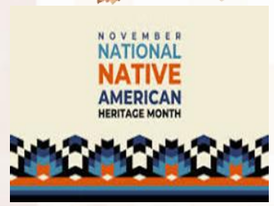
Kavod Assisted Living at Cherry Creek
Activity Calendar - November 2026

ROOM LOCATION GUIDE:
GR — Gathering Rm (1st floor West)
SH — Shul (2nd floor East)
SHC — Shul Classroom (2nd floor East)
HWC — Health Wellness Center
PP — Pikes Peak
MBS — Mt. Blue Sky
Bridge — 3rd Floor Bridge

COLOR GUIDE:
Blue = Life Enrichment classes
Green = Life Enrichment Trips
Purple = Health & Wellness classes
Black = Religious or Other





SUN	MON	TUE	WED	THU	FRI	SAT
1 ***Time Change! Set clocks back one hour***  10:00 Men's Breakfast sponsored by Kavod Red Hats – PP 2:00 Current Events - SHC	**2** 10:30 Bingo - PP 1:00 Readers Theatre - PP 2:30 The Writing Center –SHC 5:15 Sing Along with Christine 5:30 The Wonder Circle - PP	**3** 9:00 Tai Chi - PP 10:00 Boxing for Seniors –PP 10:00 Resident Council Craft Fair/Flea Market and Bake Sale -DR 10:30 Mastering Authentic Relationship Skills - MBS	**4** 11:00 Music and Memory - PP 11:30 Good Vibes with Rick & Coffee - Bistro 12:00 Gentle Yoga - MBS 12:15 Life Enrichment: What's Happening in Assisted Living - GR 1:00 Mahjong Players - Bridge 1:00 Mindfulness Fiber Arts Wearable Art - MBS 3:00 Wackie Words – GR 5:15 Paint & Wine with Polly - GR 6:00 Tech Help with Lauren - Bridge	**5** 10:00 Relaxation Hour - PP 11:00 Boxing for Seniors - PP 1:00 Jim's Art Club - PP 2:30 Mindfulness Practice – MBS 6:00 Eye Glass Chain Workshop - SHC	**6** * 10:00 King Soopers shopping - trip 10:00 Gentle Yoga – PP 11:30 Russian Phrases for English Speakers - MBS 12:30 Legacy Strength Training for Seniors - PP 1:00 Book Club - MBS 1:00 Ice Cream Café – East Lobby 6:00 Soulful Service with Rabbi Steve - SH	**7** 2:00 Open Mic Poetry with DeAngela - GR
8 10:00 Non-Denominational Christian Services with Rev. Dale – PP 2:00 Current Events - SHC	**9** 10:30 Bingo - PP 11:00 Conversation on the Edge - SHC 1:00 Readers Theatre - PP 2:30 The Writing Center – SHC 5:15 Sing Along with Christine - GR 5:30 The Wonder Circle – PP *6:30 Liederabend (An Evening of Song) by Lamont School of Music - trip	**10** 9:00 Tai Chi - PP 9:30 DPL Bookmobile - Bistro 10:00 Boxing for Seniors – PP 10:30 Mastering Authentic Relationship Skills - MBS 2:00 Mindful Wise Aging - SHC 6:00 Scrabble Group - SHC	**11** 10:00 Low Vision Support Group – GR 10:00 Music and Memory Celebration - PP 12:00 Gentle Yoga - MBS 1:00 Herbalism Series - PP 1:00 Mahjong Players - Bridge 5:00 Veterans Day Honor Celebration - East Dining Room  6:00 Tech Help with Lauren –Bridge	**12** 10:00 Relaxation Hour – PP 11:00 Boxing for Seniors - PP 1:00 Food for Thought - MBS 1:00 Jim's Art Club - PP 2:30 Mindfulness Practice – MBS 5:00 Dancing to the Oldies - GR 6:00 Decoupage Arts Class with April - PP	**13** 10:00 Gentle Yoga - PP 10:00 Kavod Talks with Michael Klein – GR 11:30 Russian Phrases for English Speakers - MBS 12:30 Legacy Strength Training for Seniors - PP 1:00 Book Club - MBS 1:00 Ice Cream Café – East Lobby 3:00 Floral Arranging with DeAngela- GR	**14** 10:00 -Shabbat Services with Dr. Seth Ward - SH 

Kavod Assisted Living at Cherry Creek
Activity Calendar November 2026

SUN	MON	TUE	WED	THU	FRI	SAT
15 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on Piano - PP 12:45 Birthday Celebration with The Rocky Mountain Indigenous Dancers - DR 2:00 Current Events - SHC 2:15 Mystery Movie with DeAngela - GR	**16** No Bingo today 1:00 Readers Theatre - PP 2:00 Challah Baking with Zeldy - GR 2:30 The Writing Center – HC 5:15 Sing Along with Christine 5:30 The Wonder Circle -PP	**17** 9:00 Tai Chi - PP 10:00 Boxing for Seniors - PP 10:30 Mastering Authentic Relationship Skills - MBS 1:00 Kavod Talks with Connie Moore - GR	**18** * 11:00 Los Dos Potrillos Lunch - trip 11:00 Sacred Grounds - Bistro 12:00 Gentle Yoga -MBS 1:00 Active Minds "Persian Gulf States" - PP 1:00 Mahjong Players - Bridge 3:00 Wackie Words - GR 6:00 Tech Help with Lauren -Bridge	**19** 10:00 Relaxation Hour - PP 11:00 Boxing for Seniors - PP 12:15 AL Resident Council - PP 2:30 Mindfulness Practice – MBS 5:00 Dancing to the Oldies - GR 6:00 Eye Glass Chain Workshop - SHC	**20** 10:00 Gentle Yoga – PP 11:30 Russian Phrases for English Speakers -MBS 12:15 Denver Botanic Gardens Sensory Program – GR 12:30 Legacy Strength Training for Seniors -PP 1:00 Book Club - MBS 1:00 Ice Cream Café -East Lobby 2:00 The Ceramic Studio - PP 6:00 Musical -Shabbat Service with Rabbi Kim and Brian - SH	**21**
22 10:00 Non-Denominational Christian Services and Communion with Rev. Dale & Steve Miller on piano -PP 1:00 Football Bingo with DeAngela -GR 2:00 Current Events - SHC	**23** 10:30 Bingo - PP 1:00 Readers Theatre - PP 2:30 The Writing Center - SHC 5:15 Sing Along with Christine 5:30 The Wonder Circle - PP	**24** 9:00 Tai Chi - PP 9:30 DPL Bookmobile - Bistro 10:00 Boxing for Seniors – PP 10:30 Mastering Authentic Relationship Skills - MBS 12:00 Jazz Café & Coffee Hour - Bistro 2:00 Gratitude Tree & Card Making with DeAngela- GR	**25** 12:00 Gentle Yoga - MBS 1:00 Mahjong Players - Bridge 2:00 Rocky Mountain Red Hatters - SHC 2:30 Process & Express -PP 3:00 Thanksgiving Eve Pie Social with DeAngela-GR 6:00 Tech Help with Lauren -Bridge	**26** OFFICES CLOSED	**27** OFFICES CLOSED Day after Thanksgiving	**28** 10:00 -Shabbat Services with Dr. Seth Ward - SH
29 10:00 Non-Denominational Christian Services with Rev. Dale - PP 2:00 Current Events - SHC	**30** 10:30 Bingo - PP 1:00 Readers Theatre -PP * 2:00 Target shopping - trip 2:30 The Writing Center – SHC 5:15 Sing Along with Christine 5:30 The Wonder Circle - PP					



KAVOD ASSISTED LIVING

Voice

Monthly Newsletter for Kavod Assisted Living Residents

NOVEMBER 2026

Connie's CORNER





Hi Everyone,

Happy Thanksgiving! Let's remember the many blessings we have in our lives. I hope that each of you find an activity, class and outing to enjoy this month, as we celebrate a full and active way of life here at Kavod Senior Life.

Be sure to attend the **"What's Happening in Assisted Living with Life Enrichment" on Wednesday, November 4 at 12:15 pm in the Gathering Room.** Be sure to bring your Voice, Calendar, questions, suggestions and ideas!

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

Veterans Day Celebration

Honoring Our Kavod Veterans

Join us for a special Veterans Day celebration featuring speakers, flag presentation and a musical salute in the Dining Room!

- **Date: Wednesday, November 11**
- **Time: 5:00 PM (Veterans check-in begins at 4:30 PM)**
- **Location: Dining Room (East Lobby for Veterans check-in)**

Special Features for Veterans

- **Honor Tables: Enjoy a special dinner experience at tables set up and decorated just for you.**
  - ***RSVP required:* Please call Connie at 720-382-7813 by November 9 to reserve your seat.**
  - ***Check-in:* Stop by the "Veterans Check-in Table" in the East Lobby at 4:30 PM to pick up your special gift bag.**
- **Photo & Story Display:** We are hosting a special photo table to showcase your service photos and stories. If you need help framing your photos, please call Connie at 720-382-7813 by November 9.

Kavod SENIOR LIFE
Honor. Community. Jewish Values.

From Chaplaincy and Spiritual Services

Wise Aging
Living with Joy, Resilience, & Spirit

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

Tuesday, November 10
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, November 25
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,

The fall weather is upon us! We hope you've enjoyed the leaves turning and all things pumpkin. Here are a few updates for you:

National attention: Kavod is becoming known as a model for others to follow. Three groups from across the US came to visit in October to learn more about our operations, programs and outcomes. We were very proud to share with them. These included:

- Approximately 40 graduate students enrolled in a master's in public health (MPH) from George Washington University in D.C. on 10/5
- A similar number of administrative staff from B'nai B'rith International, who runs over a dozen senior housing buildings nationally on 10/19
- A group from the Grantmakers in Aging conference, representing philanthropy for policies, programs, and resources in aging services, where we could share how grant funding is being used on campus on 10/22

Flood progress: Reconstruction of the East lobby began in late September and continued into early November. By the time this is published, we hope most, if not all, of the lobby and dining room will be restored to their pre-flood appearance. Thank you for your patience.

West ledges: The south and north sides of the ledges on the West building should be completed soon; the final step includes a traffic coating application. The west side will be next. Be aware that extreme weather conditions could delay the work as winter approaches.

Resident flyers and announcements: We want to remind everyone that the frames on the outside of the elevators are for **Kavod staff use only**. Any other posted flyers – by residents or others - will be discarded. Please use the designated announcement display cases on the bridge by the East Russian library, the West by the elevators, and the East by the dining room. The East display case has not been available due to the reconstruction work; however, the other display cases are. See Resident Council for access.

We wish everyone a happy Thanksgiving. We are grateful for you!

Be well,

Michael Klein & Kara Harvey

Life Enrichment



Please thank The Life Enrichment Team!

Connie Moore, Director of Life Enrichment

Stewart Schoenthal, Driver & Trip Assistant

Ming Hwong, Life Enrichment Coordinator

Megan Dearman, Volunteer Engagement Coordinator

DeAngela Johnson, Life Enrichment Activity Assistant

(Also known as the "Activities & Volunteer" department at Kavod)

Did you know that the bands that perform around Kavod for various special events and activities are provided by Life Enrichment?

Did you know that all of the Happy Hours, Birthday Parties, Birthday gifts, wine, beer, and snacks are provided by Life Enrichment?

Did you know that **ALL** of the trips scheduled and planned each month are provided by Life Enrichment?

Did you know that Uniguest and the monthly *Voice* & Calendar come from Life Enrichment?

Please take a minute when you see this hardworking team to thank them for all these things and SO much more!





We are thrilled to share that a familiar face is back on our van trips!

Please join us in giving a warm welcome back to Stewart Schoenthal, who has returned as a Driver and Trip Assistant.

Next time you see Stewart around Kavod, be sure to say hello!





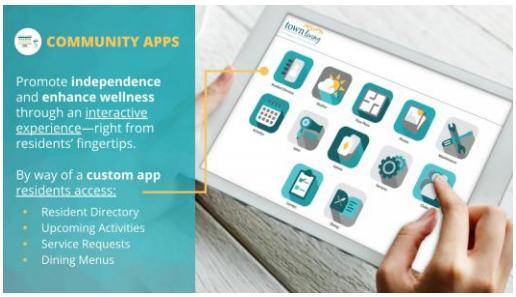
Need Tech Help? Kavod is fortunate to have Lauren, a fantastic community volunteer who offers weekly tech support! She can help you with everyday questions regarding your phone, laptop, smart watch, or iPad.

- **When:** Wednesdays, 6:00 PM – 7:00 PM
- **Where:** The Bridge
- **Note:** By appointment only

To schedule a session: Call Connie at **720-382-7813**.

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 Uniguest, 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 720-382-7820**.

This will be delivered to you along with the regular newsletter near the end of each month.

MUSIC & memory

Music and Memory

We are grateful to once again welcome Regis University students to help facilitate Music & Memory.
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, Nov 4, 11am Pikes Peak, Cohort 2
Wed, Nov 11, 10 am "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.

TRIPS FROM LIFE ENRICHMENT



For the Assisted Living trips, the Kavod Van will pick you up in front of the WEST building. Be sure to be in the West Lobby 15 minutes before departure time! ***Signup by calling DeAngela at 720-382-7826 or Connie at 720-382-7813 to reserve your spot!***

Reservations are required.

King Soopers Shopping trip
Friday, November 6

*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: November 2

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

Lamont School of Music & Theatre
UNIVERSITY OF DENVER



Monday, November 9

*Depart at **6:30 pm** in front of **West** Building

Lamont School of Music & Theatre

"Liederabend" (An Evening of Song)

Enjoy an evening of song with the Lamont school of Music.

We will return to Kavod at approximately 9:30 pm.

Deadline to signup: November 6

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

TRIPS FROM LIFE ENRICHMENT

Los Dos
POTRILLOS
AN AUTHENTIC FAMILY TRADITION

Wednesday, November 18

*Depart at **11:00 am** in front of **West** Building



Join us for an authentic Mexican lunch at Los Dos Potrillos, a family owned restaurant where the recipes on every plate are three generations deep. Known for their delicious food and wonderful hospitality, you can choose from a variety of Mexican dishes as well as some American choices. Be sure to save room for their famous Fried Ice Cream!

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

Cost of lunch is paid by Life Enrichment.

Deadline to signup: November 11

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

Super TARGET

Super Target Shopping trip
Monday, November 30

*Depart at **2 pm** in front of **West** Building

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

Deadline to signup: November 25

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



November Activities with DeAngela

Open Mic Poetry
Sat, Nov 7, 2:00 pm (GR)

KavodTalks with Michael Klein
Fri, Nov 13, 10:00 am (GR)

Floral Arranging
Fri, Nov 13, 3:00 pm (GR)

Mystery Movie
Sun, Nov 15, 2:15 pm (GR**)**

KavodTalks with Connie Moore
Tues, Nov 17, 1:00 pm (GR)

Football Bingo
Sun, Nov 22, 1:00 pm (GR)

Gratitude Tree & Card Making
Tues, Nov 24, 2:00 pm (GR)

Thanksgiving Eve Pie Social
Weds, Nov 25, 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, November 4
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, November 4

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!



Wednesday, November 4

11:30 am – Bistro

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.



Thursdays, November 12 & 19
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, November 20
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, November 16

10 am – Gathering Room

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





Join us for a special Veterans Day celebration featuring speakers, flag presentation and a musical salute in the Dining Room!

- **Date: Wednesday, November 11**
- **Time: 5:00 PM (Veterans check-in begins at 4:30 PM in East Lobby)**
- **Location: Dining Room (East Lobby for Veterans check-in)**

Special Features for Veterans

- **Honor Tables: Enjoy a special dinner experience at tables set up and decorated just for you.**
    - ***RSVP required:* Please call Connie at 720-382-7813 by November 9 to reserve your seat.**
    - ***Check-in:* Stop by the "Veterans Check-in Table" in the East Lobby at 4:30 PM to pick up your special gift bag.**
- **Photo & Story Display:** We are hosting a special photo table to showcase your service photos and stories. If you need help framing your photos, please call Connie at 720-382-7813 by November 9.

VETERANS DAY CELEBRATION SCHEDULE OF EVENTS:

5 pm – *Welcome by Michael Klein, CEO*

5:05 pm – *Don Price, Jewish War Veterans*

5:15 pm – *Boy Scouts of America Color Guard Flag Presentation*

5:45 pm – *Musical Salute to Veterans*



Sunday, November 15
12:45 pm – Dining Room

Honoring "National American Native Month"

Birthday Celebration with
The Rocky Mountain Indigenous Dancers

Happy Birthday to everyone celebrating a birthday this month. **All birthday gifts will be delivered to those with birthdays.**

"This month, many people will be preparing to celebrate the holiday season with thoughts of comfort and joy, families, and friends. At First Nations, we encourage everyone to also take the time to celebrate Indigenous peoples – the sacred people who stood on the land before us. At all times, and especially now during Native American Heritage, we ask people to recognize the prayers of our ancestors and the culture that is interwoven in our everyday lives – from architecture, to street names, to sports, to many of the foods we eat today. Native American Heritage is engrained in many of the things we do and see."

- First Nations

SENIOR LOAN PROJECT



Thanksgiving Drawing for King Soopers Gift Certificates

This year for our turkey event we will be drawing apartment numbers for King Soopers Gift Certificates on

- **Tuesday, November 17 & Wednesday, November 18:** Main Dining Room
- **Thursday, November 19:** West Building AL Dining Room

This year there will be 50 cards given away due to a large contribution to this event. All residents are automatically included in the drawing. *You do not need to be present to win.* If your apartment number is drawn and you are not there, we will deliver the gift card directly to your door.

This event is sponsored by the Residents Helping Residents/Senior Loan Project:

Claire Askey, Sheila Witherington, Gary Wilson, Loretta Boyd, Marina Navoditskaya, Ondalee Kline and Will Hume.

Health & Wellness

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, Access-on-Demand or RTD Live 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.

<u>To qualify you must</u> - 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.

Access-on-Demand; allows you to use app supported transportation options with a voucher to offset the cost.
RTD Live; allows by income-limits, a discounted fare for Access-a-Ride and Access-on-Demand. ***If you are interested in applying - call for 720.382.7855!**

31 Days of December is returning!!! Keep an eye out for a list of special events or activities in the H&W Department section next month! This is an opportunity to try out new programs, learn new trades and engage with others. Hope to see you upstairs!

Special H&W Offerings for November 2026

Mondays *NEW*
530-630pm – HWC/Pikes Peak
The Wonder Circle

Join Tracy Nall, for "The Wonder Circle"! The circle is inspired by the creative and reflective framework of *The Artist's Way* by Julia Cameron. We will explore connection, meaning, identity, resilience, creativity, and the many ways we continue to grow through life's transitions. Each week offers a different opportunity to engage through conversation, storytelling, listening, mindfulness, creative expression, gentle movement, reflection, and more. Activities are designed to be accessible and adaptable to different abilities, personalities, and comfort levels. Participation is always an invitation, never an expectation.

You do not need to consider yourself an artist to participate! *The Artist's Way* is a book and creative recovery framework by Julia Cameron that encourages people to reconnect with curiosity, self-expression, play, possibility, and the parts of themselves that may have become quiet or overlooked. At its heart, it is about discovering and nurturing creativity as a way of engaging more fully with life. Creativity can look like writing, conversation, music, memories, movement, noticing beauty, trying something new, or simply becoming curious again.

New members are welcome every week. You are invited to join us whenever you are able, without any obligation to attend week! Come for one gathering, come when you can, or join us for the whole circle. Come connect. Come explore. Come exactly as you are.

Tuesdays *NEW*
1030am – 12pm – HWC/Mt Blue Sky
Mastering Authentic Relationship Skills

We will be discovering how to create and deepen the relationships with others that you wish you could have, or that you may have wanted and never quite found, as well as how to improve difficult relationships. We will learn to relate to others in ways that are safe, supportive, and nurturing, that invite you to be who you are and be accepted with interest, curiosity, and respect, while offering the same to others. We will learn new skills as well as spend time practicing on each other. This group is a follow-on from last Winter's group, and will review skills taught in that group as well as introduce new skills and the theory behind them.

Health & Wellness

The group's work will challenge you to reinvent yourself. We will agree to create a safe space for each other to experiment with new ways of relating, and find safety and courage within ourselves to risk the vulnerability that births authentic relationship. The rewards are beyond worthwhile. So, this group requires a serious commitment on your part: to show up regularly, keep others safe in the group, and be willing to try new things. The group will run for 14 weeks and requires that you attend every session unless you are ill. Our first session will be a question and answer group where you can get help deciding if this adventure is right for you. Each group will be about an hour and twenty minutes.

Wednesday, November 4th
1-3pm – HWC/Mt Blue Sky
Mindful Fiber Arts Workshop: *Wearable art/fabric pins/necklaces*

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! This month we will be working on creating "wearable art" such as fabric pins and necklaces.

Wednesday, November 11th
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, November 11th
1pm – HWC/Pikes Peak
Herbalism Series: *Sleep Tea*

During the winter months, sleep has been traditionally prescribed. We collect our energy reserves and replenish from the warmer months. Learn about the biology of sleep and make a supportive tea blend. *The herbalism series will be a monthly offering every 2nd Wednesday from 1-2pm. Please make sure to sign up in advance!*

Thursdays
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.*

Health & Wellness

What makes this class unique? T*he 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.

Thursday, November 12th
1pm – HWC/Mt Blue Sky **ROOM CHANGE FOR THE MONTH**
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.

GIVING

August Gifts

GENERAL

Garrett Barter
RhonaCohen
Lynn & Richard Glassman
Kara Harvey
Janet Hyman
Diana McFail
Wayne New
Mark Raphaely, In Honor of Alan Reifler
Ellen Welner Lozow, In Honor of Jim and Sabine Baez

HEALTH & WELLNESS

Dean Beyer

KAVOD ON THE ROAD

Audrey Gilden
Jean & Don Kaplan
Wendy & David Ruby

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