



Kavod Senior 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 *9:00 King Soopers—trip 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 4:30 Piano Music by Tory—DR	2 10:00 Gentle Yoga—Pikes Peak 10:30 Life Enrichment “What’s Happening at Kavod” Breakfast—SHC 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	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 2:00 Current Events—SHC 3:00 Painting & Wine with Polly—Pikes Peak 	5 *10:00 Conversations on the Edge—SHC (diff time this month only) No Bingo today 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center—SHC *4:00 Mystery Dinner—trip 5:30 The Wonder Circle—Pikes Peak	6 9:00 Tai Chi—Pikes Peak 10:00 Boxing for Seniors—Pikes Peak *11:45 JFS Food Bank & Pantry—trip	7 10:00 English Language Practice—MBS 11:30 Good Vibes with Rick & Coffee in the Bistro 12:00 Gentle Yoga—MBS 1:00 Prayer for Israel 3rd Anniversary of Massacre—Shul 1:00 Mindfulness Fiber Arts Workshop —MBS 1:00 Mahjong Players—Bridge *6:00 Lamont Symphony Orchestra's Season Opening Concert—trip 6:00 Tech Help with Lauren—Bridge	8 10:00 Relaxation Hour—Pikes Peak 10:00 Challah Braiding with Zeldy—Mt. Blue Sky 11:00 Boxing for Seniors—Pikes Peak 1:00 Sketching with Jim—Pikes Peak 2:30 Mindfulness Practice—MBS 6:00 Mystery Decoupage Arts Class with April—Pikes Peak	9 *9:00 Mountain Casino-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 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 12:00 Piano Music while you dine by Christine-DR 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 2:30 The Writing Center—SHC 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 10:00 SNAP Enrollment—East Lobby *11:45 JFS Food Bank & Pantry—trip	14 10:00 Low Vision Support Group —GR 10:00 English Language Practice—MBS 11:00 Music & Memory—SHC 11:00 Life Enrichment “AARP “Avoiding Fraud” Lunch & Learn—Pikes Peak 12:00 Gentle Yoga—MBS 1:00 Herbalism Series—Pikes Peak 1:00 Mahjong Players—Bridge 6:00 Tech Help with Lauren—Bridge	15 10:00 Relaxation Hour—Pikes Peak *11:00 King Soopers—trip 11:00 Boxing for Seniors—Pikes Peak 1:00 Resident Council—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 

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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  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) 2:30 The Writing Center—SHC 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 *11:45 JFS Food Bank & Pantry—trip 2:00 Mindful Wise Aging—SHC	21 10:00 English Language Practice-MBS 11:00 Sacred Grounds—Bistro 11:00 Music & Memory—SHC 12:00 Gentle Yoga—MBS 1:00 Active Minds “Colorado Ballot Issues 2026 ”—Pikes Peak *1:00 Kaiser Flu Shot—trip 1:00 Mahjong Players—Bridge *4:30 “A Dark and Stormy Murder” at Adams Mystery Playhouse—trip 6:00 Tech Help with Lauren—Bridge	22 10:00 Relaxation Hour—Pikes Peak 11:00 Dmitriy’s Going Away Party-DR 11:00 Boxing for Seniors-Pikes Peak *1:00 King Soopers—trip 1:00 Food for Thought—Pikes Peak 2:30 Mindfulness Practice—MBS 4:30 Piano Music by Tory—DR	23 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—DR 
25 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano—Pikes Peak 12:00 Piano Music while you dine by Christine-DR 2:00 Current Events—SHC 4:00 Musicians United for Change Concert—DR	26 *9:00 Super Walmart #1 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 2:30 The Writing Center—SHC *1:00 Super Walmart #2 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 12:00 Jazz Café & Coffee Hour—Bistro	28 10:00 English Language Practice—MBS 11:00 Music & Memory—SHC 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge *1:00 Kaiser Flu Shot—trip 2:30 Process & Express—Pikes Peak 2:00 Rocky Mountain Red Hat Meeting—SHC 6:00 Tech Help with Lauren—Bridge	29 10:00 Uniguest Learning Session with Ming—Bridge 10:00 Relaxation Hour—Pikes Peak 11:00 Boxing for Seniors-Pikes Peak 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,

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, October 2nd 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

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



RESIDENT COUNCIL CONNECTIONS

There's a chill in the air and it's not only from the fall weather. Spooky things are happening at Kavod. Like magic, items at the Give & Take disappeared. We hope you found items you couldn't live without or discarded items you no longer could live with. It was a **Spooktacular** event.



Resident Council Elections Are Coming!

It's election time! **Resident Council Election ballots will be delivered to your mailbox October 1 – 4, 2026.**

Co-Chairs will be listed on the ballot. Simply **check off your choice** and return your completed ballot to the ballot box.

Where to Vote:

The **Ballot Box** will be located in the **Kavod Salon & Spa** through the **end of business on Friday, October 16, 2026**. Once voting is closed, a third party will count the ballots to ensure a fair and impartial count.

The Co-Chair winners will appoint a Secretary and Treasurer.

 **Election results** will be announced at the **November 19, 2026** Resident Council meeting and will also appear in the December Voice.

Every vote counts—so don't forget to check your mailbox and make your voice heard!



 **October is for Our Furry Friends!** 
October is our ANIMAL SHELTER DRIVE!

This month, the Resident Council is asking our wonderful Kavod residents and staff to help us **"paws" for a worthy cause!**   We'll be

collecting much-needed items for our furry friends at **Humane Colorado**.

A list of the shelter's **most-needed items** will be delivered to your apartment mailbox. These are items that Humane Colorado has specifically identified as being needed, so every donation will help!

Where to Donate:

Our collection box will be located in the **Kavod Salon & Spa** during regular business hours.

Collection Deadline:

Donations will be accepted through the **end of the day on Friday, October 31, 2026**.

Delivery Day:

All those wonderful donations will be delivered to **Humane Colorado on Monday, November 2, 2026**.

Whether you donate one item or fill a whole bag, **every little bit helps provide comfort and care to animals waiting for their forever homes.**

Let's show our four-legged friends just how much **Kavod cares!**  

Thank you for helping us make a difference—one paw at a time!

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!

SENIOR LOAN PROJECT

Can we help you?

The Senior Loan Project was created for the benefit of the residents of Kavod Senior Life. If you are in need a small emergency loan we can provide you with up to \$150.00 at 0% interest and give you up to 4 months to pay it back. Simply contact a SLP Loan Officer for more information.



**Claire Askay –
720/917-4123**



**Sheila Witherington –
501/580-7577**



**Gary Wilson –
303/355-2304**



**Марина Народицкая
(русский язык) – 720/585-
1489**

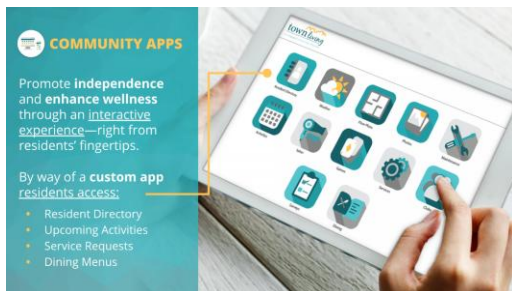


**Ondalee Kline – 303/258-
6796**

Life Enrichment



Uniguest
Community Apps



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



Uniguest
Community Apps

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

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 Hwong 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.

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



Monday, October 5

4 pm – trip

Mystery Dinner trip

This is not your grandma's average bus trip!
Don't ask the driver where we're going, he doesn't know!

Travel with us to a surprise destination for Dinner! Bring along your appetite and at least \$35 to cover your meal, tax and tip. We promise a fun ride good food and lots of laughs! *Pay for dinner there.*

Residents: \$5 transportation

Non-Residents: \$10 transportation

Deadline: October 2



Tuesdays, October 6, 13 & 20

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

LAMONT SYMPHONY ORCHESTRA SEASON OPENING CONCERT

Wednesday, October 7

6:00 PM – Van Trip



Join us for the LSO's opening concert of the season! Featuring John Williams's iconic music for E.T.: the Extra-Terrestrial, music by Mozart and Mussorgsky, and the world premiere of the symphonic poem Joseph, the Dream Reader by the LSO's music director, Lawrence Golan.

Residents: \$8

Non-Residents: \$20

Deadline: September 25



Friday, October 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: October 7



Kaiser Flu Shot Van trips

Wednesday, October 21 at 1 pm OR

Wednesday, October 28 at 1 pm

Van Trips

*****For Kaiser members only,*** don't miss your annual flu shot. ***Be sure to bring your Kaiser insurance card with you.***

No cost, but please sign up at the Front Desk.

Deadline: October 19 & October 26



Wednesday, October 21

4:30 pm – Van Trip

Adams Mystery Playhouse *presents* A Dark and Stormy Murder

Step into Colorado's premier and only full-time "Mystery Mansion" for an unforgettable evening at the Adams Mystery Playhouse!

Adams Mystery Playhouse

(continued)



Unravel a creepy caper, dodge unscrupulous characters, and see if you can catch a killer before the storm outside traps you all inside. Only you and this cavalcade of guests will be able to solve this creepy caper.

Your ticket covers a delicious dinner, round-trip transportation, and gratuities (alcoholic beverages are available for purchase at the bar on your own).

Dinner, tips, transportation all included, but any Bar charges are not included.

Residents: \$68 includes transportation

Non-Residents: \$78 includes transportation

Deadline: October 12



TRIPS

Coming in NOVEMBER 2026!



Ballet of Lights: Sleeping Beauty Dance and Light Show

Sunday, November 22

3:15 pm – Van Trip

The timeless tale of the cursed princess awakened by her true love's kiss is brought to life like never before! **Watch as dancers light up the stage with glittering routines and glow-in-the-dark costumes.**

Glowing Costumes: Ballerinas wear specially designed LED and glow-in-the-dark outfits that illuminate the stage during routines. **Modern Reimagining:** The traditional fairy tale of the cursed princess awakened by true love's kiss is adapted with synchronized lighting effects. **Global Performances:** The production has toured across numerous cities worldwide, bringing an otherworldly visual display to classical dance

Residents: \$62

Non-Residents: \$72

Deadline: October 25



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

NEW CLASS!

Fridays in October



11:30 am Pikes Peak

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!

Hello, How are you? ... Здравствуйте, как вы?

Did you have a good day? У вас был хороший день?

Your dress is beautiful.... У вас красивое платье.

I love your shoes. ... Мне нравятся ваши туфли.

Did you get a haircut? It looks nice. Вы подстриглись? Вам очень идёт.

Today is my birthday! Сегодня мой день рождения!

Did you go shopping? ... Вы ходили за покупками?

Do you like to sing? Вы любите петь?

Do you like to dance? Вы любите танцевать?



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.



Breakfast Meeting



Friday, October 2

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!**



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. In addition to being enjoyable, sketching supports cognitive wellness, improves fine motor skills, reduces stress, and promotes mindfulness and relaxation.



Challah Braiding
with Zeldy

Thursday. October 8
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



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.



**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.



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



Musicians United for Change



**Sunday, October 25
4 pm – 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**

Uniquet (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!



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.



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.