



Kavod Assisted Living at Cherry Creek

Activity Calendar — NOVEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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<p>Room Location Guide:</p> <p>GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) Bistro—East building HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS</p>	<p>Color Guide:</p> <p>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes <i>*EAST DR refers to dining room in EAST Building at 22 S. Adams St.</i></p>				<p>1 9:00 Relaxation Hour-Pikes Peak 10:00 Gentle Yoga-Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:30 Jewelry Making Class with Sabina- GR 1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge 6:00 Shabbat Service with Rabbi Steve—SH</p>	<p>2</p>
<p>3 <i>Time change! Set clocks back one hour</i> </p> <p>5:00 Resident Sing Along—DR 6:00 "A Bissel" (A Little) Yiddish—SHC</p>	<p>4 9:00 Mountain Balance-Pikes Peak 10:30 Bingo—Pikes Peak 11:00 Conversation on the Edge—SHC 12:15 "What's Happening in Assisted Living this month with Life Enrichment"—GR 1:00 Readers Theatre-Pikes Peak 2:30 DPL Bookmobile-WEST Building Gathering Room 5:15 Sing Along with Christine-GR</p>	<p>5 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 12:15 Active Minds "History of Football"—GR 1:00 Opening Minds through Art-Pikes Peak 2:30 Mindfulness Practice Group—MBS *3:30 PF Chang's Dinner—trip</p>	<p>6 9:00 Mountain Balance—Pikes Peak 10:00 English Language Practice-MBS 10:00 Gentle Yoga—Pikes Peak 10:45 Sacred Grounds-Bistro 11:30 Book Club—MBS 12:15 Afternoon Movie Club—GR 1:00 Fused Glass Art Workshop-Pikes Peak 1:00 Mahjong Players—3rd floor bridge 2:00 The Joy of Writing Workshop-SHC 4:30 Tech Help-3rd floor bridge 5:15 Painting & Wine with Polly—GR 6:30 Mahjong Evening Players—3rd flr Brdg</p>	<p>7 9:00 Tai Chi—Pikes Peak 2:30 Mindfulness Practice Group—HWC Deck *6:00 Lamont School of Music Choir Concert—trip</p>	<p>8 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Hooked on Textile Arts with Ariella—Shul Classroom 12:30 Legacy Strength for Seniors—Pikes Peak *NEW 2:00 TimeSlips with Elizabeth—GR 1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p>	<p>9 10:00 Shabbat Services Kristallnacht "Night of Broken Glass" with Seth Ward— SH</p>
<p>10 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 6:00 Understanding Judaism -SHC</p>	<p>11 9:00 Mountain Balance-Pikes Pk *10:00 King Soopers—trip 10:30 Bingo—Pikes Peak 12:15 AL Resident Council—GR 1:00 Readers Theatre-Pikes Peak *NEW 3:30 AL Bingo—GR </p> <p>5:00 Veterans Day Honor Celebration—EAST DR 5:15 Sing Along with Christine-GR</p>	<p>12 9:00 Tai Chi—Pikes Peak 10:00 Gratitude Sharing-GR 10:00 Bridge Players Club-3rd Floor 1:00 Opening Minds through Art-Pikes Peak 2:30 Mindfulness Practice Group—MBS</p>	<p>13 9:00 Mountain Balance—Pikes Pk 10:00 Gentle Yoga—Pikes Peak 10:00 Low Vision Support Group—GR 11:30 Book Club—MBS 12:00 Blood Pressure Checks—Gym 12:15 Birthday Party Celebration-GR 1:00 Mahjong Players—3rd flr bridge 2:00 Joy of Writing Workshop-SHC 4:30 Tech Help-3rd floor bridge 6:30 Mahjong Evening Players—3rd flr Brdg</p>	<p>14 9:00 Tai Chi—Pikes Peak 10:00 Best of the Rest—SHC 12:30 Jazz Café—GR 2:30 Mindfulness Practice Group—MBS 5:00 Dancing to the Oldies—GR</p>	<p>15 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:15 Denver Botanic Gardens Sensory Adventures—GR 12:30 Legacy Strength for Seniors—Pikes Peak 1:30 COW-MOOOBILE -3rd floor brdg 6:00 Shabbat Service with Rabbi Kim—SH</p>	<p>16</p> <div style="border: 1px solid gray; padding: 10px; width: 80px; margin: 0 auto;"> <p style="text-align: center; margin: 0;">NEXT PAGE</p> </div>

Kavod Assisted Living at Cherry Creek

Activity Calendar — NOVEMBER 2024

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>17 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>2:00 Leonardo Da Vinci: Session 1—Pikes Peak</p> <p>3:00 Let's Get Scrappy—SHC</p> <p>5:00 Opening Minds through Art Show & Reception—EAST DR</p> <p>6:00 "A Bissel" (A Little) Yiddish—SHC</p>	<p>18 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre-Pikes Peak</p> <p>2:30 DPL Bookmobile-WEST Building Gathering Room</p> <p>5:15 Sing Along with Christine-GR</p> <p>7:00 Leonardo Da Vinci: Session 2—Pikes Peak</p>	<p>19 9:00 Tai Chi—Pikes Peak</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>7:00 Leonardo Da Vinci: Session 3—Pikes Peak</p>	<p>20 9:00 Mountain Balance—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:30 Book Club—MBS</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 The Joy of Writing Workshop-SHC</p> <p>4:30 Tech Help—3rd floor bridge</p> <p>6:00 Leonardo Da Vinci : Session 4—Pikes Peak</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>21 9:00 Tai Chi—Pikes Peak</p> <p>10:30 Herbalism Series: Intro to Tea-Making—Pikes Peak</p> <p>12:15 Active Minds "200th Anniversary of Beethoven's Ninth Symphony —GR</p> <p>*NEW 2:00 TimeSlips with Elizabeth—GR</p> <p>2:30 Mindfulness Practice—MBS</p> <p>*4:00 Candlelight Dinner Playhouse "Scrooge"—trip</p>	<p>22 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p>	<p>23 10:00 Mizrahi Heritage Service with Seth Ward -SH</p>
<p>24 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>3:00 Let's Get Scrappy—SHC</p>	<p>25 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre-Pikes Peak</p> <p>*1:00 Super Walmart—Trip</p> <p>*NEW 3:30 AL Bingo—GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p>26 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 Highlands Ranch Mansion tour & lunch—trip</p> <p>10:00 Gratitude Sharing-GR</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>27 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:30 Book Club—MBS</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>12:15 Good Vibes & Tunes with Rick—GR</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 The Joy of Writing Workshop-SHC</p> <p>4:30 Tech Help-3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>28 EAST Offices Closed</p> <p><i>Happy Thanksgiving</i> </p>	<p>29 Offices Closed day after Thanksgiving</p> <p>6:00 Resident Led Shabbat Services—SH</p>	<p>30 6:30 Advent Season with Rev. Susan Greenwood—Pikes Peak</p> <div style="text-align: center;">  <p>PREVIOUS PAGE</p> </div>

November 2024

Connie's CORNER



Hi Everyone,

Happy Thanksgiving! Let's take time to remember the many blessings we have in our lives. This month we celebrate Thanksgiving, so in that spirit, let's be kind to one another and live a life of **ThanksLIVING** every day. I hope that each of you find an activity, class and outing to enjoy this month, and join us as we celebrate a full and active way of life here at Kavod Senior Life.

Be sure to join Susan at the **"What's Happening with Life Enrichment"** on Monday, November 4 at **12:15 pm in the Gathering Room** to hear about this month's **classes, events and trips!** Bring your ideas and suggestions for new classes and places you would like to go!

We have iPads you can borrow from our Lending Library, feel free to call Susan at 720-382-7849

Connie Moore
Director of Life Enrichment
720.382.7813
cmoore@kavodseniorlife.org

Honoring our Veterans

Join us on Monday, November 11 at 5 pm in the EAST Dining Room as we celebrate Veterans Day



Welcome New Residents

Olenda Pancheva & Mykola Panchev – 707 West Building

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

FACILITIES UPDATES

We know the elevators have been a source of frustration for many residents. Kavod is reviewing bids for a new elevator company due to unforeseen circumstances with the company we had a contract with. We are utilizing a company temporarily for elevator needs. Thank you for your patience.

We are researching other options for the laundry rooms, which will take some time. Please use the washers and dryers with care by not overloading, using too much detergent, and forcefully opening/closing the doors, which cause them to come off the hinges. Be mindful of others using the laundry facilities by keeping track

of when your laundry is completed and do not take others' clothes out of the washer/dryer without permission.

Please return shopping carts to the corrals that have been designated around Kavod's property instead of leaving them in hallways or other random areas of the community.

Thank you to all south building residents who assisted in keeping apartments in compliance for the NSPIRE inspection back in July. We received a score of 98 out of 100. As a reminder, continue to keep apartments in compliance, such as keeping items 18" clear of sprinkler heads in closets and pull cords 6" from the floors.

Have you noticed the Securitas security guards from 6:00 PM to 6:00 AM around Kavod? Please send feedback on how it is going to Kara Harvey, Chief Operating Office at kharvey@kavodseniorlife.org or call her at 720-382-7817.

Michael Klein & Kara Harvey

From Chaplaincy and Spiritual Services



Kehillat Kavod: Kavod's Jewish Community

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

FRIDAY NIGHTS - KABBALAT SHABBAT

Friday, November 1

6 pm - Shul

Welcome Shabbat with Rabbi Steve

Friday, November 15

6 pm - Shul

Welcome Shabbat with Rabbi Kim

Friday, November 29

6 pm - Shul

Resident Led Shabbat

SHABBAT MORNING SERVICES WITH

Dr. Seth Ward

10 am - Shul

Saturdays, November 9 & 23



Sunday November 10

10 am - Pikes Peak

Led by Reverend Dale

Sunday November 17

10 am - Pikes Peak

Musical Service

Led by Reverend Dale and Steve Miller on piano

Sunday November 24

10 am - Pikes Peak

Communion and Musical Service

Led by Reverend Dale and Steve Miller on piano



Wednesday, November 6

10:45 am - Bistro

Sacred Grounds: Conversations with Rabbi Steve

Grab a cup of coffee at 10:45 am and join us *in the bistro!* We will start before 11am. Post election edition! Come with your questions or topics you would like to discuss.

Contact Rabbi with any questions or suggestions in advance at: 720 382-7836, sbnadav@kavodseniorlife.org



Attention all Kavod Veterans!

We want to celebrate our Kavod Veterans on **Monday, November 11th** with a special program and musical salute in the main dining room.

We would also like to show our gratitude for your service with special dinner tables set-up just for the Veterans, called **"Honor Tables."**

*Please call Connie Moore at 720-382-7813 before November 5th to reserve your seat, or just drop in that evening!

We will also have a Veteran's "Photos Honor Table" in the Dining Room where **you can bring your own photos of when you served in the military**, so please bring those to the event and place on the Table for everyone to enjoy by 4:30 pm that evening.

Please call Connie Moore at 720.382.7813 with any questions.



Please thank
the Life
Enrichment Team!

Life Enrichment



Genny Hale
Life Enrichment, Volunteer
Engagement Coordinator



Connie Moore, Director of Life Enrichment
Dmitriy Umanskiy, Lead Driver & Program
Assistant
Stewart Schoenthal, Driver & Trip Assistant
Susan Schoenthal, Life Enrichment Coordinator
Genny Hale, Volunteer Engagement Coordinator
Elizabeth Stanbro, Intergenerational Program
Coordinator

**(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!



You can find one of Kavod's most dedicated volunteers, resident Tory Bingham,

working several days a week at the Gift Shop Kiosk on the third floor bridge. Tory has volunteered in the Kiosk since it re-opened in the summer of 2023 and takes her volunteering very seriously, making sure it is always running smoothly.

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(Continued)

Tory loves volunteering at the Gift Shop Kiosk and in her words “she feels like she is helping the community and volunteering helps her to feel a part of the community.” She really likes when people are appreciative of the services at Kavod, and in fact she has loved living at Kavod for nearly 10 years.

Tory grew up in New York state the second oldest of five children. She came to Colorado in 1982 to attend the University of Colorado at Boulder where she studied environmental conservation later landing a job with the City of Boulder maintaining the city’s trees.

In the past Tory volunteered for the Mental Health Corps of Denver and at one time worked there as a peer mentor, so volunteering isn’t new for Tory. She says that a good volunteer is somebody who is easy to talk to. In fact that’s one of the reasons she likes volunteering at the Gift Shop Kiosk as it’s a great place to meet with and talk to people.

When Tory isn’t volunteering she likes reading, photography and having conversations with people. Ending our conversation Tory said, “This is the day the Lord has made. We will rejoice and be glad in it.” Psalm 118:24.



Kavod will have a new tech help volunteer, in addition to Lauren who volunteers weekly.

Lauren provides tech help on the East end of the bridge Wednesdays from 4:30pm – 6pm and Jacob will be providing tech help once per month every third Wednesday also on the bridge. They will help residents with every day tech questions with phones, laptops, watches or iPads. The process for getting Tech Help going forward is changing a bit to better fit the needs of residents.

If you need Tech help please call Genny, the Volunteer Engagement Coordinator, at 720.382.7820 to schedule an appointment.

Please be advised that spaces have been filling up quickly and weeks in advance so please be patient as these are volunteers and as such they only have limited availability. Also, not all types of requests can be helped. When you make an appointment, Genny will advise you if the type of tech help you need is something these volunteers can help resolve. In the future we hope to add computer classes for beginners and other helpful resources. For those who already volunteer, please remember to turn in your volunteer time sheets to me if you volunteer! The volunteer mailbox is located next to the Gift Shop Kiosk on the 3rd floor bridge! If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at ghale@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 with Susan at 720-382-7849. Reservations are required.***



**Tuesday, November 5
3:30 pm – Van Trip**

PF Changs China Bistro

Join us for a fun and delicious dinner outing! P.F. Chang's is the first internationally recognized multi-unit Asian culinary brand to honor and celebrate wok cooking as the center of the guest experience. With roots in Chinese cuisine, today's menu spans across all of Asia, honoring cultures and recipes from Japan, Korea, Thailand, and beyond. **No need to bring money, we pick up the cost!**

Please call Susan at 720-382-7849 to sign up



Thursday, November 7

6 pm – Van Trip

Lamont School of Music Choirs

Three of Lamont's choirs join forces in a night of music-making: ***the Lamont Chorale***, Voces Fortes (formerly Lamont Men's Chorus), and Voces Aureas (formerly Lamont Women's Chorus). Repertoire will include Aaron Copland's *In the Beginning*, a virtuosic tour de force for choir and soloist. Also on the program is Caroline Shaw's *And the Swallow*, Henk Badings's *La Nuit en Mer*, Francisco Guerrero's *Motet for Three Antiphonal Choirs, Duo Seraphim*, and more. **Our approximate return time to Kavod is 9:45 pm.**



King Soopers Shopping trip

Monday, November 11

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

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

Please call Susan at 720-382-7849 to sign up

TRIPS FROM LIFE ENRICHMENT

CANDLELIGHT DINNER PLAYHOUSE



**Thursday, November 21
4 pm — Van Trip**

Scrooge! The Musical Candlelight Dinner Playhouse

Enjoy a wonderful dinner where the actors are your servers at this live theatrical performance. This is Colorado's largest, most elegant and most spacious professional dinner theater!

This timeless musical adaptation of Charles Dickens' A Christmas Carol follows the miserly Ebenezer Scrooge as he is taken on a fantastical journey through his life over the course of a single Christmas Eve night.

Our approximate return time to Kavod is 9:30 pm.



Super Walmart Shopping trip **Tuesday, November 25**

*Depart at **1:00 pm** in front
of **West Building**

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

Please call Susan at 720-382-7849 to sign up.



**Tuesday, November 26
9:30 am – Van Trip**

Step back in time as we travel to the opulent Highlands Ranch Mansion for a one hour docent led guided tour of this historic and beautiful Chateau.

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TRIPS FROM LIFE ENRICHMENT



The historic Highlands Ranch Mansion and Historic Park stand today as valuable examples of history, reflecting the lifestyle of early settlers and early pioneers of the area now known as Highlands Ranch, Colorado.

For nearly a century, the Highlands Ranch Mansion served as a residence for some of Colorado's most notable families. State history will remember the names Long, Springer, Hughes, Phillips, Kistler and Phipps as synonymous with ambition and prestige.



After the tour, we will have lunch at **NoNo's Café.**

NoNo's offers delicious Cajun/Creole and Southern cuisine, as well as some classic American dishes, in a cozy, family atmosphere.

Our estimated return time to Kavod is 1:30 pm

Assisted
Living Activities

What's
Happening

Monday, November 4

5:15 pm – Gathering Room

What's Happening this month with Life Enrichment

Join Susan from Life Enrichment to hear about this month's classes, events and trips! Bring your monthly Voice and Calendar. **Enjoy some delicious ice cream** and bring your ideas and suggestions for any new things you would like to do or places you would like to go!



Tuesday, November 5

12:15 pm – Gathering Room

"History of Football"

The most popular sport in America, football is both entertainment and big business. Join Active Minds as we trace the history of the game from Johnny Unitas to Peyton Manning, telling a few of the great stories of the game along the way. We'll also cover some of the sport's current challenges and opportunities, including player concussions and the rise of fantasy football.

Assisted Living Activities



Mondays

Piano Sing Along with Christine

5:15 pm - Gathering Room

Join Christine on the piano right after dinner to sing and reminisce with favorite old songs.



**Wednesday, November 6
12:15 pm - Gathering Room**

Afternoon Movie Club

Join us for a movie in the afternoon! We will bring a variety of movies and the group will choose which movie to watch!

We'll also bring the popcorn!



Wednesday, November 6

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!



**Friday, November 8 & 22
2 pm - Gathering Room**

TimeSlips with Elizabeth

Join Elizabeth for a fun hour of TimeSlips, a creative storytelling adventure that uses imagination instead of memory to help people connect and grow.

We will use a photograph to spark conversation and then weave responses into a story. Everyone contributes to the making of the story.



**Mondays, November 11 & 25
3:30 pm - Gathering Room**

AL Bingo

Join Susan for a fun hour of Bingo! Bingo is good exercise for the brain, and you can win some great prizes!

**Assisted
Living Activities**



**Wednesday, November 13
12:15 pm – Gathering Room**

Birthday Celebration & Concert

Enjoy a fun afternoon of music, dessert and dancing! If you have a birthday this month you will receive your birthday gift at this party.

Everyone welcome!



East Building

Doris Beck
Tatiana Blyumkin
Joseph Lloyd Chavez
Tae Choi
Dolores Cornier
Olga Ionikh
Faith Katz
Vrej Keotunian
Valeri Kolesnikov
Iryna Konovalova
Gloria Mendoza Gomez
Marjorie Shenk
Lyubov Shur
Lina Szpigiel
Lea Trager
Elizabeth Vest
Connie Waneka
Valentina Zagorskaya

South Building

Sharon Borchardt
Diane Devine
Barbara Elwood
Sheldon Grolnick
Marina Luhminskaya
Almaz Reda
Denise Saxton

West

Chuck Abrams
James Bartusch
Morris Golden
Aida Hinkediker
Monteha Jamshidi
Ausma Kagan
Liubov Khorounjaia
Rosalind Lloyd
Mykola Lukianov
Olha Melnykova
Maureen Norton
Rabbi Marlene Richter
Chester Young

Assisted Living Activities



Tuesdays, November 12 & 26
10 am – Gathering Room

Gratitude Sharing with Susan

Gratitude makes for a positive attitude!

Listen to speakers share about happiness, and delve into a variety of tasks to explore gratitude in new ways. We will discuss things we are grateful for, in addition to reading positive stories together. You will also be invited to share your daily thoughts on gratitude with a ***gratitude journal***, provided at no cost to you.



Thursday, November 14
12:15 pm – Gathering Room

The Jazz Cafe

Enjoy some lunchtime Jazz tunes with Kavod's favorite Jazz Band! Feel free to bring a sack lunch and join your friends and neighbors in the Gathering Room in the West building for a fun hour of jazz music.



Thursday, November 14
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 15
12:15 pm – Gathering Room

Denver Botanic Gardens presents

Sensory Adventures at Kavod

Denver Botanic Gardens comes to you! A horticultural therapist will work with us to create nature-based experiences that take place right here at Kavod. Each program will be different and designed to fulfill participant goals while providing an enriching and engaging opportunity.

Assisted Living Activities



OMA Art Show and Reception **Sunday, November 17** **Dining Room** **5 pm – 6 pm**

Join us to celebrate the creativity of the Residents and Regis Student Artists.

Everyone welcome.

Wine and Desserts Served!



“200th Anniversary of Beethoven's Ninth Symphony”

Thursday, November 21
12:15 pm – Gathering Room

Beethoven's 9th Symphony, famous for its Ode to Joy, is celebrating its 200th

anniversary! Join Active Minds for a look at Beethoven's masterwork, which has inspired countless other composers and impacted the very history of music.



Wednesday, November 27

Good Vibes & Tunes with Rick

12:15 pm – Gathering Room

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.



Monday, November 11
Schedule of Events:

Veterans Day Celebration

Veterans, be sure to bring your own photos of when you served in the military and place on the PHOTO HONOR TABLE this evening!

5 pm – Welcome by Kara Harvey, COO

5:05 pm – Reading by Resident Speaker, Doug Krug

5:15 pm – Boy Scouts of America Color Guard

We will honor our beloved veterans with the Boy Scouts of America providing a Color Guard presenting the American and Colorado flags.

5:45 pm – “The Andrew Sisters” – Salute to Veterans

Thank you to ALL our Veterans for your service!



LEONARDO DAVINCI PROGRAM

November 17 – November 20

Join us as we learn about the life and contributions of Leonardo Da Vinci. This is a four-part series, but each session can be enjoyed separately, and attendance at all sessions is not required to participate.

Session 1

Sunday, November 17

2 pm – 3 pm – Pikes Peak

Overview of the contributions of Leonardo Da Vinci, and an introduction to the work of Kenneth Burns, an American filmmaker known for his documentary films and television series, who directed the documentary of Leonardo Da Vinci which we will watch in Sessions two and three. Followed by coloring in a collaboration poster, for which each attendee will work on separate pieces which will then be assembled and hung up.

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LEONARDO DAVINCI PROGRAM

(Continued)

Sessions 2 & 3

Monday, November 18 &

Tuesday, November 19

7 pm – 9 pm - Pikes Peak Room

Viewing party to watch the Rocky Mountain PBS broadcast of Leonardo Da Vinci, a film by Ken Burns, Sarah Burns and David McMahon. This film will tell the story of Leonardo da Vinci, a fifteenth century Italian polymath of soaring imagination and profound intellect, who left behind artistic works of staggering beauty and detailed sketches of futuristic contraptions of warfare and flight that today are marveled at for their technical ingenuity and foresight. Light snacks will be served.

Session 4

Wednesday, November 20

6 pm – 7 pm - Pikes Peak

This session will wrap up the workshop with fun trivia games and an expert guest speaker to speak on the life and accomplishments of Leonardo Da Vinci.



FROM REV. SUSAN GREENWOOD

Saturday, November 30

6:30 pm – Pikes Peak Room

Advent is the Christian time of spiritual preparation for the observance of the nativity of Jesus on December 25. Advent means The Coming. It is a time to focus on the spiritual meaning of Christmas in contrast to the secular, commercial activities.

Do you need a quiet space to get ready for the spiritual meaning of Christmas?

The season of Advent is for you. We will begin each week with a quiet time of contemplation, coloring and conversation.

Come to the Pikes Peak Room on four Saturday Mornings to explore the Hope, Peace, Joy and Love of the Advent Season.

Saturday, November 30 at 6:30 pm

Saturday, December 7 at 6:30 pm

Saturday, December 14 at 6:30 pm

Saturday, December 21 at 6:30 pm

Sessions led by the Rev. Susan Greenwood



Please welcome Lauren Wood! She is our new Assisted Living Care Coordinator. She will work closely with the Assisted Living team and residents to support their care while at Kavod! She will be supporting the H&W Department by responding to emergencies, completing welfare checks, Health and Wellness Discussions and more!

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.

Groceries

If you need support in ordering groceries please leave a message at 720.382.7838 or call your care coordinator. Reminder if you order on your own to make sure that they deliver it to your door! **If you receive groceries that are not yours, please call or bring them to the front desk. If not claimed the groceries will be placed on the 5th floor of the East building.**

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 your care coordinator or leave a message at 720.382.7838 for support!**

The Colorado State Unit of Aging invites you to join our FREE health and wellness texting program. Receive 2-3 text messages each week, tips to keep you healthy and active, along with recipes and local resources.

Message & Data Rates May Apply. Text HELP for information. Text STOP to 97699 to opt out. No purchase necessary. For Privacy Policy, Terms, and Conditions, visit <https://coloradosph.cuanschutz.edu/text2livehealthy>



Special H&W Events in November!

Wednesdays

1130am – Mt Blue Sky

Book Club: The Book Thief

We have revamped our club to incorporate cinema! We will be watching the chosen book before or after reading it. In October we viewed, *The Book Thief*, and we are now reading our way through the book by reading a chapter a month.

Fridays *NEW CLASS/TIME*

9am – HWC/Pikes Peak

Relaxation Hour

If you enjoyed the class on 8/27 then make sure to come now to the weekly offering of "Relaxation Hour"!

Do not be fooled by the name but make sure to bring your worries to "wash away"...well at

least for 60 minutes. This class includes a gentle warm up to prepare your nervous system, guided meditation, sound relaxation (seated sound bowl healing), breath work and more!

Thursday, November 21

1030am to Noon - HWC/Pikes Peak

Herbalism Series: Intro to Tea-Making

Aromatherapy is the art of connecting mind/body/spirit with the essence of herbs "aromatics" or smell. Aromatherapy has many benefits. In this workshop you will identify and personalize your specific needs you are looking to achieve. Come learn a new skill! Aromatherapy sprays are a fun, simple, and creative addition to your well-being. You will go home with a handmade spray.

Join local herbalist, Jenna Gusto, monthly starting in October as she guides us through tea-making, aromatherapy spray creation, fire cider to support our immunities and topical salves to ease our aches and pains. Dates and times will vary.



H&W Health Providers; if interested in an appointment please call 720.382.7855.

Services by Appointment Only	Frequency	Location
1-on-1 Mental Health Counseling	Call your care coordinator for a referral	TBD
Audiology	Scheduled as needed	Health Services Area
Chiropractic/Acupuncture	2 nd Tuesday/4 th Friday; by appointment only	Health Services Area
CU Geriatric Medicine Clinic	NOW TAKING NEW PATIENTS; call #720.382.7800 for an appointment	Health Services Area
Dermatology	1 st Friday; by appointment only	Health Services Area
Optometry Clinic	3 rd Friday; by appointment only	Health Services Area
Podiatry Clinic	2 nd Friday; by appointment only	Health Services Area
Dental Clinic	Scheduled as needed	Health Services Area
VNA Nail Clinic	3 rd Tuesday every 3 months; by appointment only	Health Services Area



Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1 Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2 Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3 Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4 Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5 Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6 Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



NATIONAL COUNCIL ON AGING

Don't fall this autumn!

Your Legacy Healthcare team is here to help you stay safe and prevent falls by addressing:

- Safety skills
- Balance
- Strength
- Cognition
- Medication management
- And more!

Interested in learning more about how we can help you with Physical, Occupational, or Speech Therapy? Give us a call or visit us in the Health and Wellness Center!

303-321-2452



SUMMER EVENT – CHILDREN’S MUSEUM-DONATIONS

Flink Supply
Cindy Sagehorn

September Gifts

GENERAL

Dean Beyer
Sandy Bornstein
Robert Coffee
Michael Marcus, In Honor of Gary & Judy Saltzman
Bonnie Merenstein, In Honor of Rebecca Gershten
Dona Penn-Oliner
Martin Pfefer, In Memory of Pearl Pfefer, z”ll
Litamae Sher

KAVOD THE ROAD PARTNERSHIP

Alzheimer's Association
Colorado Jewish Genealogical Society
Congregation Rodef Shalom
Temple Sinai

SHUL

Larisa Ace, In Memory her parents, z”ll Faina Lukovslay
Emma Zborovskaya

SUMMER EVENT – CHILDREN’S MUSEUM-SPONSORSHIPS

Perry & Susie Moss

YIZKOR

Galina Blyumkin
Raymond Ericksen, In Memory of Mary Alice Ericksen, z”ll
Susan Greenwood, In Honor of Jerome Berryman, In Memory of Twyla Zittle, z”ll Olga Ionikh
Rakhil Koretskayan
Sofia Merimsky
Yena Mirskaya Irina
Pines Marlene
Richter
Nelli Shargorodskaya
Gary Wilson In Memory of Rosemary F. Wilson, Stella L. Wilson