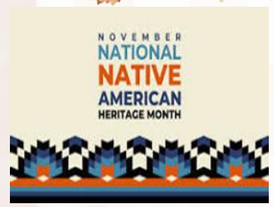
Kavod Senior Living at Cherry Creek
Activity Calendar - November 2026

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** **12:00 Piano Music while you dine by Christine - DR** **2:00 Current Events - SHC** **3:00 Painting & Wine with Polly - PP**	**2** **10:30 Bingo -PP** **1:00 Readers Theatre -PP** **2:30 The Writing Center - SHC** **5:30 The Wonder Circle -PP**	**3** **9:00 Tai Chi -PP** **10:00 Resident Council Craft Fair/Flea Market and Bake Sale - DR** **10:30 Mastering Authentic Relationship Skills - MBS** **10:00 Boxing for Seniors – PP** *** 11:45 JFS Food Bank & Pantry –trip** **12:30 Mindful Falling Workshop Series - PP**	**4** **10:00 English Language Practice -MBS** **11:00 Music and Memory - PP** **11:30 Good Vibes with Rick & Coffee -Bistro** **12:00 Gentle Yoga -MBS** **1:00 Mindfulness Fiber Arts *Wearable Art* -MBS** **1:00 Mahjong Players - Bridge** **3:00 Wackie Words -GR** **6:00 Tech Help with Lauren -Bridge**	**5** *** 9:00 King Soopers #1 - trip** **10:00 Relaxation Hour -PP** **11:00 Boxing for Seniors - PP** *** 1:00 King Soopers #2 - trip** **1:00 Jim's Art Club -PP** **2:30 Mindfulness Practice - MBS** **4:30 Piano Music by Tory - DR** **6:00 Eye Glass Chain Workshop -SHC**	**6** **10:00 Gentle Yoga -PP** **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 -PP** **1:00 Book Club -MBS** **1:00 Ice Cream Café -East Lobby** **6:00 Soulful Service with Rabbi Steve -SH**	**7**
8 **10:00 Non-Denominational Christian Services with Rev. Dale -PP** **2:00 Current Events - SHC**	**9** **10:30 Bingo -PP** **11:00 Conversations on the Edge -SHC** **1:00 Readers Theatre -PP** **2:30 The Writing Center - SHC** **5:30 The Wonder Circle -PP**	**10** **9:00 Tai Chi -PP** **9:30 DPL Bookmobile -Bistro** **10:00 Boxing for Seniors – PP** **10:30 Mastering Authentic Relationship Skills - MBS** *** 11:45 JFS Food Bank & Pantry –trip** **12:30 Mindful Falling Workshop Series - PP** **2:00 Mindful Wise Aging- SHC** **6:00 Scrabble Group -SHC**	**11** *** 9:00 Mountain Casino - trip** **10:00 Low Vision Support Group –GR** **No English Language Practice** **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 Jim's Art Club -PP** **1:00 Food for Thought - MBS** **2:30 Mindfulness Practice - MBS** **6:00 Decoupage Arts Class with April -PP**	**13** **10:00 Gentle Yoga -PP** *** 11:15 Lowry Beer Garden Lunch & Senior Planet -trip** **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**	**14** **10:00 -Shabbat Services with Dr. Seth Ward -SH** 

Kavod Senior 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 5:00 Resident Council's Friendsgiving – PP/MBS	**16** * 9:00 Super Walmart #1 -trip No Bingo today * 1:00 Super Walmart #2 -trip 1:00 Readers Theatre -PP 2:30 The Writing Center - SHC 5:30 The Wonder Circle -PP	**17** 9:00 Tai Chi -PP 10:30 Mastering Authentic Relationship Skills - MBS 10:00 Boxing for Seniors - PP * 11:45 JFS Food Bank & Pantry –trip 12:30 Mindful Falling Workshop Series - PP 1:00 Kavod Talks with Connie Moore - GR	**18** 10:00 English Language Practice - MBS 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** * 9:00 King Soopers #1 - trip 10:00 Relaxation Hour - PP 11:00 Boxing for Seniors - PP 1:00 Resident Council - PP * 2:00 King Soopers #2 - trip 2:30 Mindfulness Practice - MBS 4:30 Piano Music by Tory - DR 6:00 Eye Glass Chain Workshop - SHC	**20** 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 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 2:00 Current Events - SHC * 3:15 Ballet of Lights -trip	**23** 10:30 Bingo - PP 1:00 Readers Theatre - PP 2:30 The Writing Center - SHC 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 12:30 Mindful Falling Workshop Series - PP	**25** 10:00 English Language Practice - MBS 12:00 Gentle Yoga - MBS 1:00 Mahjong Players - Bridge 2:00 Rocky Mountain Red Hat Meeting - SHC 2:30 Process & Express - PP 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 12:00 Piano Music while you dine by Christine - DR 2:00 Current Events - SHC	**30** * 9:00 Dollar Tree -trip 10:30 Bingo - PP 1:00 Readers Theatre - PP 2:30 The Writing Center - SHC 5:30 The Wonder Circle - PP					

THE KAVOD
Voice
Monthly Newsletter for Kavod Senior Life Residents

NOVEMBER 2026

Connie's CORNER





Hi everyone, Happy Thanksgiving!

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, November 6 at 10:30 am in the Shul Classroom.** Hear about all the exciting classes, events and trips this month.

The Activity sign-up sheet inserted in the *Voice* is to help you track and remember what trips you have signed up for. *No need to drop these off in the Activities mailbox,* just fill it out and take it with you to the front office to pay for your trips.

A **NEW look** for the monthly calendar! You may notice a new look for the calendar, let me know what you think!

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
Officer



Kara Harvey
Chief Operating

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 October. 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

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

E-SCOOTER AND E-BIKE SAFETY TIPS
Help Prevent Injuries and Fires from Lithium-ion Batteries

Residents can do their part to help prevent fires from electric scooters and bikes.

Increase prevention by following these recommended tips:

DO'S

- Always be present when charging devices using lithium-ion batteries.
- Only use the charger that came with your device.
- Only use an approved replacement battery pack.
- Follow the manufacturer's instructions for proper charging and unplug the device when done.

DON'TS

- Never charge while sleeping.
- Never use these devices with a battery pack that has been modified/reworked by unqualified personnel or with repurposed or used cells.
- Never throw lithium batteries into the trash or general recycling. Instead, take them to your local battery recycler or hazardous waste collection center

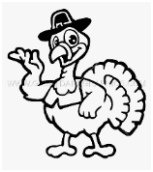




KAVOD RESIDENT COUNCIL
SERVING OUR COMMUNITY

Kavod residents did it again. We have such generous & caring people living here. Our Animal Shelter Drive was a **HUGE** success. We delivered boxes of needed supplies to Humane Colorado. **THANK YOU** to all that donated.
The end of the year is getting close. This is the start of a very busy Holiday Season.

On **Tuesday Nov. 3rd** come enjoy our **2nd Craft Fair/Flea Market and Bake Sale** in the Main Dining room. Doors open at 10:00am. Purchase some sweet goodies that are resident home-made and browse through all the great crafts and flea market items. Just in time for Chanukah and Christmas gift giving.



Get ready for our 4th Annual **FRIENDSGIVING** coming **Sunday, Nov. 15th at 5 pm in Pikes Peak & Mt. Blue Sky**.

ALL ARE INVITED. Dust off your favorite Thanksgiving side dish recipe. Resident Council will provide & cook the turkey, stuffing & mashed potatoes. Residents can bring an appetizer, side dish and/or dessert to add to our table. You can find the sign-up sheet on the large table at the east side of the 3rd floor bridge. Resident Council will also supply drinks and our **delicious Eggnog.**

REMINDER: Voice articles are written and edited approx. 4 weeks before delivery date. Events and/or groups may be added after the deadline date and have missed being added to the calendar. **Always** watch for flyers that are distributed throughout Kavod or put into your mailbox. You don't want to miss all the exciting things that are happening at Kavod.

<u>Upcoming December Events:</u>



* **Holiday Tree decorating**, Sweets and Eggnog Served
* **Menorah Lighting**
* **Kawanza Lighting**

Volunteers Needed for a Caroling Group. Let us know if you want to join.

Executive Board

Council Co-Chairs:
Karen Wollman apt. 805E #918-815-2995
Roz Brooks apt. 920E #303-726-8781

Secretary: Beverly Bolden apt. 408E

Board & Planning Committee:
Sandy Brodsky
Bob Lawrenson

Would you like to volunteer and/or be part of the Resident Council Board? Contact Karen or Roz, we'd love to have you!

kavodresidentcouncil@gmail.com
Questions or suggestions welcome!

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 Touchtown 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!





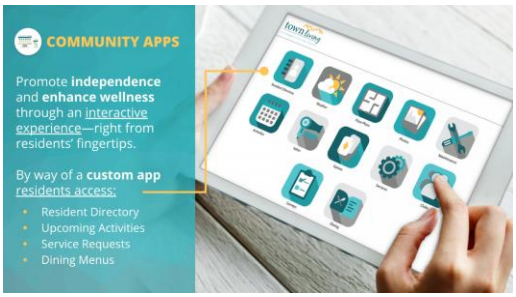
Need Tech Help? Kavod is fortunate to have Lauren, a fantastic community volunteer who offers weekly tech support! She can help you with everyday questions regarding your phone, laptop, smart watch, or iPad.

- **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 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 720-382-7820**.

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, CLASSES, AND EVENTS

Sign-ups, Cancellations and Refund Information

**Please arrive 15 minutes prior to departure time for all trips!

Trip Registration & Payment Policy

- **How to Register:** Sign up and pay in person at the East Office front Reception window, or pay online by credit card at kavodseniorlife.org/life-enrichment
- **Payment Terms:** A deposit or full payment is required at the time of sign-up. All trips must be paid in full by the designated deadline.
- **Refund Policy:** No refunds will be issued after the deadline.
- **Deadline is only for refunds, you can still sign up for a trip past the deadline if there is availability.**

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.

Due to no designated guest parking and limited street parking at Kavod, Non-Residents can request to park and be picked up at the JCC and pay online by credit card at 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.

No need to drop these off in the Activities mailbox, just fill it out and take it with you to the front office to pay for your trips.

Important Trip & Class Reminders

- **Deadlines & Refunds:** Pay attention to deadline dates and sign up early to secure your spot. To receive a refund if you can no longer attend, you must cancel by the deadline date. **(Any exceptions must be approved by the Director of Life Enrichment.)**
- **Flexible Payments:** Trip payments can be made in installments to help make activities affordable for everyone, but must be paid in FULL by the deadline.
- **Class Attendance:** Please remember to sign in at every class you attend!

Questions? Contact Connie Moore, Director of Life Enrichment at 720-382-7813 or cmoore@kavodseniorlife.org.

Upcoming Trips



Tuesdays, November 3, 10 & 17
11:45 am – Van Trip
JFS Food Bank & Pantry

Residents will be charged $3 roundtrip transportation to go on this trip.

Each month we take residents to Jewish Family Services to pick up their commodity boxes and receive items in the JFS Food Pantry. ***Please bring your own bags.***

***Please remember,** you can be refused service for not following the rules or for rude behavior. The JFS volunteers should be treated with respect and kindness. This trip is a privilege and we are thankful for the opportunity for our residents to go there to receive commodity boxes and shop there in their food pantry.

You can go to the East building front Reception window to pick up the application, fill it out and then **sign-up for ONE trip each month**. **At the request of JFS, we are limited to 6 residents for each trip.**

****Residents: $3**
Deadlines are 4 days before each trip

For questions call Connie at 720.382.7813



Wednesday, November 11
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: November 9

SENIOR PLANET FROM AARP

Friday, November 13
11:15 am - Van Trip

Lunch: Lowry Beer Garden

Workshop: Senior Planet Center –
"Understanding Fraud & Scams"



BEFORE* the *Workshop we will have lunch at the **Lowry's Beer Garden.**

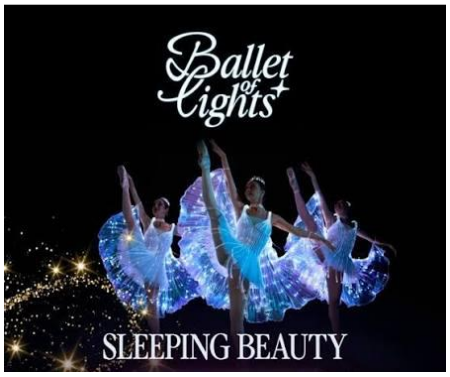
(Lunch not included in cost)



After lunch we will go to nearby Senior Planet at Lowry for a one hour informative Workshop about "Understanding Frauds & Scams."

Our approximate return time to Kavod will be 3 pm.

Residents Cost: $5
Non-Residents: $10
Deadline: November 10



Ballet of Lights: Sleeping Beauty Dance and Light Show

Sunday, November 22
****2 departure times- Only small van***
3:15 pm & 3:30 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 has passed but check front desk for availability.



TRIPS

Coming in DECEMBER 2026!





Cowboy Christmas Jubilee at the Flying W Ranch

Christmas Chuck wagon Supper Show

Thursday, December 3
4 pm – Van Trip

Celebrate the season at the Flying W Ranch, where Christmas comes to life with the warmth, wonder, and traditions of the American West. Gather with us for an unforgettable evening filled with festive western music and Christmas classics performed by the world-renowned Flying W Wranglers featuring the Marian L. Wolfe Orchestra, a hearty holiday meal, and a cozy, welcoming atmosphere that feels like home.

From the glow of twinkling lights to the sound of classic Christmas melodies, every moment is designed to slow you down and help you savor what the season is truly about.

The Chuck Wagon Supper is a special delicious seasonal Christmas menu featuring **smoked center-cut Angus strip steak and smoked Chicken**, plus all the scrumptious trimmings.

New This Year, *Meet Nestor, the Long-Eared Christmas Donkey!*

Our approximate return time to Kavod is 10 pm.

Resident Cost: $75
Non-Resident Cost: $85
Deadline: November 23



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

What's Happening Breakfast Meeting

Friday, November 6
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!**



Veterans Day Celebration

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.

(Continued next page)



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.

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.
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.
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.

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.*

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

KAVOD ON THE ROAD PARTNERSHIP

Colorado Jewish Genealogical Society
Temple Emanuel

BEN SEIDMAN SUMMER EVENT 2026-SPONSORSHIP

Wendy & Michael Klein
Justin & Sharon
Judy & Gary Saltzman
Gaile Weisbly Waldinger

BEN SEIDMAN SUMMER EVENT 2026-DONATIONS

Nancy Alterman
Sharon & Edmund Caulfield
Penny Cook
Janet & Sheldon Fisher
Linda & Eli Frank
Sam Kutner
Jerry Greenfield and Elizabeth Skarie
Linda Heller
Sari Horovitz
Arthur Judd
Tracy Kapaun & Anne Deines
Ann & Fred Leviton
Connie Moore, In Honor of Gaile Waldinger
Perry & Suzie Moss
Susan Shaner
Eric & Kathleen Waldinger, In Honor of Gaile Waldinger

BEN SEIDMAN SUMMER EVENT 2026- JEWISH PROFESSIONAL/STAFF

Hal Applebaum
Debbie Foster
Sharon Gottesfeld
Linda Foster
Ava & Bert Philippus
Rachel Rotach
Beth & Ben Shanker
Liz Sacks

BEN SEIDMAN SUMMER EVENT 2026-TICKETS

Rabbi Hillel Goldberg
Patti Zetlin

SAFTEY & SECURITY

Futures Without Violence

SHUL

Raisa Kaufman

YIZKOR

Larisa Ace, In Memory of my parents, z"ll
Doris Beck
Rabbi Stephen Booth-Nadav,In Memory George, Tamar and Barbara Booth, Bob and Chellie Booth, Lia Rosen and Dewitt Webster ,z"ll
Lyubov Dolgina
Marcus Erlichman
Aida Hinkediker, In Memory of Java Nigdal, Jerry Gelfand, Stuart Shinbein, z"ll
Olga Ionikh
Alla Khazanova , In Memory of my family
Sandra Kolesnikova
Rakhil Koretskayan
Faina Lukovsky
Marina Naroditskaya. In Memory of my parents
Tatyana Pavlushikina
Irina Pines
Marlene Richter
Leah Rodie, In Memory of Mel Rodie, Vivian Singer, Bill Singer, Bob Cohn, z"ll
Lynn Tanne, In Memory of Gilda Tanne
Emma Zborovskaya