



Kavod Assisted Living at Cherry Creek

Activity Calendar — OCTOBER 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 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak 12:00 Pizza in the Hut—Sukkah outside East Building 1:00 Sketching with Jim—Pikes Peak 2:30 Mindfulness Practice—MBS 3:00 Armchair Traveler with DeAngela—GR	2 10:00 Gentle Yoga—Pikes Peak 11:30 Russian Phrases for English Speakers—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe -East Lobby 2:00 AL Bingo—GR	3 Offices Closed 10:00 Shemini Atzeret & Yizkor Service with Dr. Seth Ward—Shul 6:00 Erev Simchat Torah Service “Dancing with The Torah”—Shul <i>Simchat Torah begins at sundown</i>
4 1:00 Movie Sing Along with DeAngela—GR 2:00 Current Events—SHC 6:00 Rummikub Games—GR 	5 *10:00 Conversations on the Edge—SHC (diff time this month only) No Bingo today 12:15 AL Food Committee—GR 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center—SHC 5:30 The Wonder Circle—Pikes Peak	6 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak 1:00 KavodTalks: Michael Klein Presents for Assisted Living—GR 1:00 Mahjong (Intermediate) Players—Bridge 6:00 Rummikub Games—GR	7 11:30 Good Vibes with Rick & Coffee in the EAST Bistro 12:00 Gentle Yoga—MBS 12:15 Life Enrichment “What’s Happening in Assisted Living” —GR 1:00 Prayer for Israel 3rd Anniversary of Massacre—Shul 1:00 Mindfulness Fiber Arts Workshop —MBS 1:00 Herbalism Series—Pikes Peak 1:00 Mahjong Players—Bridge 5:15 Painting & Wine with Polly—GR 6:00 Tech Help with Lauren—Bridge	8 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 *3:30 Longhorn Steak-house—trip 5:00 Dancing to the Oldies—GR 6:00 Mystery Decoupage Arts Class with April—Pikes Peak	9 10:00 Armchair Traveler: Virtual Sightseeing with DeAngela—GR 10:00 Gentle Yoga—Pikes Peak 11:30 Russian Phrases for English Speakers—MBS 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 Soulful Service with Rabbi Steve—SH	10
11 10:00 Non-Denominational Christian Services with Rev. Dale —Pikes Pea 2:00 Blessings of the Animals—West Building Gazebo 2:00 Current Events—SHC	12 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak *2:00 King Soopers—trip 2:30 The Writing Center—SHC 5:15 Sing Along with Christine— GR 5:30 The Wonder Circle—Pikes Peak	13 9:00 Tai Chi—Pikes Peak 9:30 DPL Bookmobile—Bistro 10:00 Boxing for Seniors—Pikes Peak 1:00 Armchair Traveler: Music & Traditions with DeAngela—GR 1:00 Mahjong (Intermediate) Players—Bridge 6:00 Rummikub Games—GR	14 10:00 Low Vision Support Group —GR 11:00 Music & Memory—SHC 11:00 Life Enrichment “AARP “Avoiding Fraud” Lunch & Learn—Pikes Peak 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 1:00 Herbalism Series—Pikes Peak 3:00 Armchair Traveler: Children's Songs & Movement with DeAngela—GR 6:00 Tech Help with Lauren—Bridge	15 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors—Pikes Peak 2:30 Mindfulness Practice—MBS	16 10:00 Gentle Yoga—Pikes Peak 11:30 Russian Phrases for English Speakers—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	17 10:00 Shabbat Services with Dr. Seth Ward —SH 1:00 Armchair Traveler: Arts & Crafts Artistic Banners with DeAngela—GR 

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
18 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak 12:45 Birthday Celebration with Vlad Gershevitz — DR  1:00 Armchair Traveler: Tile Art with DeAngela—GR 2:00 B'nai Brith Ice Cream Social—West Building Top Deck (Pikes Peak as backup) 2:00 Current Events—SHC	19 No Bingo today *1:30 Readers Theatre—Pikes Peak (diff time this month only) 2:00 AL Challah Baking with Zeldy—GR 2:30 The Writing Center—SHC 5:15 Sing Along with Christine— GR 5:30 The Wonder Circle—Pikes Peak	20 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors-Pikes Peak 11:30 Lunch & Learn: League of Women’s Voters Colorado—Pikes Peak 1:00 Mahjong (Intermediate) Players—Bridge 2:00 Mindful Wise Aging—SHC 3:00 Armchair Traveler: "Taste" of our Country” - GR 6:00 Rummikub Games—GR	21 11:00 Sacred Grounds—Bistro 11:00 Music & Memory—SHC 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 1:00 Active Minds “Colorado Ballot Issues 2026 ”—Pikes Peak 6:00 Tech Help with Lauren—Bridge	22 10:00 Relaxation Hour—Pikes Peak 11:00 Dmitriy’s Going Away Party—EAST DR 11:00 Boxing for Seniors-Pikes Peak 1:00 Food for Thought—Pikes Peak 2:30 Mindfulness Practice—MBS 5:00 Dancing to the Oldies—GR	23 *10:00 Casa Bonita—trip 10:00 Gentle Yoga—Pikes Peak 11:30 Russian Phrases for English Speakers—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 3:00 Rosary with Sister Magdalit—MBS 3:30 Red Ballot Box Drop Off—East Lobby 6:00 Musical Shabbat Service with Rabbi Kim and Brian—SH	24 6:15 Wendy Klein’s Student Spooky Piano Recital—EAST DR 
25 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak 2:00 Current Events—SHC 4:00 Musicians United for Change Concert—DR 6:00 Rummikub Games—GR	26 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center—SHC 5:15 Sing Along with Christine— GR 5:30 The Wonder Circle—Pikes Peak	27 9:00 Tai Chi—Pikes Peak 9:30 DPL Bookmobile—Bistro 10:00 Boxing for Seniors-Pikes Peak 1:00 Mahjong (Intermediate) Players—Bridge 12:00 Jazz Café & Coffee Hour—EAST Bistro 3:00 Armchair Traveler: Postcards Home & Vacation Memory Party—GR 6:00 Rummikub Games—GR	28 11:00 Music & Memory—SHC 12:00 Gentle Yoga—MBS 12:15 Good Vibes & Tunes with Rick—GR 1:00 Mahjong Players—Bridge 2:00 Rocky Mountain Red Hat Meeting—SHC 2:30 Process & Express—Pikes Peak 6:00 Tech Help with Lauren—Bridge	29 *10:00 Super Target—trip 10:00 Uniguest Learning Session with Ming—Bridge 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors-Pikes Peak 12:15 AL Resident Council—GR 1:00 Boo Bash: Magic show & Fun—Pikes Peak/MBS 2:30 Mindfulness Practice—*SHC (diff location today only)	30 10:00 Gentle Yoga—Pikes Peak 11:30 Russian Phrases for English Speakers—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	31 10:00 Shabbat Services with Dr. Seth Ward —SH  PREVIOUS PAGE

OCTOBER 2026

Connie's CORNER



Hi Everyone,

We have lots of fun activities, trips, classes and events this month so be sure to read the Voice from cover to cover!

Be sure to attend the **"What's Happening in Assisted Living with Life Enrichment" on Wednesday, October 7th at 12:15 pm in the Gathering Room.** Be sure to bring your Voice, Calendar, questions, suggestions and ideas! ***Challah Baking for Assisted Living is happening 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

Boo Bash: Magic Show & Fun with Life Enrichment!

Join us on Thursday, October 29 from 1 pm – 3 pm in Pikes Peak and Mt. Blue Sky for a fun afternoon of magic, spooky activities and delicious refreshments!

We'll start out with a professional Magic Show for the first half hour. Charlie Martin is part magician, part comedian and part clown. He has toured all over the US at comedy clubs to colleges. He has been on TV 3 times, has worked the showrooms of Las Vegas to the parks of Walt Disney. Charlie has opened for Al Jackson, Chris Fonseca and the late Robin Williams. His show is rated F...for Frequently Funny.

After the show you can Paint Your Own Pumpkins, Take a Photo with Spooky Props, test your skills at Halloween Trivia, and get your Caricatures drawn!

You will also be treated to **hauntingly delicious snacks** of finger sandwiches, caramel apple bites, potato chips, caramel popped corn, and ghoulishly delicious apple cider!

From Chaplaincy and Spiritual Services



Kehillat Kavod: Kavod's Jewish Community

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

SATURDAY, OCTOBER 3

Shmini Atzeret & Yizkor Service

with Dr. Seth Ward

(End of fall holy day season!)

10 am - Shul

SATURDAY, OCTOBER 3

Simchat Torah Service

Dancing with the Torah!

with Dr. Seth Ward

6 pm - Shul



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.



Wednesday, October 7

1 pm - Shul

A MOMENT OF PRAYER

**On the third Anniversary of
The Massacre of October 7 in Israel**



St. Francis Day

Blessing of the Animals at Kavod

Sunday, October 11

2 pm – 3 pm

Gazebo behind the West Building

Join us for our annual Blessing of the Animals here at Kavod. We will have treats and collar medals for each pet. Cats, dogs, fish, birds, all are welcome! We will have treats for our humans as well. Our pets are precious to us. We take this time to honor their importance in our lives and the blessing they are for us. Please come, with or without your pet. (We know that some of them are shy, take home a treat and medal for them). Please also come to remember a pet who used to be a part of your life, bring a picture if you like. We will have medals for those pets as well. And come to pet and appreciate all our critters that come. St. Francis is the Christian saint honored for his love and care for all of Creation. So, we use his remembrance *day here at Kavod to honor the animals in our lives each year. Persons of all faith traditions, or none, are welcome!

From Chaplaincy and Spiritual Services



**Friday, October 23
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.**



MINDFUL WISE AGING:
I am my body. I am not my body

**Tuesday, October 20
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, October 28

2:30 pm - Pikes Peak

Gwen will bring 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.

Mustard Seed Community Service Sunday

Join the Mustard Seed Community on the 4th Sunday of every month as we assemble care packages for our Denver neighbors experiencing homelessness. Each month, we gather to pack fresh fruit, snacks, and essential personal items, which are then distributed downtown on Broadway.

We are expanding this initiative and warmly invite everyone—whether you're part of the Mustard Seed Community or new to our circle—to lend a hand!

When: 4th Sunday of the month at 9:30 am

Where: West Building (Top Floor), Mt. Blue Sky

How to Get Involved

Participate: No RSVP or donation is necessary to join. Just bring yourself, enjoy the company of fellow volunteers, and help make a difference.

Optional Donations: If you would like to contribute items, we are currently accepting donations of crackers, cookies, nuts, lip balm, socks, and similar essentials.

Come as you are, do what you can, and help us support our local community!

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,

We appreciate your ongoing patience as we continue to make repairs to our East lobby and basement after July's flood. At the time of this writing, there still are lots of items that need to be fixed and installed. We hope to have a presentable space as soon as possible.

Thanks to Kavod's successful fundraiser on August 27, we will be installing special adaptive equipment in our meeting spaces, including: both dining rooms, the Gathering Room, the Shul Classroom, and both Pikes Peak/ Mt. Blue Sky in the Health and Wellness Center. Individuals with hearing aids or cochlear implants will be able to connect to this system and enhance the sound. Headphones will also be available as another access option. If you have been avoiding activities, gatherings, spiritual groups or meals due to lack of hearing, this will be a great help to you!

We also wanted to call your attention to a few things in this edition of the Voice. Notably, there is a resident-led committee that provides free, interest-free loans for emergencies, as long as they are paid back within four months. We are grateful to the

residents who put this Free Loan program in place.

Last, we wanted you to know that three major national groups of visitors will be on site at Kavod this month. They are coming to see our operations and talk to our staff, as Kavod has a reputation being an example of non-profit housing excellence. Thank you for being part of this community and making it a wonderful home for all who live and work here.

Per House Rules, residents must press their red Check-In buttons near their bathrooms every day between 5:00 a.m. and 10:00 a.m.

If residents do not press them, it takes administrative hours to call and/or go to resident apartments. If you are away, please notify the front desk. If you are pushing your button and receive a call, please submit a work order, as your button may not be working properly.

Residents who do not abide by this rule will receive a letter to remind them. Further incidences may result in receiving a notice of compliance.

Be well,

Michael Klein & Kara Harvey



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

We are grateful to once again welcome Regis University students to help facilitate Music & Memory through October and November, with two cohorts running this semester. Registered participants should already have their workbook and schedule. To join the waitlist for the next cohort, contact Ming Hwang in Life Enrichment, 720.382.7820.

Wed, Oct 14, 11am Shul Classroom, Cohort 1
Wed, Oct 21, 11am Shul Classroom, Cohort 1
Wed, Oct 28, 11am Shul Classroom, Cohort 2
Wed, Nov 4, 11am Shul Classroom, Cohort 2
Wed, Nov 11am "Celebration" - Pikes Peak

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



**The RED BALLOT BOX
will be at Kavod on
Friday, October 23, 2026
East Lobby 3:30 pm–5pm**

Confirming Voter Registration Status

Ballots will be mailed out starting Oct. 2nd.

To confirm your voter registration status in Denver, Colorado, you can visit the Colorado Secretary of State's website and use their voter lookup tool. This allows you to check your registration details by entering your personal information, such as your name and date of birth.

Here are the steps and resources to verify your registration status.

- **Online Lookup** — You can check your registration status at www.GoVoteColorado.gov by selecting the "Find my registration" option.
- **Contact Information** — For specific questions, you can reach the Denver Elections Division at 720-913-VOTE (8683) or via email at elections@denvergov.org.
- **Registration Confirmation** — If your registration is current, you will automatically receive a ballot three weeks before Election Day.
- **Updating Information** — If you need to update your registration, you can do so through the online portal provided by the Denver Clerk and Recorder's office.



THE GIFT SHOP KIOSK UPDATE

**By Faith Katz, Resident Gift Shop
Kiosk Manager**

What is the Gift Shop Kiosk?

For those new to Kavod, you can find our Gift Shop Kiosk on the 3rd-floor bridge connecting the East and West Buildings. We carry a variety of everyday essentials, including toilet paper, paper towels, toothpaste, greeting cards, and much more!

***The best part?* The kiosk is run entirely by your fellow residents: Beverly Bolden, Mary Courtney, Iris Jacobsen, Bob Lawrenson, Gary Wilson, and yours truly, Faith Katz.**

Interested in Volunteering? We would love to have you join the Gift Shop Kiosk team! Please contact Faith Katz at 720-469-0574, faith.katz3@gmail.com or Connie Moore, Director of Life Enrichment at cmoore@kavodseniorlife.org.

Thank you for your support!

Hours of operation are posted at the Gift Shop Kiosk.



Kavod has QUIET HOURS!

10 pm – 8 am

**Meeting Rooms closed
for events and gatherings.**

Thank you for your understanding!

***No indoor chairs or tables are to be
brought outside for programming or
individual use.***

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.



Thursday, October 8

***Depart at 3:30 pm in front of West Building**

Join us for a delicious dinner trip to the Longhorn Steak House where you will find legendary steaks, seafood and many delicious menu selections.

We promise good food, good conversation and a fun outing!

Cost of lunch is paid by Life Enrichment.

Deadline to signup: October 6

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



***King Soopers Shopping trip
Monday, October 12***

***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: October 2

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

TRIPS FROM LIFE ENRICHMENT



Friday, October 23

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

Casa Bonita!

You've read about it, maybe seen the movie about it and heard about it on the news, now experience Casa Bonita for yourself! Called "**The Greatest Restaurant in the World**", Casa Bonita is a cultural institution in the Denver area since it's opening in 1974. In 2015, Casa Bonita was recognized as an official landmark by the Lakewood Historical Society.

Casa Bonita was almost lost after closing during the pandemic, but thanks to the South Park creators from Colorado who spent **\$60 million** to fully remodel the restaurant and improve the menu, Casa Bonita was saved and has reopened!



You will be magically transported back in time to 1970s Mexico in a village with a stunning waterfall, cliff divers, and live Mariachi music and shows.

or lunch you will choose from the menu of Mexican

food or you may also choose a hamburger, cheeseburger or chicken tenders. Included in your meal is soda, chips and salsa and their famous Sopaipillas!

Deadline to signup: October 20

Cost of lunch is paid by Life Enrichment.

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



***Super Target Shopping trip
Thursday, October 29***

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

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

Deadline to signup: October 25

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



October Activities with DeAngela

Movie Singalong

Sunday, October 4, 1:00 pm (GR)

KavodTalks: Michael Klein Presents for Assisted Living

Tuesday, October 6, 1:00 pm (GR)

Armchair Traveler: Flight Reveal & Travel Orientation

Wednesday, October 7 12:15 pm (At What's Happening) (GR)

AL Bingo

Thursday, October 8, 2:00 pm (GR)

Armchair Traveler: Virtual Sightseeing

Friday, October 9, 10:00 am (GR)

Armchair Traveler Week 2: Culture & Music

Armchair Traveler: Music & Traditions

Tuesday, October 13, 1:00 pm (GR)

Armchair Traveler: Children's Songs & Movement

Wednesday, October 14, 3:00 pm (GR)

Armchair Traveler Week 3: Art in Our Selected Country

Armchair Traveler: Arts & Crafts Artistic Banners

Saturday, October 17, 1:00 pm (GR)

Armchair Traveler: Tile Art

Sunday, October 18, 1:00 pm (GR)

Armchair Traveler Week 4: Food & Party Preparation

Armchair Traveler: "Taste" of our Country

Tuesday, October 20, 3:00 pm (GR)

Armchair Traveler: Excursion to Mystery Location

Friday, October 23, depart 10:00 am

Armchair Traveler Week 5: Coming Home

Armchair Traveler: Postcards Home & Vacation Memory Party

Tuesday, October 27, 3:00 pm (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, October 7
12:15 pm – Gathering Room

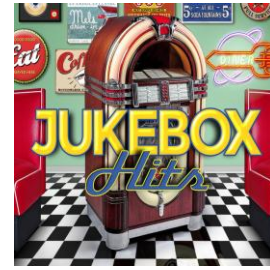
What's Happening this month with Life Enrichment

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, October 7
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, October 8 & 22
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, October 16
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.



Challah Baking with Zeldy

**Monday, October 19
2 pm - Gathering Room**

Enjoy a fun afternoon with Zeldy and take home some baked Challah Bread!



**Wednesday, October 28
12:15 pm - Gathering Room**

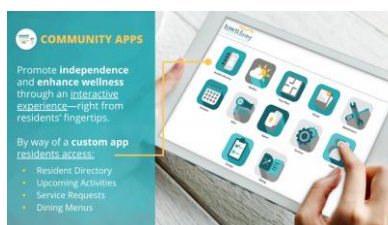


Good Vibes & Tunes with Rick

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.

Life Enrichment



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**

ACTIVITY guide



**All Mondays in October
*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.

NEW CLASS!

Fridays in October

11:30 am – Mt. Blue Sky



Residents teaching Residents

BOTH LANGUAGES

Russian – English

Imperfect! Laughing! No tests!

No alphabet to learn by sounds

Students are teachers. We decide what to learn!



Thursdays, October 1 & 8

**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. Sketching supports cognitive wellness, improves fine motor skills, reduces stress, and promotes mindfulness and relaxation.



**Thursday, October 8
6 pm – Pikes Peak**

**MYSTERY Decoupage Art Class
with April**

Join April for a fun art class! Are we having fun yet? Our class for October will be a Mystery class! Come and continue your skills while making something beautiful to add to your collection for October. Bring a friend to join in the fun!



**Fridays, October 9 & 23
2 pm – Pikes Peak**

The Ceramic Studio

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



Sunday, October 18

**2 pm - West Building, Top Deck &
Pikes Peak**

Please join us for a fun afternoon
of **LIVE music and ice cream!**



B'nai B'rith volunteers will be serving
delicious ice cream from Denver's iconic
Bonnie Brae Ice Cream shop.

No cost or signup required, just drop in!

Everyone welcome!



**Wednesday, October 14
11 am – Pikes Peak**

Life Enrichment "AARP "Avoiding Fraud" Lunch & Learn

Don't miss this informative talk about
Avoiding Fraud: Vulnerabilities and Vigilance.

What are some of the most common
vulnerabilities that make us potential fraud
victims? Join **AARP ElderWatch** for an
interactive presentation about vulnerabilities
that scammers try and target to find their
next scam victim and what you need to do to
remain vigilant.

Enjoy a complimentary box lunch ***to enjoy
during the presentation. Please do not take
a lunch if you are not going to stay for the
talk.***



**Sunday, October 18
12:45 pm – Dining Room**

Birthday Celebration with Vlad Gershevitz, Classical Pianist!

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 Connie at 720.382.7813.*



**Thursday, October 22
11 am – Main Dining Room**

After many years of incredible service and dedication to Life Enrichment and Kavod, Dmitriy Umanskiy is embarking on an exciting new chapter!

While we will miss him dearly, we want to give him a proper send-off.

Please join us in honoring and celebrating Dmitriy at his "Going Away Party" on Thursday, October 22 at 11 am in the main dining room.



**The RED BOX will be at Kavod on Friday,
October 23, 2026
East Lobby 3:30 pm– 5pm**



Saturday, October 24

6:15 pm – Dining Room

Spooky Recitals

GET READY FOR A HAUNTINGLY

GOOD TIME!

Join Wendy Klein and her piano students for a fun evening of spooky recitals. Performers will be dressed in costume, and audience members are encouraged to wear theirs too!

Afterward, stick around to mingle and celebrate with the musicians.



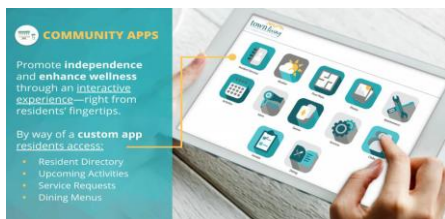
Musicians United for Change



Sunday, October 25
4 pm – EAST Dining Room

Enjoy a wonderful Sunday concert featuring Colorado's TOP Young Musicians!

Enjoy some refreshments after the concert where you will be able to meet the musicians.



Thursday, October 29
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.*



Boo Bash: Magic Show & Fun!

Thursday, October 29

1 pm – 3 pm

Pikes Peak & MBS

We'll start out with a professional Magic Show for the first half hour. Charlie Martin is part magician, part comedian and part clown. He has toured all over the US at comedy clubs to colleges. He has been on TV 3 times, has worked the showrooms of Las Vegas to the parks of Walt Disney. Charlie has opened for Al Jackson, Chris Fonseca and the late Robin Williams. His show is rated F...for Frequently Funny.

After the show you can Paint Your Own Pumpkins, Take a Photo with Spooky Props, test your skills at Halloween Trivia, and get your Caricatures drawn!

You will also be treated to **hauntingly delicious snacks** of finger sandwiches, caramel apple bites, potato chips, caramel popped corn, and ghoulishly delicious apple cider!

No cost or signup required, see you there!



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 October 2026

Wednesday, October 7th

1-3pm – HWC/Mt Blue Sky

Mindful Fiber Arts Workshop: Prayer Flags

Learn about mindfulness and how to use it in the art-making process!

Whether you're an experienced artist, meditator, or have no previous experience, this practice is for you!

Wednesday, October 14th

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, October 14th

1pm – HWC/Pikes Peak

Herbalism Series: *Herbal Perfume*

Perfume is found everywhere in the world and goes back thousands of years. Perfumes are rooted in herbalism and all naturally have a unique medicinal effect. Come make a custom perfume or cologne. *The herbalism series will be a monthly offering every 2nd Wednesday from 1-2pm. Please make sure to sign up in advance!*

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.

Tuesday, October 20th

1130am – HWC/Pikes Peak

Lunch & Learn: League of Women’s Voters Colorado

Join us for lunch and stay for the League of Women’s Voters to go over the ballot issues for this November’s election. Feel free to bring your ballot if you need support populating and have questions. The ballot box will be at Kavod on the 23rd.

Lunch and refreshments provided!

Thursday, October 22nd

1pm – HWC/Pikes Peak

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.