



Kavod Assisted Living at Cherry Creek

Activity Calendar — DECEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>**Please note EAST DR refers to the dining room in the East Building at 22 S. Adams Street</p>				
<p>1 5:00 Resident Sing Along— DR 6:00 "A Bissel" (A Little) Yiddish—SHC</p>	<p>2 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>3 9:00 Tai Chi—Pikes Peak *NEW 10:00 Boxing for Seniors-Pikes Peak 10:00 Bridge Players Club-3rd Floor Bridge 12:15 Active Minds "South Africa: From Apartheid to Global Citizen"—GR 1:00 Opening Minds through Art-Pikes Peak *2:00 Super Walmart—trip 2:30 Mindfulness Practice Group—MBS</p>	<p>4 9:00 Mountain Balance—Pikes Peak 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>5 9:00 Tai Chi—Pikes Peak 10:30 Herbalism Series—Pikes Peak 2:30 Mindfulness Practice Group—HWC Deck *4:00 Holiday Lights Tour & Dinner at Olive Garden—trip</p>	<p>6 10:00 Gentle Yoga—Pikes Peak 10:45 Sacred Grounds—Bistro 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength for Seniors—Pikes Peak 1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge 6:00 Shabbat Service with Rabbi Steve—SH</p>	<p>7 6:30 Advent Season with Rev. Susan Greenwood—Pikes Peak</p>
<p>8 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak 6:00 Understanding Judaism -SHC</p>	<p>9 9:00 Mountain Balance-Pikes Peak 10:30 Bingo—Pikes Peak 12:15 AL Resident Council—GR 1:00 Readers Theatre-Pikes Peak *NEW 3:30 AL Bingo—GR 5:15 Sing Along with Christine-GR *6:00 "Black Nativity" at the Vintage theatre—trip</p>	<p>10 **9:00 Judging of the Holiday Door Decorating Contest 9:00 Tai Chi—Pikes Peak *NEW 10:00 Boxing for Seniors-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>11 9:00 Mountain Balance—Pikes Pk 10:00 Gentle Yoga—Pikes Peak 10:00 Low Vision Support Group—GR 11:00 Multifaith Conversation lunch - <u>EAST DR</u> 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>12 9:00 Tai Chi—Pikes Peak 10:00 Best of the Rest—SHC 12:30 Jazz Café—GR 2:30 Mindfulness Practice Group—MBS *4:00 Flying W Ranch "Cowboy Christmas" Show & Supper—trip 5:00 Dancing to the Oldies—GR 6:00 Kavod Players Presents "Man of the House"-Pikes</p>	<p>13 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:15 Winter Wonderland Afternoon Tea Party—GR 12:30 Legacy Strength for Seniors—Pikes Peak *NEW 2:00 TimeSlips with Elizabeth—GR 1:30 COW-MOOOBILE -3rd floor brdg</p> <div style="text-align: center;"> </div>	<p>14 10:00 Shabbat Services with Seth Ward (Portion Vayishlach)—SH 6:30 Advent Season with Rev. Susan Greenwood—Pikes Peak</p> <div style="text-align: center;"> <p>NEXT PAGE</p> </div>

Kavod Assisted Living at Cherry Creek

Activity Calendar — DECEMBER 2024

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>15 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>5:00 Kavod Players Presents "Man of the House"-Pikes Peak</p> <p>6:00 "A Bissel" (A Little) Yiddish—SHC</p>	<p>16 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>5:20 Colorado Hebrew Chorale presents "Just in Time for Hanukkah"— EAST DR</p>	<p>17 9:00 Tai Chi—Pikes Peak</p> <p>*NEW 10:00 Boxing for Seniors-Pikes Peak</p> <p>10:00 Bridge Players Club-3rd floor bridge</p> <p>12:15 Active Minds "Kennedy Center Honors"—GR</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>*2:00 King Soopers—trip</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>18 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>19 *9:00 Hammond's Candy Factory Tour & Lunch—trip</p> <p>9:00 Tai Chi—Pikes Peak</p> <p>10:30 Herbalism Series: Intro to Tea-Making—Pikes Peak</p> <p>*NEW 2:00 TimeSlips with Elizabeth—GR</p> <p>2:30 Retirement Party for Rebecca—GR</p> <p>2:30 Mindfulness Practice—MBS</p> <p>4:30 Holiday Christmas Carolers—AL DR</p> 	<p>20 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:15 Denver Botanic Gardens Sensory Adventures—GR</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p> <p>*NEW 2:00 TimeSlips with Elizabeth—GR</p> <p>6:00 Shabbat Service with Rabbi Josh—SH</p>	<p>21 6:30 Advent Season with Rev. Susan Greenwood—Pikes Peak</p>
<p>22 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>12:15 Celebrate Hanukkah with the Duallin Mandos— EAST DR</p> 	<p>23 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>11:00 DMV2GO—SHC</p> <p>12:15 Hanukkah Concert —GR</p> <p>1:00 Readers Theatre-Pikes Peak</p> <p>*NEW 3:30 AL Bingo—GR</p> <p>5:15 Sing Along with Christine-GR</p>	<p>24 9:00 Tai Chi—Pikes Peak</p> <p>*NEW 10:00 Boxing for Seniors-Pikes Peak</p> <p>10:00 Gratitude Sharing—GR</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p> 2:00 Christmas Eve Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>5:00 Hanukkah Concert with Hal Aqua & The Lost Tribe—EAST DR</p>	<p>25 EAST Offices Closed For Holiday</p> <p></p> <p><i>Hanukkah begins at Sundown</i></p> 	<p>26 9:00 Tai Chi—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Dancing to the Oldies—GR</p> 	<p>27 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p>	<p>28 10:00 Shabbat Services with Seth Ward (Shabbat Hanukkah) - SH</p>
<p>29 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p>	<p>30 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 New Years Eve Holiday Party with The Patchwork Pickers Duo—GR</p> 	<p>31 9:00 Tai Chi—Pikes Peak</p> <p>*NEW 10:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>7:00 View the Fireworks—Pikes Peak</p>				 <p>PREVIOUS PAGE</p>

December 2024

Connie's CORNER



Hi Everyone,

Happy Holidays, I hope that each of you can celebrate and enjoy the holidays with family and friends!

Be sure to attend **“What’s Happening with Life Enrichment”** on Monday, December 2nd at 12:15 pm in the Gathering Room to hear about this month’s **classes, events and trips and enjoy some delicious Holiday cookies!**

Also, be sure to sign up for all of the exciting trips this month like the *Flying W Ranch, Holiday lights, Vintage Theatre* and more!

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



Rabbi Stephen Booth-Nadav
Chaplain

THE MIRACLE OF THE LIGHT

The most important miracle of Hanukkah is the miracle of the lights..... the lights that we had no reason to believe would be there in very dark times... yet somehow with faith, action, and help from above, for eight nights in the dark of winter, the menorah in the Holy Temple in Jerusalem stayed lit.

And for 2000 years since then, we Jews remember. We continue to light the lights, and the lights light our souls, and we keep the flames of spirit burning.

Article continues on page 3

Welcome New Residents

Gloria Griswold – 610 West Building
Arleen Johnson – 801 West Building
Veronica Vinereanu – 605 West Building

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,

I have been reflecting on some of the good things we have accomplished over the past few months.

- We enjoyed special services and traditions for the Jewish High Holidays
- We traveled to a Sikh Temple as part of a religious exploration series
- Many resident pet owners were able to see a vet on campus or enjoy a gift card and free trip to PetSmart
- We enjoyed visits from some of our elected officials, including Congresswoman Diana DeGette and HUD Regional Administrator Dominique Jackson.
- Resident Council was instrumental in bringing a ballot box here to Kavod, where over 100 ballots were collected!
- Our facilities department worked with CoPi Plumbing and got a major water pipe fixed in the East building

Lastly, I was so honored to receive a wonderful letter from some of our Russian residents. We had a tea to meet with them and thank them for their kind words (translated as follows):

To Michael Klein, CEO and president:

We are the residents of USA and we live in Kavod for many years. All three buildings (South, East and West) in front of our eyes became a small beautiful town for our residents. We understand you worked very hard during Covid years to survive this disaster, to build again and to resume all wonderful projects. This is a feat. You and your staff created Health and Wellness, dining service and a lot more. Residents of Kavod live a full and varied life, feel great concern about their health, their food; they receive so much needed support and a warm attitude.

We think Kavod's employees deserve for their daily hard work not only thanks from residents but also a support from their leadership (and maybe something else). We are proud of you as our leader, CEO Kavod, and of all employees. We need to treat each other more carefully, this will be better for our health. We wish the best to all of you. Our motto is "Kavod is our family".

P.S. Many residents want to provide a special thanks to staff; Health and Wellness, Olga Roush, Muhammed, Katrina, Dusya, Dilya for many years of their hard work. We send also send our thanks to all other workers, who did not become the labor veterans yet.

September - October 2024

As 2025 approaches, we look forward to finding new ways to make Kavod a great place to live, and a perfect place to call home. Happy holidays, everyone.

Michael Klein & Kara Harvey

From Chaplaincy and Spiritual Services

THE MIRACLE OF THE LIGHT

(Continued from Cover page)



Though writing this almost two months in advance, it is certain that this is a dark time in our world in many ways and places. It is incumbent upon us to light our inner lights, to feed our souls, so that when the opportunity arises to stand up for justice, to defend any and all that are oppressed or marginalized, we will be more able to do so.

In fact, we might remember the prophet Zachariah who said (put into song by Debbie Friedman (z'l)), "Not by might and not by power, but by Spirit alone, shall we all live in peace." A good message to remember.

And THIS year, Hanukkah begins literally as Christmas ends! My prayer is that the combined lights of Christmas, leading into the lights of both Hanukkah and Kwanza, bring us more together, and some of the inner and outer light and support we and our world need.

Whatever you celebrate, may the lights of the season, the lights we light in dark times, be nourishing, inspiring, and light the way!

Here is a link to a good introduction to Hanukkah:

<https://www.myjewishlearning.com/article/hanukkah-101/>

Hanukkah begins Wednesday evening December 25! Join us for our regular weekday menorah lightings:

- 4:30 pm AL Dining Room
- 5 pm in Main Dining room

(See flyers for more information)



Kehillat Kavod:

Kavod's Jewish Community

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

FRIDAY NIGHTS - KABBALAT SHABBAT

Friday, December 6

6 pm - Shul

Welcome Shabbat with Rabbi Steve

Friday, December 20

6 pm - Shul

Welcome Shabbat with Josh

SHABBAT MORNING SERVICES

Dr. Seth Ward

10 am - Shul

Mizrachi Heritage Month!

Saturday, December 14: Portion Vayishlach

Saturday, December 28: Shabbat Hanukkah!

From Chaplaincy and Spiritual Services



Sunday December 8

10 am – Pikes Peak

Led by Reverend Dale

Sunday December 15

10 am – Pikes Peak

Musical Service

Led by Reverend Dale and Steve Miller on piano

Sunday December 22

10 am – Pikes Peak

Communion and Musical Service

Led by Reverend Dale and Steve Miller on piano

Sunday December 29

10 am – Pikes Peak

Led by Reverend Dale



Tuesday, December 24

2 pm – Pikes Peak

**Christmas Eve Service
Non-Denominational
Christian Service**

We will be gathering to celebrate a non-denominational Christmas Eve worship service and embrace the in-breaking

presence of the Divine in our lives. All, regardless of religious affiliation, are welcome to attend the service. Please plan to join in the celebration, led by Rev. Dale Lee.

WE HAVE SEEN A GREAT LIGHT

The esteemed prophet Isaiah has left for the



ages numerous expressions of wisdom which challenge, enlighten, and inspire. With resounding hope, Isaiah announces that “the people who have walked in darkness have seen a great light.” Their burdens are

lifted, their oppressors banished, and their suffering supplanted by joy. The passages setting forth these celebratory messages are read with much delight by Christians during Christmas commemorating the in-breaking of God into the present world.

Christmas, the most spiritually charged and emotionally expectant stage in the year for Christians, is the culmination of the Advent season leading-up to the birth of Jesus as the proclaimed “Prince of Peace.” Being the exclamation point of Advent (which means “coming”) and signifying Divine intervention into the here-and-now of this world, it is cause for comfort and joyous celebration especially in these uncertain and turbulent times.

Continued on next page

From Chaplaincy and Spiritual Services

WE HAVE SEEN A GREAT LIGHT

(Continued)



Christmas is not only a “day” but also a “season,” frequently known as Yuletide or, occasionally, as Christmastide. It encompasses the 12 Days of Christmas and

covers the time from Christmas Day, December 25, to January 6 marking Epiphany which commemorates the appearance of Christ to the Magi.

For Christians, Christmas is the manifestation of the much-anticipated coming of Christ into their personal lives and signifies the arrival of God incarnate in the person of Jesus. It also speaks of the emergence of Christ in the hearts, minds, and souls of the followers of Jesus. Moreover, it foresees the appearance of Christ at the end of time. These are the three aspects of the “coming of Christ” which are hailed at Christmas and have been embraced by Christians as a source of hope and rejoicing for centuries.

Beloved Christmas hymns include the 9th century classic entitled *O Come, O Come, Emmanuel* in which singers bask in the certainty that God is with us. Recently finding ourselves subjected to a political culture marked by division and contempt, we can welcome the words of this sacred hymn which summon Divine powers to “come and cheer our spirits by your justice here” while uniting “all peoples in one heart and mind.” Let us, and all with whom we share this

wondrous Creation, having walked in darkness and seen a great light, embrace the spirit of Christmas with the assurance that God is with us today, tomorrow, and always.

Rev. Dale Morris Lee

The Mustard Seed Community



FROM REV. SUSAN GREENWOOD

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 three Saturday evenings to explore the Hope, Peace, Joy and Love of the Advent Season.

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 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



Susan Mervis and Pepe, her beloved dog and the Gift Shop Kiosk mascot, volunteer every week at the Gift Shop Kiosk and have since it reopened in 2023. Always full of cheer, Susan brings lots of

joy to the Gift Shop Kiosk. Susan loves volunteering because it's fun and it brings meaning to the day. She also really likes getting to meet new people and all her neighbors at Kavod as well as making new friends.

Continued next page



Susan Mervis and Pepe

(Continued)

Susan worked in education as a middle school science teacher for many, many years so she definitely has the right background to be a volunteer which in her words requires "being flexible." Not only did Susan work as an educator, but she is a mother to six daughters all of whom had boys. Susan is a very proud mom and grandma. Originally, she is from Wyoming and she lived on the Wind River Reservation there.

I asked Susan if she had any words of wisdom to which she replied jokingly "Be careful what you wish for." Kavod is a much better place because of Susan and her wonderful smile and sense of humor!

For those of you who haven't yet volunteered, I encourage you to do so if you can. It's rewarding and a great way to make new friends. 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.



Kavod has a new Tech Help volunteer, named Lauren! She will be at Kavod on the East end of the bridge Wednesdays from 4:30 pm – 6 pm. Lauren will help residents with every day tech questions with phones, laptops, watches or iPads. So that residents receive quality time and help, there is a sign-up process for help each week. At the East end of the bridge there is a sign-up sheet on the bulletin board. She will only be able to serve 3 residents for 30 minute slots each Wednesday on the bridge only.

!



RETIREMENT PARTY FOR REBECCA

Thursday, December 19

2:30 – 4:30 pm

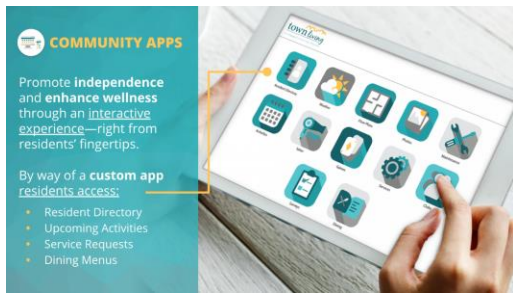
Gathering Room, 1st Floor West Building

Rebecca Gershten is retiring after 7 years at Kavod. She has mainly worked as the Community Outreach Coordinator.

She also helped with screening and deliveries during the pandemic, arranged the South building art gallery and coordinated volunteers for a few years.

Come say goodbye and share your well wishes. Chocolate desserts & **hot tea** served.

She will be missed!



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 THE DIRECTOR OF ASSISTED LIVING

DON'T FORGET YOUR WATER!

As we move into the colder months, we would like to remind all our residents to drink plenty of water. According to the National Institute of Health, dehydration is the most common fluid and electrolyte problem among the elderly. Age related changes in total body water, thirst perception, renal concentrating ability, and certain medications all contribute to an increased risk of dehydration.

Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already DEHYDRATED. That's why it is so important to increase water intake during hot weather or when you are ill.

Winter Safety Tips:

- **Stay Hydrated** – drink plenty of water.
- **Wear layers** – sweat can reduce your body temperature and force your heart to work harder to maintain blood flow and body temperature.
- **Check your prescriptions side effects** – some medications change our body's reaction to heat.
- **Avoid alcohol and caffeinated drinks** that can cause dehydration.

Christy Martinez, Director of Assisted Living

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.***

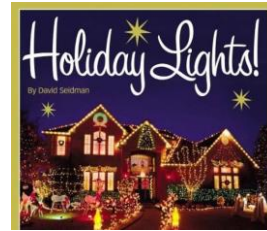


Super Walmart Shopping trip Tuesday, December 3

*Depart at **2:00 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.

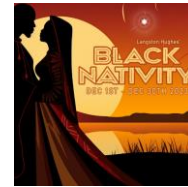


Thursday, December 5 4 pm – Van Trip Holiday Lights Tour & Dinner at the Olive Garden

Join us for a fun evening of looking at holiday lights and a delicious dinner at the **Olive Garden Italian Restaurant.**

Don't miss out on this special evening!

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



Monday, December 9 6 pm – Van Trip The Vintage Theatre presents *Black Nativity*

Join us for a wonderful afternoon at the Vintage Theatre to see the live performance of ***Black Nativity***, the joyous holiday musical, a modern retelling of the traditional account of the Nativity story from an African American perspective. Using gospel music, African beats, dramatic dance, and a biblical narrative. ***Approximate return time to Kavod is 9:45 pm. **Meet in the West Lobby at 5:45 pm and Life Enrichment staff will escort you to the Kavod Van in the East circle. Please call Susan at 720-382-7849 to sign up.***

TRIPS FROM LIFE ENRICHMENT



Cowboy Christmas Jubilee at the Flying W Ranch

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

**** Please call Susan at 720-382-7849 to sign up and let her know if you need a vegetarian or gluten-free meal.**

Our approximate return time to Kavod is 10 pm.



King Soopers Shopping trip Tuesday, December 17

*Depart at 2 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



Thursday, December 19
9 am – Van Trip

Hammond's Candy Factory Tour & Mickey's Top Sirloin



Embark on a journey through Hammond's history and timeline, tracing the sweetness and tradition of this

Colorado family business. From founders to family legacy, discover the people behind this unique confectionery story. At the end of the tour you will be able to shop for some sweet treats!



After the tour enjoy a delicious lunch at Mickey's Top Sirloin

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

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.



Monday, December 2

12:15 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 holiday cookies and bring your ideas and suggestions for any new things you would like to do or places you would like to go!



Tuesday, December 3

12:15 pm - Gathering Room

"South Africa: From Apartheid to Global Citizen"

Join Active Minds as we explore the history of South Africa, its struggle with race and its journey to rejoin the international community since apartheid ended in 1994. We will discuss the pivotal role played by Nelson Mandela, the impact of immigration/colonialism, the Truth and Reconciliation Commission and other important aspects of this story. We will end with a look at the current challenges and opportunities for South Africa, including the recent May 2024 elections.



Wednesday, December 4

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!

Assisted Living Activities



Wednesday, December 4

Painting & Wine with Polly 5:15 pm – Gathering Room

Join your friends and neighbors for a fun evening of painting and wine! **No cost**, professional instructor, all materials, wine and laughter are provided!



Mondays, December 9 & 23
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!

Decorate your Door for the Holidays Contest

Tuesday, December 10
9 am – All buildings

The Life Enrichment team will be stopping by all floors in all buildings to take photos of the winning doors!



There will be one winner selected from each building, and each winner will receive a \$50 King Soopers gift card!

If you need decorating supplies, contact Susan at 720.382.7849 to get supplies!

Assisted Living Activities



Wednesday, December 11 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, come even if it's not your birthday to celebrate with your friends and neighbors!**



EAST BUILDING

Kathleen Barbier
Victoria Bingham
Olha Bohatyrova
Beverly Bolden
Tracy Chamberlain
Anna Chisacova
Ellen Cohen
Stephen Cohen
Diane Dozer
Jayne Fallik
Nina Khoroshun

Carmelit Lucarelli
Penny Pennington
Nancy Pollock
Doris Raizen
Russene Rowe
Svetlana Tereshko
Richard Valdez
Vivian Weinstein
Emma Zborovskaya

SOUTH BUILDING

Albert Amirkhanyan
Irina Batalina
Bonnie Degraffenreid
Nathan Edelson
Vitaliy Kapustin
Kimberly Reynolds
Lena Terzian

WEST BUILDING

Malka Amster
Johannes Benink
Ann Carter
Angele Gaffary
Sallie Hait
Iris Jacobson
Concepcion Olivares Villa
Lois Phillips
Fanya Roykhman
Michael Sackett
Maxine Stuckey
James Williams
Alfred Wittenberg

Assisted Living Activities



**Tuesdays, December 10 & 24
10 am – Gathering Room**

Gratitude Sharing with Susan

Gratitude makes for a positive attitude!

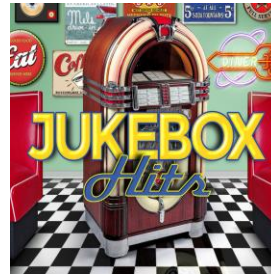
Listen to speakers share about happiness, and delve into a variety of tasks to explore gratitude in new ways. We will discuss things we are grateful for, in addition to reading positive stories together. You will also be invited to share your daily thoughts on gratitude with a **gratitude journal**,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



**Thursday, December 12
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.



**Thursdays, December 12 & 26
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!



Winter WONDERLAND Tea Party

**Friday, December 13
12:15 pm – Gathering Room
Winter Wonderland Tea & Hot Cocoa Party**

Enjoy a lovely afternoon tea and hot cocoa party with refreshments, music and games.

Assisted Living Activities



**Fridays, December 13 & 20
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.



**“Kennedy Center Honors”
Thursday, December 17
12:15 pm - Gathering Room**

Since 1978, the Kennedy Center Honors have recognized the lifelong accomplishments and extraordinary talents of America’s most prestigious artists. The annual Honors culminate each December in a gala at the Kennedy Center Opera House in Washington,

D.C. Join Active Minds for a look at the honorees in music, including Arturo Sandoval, Renee Fleming, Midori, Michael Tilson Thomas, Philip Glass, and so many more.



Wednesday, December 18

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.



**Thursday, December 19
4:30 - Dining Room**

Holiday Christmas Carolers

Enjoy the Holiday Christmas Carolers in the Assisted Living Dining Room at 4:30 pm. They will stroll around the dining room while singing at your tables.

Assisted Living Activities

DENVER BOTANIC
GARDENS

Friday, December 20

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.



Monday, December 23

12:15 pm – Gathering Room

Hanukkah Concert

Celebrate Hanukkah with a lovely hour of special music.

Everyone welcome!



Monday, December 30

New Year's Eve Holiday Party
with the Henry and Reinhardt
Cabaret Duo

5 pm – Assisted Living Dining Room

Celebrate the New Year with the Henry and Reinhardt Cabaret Duo, prepare to be wowed! These musicians will play all the holiday favorites to help ring in the new year!
Party hats, horns and beads provided.

Everyone is welcome!



Mark your calendar!

The Kavod Players presents...



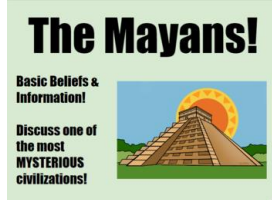
When: Thursday, December 12 at 6:00 pm **AND**
Sunday, December 15 at 5:00 pm

Where: Pikes Peak & Mt. Blue Sky

Plot: A slick, stylish safecracker breaks into the house of a vacationing family for a profitable few hours work, only to be interrupted by a host of surprise visitors. Soon our surprised burglar is in the middle of a heated family squabble, acting as marriage counselor to an entire crew of crazies. The lines fairly crackle with wit and humor!

Refreshments Served

Doors open 15 minutes before ShowTime, so arrive early to get your seat to this must-see performance!



**Wednesday, December 18
1 pm – Pikes Peak**

**Active Minds Presents:
Mystery of the Mayan Civilization**

Join Active Minds for an overview of Mayan history, culture, art, and science. They are called "The Mysterious Maya" because nobody knows where they came from or where they went, leaving their cities nearly deserted. Why did they leave: Where did they go? Historians make guesses, but it remains a history mystery.



**Sunday, December 22
12:15 pm – EAST Dining Room**

**The Duallin Mandos
Hanukkah Concert**

Join your friends and neighbors for a hour of mandolin music in celebration of the holiday. **Duallin Mandos is comprised of the father and son Mandolin team of Bruce and Ben Geller, who have played professionally at Kavod and in Denver for many years.**

**Monday, December 23
11 am – Shul Classroom**

DMV2GO, the mobile service for the Department of Motor Vehicles will be onsite so you can renew your license, apply for a new license, get a Colorado ID, etc.

You will need to contact the county motor vehicle for anything regarding handicap placards or vehicle services

You must sign-up in the East office for your time slot.

Deadline: December 15



**Tuesday, December 24
5 pm – EAST Dining Room
Hanukkah Concert with
Hal Aqua and the Lost Tribe**

Celebrate Hanukkah with an evening of wonderful music by Hal Aqua and the Lost Tribe.

Everyone welcome!



31 Days of December

It is that time again! 31 Days of December started in 2020; in the unknowns of a pandemic when holidays, weddings, funerals, births were experienced alone. We are grateful to celebrate, honor and treasure our time together once again! The offerings are a snapshot of the spiritual, wellness, community driven and life enriching opportunities available throughout Kavod. We hope that you check one, some or all of them out! The 31 Days of December offerings will be distributed on a separate calendar and posted in the elevators on December 30.

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 December!

Tuesdays

10am – HWC/Pikes Peak

Boxing for Seniors *NEW CLASS*

Boxing for Seniors is designed to be accessible and beneficial for residents of all skill levels. Come for a fun, engaging 30-minute session where we focus on breath work, balance, strength, conditioning, and cardio. Whether you are in a chair or on your feet, the class is tailored to meet you where you are, providing exercises and techniques to build confidence, coordination, and fitness.

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. **We will be starting a new book in January! Keep an eye out for notices on our cinema day!*

Fridays

9am – HWC/Pikes Peak

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, December 5th and 12th

1030am to Noon - HWC/Pikes Peak

Herbalism Series: Fire Cider (12/5) and Topical Pain Relief Salve (12/12)

Fire Cider “The Magical Immune Tonic” is an acclaimed wellness tonic used throughout history around the world. A must for healthful living, it is a traditional ritual made during the fall and winter seasons. Join Jenna to learn the history, benefits, and how to make this warming, delicious tonic for you and your family. You will leave with a bottle of your own fire cider from scratch.

Intro to Topical Salves: Ever wonder how herbs can assist in pain? Topical salves are an herbal remedy that is great for acute or chronic situations. Topical salves are a combination of several herbal infused oils and ingredients to create a shelf stable remedy. In this workshop, we will learn the how and why herbs can be a healthy alternative for pain management and beginner salve making skills. Wear clothes that you do not mind potentially getting a little messy. You will go home with new and confident skills, a deeper knowledge about herbal actions, and a handmade salve.



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



Happy Holidays from your Legacy team!

I SPY WINTER



Count how many copies you can find of each shape!

With the holidays coming, it's easy to push health and wellness goals to the new year. However, there's no time like the present to feel GREAT! This time of year is often busy with shopping,

cooking, family gatherings, and religious services. We understand that it may be difficult or intimidating to participate in these activities if you're feeling weak, fatigued, in pain, or worried about falling, incontinence, or your memory. Your Legacy Healthcare team wants you to feel confident engaging in these types of events so that you can get the most out of this holiday season! We are here to help!

Want to learn more about how Physical, Occupational, or Speech Therapy can help you meet your goals and feel confident and safe going into this holiday season?

Give us a call or visit us in the Health and Wellness Center!

303-321-2452



October Gifts

GENERAL -GRANTS

Montview Building Fund

GENERAL

Ben & Debbie Cohen, In Honor of David
Brahinsky

Michael Cohen & Suzanne Bryson

Charles Kreiman & Ellen Lemberg

Carmelit Lucarelli

Charlene Wandel

HEALTH & WELLNESS GRANTS

Strear Family Foundation

KAVOD THE ROAD PARTNERSHIP

Colorado Hebrew Chorale

Temple Emanuel

KAVOD ON THE ROAD

Carole Kornreich

Carolyn Steele, In Honor of the KOTR Staff

SUMMER EVENT - CHILDREN'S MUSEUM- SPONSORSHIPS

Gaile Waldinger