



Kavod Senior Living at Cherry Creek

Activity Calendar — JANUARY 2025








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 align="center">Celebrate Activity Professionals Week!</p> <p align="center">January 19 - 25</p>				
			<p>1 Offices Closed</p>	<p>2 9:00 Tai Chi—Pikes Peak</p> <p>10:00 “What’s Happening at Kavod” Breakfast with Life Enrichment –SHC</p> <p>10:30 Herbalism Series—Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>3 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>1:30 Jewelry Making Class with Sabina- **NEW Location-MBS</p> <p>6:00 Shabbat Service with Rabbi Steve—SH</p>	<p>4</p>
<p>5 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>6 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>7 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>*11:45 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>8 *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>11:30 Book Club—MBS</p> <p>1:00 Mahjong Players—3rd floor brdg</p> <p>4:30 Tech Help-3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>9 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 King Soopers—trip</p> <p>10:00 Best of the Rest—SHC</p> <p>11:00 Soul of Aging—MBS</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>3:00 Kavod Travel Club—Pikes Peak</p> <p>Piano Music while you dine by Tory</p>	<p>10 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>11 10:00 Shabbat Services with Seth Ward - Portion Vayechi—SH</p> <div align="right" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>NEXT PAGE</p> </div>

Kavod Senior Living at Cherry Creek

Activity Calendar — JANUARY 2024

BACK PAGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>12 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>6:00 Understanding Judaism - SHC</p> <p>12:00 Piano Music while you dine by Christine-DR</p>	<p>13 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>12:30 Flower Pressing Class—Blue Spruce</p>	<p>14 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>*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>15 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>12:15 Afternoon Movie Club—GR</p> <p>1:00 Active Minds “The Roaring 20s”—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>4:30 Tech Help—3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>16 9:00 Tai Chi—Pikes Peak</p> <p>*11:00 King Soopers—trip</p> <p>11:00 Soul of Aging—MBS</p> <p>1:00 Resident Council—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p>	<p>17 9:00 Relaxation Hour—Pikes Peak</p> <p>*9:30 Walmart —Trip</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 Kim—SH</p>	<p>18</p>
<p>19 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>12:15 Chinese New Year Celebration—DR</p> 	<p>20 Offices Closed for Martin Luther King Jr. Day</p> 	<p>21 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd FlrBridge</p> <p>*NEW 10:00 Boxing for Seniors-Pikes Pk</p> <p>*11:45 JFS Food Bank & Pantry—trip</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>5:30 Birthday Celebration & LIVE Concert—Bistro/Main DR</p> 	<p>22 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>4:30 Tech Help—3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>23 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 Sprouts—trip</p> <p>11:00 Soul of Aging—MBS</p> <p>2:30 Mindfulness Practice—MBS</p> <p>4:30 Piano Music by Tory—DR</p>	<p>24 ** 8:00 Breckenridge Snow Sculptures—trip</p> <p>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>25 10:00 Shabbat Services with Seth Ward—Blessing for new month—SH</p>
<p>26 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>3:00 Let’s Get Scrappy—SHC</p> <p>6:00 Rosh Chodesh Group—SHC</p>	<p>27 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre-Pikes Peak</p> <p>1:00 International Holocaust Remembrance Day Commemoration—SHC</p> <p>2:30 DPL Bookmobile-WEST Building Gathering Room <u>ONLY</u></p> 	<p>28 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>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>*3:00 Polish Restaurant & University of Colorado “Tchaikovsky Trio Concert”—trip</p>	<p>29 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>4:30 Tech Help—3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>30 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 Dollar Tree—trip</p> <p>11:00 Soul of Aging—MBS</p> <p>2:30 Mindfulness Practice—MBS</p>	<p>31 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 Resident Led Shabbat Service/Rosh Hodesh Shevat!—SH</p>	 <p>PREVIOUS PAGE</p>

January 2025

Connie's CORNER



Happy New Year! I want to wish everyone a happy, healthy, and prosperous new year.

As we look to the new year ahead, I hope that you will find a new activity, class and outing to attend each month! There's something for everyone, so be sure to join us on some exciting, new adventures.

Join us for the "Life Enrichment Breakfast & What's Happening at Kavod" on Thursday, January 2nd at 10 am in the Shul Classroom. We will have coffee, tea, and breakfast goodies to enjoy during the meeting.

Be sure to log-in to **Touchtown** for loads of content, videos and announcements.

If you would like to serve on the resident Kavod Academy of Lifelong Learning Advisory Board, please fill out the form inserted in this publication and return to the front desk to my attention.

Connie Moore

Director of Life Enrichment

720.382.7813

cmoore@kavodseniorlife.org



**Celebrate
National Activities
Professionals Week!
January 19-25**

During National Activity Providers and Professionals Week, we celebrate the dedication and passion of our staff who provide the many wonderful trips, classes and events at Kavod Senior Life!

The creativity, care and commitment to enhancing the lives of our residents is nothing short of inspiring.

Together, we make a meaningful difference every day.

Be sure to thank our Life Enrichment staff, Health & Wellness staff and Rabbi Steve who do so many incredible activities to enrich your lives.

Welcome New Residents

Iraj Mazaheri – 325 South Building

Bella Verba – 803 West Building

Irina Zhavoronkova – 805 West Building

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,

Happy New Year!

We are excited to bring in a new year and to share a few recent updates with you about things happening on the Kavod campus:

- The 2024 vet clinics we held with Dr. Rachel Fishman were such a success for residents' furry friends that they will continue next year, proudly funded by The Singer Foundation.
- You may see DLC Arbor Services around the property providing tree health and pruning. The best time to complete this work is in the colder, winter months. DLC will be completing preventative maintenance on the trees and plants throughout the year.
- Our garden beds have been upgraded to include an irrigation system. This project has been funded by the Colorado Garden Foundation. We have also received another grant from the Foundation to expand them in 2025.
- Genesis Design has been chosen as the vendor for the Kavod Beautification

Project. We are in Phase I, which is focused on the main lobby and sitting area in the East building. Stay tuned for updates.

- Residents' request to have bottled water in the beverage vending machines will come to fruition. A new machine will be installed on the Bridge, and bottles will replace cans in the East laundry room. Because the bottles are larger at 22 ounces, the prices for both soda and water will increase.
- We know caregivers are a very important part of many resident lives. However, it has come to our attention that some caregivers - and visitors - are parking in the High Country Apartments parking spaces, adjacent to Kavod. When asked to move their vehicles, they have become threatening and combative. Please remind your caregivers and visitors NOT to park in unauthorized areas, or become aggressive when asked to park elsewhere. Their interactions with others are a reflection on Kavod and should not treat others in that manner.

All that said, we are grateful for all of YOU here at Kavod Senior Life and wish everyone a wonderful 2025!

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, January 3
6 pm - Shul**

Welcome Shabbat with Rabbi Steve

**Friday, January 17
6 pm - Shul**

Welcome Shabbat with Kim

**Friday, January 31
6 pm - Shul**

Resident Led/Rosh Hodesh Shevat!

SHABBAT MORNING SERVICES

**Dr. Seth Ward
10 am - Shul**

Saturday, January 11 - Portion Vayechi

Sat. Jan. 25 - Blessing for New Month!

The Soul of Aging Returns!

"Beautiful young people are accidents of nature, but beautiful old people are works of art."

Eight Thursdays, 11 am - 12:30 pm

January 9 - February 27

Mt. Blue Sky/HWC

An intensive experience and commitment.

We welcome back our wonderful facilitator Susan Kaplan for this dive into the powerful and enriching curriculum "Soul of Aging" based on the work of Parker Palmer. Using poetry, journaling and deep listening, we will create a "Circle of Trust" and review and harvest the wisdom of our years together. A great opportunity for those who want to engage in depth with the task and challenge of living a life of meaning and purpose in the second half of life.

Note: We will need at least eight participants to run this whole series, so it would be helpful if you could let Rabbi Steve know your intention to come to the first class on Jan. 9. If after the second class it doesn't feel like a good fit for you, you are welcome and encouraged to move on to other activities. After the second class on Jan. 16 we will not be admitting new people to the class. It is not a "drop in" class. **You must attend at least one of the first two sessions to join us after that.**

Questions? Please call Rabbi Steve (who will assist the class)

From Chaplaincy and Spiritual Services



Friday, January 24
10:45 am - Bistro

Sacred Grounds: Schmooze in the Bistro with Rabbi Steve

Pick up food or drink of your choice with your "bistro bucks." Then join us at a special table for conversation, topic is "Now What?"

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



***NEW! Rosh Chodesh Group with Malka!**

Come gather as Jewish women as we join the revival of women celebrating the New Moon!

*The actual New Moon of **Shevat** will be on Jan 30-31.*

We will gather in preparation in the **Shul Classroom on Sunday, January 26 at 6pm.**



Kehillat Kavod and Jewish Family Service
Invites you to honor local survivors and commemorate

International Holocaust Remembrance Day

Monday, January 27
1 pm - Shul

The United Nations General Assembly designated January 27—the anniversary of the liberation of Auschwitz-Birkenau—as International Holocaust Remembrance Day. On this annual day of commemoration, the UN urges every member state to honor the six million Jewish victims of the Holocaust and millions of other victims of Nazism and to develop educational programs to help prevent future genocides.

Kehillat Kavod is collaborating with Jewish Family Service to host this special event. **Cantor Zachary Kutner, a survivor himself, will join us to chant the El Malei Rachamim prayer of compassion for those who died.** Non-resident and resident survivors will be honored. It is open to everyone and will include some Russian translation. Please join us in remembering and honoring the lives of all those who perished in WWII. Rabbi Steve and Pastor Caitlin Trussel will lead this event with a few other special guests and accompanied by Rabbi Birdie Becker on cello.

From Chaplaincy and Spiritual Services



Sunday January 12

10 am – Pikes Peak

Led by Reverend Dale

Sunday January 19

10 am – Pikes Peak

Musical Service

Led by Reverend Dale and
Steve Miller on piano

Sunday January 26

10 am – Pikes Peak

Communion and Musical Service

Led by Reverend Dale and
Steve Miller on piano



Resident Council Gathering

Thursday, January 16

1 pm – HWC/Pikes Peak

Welcome in the New Year: May the year bring you hope and joy, new friends and peace.... The New Year Karen Wollman will become the acting president. A nominating committee has begun to form. This role will only be for the next six months to help

produce candidates for the Board and elections in May. Katie will be stepping down to do the activities she has been doing since she moved in.

Here are things we brought to you in 2024:

- *Veterinarian
- *\$35.00 Gift cards to Pets Mart
- *Friendsgiving
- *Cat Show
- *Holiday Traditions
- *Adopt-A-Purse thank you all for supporting this project. Bev is still taking items; we gave out over 50+ purses
- *Quarterly Give & Take
- *Clothing Drive is twice a year receiving over 50 big bags to go to Comitis Crisis Center
- *Root Beer Floats
- *Watermelon Wednesdays
- *Popcorn machine as a fundraiser
- *Cow-mooobile as a fundraiser
- *By-Laws done and ready for a vote
- *Red Box for the elections and registration for new residents
- *Super Bowl Party

Remember, things are happening at Kavod, it just doesn't move as fast as we would like (elevators, washer & dryers). Come to the gatherings and learn about what is happening here at Kavod or read the Resident Bulletin.

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

kavodresidentcouncil@gmail.com



**Please thank
The Life
Enrichment Team!**

Life Enrichment



**Please welcome our new Life Enrichment
Activity Assistant, Emma Bourroughs!**

You will see Emma around campus and on trips, so be sure to introduce yourself and say hello!

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

Emma Bourroughs, Life Enrichment Activity Assistant

(Also known as the "Activities & Volunteer" department at Kavod)

Did you know that the bands that perform around Kavod for various special events and activities are provided by Life Enrichment?

Did you know that all of the Happy Hours, Birthday Parties, Birthday gifts, wine, beer, and snacks are provided by Life Enrichment?

Did you know that **ALL** of the trips scheduled and planned each month are provided by Life Enrichment?

Did you know that Touchtown and the monthly *Voice* & Calendar come from Life Enrichment?

Please take a minute when you see this hardworking team to thank them for all these things and SO much more!



Life Enrichment



Genny Hale
Life Enrichment, Volunteer
Engagement Coordinator



Resident **Mary Courtney** has not lived at Kavod all that long, just a year, but already she has made a positive impact on the Kavod community through her volunteerism. Mary has been volunteering all her life as she likes helping others. Mary is someone who gets things done and when she sees that something is needed she pitches in. She volunteered at her children's schools, at homeless shelters, and even in the United States Peace Corps in Hungary where she was an environmental educator. At Kavod she has helped with newsletter and flyer deliveries, keeping the attendance sheets stocked throughout the campus and with

various other volunteer projects when asked including helping with Friendsgiving over the Thanksgiving holiday.

Mary is a very interesting person. The oldest of nine children and a native Denverite, she was named Little Miss Colfax of 1936 as a baby. She raised 8 children herself, five boys and three girls and later in life she had a career as an interior designer. Mary loves living at Kavod and she genuinely cares. Kavod is so fortunate to have volunteers like Mary!

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.

(Continued next page)



(Continued)

Volunteer Tech Help in the Spotlight!



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 4:30 pm – 6:00 pm.

Our new volunteer 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 going forward is changing a bit to better fit the needs of residents.

If you need 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.

*Decorate your Door
for The Holidays Contest*



WINNERS!

Thanks to all the residents who decorated their doors for the holidays!

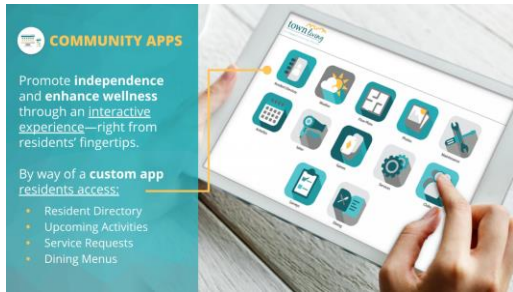
The Life Enrichment team stopped by all floors in all buildings to take photos of the festive doors and found some winners!

Tis the Season! It pays to participate!

All the winners received a \$50 gift card to King Soopers!

Congratulations to the winners!

**Lois Henry – 307 West building
Raisa Kirienea – 1109 West building
Grace Long – 304 West building
Loretta Boyd – 414 East building
Beverly Bolden – 408 East building
Tracy Chamberlin – 409 East building
Denise Saxton – 125 South building**



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, January 7, 14 & 21

**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, January 8
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: January 6

Upcoming Trips



Lunch and dinner are not included in the price. You may bring your own lunch and food to enjoy or have lunch in a local restaurant in Breckenridge.

We will stop for a quick dinner and restroom break on the way home.

Our estimated return time is 6 pm

Cost: Residents \$15

Non-residents \$35

Deadline: January 10

Friday, January 24

8 am – Van Trip

The Breckenridge International Snow Sculpture Championships

Invite your friends as we drive a scenic route to the breathtaking mountain town of Breckenridge.

- View the world renowned, amazing International Snow and Ice Sculptures in an outdoor art gallery in historic downtown Breckenridge, Colorado
- 25-ton blocks of snow sculpted into enormous, intricate works of art by artists from around the world
- **This attraction is advertised as “wheelchair and walker friendly,”** but cold, snowy conditions may exist and make it very difficult to navigate. Dress warmly with hats, gloves and high traction shoes or boots.

Upcoming Trips

Cracovia Polish-American Restaurant &

University of Colorado Boulder Concert

**Tuesday, January 28
3 pm – Van Trip**



Join your friends and neighbors for a delicious dinner at the famous **Cracovia Polish-American Restaurant in Westminster**. The menu consists of a variety of delicious Polish American entrees like homemade pierogis, signature smoked sausages, and Herring salad to name a few. Prices range from \$19 - \$35 plus drink, tax and tip.



College of Music

UNIVERSITY OF COLORADO **BOULDER**



After dinner we travel to Boulder for an exciting evening of music at the University of Colorado Boulder. The CU College of Music *presents* **The Tchaikovsky Trio Concert** with David Korevaar, piano, Alex Gonzalez, violin and David Requiro, cello. Featuring works by Peter Ilyich Tchaikovsky.

Cost Residents: \$10 + pay for meal at site
Cost Non-Residents: \$20 + pay for meal at site

Deadline: January 15



TRIPS Coming in February 2025!



College of Music
UNIVERSITY OF COLORADO BOULDER

Thursday, February 13 6 pm – Van Trip

Enjoy an exciting evening of music from the University of Colorado Boulder College. CU Music *presents* **Symphony Orchestra: First Spring 2025 Concert.**

The CU Boulder Symphony Orchestra performs a diverse repertoire, including symphonies and large-scale orchestral works by major composers, at Macky Auditorium.

Cost Residents: \$10
Cost Non-Residents: \$20
Deadline: February 10



Wednesday, February 5 8 am – Van Trip

Mountain Horse Scenic Sleigh Ride

Join us as we travel to the beautiful mountain town of Breckenridge, Colorado for an unforgettable Horsesdrawn Sleigh Ride with hot cocoa to drink! The stunningly beautiful and gentle draft horses will carry us through snow covered hills and winding trails. With beautiful skies and mountain peak views, we will enjoy a unique Colorado ski country experience. The scenic **hot cocoa sleigh ride** is approximately 30 minutes through the Swan River Valley. Be sure to dress warmly, wear your gloves and hats and snow boots. After the sleigh ride we will have lunch (not included) in Breckenridge and return to Kavod at **approximately** 4:30 pm. Handicapped accessible, but would require transferring to the sleigh. Call Connie with any questions.

Residents Cost: \$65, includes transportation & hot cocoa sleigh ride

Non-Residents: \$75, includes transportation & hot cocoa sleigh ride

Deadline: January 17

Special events!

What's Happening

BREAKFAST MEETING



Thursday, January 2
10 am – Shul Classroom

“What’s Happening” Life Enrichment Breakfast

Join us for a “Life Enrichment Breakfast & What’s Happening at Kavod.”

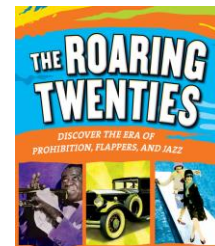
We will have coffee, tea, and breakfast goodies to enjoy during the meeting.

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



Monday, January 13
12:30 pm – Blue Spruce
Flower Pressing

Learn the art of Flower Pressing and how to incorporate in your next creative adventure! Snacks + refreshments + supplies provided.



Wednesday, January 15
1 pm – Pikes Peak

Active Minds *Presents:* **The Roaring Twenties**

It has been a century since the economic boom in the US, known as the Roaring Twenties, led to an era of mass consumerism and cultural expression. This was the age of Jazz, flappers, the Charleston, the Harlem Renaissance, and more. **Join Active Minds as we explore the origins, manifestations, and legacy of this colorful era.**



drinks dessert
& dancing Birthday Celebration

Tuesday, January 21
5:30 pm – Bistro/Dining Room
Birthday Celebration with
The Gypsy Trio

“Songs of Eastern Europe”

****If you have a birthday this month, you can pick up your gift 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

- Achon Aghakhanian
- Lloyd Chavez
- Svitlana Demchenko
- Klavdiia Gnatyk
- Vivian Goldstein
- Parvin Iravani Manesh
- Ken Karcher
- Rakhil Koretskaya
- Sarah Mertz
- Marilyn Morehouse
- Emiliya Nisnevich
- Tatyana Sarri
- Karen Wollman

(Continued next page)



Sunday, January 19
12:15 pm – Dining Room

Celebrate Chinese New Year!

The Colorado Asian Cultural Heritage Center Dragon & Lion Dance Association is trained by the world famous Great Grand Master Robin Chan Siew Kee from Singapore, Grand master Siow Phiew & Master Albert Fong Kong Yip from Malaysia & Master Phong Vo from Colorado.

Enjoy an exciting performance of beautiful costumes, dragons and music to celebrate the year of the Snake!



Natalya Kondratyeva
Liudmyla Kyrichenko
Joan Ravenna
Myra Shuman-Bast



(Continued)

SOUTH BUILDING

Alvida Ahmad
Gayane Amirkhanyan
Svitlana Arkhypova
Larisa Buryakova
Suzanne Callahan
Ariadna Gheorghiu
Gagik Kardalian
Mariya Martynyuk
Vajiheh Masrouri
Cary Maultasch
Edward Myers
Zinaida Nihamkin
Nelli Shargorodskya
Barbara Strickland
Natalia Vasilius

WEST BUILDING

Michele Berry
Irene Cohen
Susanna Goff
John Hartig
Gwenneth Hinz
Sandra Kolesnikova



Winter Fun Fitness BINGO competition!

- Visit the H&W Department to pick up a BINGO card.
- Make BINGO by attending classes on the BINGO card in January and February.
**Instructors will sign your card at the end of class.*
- Have a BINGO ? Add your name + apartment #, drop it in the box outside the H&W and grab another card! Limit of 5 BINGOS. Each BINGO is a raffle for a \$100 King Soopers, Whole Foods or Target gift card.

SAVE THE DATE: Heart Healthy Kavod in February!

What is **Heart Healthy Kavod**? It is a program created with and for Kavod residents! The program includes; heart healthy education, exercise, nutrition and lunch! **IF INTERESTED IN SPECIFIC HEART ALIMENT – CALL 720.382.7838**

Topics Include: Common heart conditions, Heart Healthy Diet, Blood Pressure/Hypertension and Overall heart healthy lifestyle

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. 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.**

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 for 720.382.7855!**



Special H&W Offerings for January 2025

Tuesdays

10 am – 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

11:30 am – Mt Blue Sky

Book Club: The Secret Life of Bees

This month we will be reading The Secret Life of Bees followed by watching the movie! Join us for a day or weekly! We will be reading The Secret Life of Bees for the month of January. We hope to see you there!

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, January 2nd

10:30 am to Noon - HWC/Pikes Peak

Herbalism Series: Topical Pain Relief Salve

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.



X S Z D I Q N U D E E D F H B M Q K N K
 Z V F L S C H R H T E B O G L I G R W T
 E G V Q E I A C A C N D O N I S Q E H W
 B H N D D O N N E S H P T G Z T R P F Q
 N K R I B A R M O R Z M P M Z L V M O D
 P L Z W L E B G V A L Z R I A E P J M G
 K K O A B E Y Z I Y H A I M R T I D B N
 P N V I R R V I Q N H Y N F D O A H S I
 S A H I O J D O W Y G H T I K E Q N B N
 C H I M N E Y G H O C E S S D K L N T E
 I T F Y G L I A O S N H R J T R C W E T
 P O L A R O M O N U L D U B R H A F K S
 E L S C Q A P O I L A H E E R U P C A I
 I Y C H G W N V U G I I P R F E Y N L L
 J L B I Q Q Y R G Z V W I C L H A E F G
 Q B C O M U A X N G V B E Y G A D D W D
 G A I R H N I O E T O B O G G A N O O X
 L H K L E C A L P E R I F W Z R T D N Z
 H G I E L S Y F T Q Z N O K S L D H S G
 Z M W V Y X I V Q D Y U J C Z Z R J D K

Winter Word Search!

- AVALANCHE
- CHIMNEY
- FOOTPRINTS
- HIBERNATE
- PENGUIN
- SHOVELING
- SNOWFLAKE
- BLIZZARD
- DECEMBER
- QUILT
- MAGICAL
- POLAR
- SLEIGH
- TOBOGGAN
- CARDINAL
- FIREPLACE
- GLISTENING
- MISTLETOE
- GINGERBREAD
- SNOWBOARD
- WONDERLAND



Have you been staying hydrated this winter?

Some of our favorite holiday indulgences and cozy winter recipes are high in sodium, so it's important to make sure we're drinking enough water to stay hydrated. Some beverages such as soda, coffee, and alcohol can actually dehydrate us, so it's good practice to make sure you're including a full glass of water at each meal. Signs of dehydration include thirst, dark urine, infrequent urination (going to the bathroom less often), urinary tract infections, dizziness, weakness and dry skin/mouth. If you have questions or concerns about health, hydration, or incontinence, just ask your Legacy Healthcare team!

**Curious if Physical, Occupational, or Speech Therapy could help you?
 Give us a call or visit us in the Health and Wellness Center!**

303-321-2452



November Gifts

GENERAL

George & Lynn Bishop
Evelyn Dean-Olmstead
Gary Leavitt
Wayne New
Ed and Anne Monique Rapoport, In Honor of
Michael & Wendy Klein
Harold & Sharron Weinstein

HEALTH & WELLNESS

Jacqueline Stern Bellows

KAVOD ON THE ROAD PARTNERSHIP

Hebrew Educational Alliance

KAVOD ON THE ROAD-GRANT

Sephardic Home for the Aged Foundation,
Inc.
Rose Community Foundation

SUMMER EVENT – CHILDREN’S MUSEUM- SPONSORSHIPS

Gaile Waldinger, In Memory of Lilian Weisbly

SHUL –GRANTS

Rose Community Foundation