Well-Being Practice, drawing upon the beauty, awe, and wisdom in nature. Come join us for a relaxed beautiful walk in the gardens and experience: Your Guide is Susan Kaplan, MSW, a Wellness Practitioner and Forest Therapy Intervention Practitioner.s f

Depart time from the Gardens is 12:15 pm.

Cost Residents: \$5 transportation

Deadline: September 15



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! We will stop for lunch, ***lunch not included in price.***

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! We will stop for lunch, ***lunch not included in price.***

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 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.



Breakfast Meeting



Friday, September 4
10:30 am – Shul Classroom

"What's Happening"
with Life Enrichment

Join us for a FREE hot breakfast! Enjoy hot coffee, fruit and cinnamon rolls at our ***Life Enrichment Breakfast and Happenings at Kavod!*** Hear about all the exciting classes, events and trips this month.

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!**



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.**



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

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

10am – 12:30 pm

Shul Classroom

QUARTERLY “GIVE & TAKE”

Join Resident Council for the next opportunity to participate in “Give & Take.”

They begin accepting items at **9:45 a.m.** and will stop accepting donations at **11:00 a.m.**

@ IMPORTANT: They will **NOT accept items after 11:00 a.m.**

So, start looking around and see what treasures you may have to share. One person's “I haven't used this in years” may be another person's “I've been looking for one of these!”



Tuesday, September 15

5:15 pm – 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**

Everyone's invited!

Join Zeldy to learn how to braid Challah!

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

No cost or sign-up required

All materials provided



***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.



How to Decoupage

**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. Come and get a head start on your holiday gifts and decor. We will be doing several different ones over the next 3 months. 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.



**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 Dmitriy 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.



**Sunday, September 27
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.



**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.

Call or email Connie Moore with any questions (contact info on cover page of this edition).



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