

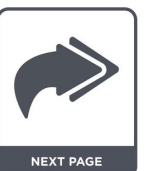


Kavod Senior Living at Cherry Creek

Activity Calendar — DECEMBER 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 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>2 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>11:00 Conversation on the Edge—SHC</p> <p>1:30 Readers Theatre-Pikes Peak</p> <p>2:30 DPL Bookmobile-WEST Building Gathering Room <u>ONLY</u></p>	<p>3 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>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>4 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>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>6:30 Mahjong Evening Players—3rd flr Brdg</p>	<p>5 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 King Soopers—trip</p> <p>10:30 Herbalism Series—Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>6 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:45 Sacred Grounds—Bistro</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>1:30 Jewelry Making Class with Sabina- GR</p> <p>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</p> <p>6:00 Understanding Judaism - SHC</p>	<p>9 9:00 Mountain Balance-Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre-Pikes Peak</p> <p>*6:00 “Black Nativity” at the Vintage theatre—trip</p>	<p>10 **9:00 Judging of the Holiday Door Decorating Contest</p> <p>9:00 Tai Chi—Pikes Peak</p> <p>10:00 Gratitude Sharing-GR</p> <p>*NEW 10:00 Boxing for Seniors-Pikes Peak</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>11 *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 Low Vision Support Group—GR</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Multifaith Conversation lunch-DR</p> <p>1:00 Mahjong Players—3rd floor brdg</p> <p>2:00 The Joy of Writing Workshop-SHC</p> <p>4:30 Tech Help-3rd floor bridge</p> <p>6:00 Holiday Traditions—3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>12 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Last Minute Shop—3rd floor bridge</p> <p>10:00 Best of the Rest—SHC</p> <p>10:30 Herbalism Series—Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>6:00 Kavod Players <i>Presents</i> “Man of the House”-Pikes Peak</p> <p>*4:00 Flying W Ranch “Cowboy Christmas” Show & Supper—trip</p>	<p>13 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>14 10:00 Shabbat Services-with Seth Ward (Portion Vayishlach)-SH</p> <p>6:30 Advent Season with Rev. Susan Greenwood—Pikes Peak</p>



Kavod Senior 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>12:00 Piano Music while you dine by Christine-DR</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 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>5:20 Colorado Hebrew Chorale presents "Just in Time for Hanukkah"—DR</p>	<p>17 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>*NEW 10:00 Boxing for Seniors-Pikes Peak</p> <p>10:00 Give & Take—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>18 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 Active Minds "The Mysterious Mayans"—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 Traditional Holiday Lights—trip</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>19 *9:00 Hammond's Candy Factory Tour & Mickey's Top Sirloin lunch—trip</p> <p>9:00 Tai Chi—Pikes Peak</p> <p>1:00 Resident Council—Pikes Peak</p> <p>2:30 Retirement Party for Rebecca—GR</p> <p>2:30 Mindfulness Practice—MBS</p> <p>5:00 Holiday Christmas Carolers—DR </p>	<p>20 *9:30 Walmart —Trip</p> <p>9:00 Relaxation Hour—Pikes Peak</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 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</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—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>1:00 Readers Theatre-Pikes Peak</p>	<p>24 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd FlrBridge</p> <p>10:00 Gratitude Sharing-GR</p> <p>*NEW 10:00 Boxing for Seniors-Pikes Pk</p> <p> 2:00 Christmas Eve Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>5:00 Hanukkah Concert with Hal Aqua & The Lost Tribe—DR </p>	<p>25 Office Closed For Holiday</p> <p></p> <p><i>Hanukkah begins at Sundown</i></p> <p></p>	<p>26 9:00 Tai Chi—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>4:30 Piano music by Doug—DR</p> <p></p>	<p>27 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>No Fiber Arts today</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>2:30 DPL Bookmobile—WEST Building Gathering Room <u>ONLY</u></p> <p>5:30 New Years Eve Holiday Party with John Philip Sousa Orchestra—DR </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></p>			<p></p> <p>PREVIOUS PAGE</p>

DECEMBER 2024

Connie's CORNER



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

Many thanks to the resident members of the **Kavod Academy of Lifelong Learning Advisory Board** for their participation and commitment to quality of life programming here at Kavod. **If you would like to serve on this advisory board, watch for the application in the January Voice!**

Join us for a delicious and informative **"Life Enrichment Lunch & What's Happening at Kavod"** on **Tuesday, December 3rd at 11:30 am in the Shul Classroom.** We will have **Brooklyn's Pizza** for you to enjoy during the meeting!

Stay in the know! Be sure to log-in to **Touchtown** for loads of content, videos and announcements, 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



Spotlight

**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

****Multiple Signatures***

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



Sunday, 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

Resident Council Gathering

****Wednesday, December 19**

1 pm – HWC/Pikes Peak

From Resident Council President Katie Barbier:

Notes from Resident Council:

The New Year is not far off and it has been a busy, stressful year. The New Year is time to reflect on our actions and how to make our new year better for all of us. We will be presenting the By-Laws for your review this month. January discuss the by-laws and February vote on the provisions. **I will be resigning as President of Resident Council and this Gathering will be my last one to run.** I have done this for 2 ½ years and it is time for change. We have not had elections. This now gives the opportunity to elect someone new. We will be looking for a nomination committee. Talk to Katieb. This does not mean I'm going away. I will be Program Chair moving forward and will continue to develop and facilitate activities. Something I love. I'm hoping that you will continue to come to activity planning and sharing your ideas. Karen will take over through this interim period.

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

kavodresidentcouncil@gmail.com

Check Out the Resident Council Bulletin

It is providing things you need to know, dates of Resident Council Gathering, fun facts, resident run activities, and much more.

Know Your Board

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



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!



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

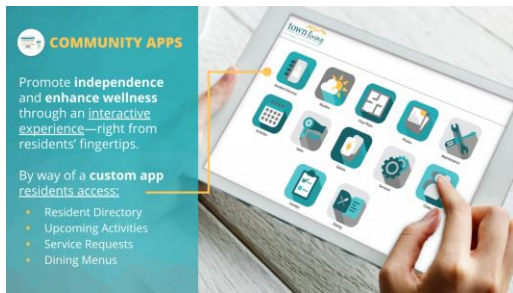
Gathering Room, 1st Floor West Building

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 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!

FROM LEASING

Illegal drugs and HUD

The United States Department of Housing and Urban Development (HUD) is very clear on their stance regarding illegal drugs. HUD has zero tolerance for of any illegal drugs. The term drug-related activities means **the illegal manufacture, sale, distribution, or use of a drug, or the possession of a drug with intent to manufacture, sell, distribute, or use the drug.**

The State of Colorado recently made medical and recreational marijuana legal and many dispensaries opened around the city. Federal law still views marijuana an illegal drug. Since Kavod Senior Life are recipients of Federal funds for our subsidized apartments and thus medical and recreational marijuana is illegal at Kavod.

Even if person has a license for purchase and use medical and recreational marijuana, according to the Federal law, it is still illegal. A Person can go to a dispensary and smoke or eat medical and recreational marijuana products there but they cannot bring it back to Kavod.

It is legal to have medical and recreational marijuana in your home if the drug comes in the form of a controlled substance, such as pills or injections, and they have been distributed by the pharmacy and/or your doctor.

Manufacture, sale, distribution, or use of an illegal drug, or the possession of an illegal drug with intent to manufacture, sell, distribute, or use the drug is a serious violation of the Lease Agreement and subject to the Eviction. Per paragraph 23 of the subsidized Lease:

23. Termination of Tenancy:

c. The Landlord may terminate this Agreement for the following reasons:

3. Drug related criminal activity engaged in, on or near the premises, by any Tenant, household member, or guest, and any such activity engaged in, on or near the premises by any other person under the tenant's control;

4. Determination made by the Landlord that a household member is illegally using a drug.

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.

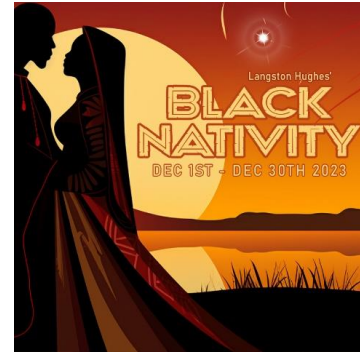
I understand that the JCC Denver parking lot is not intended nor designed as public parking and parking overnight is not permitted.

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, December 3, 10 & 17

**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.

**Monday, December 9
6 pm – Van Trip**

**The Vintage Theatre *presents*
*Black Nativity***

Join us for a wonderful evening at the Vintage Theatre to see the live performance of ***Black Nativity***, by Langston Hughes and directed by Jo Bunton Keel. ***Black Nativity***, the joyous holiday musical, is 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, ***Black Nativity*** opened for a limited run of 57 performances at Broadway's 41st Street Theatre on December 11, 1961. It was written and conceived by one of the legendary leaders of the Harlem Renaissance: Black playwright, poet, novelist, and social activist Langston Hughes. Run time is approximately 2 hours, and approximate return time to Kavod is 9:45 pm. The theatre has a full service bar with snacks (not included in cost) that can be purchased and taken into the theatre.

Resident Cost: \$20, includes ticket & transportation

Non-Resident Cost: \$30, includes ticket & transportation

Deadline: December 5

Upcoming Trips



Wednesday, December 11 9 am – Van Trip Colorado Mountain Casinos

Join us as we depart for the mountains for a **full day of fun!** We drop everyone off at the Lodge casino in Blackhawk. You are welcome to go to whatever casino you choose.

****We will depart at 2 pm to return to Kavod.**

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: December 9



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

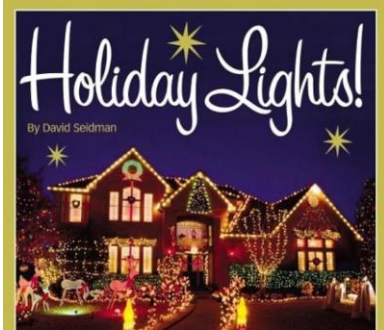
Our approximate return time to Kavod is 10 pm.

Resident Cost: \$70

Non-Resident Cost: \$85

Deadline: December 6

Upcoming Trips



**Wednesday, December 18
6 pm - Van trip**

Traditional Holiday Lights Tour

We will start out by driving by the impressive annual display at the Denver City and County building. The massive outdoor holiday lights display consists of more than 20,000 lights and 5 miles of electrical wire. From there it will be a Mystery Tour! We promise new sights and great lights! You are welcome to bring a hot thermos of coffee or hot chocolate.

Cost: Residents \$5

Cost: Non-Residents \$15

Deadline: December 11



**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. The lunch menu prices range from \$15 - \$25, plus tax and tip.

Resident Cost: \$5 - lunch not included

Non-Resident Cost: \$10 - lunch not included

Deadline: December 12



**Tuesday, December 3
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 **Brooklyn’s Pizza** 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!**



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 four 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

Special events!

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!



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!



Tuesday, December 17
5:30 pm – Bistro/Dining Room

**Birthday Celebration with
 The Michael Friedman Jazz Duo**

*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

- 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



The Mayans!

Basic Beliefs & Information!

Discuss one of the most MYSTERIOUS civilizations!



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.

Thursday, December 19

5 pm - Dining Room

Holiday Christmas Carolers

Enjoy the Holiday Christmas Carolers in the Dining Room at 5 pm. They will stroll around the dining room while singing at the tables for one hour.



Sunday, December 22

12:15 pm – 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.

We are no longer doing a Stand-by list.

- * Colorado State IDs are free to adults older than 60
- * For all ages driver's licenses are \$30.87

*If you need to renew a Colorado Driver License you will need to bring your CO drivers license, Social Security Card, VA Card or current Passport.

For proof of address bring two of the following: Bank Statement, Phone or Utility Bill, CO drivers license for proof of address.

Accepted forms of payment are check or money order made out to the Department of Revenue or DOR, and credit card.

Deadline: December 15



**Tuesday, December 24
5 pm – 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!



**Monday, December 30
New Year's Eve Holiday Party
with the John Philip Sousa
Band of Colorado
5:30 pm – Dining room**

Celebrate the New Year with the John Philip Sousa Band of Colorado. This 30 member orchestra will play all the holiday favorites to help ring in the New Year! Everyone is welcome!

Party hats, horns and beads provided.



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 November 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