






Kavod Senior Living at Cherry Creek

Activity Calendar — NOVEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Guide:</p> <ul style="list-style-type: none"> GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS 	<p>Color Guide:</p> <ul style="list-style-type: none"> Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes 				<p>1 9:00 Relaxation Hour-Pikes Pk</p> <p>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 Jewelry Making Class with Sabina- GR</p> <p>1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p> <p>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>12:00 Piano Music while you dine by Christine-DR</p> <p>3:00 Painting & Wine with Polly—Pikes Peak</p> <p>5:00 Resident Sing Along-DR</p> <p>6:00 "A Bissel" (A Little) Yiddish—SHC</p>	<p>4 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>11:00 Conversation on the Edge—SHC</p> <p>1:00 Readers Theatre-Pikes Peak</p> <p>2:30 DPL Bookmobile-WEST Building Gathering Room</p>	<p>5 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>11:30 "What's Happening at Kavod" Lunch with Life Enrichment -SHC</p> <p>*11:45 JFS Food Bank & Pantry—trip</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>6 9:00 Mountain Balance—Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:45 Sacred Grounds-Bistro</p> <p>11:30 Book Club—MBS</p> <p>12:15 Afternoon Movie Club—GR</p> <p>1:00 Fused Glass Art Workshop-Pikes Peak</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 Lamont School of Music 100th Anniversary Concert—trip</p> <p>6:30 Mahjong Evening Players—3rd flr Brdg</p>	<p>7 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 King Soopers—trip</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>*6:00 Lamont School of Music Choir Concert—trip</p>	<p>8 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>*10:30 Shalom Park Pool—trip</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Hooked on Textile Arts with Ariella—Shul Classroom</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>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</p> <p>4:00 Rose Red Elk—Dining Room</p> <p>6:00 Understanding Judaism - SHC</p>	<p>11 9:00 Mountain Balance-Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre-Pikes Peak</p> <p>5:00 Veterans Day Honor Celebration—DR</p> 	<p>12 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Gratitude Sharing-GR</p> <p>10:00 Welcome Tea—Bistro</p> <p>*11:45 JFS Food Bank & Pantry - trip</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>13 9:00 Mountain Balance—Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Low Vision Support Group—GR</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>*11:00 Volunteer Appreciation Party—DR</p> <p>11:30 Book Club—MBS</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 flr Brdg</p>	<p>14 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 Walmart —Trip</p> <p>10:00 Best of the Rest—SHC</p> <p>12:30 Jazz Café—GR</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>*6:00 Lamont Jazz Orchestra Concert—trip</p>	<p>15 10:00 Gentle Yoga—Pikes Peak</p> <p>*11:00 Natural Grocers Vitamin Cottage—trip</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>6:00 Shabbat Service with Rabbi Kim—SH</p>	<p>16</p>  <p>NEXT PAGE</p>

Kavod Senior Living at Cherry Creek

Activity Calendar — NOVEMBER 2024

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>17 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>12:00 Piano Music while you dine by Christine-DR</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—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 Resident Council Planning with Katie—3rd Floor Bridge</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>2:30 DPL Bookmobile—WEST Building Gathering Room <u>ONLY</u></p> <p>7:00 Leonardo Da Vinci: Session 2—Pikes Peak</p>	<p>19 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>*11:45 JFS Food Bank & Pantry—trip</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>5:30 Birthday Celebration & LIVE Concert—Bistro/Main DR </p> <p>7:00 Leonardo Da Vinci: Session 3 -Pikes Peak</p>	<p>20 *9:00 Mountain Casino—trip</p> <p>9:00 Mountain Balance-Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:30 Book Club—MBS</p> <p>1:00 Active Minds "Mount Everest"—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>1:00 Root Beer Floats-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>1:00 Resident Council—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>*4:00 Candlelight Dinner Playhouse "Scrooge"—trip</p>	<p>22 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>*11:00 King Soopers—trip</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>4:00 Resident Council Friendsgiving Event—Pikes Peak/MBS</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>26 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 Highlands Ranch Mansion tour & lunch—trip</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</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 Pk</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:30 Book Club—MBS</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>4:30 Piano Music by Tory while you dine—DR</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>28 Offices Closed</p> <p></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> <p></p> <p>PREVIOUS PAGE</p>

NOVEMBER 2024

Connie's CORNER



Hi Everyone,

Happy Thanksgiving! Let's remember the many blessings we have in our lives. This month we celebrate Thanksgiving, so let's live a life of **ThanksLIVING** every day. 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.

Join us for a delicious and informative **"Life Enrichment Lunch & What's Happening at Kavod"** on **Tuesday, November 5th at 11:30 am in the Shul Classroom.**

Stay in the know! Be sure to log-in to **Touchtown**, see instructions inside the *Voice*.

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 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.

Resident Council Gathering

Thursday, November 21

1 pm – HWC/Pikes Peak

From Resident Council President Katie Barbier:

Notes from Resident Council:

Check Out the Resident Council Bulletin!

Friendsgiving is back: Sunday, November 24, from 3 – 7 pm in Pikes Peak. This is our Friendsgiving pot-luck. **Sign-up on bridge for food needed.**

Root Beer Floats on the Bridge, Wednesday, November 20, from 1:00 to 3:00pm for \$1.50 a cup.

RESIDENT COUNCIL OFFICERS

Katie Barbier, President/Secretary 818 E
(630.292.6226)

Lea Trager, East Bldg. Rep., 602 E

Karen Wollman, Vice President/Treasure 805 E
(918.815.2995)

Peggy Phillips, South Bldg. Rep., 123 S

Roz Smith, East Bldg. Rep., 920 E

Susan Greenwood, West Bldg. Rep., 502 W &
& Hospitality Chairs

Bev Thompson, Community Outreach Chair,
710 E

Resident Council has an email for your communication ideas and concerns.

kavodresidentcouncil@gmail.com

SPOTLIGHT



Paula Budzak, Kavod Resident

NEW Exhibit in the Kavod Art Gallery!



Be sure to stop by the Kavod Art Gallery in the South building to see the beautiful quilts on

display, made by resident Paula Budzak.

Paula says, **“I have been making things since I was a little kid.”** Took an art class as a freshman in high school; studied flower arranging, cooking, and sewing in 4-H; majored in Art Education at Eastern Illinois University, Charleston.

Paula became interested in quilting through her friend Susan Murphy, who was teaching art at Rend Lake Community College and interviewing southern Illinois quilters for a research project about quilts and quilters of Southern Illinois. I went to a presentation on quilting that Susan organized at the college and came away thinking, “I would never have the patience to do this.” Now I have been quilting for almost fifty years!



Please thank
the Life
Enrichment Team!

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!

Life Enrichment



Genny Hale
Life Enrichment, Volunteer
Engagement Coordinator



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.

Continued next page



(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.

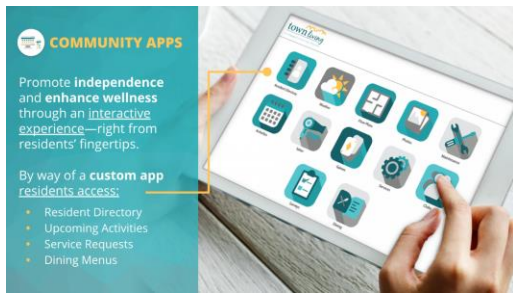
In the past Tory volunteered for the Mental Health Corps of Denver and at one time worked there as a peer mentor, so volunteering isn’t new for Tory. She says that a good volunteer is somebody who is easy to talk to. In fact that’s one of the reasons she likes volunteering at the Gift Shop Kiosk as it’s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



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



Community App!

Learn how to access daily information about our trips, classes, events, menus and much more! **Uniguest (formerly Touchtown) is a FREE, innovative way to communicate, connect and stay engaged at Kavod!**

In case you are new, or haven't heard about Touchtown, contact us for all of the details.

Log in with the following:

**USER NAME: 4575
PASSWORD: 4575**

On your computer you can access Community Apps by going to **www.communityapps.com** and logging in with the same user name and password above. **Please direct all questions to Connie Moore at 720.382.7813**

FROM LIFE ENRICHMENT



Low Vision Newsletter

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, please contact Susan at 720-382-7849. It will be delivered to you along with the regular newsletter near the end of each month.



Please remember that due to some people having allergies and asthma, DO NOT wear fragrances on outings in the Kavod vans or in classes, and do not spray air fresheners in the hallways of our buildings.

Thank you!

TRIPS, CLASSES, AND EVENTS

Sign-ups, Cancellations and Refund Information

****Please arrive 15 minutes prior to departure time for every trip!**

Please note that all classes, activities and trips are open to all non-residents and the community; however, priority will be given to Kavod residents.

Non-Residents can request to be picked up at the JCC and can mail their payments to Kavod Senior Life, Attention: Connie, Life Enrichment, 22 S. Adams Street, Denver, CO 80209, **or pay with a credit card and go online at <https://www.kavodseniorlife.org/life-enrichment/>** to sign up and pay, click on Senior Living tab, Kavod Senior Living Events & Trips.

All trips must be paid by deposit or in full at the time you sign up at the front Reception window and must be paid in full by the deadline. Call Connie with questions.

Sign up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at <https://www.kavodseniorlife.org/life-enrichment>

The Activity sign-up sheet inserted in the *Voice* is to help you track and remember what trips you have signed up for. You can fill it out

and take it with you to the front office to pay for your trips.

Please pay close attention to the deadline dates. It is best to sign up and pay early to secure a reservation.

If you're unable to go on a trip, you must cancel by the deadline date to receive a refund. Exceptions must be approved by Life Enrichment Director. **There are NO refunds for concert, theatre or show tickets!**

Please note that payments can be made for all trips in installments to make them affordable for everyone. Amount of payments can be determined with Connie, to tailor for your own needs. All trips must be paid in full by the deadline.

For any questions or concerns, please contact Connie Moore at 720.382.7813 or email cmoore@kavodseniorlife.org

Please sign-in at all classes when you attend!

Upcoming Trips



Sign up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at

<https://www.kavodseniorlife.org/life-enrichment>

*****Masks are no longer required at this time on the vans, but please wear one if that helps you feel more comfortable.***

Be sure to arrive 15 minutes before departure on all trips. We depart promptly at the departure time. Passengers are loaded in the vans in the half-circle drive in front of the East building.

For questions, please call **Connie, Director of Life Enrichment at 720.382.7813.**



Life Enrichment schedules many **grocery and shopping trips** throughout the month, watch the calendar for dates and times. **Cost is \$3 round trip.**

ATTENTION NON-RESIDENTS WHO REQUEST TO BE PICKED UP AT THE JCC ON OUR TRIPS

The JCC has generously allowed parking in their lots while going on Kavod trips.

Please read the JCC "Parking Acceptance of Risk" below and know that by parking in the JCC parking lot you accept the parking risk as outlined below. Contact Connie at 720.382.7813 with any questions.

JCC Parking Acceptance of Risk:

I understand that by parking in the JCC Denver parking lot that the JCC Denver cannot be held responsible for damage, loss, theft, claim, or demands, and is under no responsibility to protect the vehicles in the parking lot.

I understand that the JCC Denver parking lot is not intended nor designed as public parking and parking overnight is not permitted.

I understand the lot is not locked or secured and the JCC Denver does not guarantee the security of the cars or property in the parking lot.

I understand that ticketing will occur if my vehicle is left overnight or after hours of operation.

I agree to assume full responsibility for and risk of property damage if I choose to park in the JCC Denver parking lot for the duration of a Kavod Senior Life or Kavod on the Road program.

Upcoming Trips



Tuesdays, November 5, 12 & 19

**11:45 am – Van Trip
JFS Food Bank & Pantry**

Each month we take residents to Jewish Family Services to pick up their commodity boxes and shop at no cost in the JFS Food Pantry. ***Please bring your own bags.***

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.** There is no cost for this trip. **At the request of JFS, we are limited to 6 residents for each trip.**

No cost but you must fill out the application and sign up.

For questions call Connie at 720.382.7813.



Wednesday, November 6

**6 pm – Van Trip
Lamont School of Music 100th Anniversary
Concert: 1924 Revisited!**

Step back in time with the Lamont School of Music as we celebrate our 100th Anniversary with "1924 Revisited." This special event pays homage to the year of our founding with a selection of iconic works that premiered in 1924, performed by our talented students, faculty, and distinguished alumni.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: November 5



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.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: November 5

Upcoming Trips



UNIVERSITY OF
DENVER

Lamont School of Music

Thursday, November 14
6 pm - Van Trip

Lamont Jazz Orchestra

The Lamont Jazz Orchestra (LJO) is the University of Denver's premier large jazz ensemble, the LJO performs the standard canon of jazz literature as well as original music by students and faculty.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: November 10



Wednesday, November 20
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.**

For a **FREE RIDE** around town, **Jump on the Blackhawk & Central City Tramway** at the Lodge Casino. This Free local Bus Service connects you to destinations throughout the City of Black Hawk and Central City via 19 conveniently located bus stops. This friendly, free service is made possible by the support of local casinos. Buses operate continuously, 7 days a week, from late morning until early the following morning.

Cost Residents: \$8

Cost Non-Residents: \$10

Deadline: November 15

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!

Live Theatre, transportation, Dinner, coffee/tea, tax and tip are included.

Continued next page

Upcoming Trips

Candlelight Dinner Playhouse (Continued)

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.

Sign-up and pay now to reserve your seat.
Make three payments to make it affordable, must be paid in full by the deadline.

No refunds will be given for this event!

Cost Residents: \$68 – includes show, dinner and transportation

Cost Non-Residents: \$85 – includes show, dinner and transportation

Deadline for final payment: November 8



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.

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.

While their chosen vocations included such variety as banking, oil, law, politics, ranching, or farming, each household head shared a common place as a leader in his field, a position established prior to the time spent here at the Mansion. Exploring their vibrant lives and personalities offers an avenue for learning about this very special place that each of them called home.



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

lunch not included. 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.

Residents Cost: \$10

Non-Residents Cost: \$20

Deadline: November 15



TRIPS
Coming in DECEMBER 2024!



Cowboy Christmas Jubilee at the Flying W Ranch

Christmas Chuckwagon Supper Show

Thursday, December 12
4 pm – Van Trip

Join us as we travel to the world famous Flying W Ranch in Colorado Springs for the Christmas Chuckwagon Supper Show. Come and experience a beautiful and joyful time of year at the Ranch. *The Flying W Wranglers* are joined by the mighty *Marian L. Wolfe Orchestra* to perform a dazzling and heart-warming Western Christmas Celebration. The wood-burning

fireplaces and the twinkling white lights render the Mountain Stream Lodge a lovely and magical setting for a wonderful and unforgettable evening.

The Chuckwagon Supper is a special delicious seasonal Christmas menu featuring **smoked center-cut Angus strip steak, smoked Berbere chicken**, and all the scrumptious trimmings.

*****Please indicate if you need a vegetarian or gluten-free meal when you sign up in the East office.***

Seats are limited, sign up now to reserve your spot. You can pay in installments, but must be paid in full by the deadline.

Our approximate return time to Kavod is 10 pm.

Resident Cost: \$70

Non-Resident Cost: \$85

Deadline: December 6



Veterans Day Celebration

Monday, November 11, 2024

Schedule of Events:



Tuesday, November 5
11:30 am – Shul Classroom
“What’s Happening”
Life Enrichment Lunch

Join Susan for an **in-person** “Life Enrichment Lunch & What’s Happening at Kavod!” We will have a variety of boxed lunches and drinks to enjoy during the meeting.

Bring your monthly Voice & Calendar to follow along as we go over the trips, classes and events. **No cost, just drop in!**

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!



**Sunday, November 10
4 pm – Dining Room**

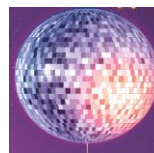
Join us for an amazing presentation by **Rose Red Elk, also known as Red Feather Woman**, international performing arts entertainer, two time Native American Music Awards winner, for an unforgettable evening.

Rose weaves the traditional mysticism of Native American stories into original contemporary songs, focusing on the preservation of her peoples' ancient culture and the importance of Mother Earth.

National Native American Heritage Month is celebrated in November each year to recognize the traditions, languages, and achievements of Native Americans, Alaska Natives, Native Hawaiians, and affiliated Island communities. It also honors veterans who have served the nation. The month is sometimes referred to as American Indian Heritage Month.

**Wednesday, November 13
11 am – 1pm - Dining Room
Volunteer Appreciation Party
(For Kavod Volunteers Only)**

We look forward to thanking and celebrating all of our volunteers at Kavod!



This year's theme is "**Celebrate Good Times**" so be sure to wear your far out and cool cat threads if you have them. **Enjoy a groovy, delicious lunch along with a fun and live DJ spinning disco tunes!**

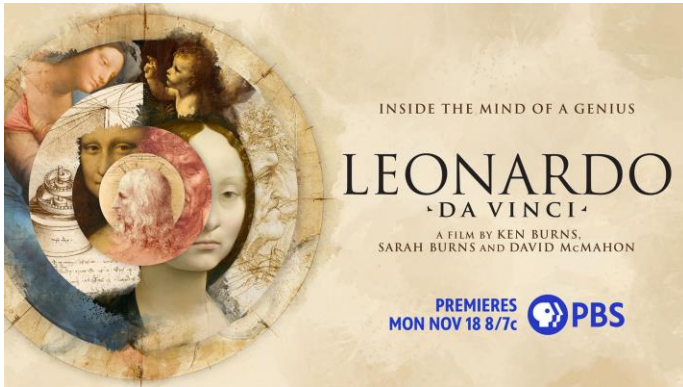
All volunteers will receive a thank you gift!

Please RSVP to Genny if you have volunteered at Kavod and are coming to the celebration either by leaving a phone message at 720.382.7820 or by email ghale@kavodsenorlife.org

If you haven't received an invitation and are a volunteer at Kavod, please contact Genny Hale at 720-382-7820 with your name, apartment number, what you do as a volunteer, and she will put an invitation in your mailbox.

See you there!

Special Events!



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.

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.



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!



**Tuesday, November 19
5:30 pm – Bistro/Dining Room**

**Birthday Celebration with
Leonard Barrett Jr!**



*Residents Doug and Marina will be on hand to announce the birthday names.

****If you have a birthday this month, you can pick it up from Life Enrichment staff in the Bistro at this party!** If you are unable to attend the party to receive your gift, please call Dmitriy at 720.382.7821.

Everyone welcome, Life Enrichment will have gifts, wine, beer, sodas and cupcakes for everyone in the Bistro!



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



**Wednesday, November 20
1 pm – Pikes Peak
Active Minds Presents:
Mount Everest**

It's been nearly 10 years since a massive earthquake in Nepal triggered the deadliest avalanche in the history of Everest climbing. As the tallest mountain in the world, Everest holds a special place in the minds and hearts of many.

It has religious significance for inhabitants of the region; additionally, it captivates the many mountaineers who have attempted to summit it and thus stand "on top of the world."

Join Active Minds as we explore the stories of Everest—both triumphs and tragedies—and examine different perspectives on the mountain's past, present, and future.



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



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

SUMMER EVENT – CHILDREN'S MUSEUM- DONATIONS

Flink Supply
Cindy Sagehorn

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