

August 2023

**Connie's  
CORNER****Hi Everyone,**

Summer trips are in full swing so be sure to join us on some of our fun day trips and outings!

Although masks are no longer required at this time at Kavod or on our Vans on outings, ***please wear one if that helps you feel more comfortable.***

**Join us for an in-person "Life Enrichment Breakfast & What's Happening at Kavod" on Thursday, August 3 at 10 am in the Shul Classroom.** We will have coffee, tea, and bagels to enjoy during the meeting. Door prizes!

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

We do 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**


**SENIOR PLANET**  
FROM AARP
**Spotlight**

**Everyone can use a little help with Technology these days!** The Senior Planet center in Lowry is a stand-alone community center dedicated to leveraging the power of technology to improve the way we age.

Join us as we travel to the Senior Planet Center to attend a technology class called **"Intro to Heart Rate Monitor Apps"** and explore the many health benefits of tracking your heart rate.

The center offers Colorado residents age 60 and over a comfortable space to learn, work, and explore new ways to thrive in today's digital world, hosts technology classes workshops, talks, and social events. Senior Planet also offers FREE online classes, check them out at <https://seniorplanet.org/classes/>

***For more details about this outing, look in the "Trips" section of this Voice.***

**Welcome New Residents**

Liudmila Alabina – 608 East Building

## From Chaplaincy and Spiritual Services



### Kehillat Kavod: Kavod's Jewish Community

Services are held in the Shul, East Building, on the 2<sup>nd</sup> floor.

#### FRIDAY NIGHT - KABBALAT SHABBAT 6:00 pm – Shul

**Friday, August 4:** Join us for a very special Friday night service as the Hebrew Education Alliance (Denver synagogue) brings their powerful & uplifting “Azamra” musical service to Kehillat Kavod! Led by HEA's amazing and talented musical service leader **Eitan Kantor**. It will be a memorable, participatory, mostly musical service to welcome the Sabbath not to be missed!

**Friday, August 18:** Celebrate Shabbat as we welcome back **Rabbi Josh** for another musical Friday night service!

#### SHABBAT MORNING SERVICES WITH

- Dr. Seth Ward
- 10 am – Shul
- **Saturday, August 12, Resident led Service**
- **Saturday, August 26, Resident led Service**



#### Every Sunday morning (Except 1<sup>st</sup> Sunday of the month) 10 am in Pikes Peak

Join with Rev. Dale Lee and our welcoming non-denominational **Christian faith community** for a wonderful uplifting service and connecting community within our larger community. **Note:** Steve Miller will be adding more soulful music to our Mustard Seed services twice a month starting in August!

The Mustard Seed Community is a welcoming group, imbued with faith, inspired by a loving connection with God, and eager to share the joy of living with the world around us. We hope you will join us in worshipping together.

#### Sunday, August 13 10 am – Pikes Peak

Special service with Rev. Susan Greenwood

#### Sunday August 20 10 am – Pikes Peak

Led by Reverend Dale and Steve Miller on piano

#### Sunday August 27 10 am – Pikes Peak Service and Communion

Led by Reverend Dale & Steve Miller on piano

## From Chaplaincy and Spiritual Services



### Mindfulness Practice Group

**Thursdays at 2:30 pm**

**Mt. Evans Room, West building, H&W**

***Dial-in available as well: 877 230-3480,  
then enter 2151***

Join us for 30-45 minutes of checking in and supporting our group practice of "Mindfulness," which can be described as "Moment to Moment Nonjudgmental Awareness." We practice to maintain resilience in challenging times, and as Viktor Frankl described, create more space between stimulus and response, which is where freedom truly lies. Increase joy and peace, self-compassion, and the ability to be with what is. All levels welcome. Contact Rabbi Steve with any questions: 720 382-7836, or [sbnadav@kavodseniorlife.org](mailto:sbnadav@kavodseniorlife.org)



**Wednesday, August 30**

**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 by 11am!

Basically an open conversation with our chaplain, feel free to bring a question or topic of interest.

Rabbi Steve will also bring a sacred text or life question for discussion.

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

# Life Enrichment

## From the Director of Life Enrichment

### *Food Bank of the Rockies trips*

Trips are as follows, if you have filled out the application, please sign up for ONE of these dates this month:

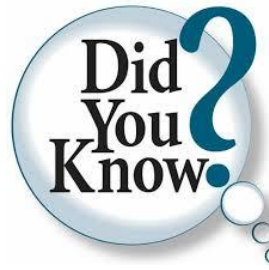
- **11 am on Tuesdays, August 1 & August 8**

If you are interested in receiving a commodity box and shopping for food at the JFS, please pick-up the application at the front Reception window, complete the form and turn back in to the front Reception window, Attention: **Connie Moore**. The first time you go to JFS they will give you a card with a barcode and you will need to bring it with you on the trip each time.

You can go to our front Reception window to **sign-up for ONE trip there each month.**

There is no cost for this trip.

For more information and questions, please call Connie Moore at 720.382.7813 and leave a message. For information in Russian, please contact Marina Naroditskaya at 720.585.1489.



**Please thank  
the Life  
Enrichment Team!**

Connie Moore, Director of Life Enrichment  
Dmitriy Umanskiy, Lead Driver/Life Enrichment Assistant  
Dana Thornton, Van Driver/Life Enrichment 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 hard working team to thank them for all these things and SO much more!**

# Life Enrichment



## **Genny Hale**

### **Life Enrichment, Volunteer Engagement Coordinator**

August 1<sup>st</sup> we celebrate Colorado's birthday. Nicknamed the Centennial State, Colorado gained its statehood in 1876 exactly 100 years after our nation's independence.

**Colorado is known for its generous residents who take the time to volunteer.**

As such, Kavod will be hosting a BBQ lunch n' learn in the Pikes Peak room on August 7<sup>th</sup> with volunteer Sara Mirelez from AARP. Sara is returning to Kavod to present further on how seniors can protect themselves from scammers.

Also, we'll have volunteer Sabina Zhornitsky facilitate another jewelry making class as well as Luisa Hagemeyer will be here to volunteer to lead another challah bread and roll making class.

Adelya, another community volunteer, will be leading a Russian conversation class for English speakers.

Finally, volunteers from Temple Sinai will be at Kavod for a fix it day! They will be here helping residents with small items such as hanging pictures, rearranging furniture, setting up T.V.s reorganizing shelves etc. Residents will need to sign up for a slot. We are also fortunate to have many resident

volunteers for the Gift Shop Kiosk and for the Voice Newsletter among other things. If you have any questions about any of these activities please contact me at 720.382.7820.

## **KAVOD RESIDENT ARTIST'S ARTWORK CHOSEN FOR NATIONAL CONFERENCE!**



Rafael Sepulveda is one of our enthusiastic OMA (Opening Minds through Art) Kavod artists. He is pictured here wearing some conference lanyards and holding a postcard with both of his OMA artworks printed on them. Leading Age, a Washington DC based organization that serves older adults, contacted Kavod because they specifically wanted to feature an OMA artwork on their national conference swag. We submitted two artworks and Rafael's was chosen.

Rafael wanted to pursue a career in art and won a contest in high school for entry into an art college, but he wasn't able to pursue that path. He says he is now pursuing his passion to make art at Kavod!

**Congratulations Rafael!**



## **WELCOME NEW KAVOD STAFF MEMBER AIYANA!**



We are happy to introduce you to Aiyana Jackson - or "Yani" - to the Kavod team.

Yani is the new Leasing Assistant and will be working with residents on lease recertifications, as well as other tasks in

the Leasing department.

She looks forward to meeting you!

Her phone number is 720.382.7803.

## **NEW EXHIBIT IN THE KAVOD GALLERY!**

Kavod residents who participated in Opening Minds Through Art are showing their artwork in the gallery space. This beautiful exhibit demonstrates that creativity is within all of us and no formal art experience is required. Make sure to swing by the South building lobby and enjoy.

### **Artists Wanted!**

If you are currently creating artwork or storing some of your earlier creations in your apartments, we are looking for new talent! Please contact Rebecca Gershten at 720-382-7848 for more details.

## **Decorate your Door for Independence Day Winners!**



**Congratulations to the winners! One winner was chosen from each building and received a \$50 King Soopers gift card:**

- **Eileen Long W304**
- **April Allen S426**
- **Carol Stewart 517E**

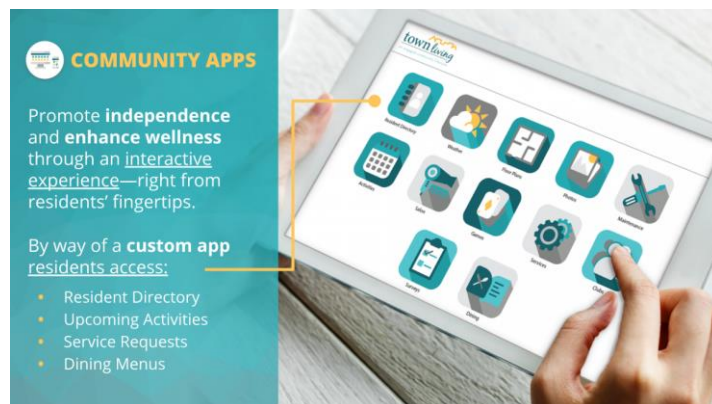


### **SHOPPING CARTS**

Please remember to take the grocery carts back to the outside cart corrals behind the West building, front of the East building and on the North side of the smoke hut! This will avoid clutter and safety issues for everyone.

These carts should never be left in the stair wells, elevators or in any resident's apartment!

Thanks for your cooperation!



**Life Enrichment is very excited to help you learn about the FREE touchtown Community App!**

**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 me for all of the details.**

**Don't forget we have loaner iPads and we can help you download the App and get you started!**

**Please direct all questions to Connie Moore at 720.382.7813**

touchtown

# CONNECT

with us



**GET STARTED BY**

- 1** Searching for Touchtown in your device's app store
- 2** Downloading Community Apps
- 3** Logging in with the username and password provided by your community

**On your smartphone or tablet, go to the apps store and download the FREE touchtown Community Apps, and login in with the following:**

**USER NAME: 4575**

**PASSWORD: 4575**

**On your computer** you can access Community Apps by going to **[www.communityapps.com](http://www.communityapps.com)** and logging in with the same user name and password above.



# SENIOR PLANET

FROM **AARP**

## **Making Technology Accessible...and Fun!**

Wherever you are in the world, you can subscribe to their newsletters and join free classes online and get help over the phone with technology issues.

Call the Senior Planet Hotline to speak with a technology trainer at no cost to you.

They will walk you through your questions on the phone: **888-713-3495**

**Also, sign up to join us as we go to their Community Center in Lowry for in-person classes each month, so watch for these trips in the “TRIPS” section of the Voice each month!**

**If you'd like to drive there on your own, visit their website for in-person class schedules at [www.seniorplanet.org](http://www.seniorplanet.org).**

The Senior Planet center in Lowry is a stand-alone community center dedicated to leveraging the power of technology to improve the way we age.

The center offers Colorado residents age 60 and over a comfortable space to learn, work, and explore new ways to thrive in today's digital world.

## **WHAT YOU'LL FIND WHEN YOU STOP BY:**

The Senior Planet center hosts technology classes geared to people 60-plus, along with workshops, talks, and social events. The

Lowry center is always busy with activities, both scheduled and unscheduled. Besides attending workshops, seminars, presentations, and events related to digital technology, you can drop in to use their computers and wifi, play a video game, or check out one of the new tech gadgets they have on hand.

The best way to find out more about the Senior Planet center is to stop by in person at 7585 E Academy Blvd, Denver, CO 80230, go with us on the monthly trip, call them, or go to their website.

**You can also reach them by phone or email:**

### **Phone**

**Center: 720-328-0875**

**Senior Planet Hotline: 888-713-3495**

### **Normal Hours**

**Monday–Friday, 9:30am–5pm**

**Website: [www.seniorplanet.org](http://www.seniorplanet.org)**

# **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 [www.kavodseniorlife.org](http://www.kavodseniorlife.org)** 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://kavodseniorlife.org/campus-activities/activity-signup/>**

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](mailto:cmoore@kavodseniorlife.org)**

***\*\*Please note you do NOT have to sign up at the front Reception window for classes or events,***

***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://kavodseniorlife.org/campus-activities/activity-signup/>

***\*\*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 may 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



## The Vehicle Vault Museum & Tour

**Wednesday, August 2**  
**10 am – Van Trip**



Join us as we travel to **The Vehicle Vault** in Parker, Colorado, just South of Denver.



The Vault offers a unique and beautiful opportunity to see the fabulous

collection of rare and exotic automobiles from all over the world.

**The Gallery Collection features permanent and rotating exhibits of cars from every decade since the turn of the 20th Century.**

These automobiles aren't simply old and rare, but offer historical significance, are often numbered and unique in their low mileage condition, feature original equipment or have

been restored using only the best practices. Great care is taken to find only the most worthy cars for the permanent collection.



**Following the tour**, we will go to **West Main Taproom and Grill** for lunch.

Preview their menu selections at **[westmaintaproom.com](http://westmaintaproom.com)**.

Lunch prices range from \$10 appetizers to \$28 main dishes, not including drink, tax or tip. **Lunch is not included in the cost of the trip.**

Our approximate return time is 3:30 pm.

**Residents Cost:** \$10 – includes tour & transportation, pay for lunch there

**Non-Residents Cost:** \$10 – includes tour & transportation, pay for lunch there

**Deadline has passed, check Front Desk Reception for availability.**



# Upcoming Trips



**Friday, August 11**  
**8 am — Van trip**

## **Seven Falls in Colorado Springs**

Join us for an amazing day at the Seven Falls in Colorado Springs, the only Colorado waterfall included on National Geographic's list of international wonders and called **Colorado's Most Majestic Waterfall!** A Tram will take you inside the park to the waterfall. There are stairs to climb if you are able, but NOT necessary to see the falls. **There is a handicapped accessible elevator to view the Falls, so it is accessible to everyone!** The elevation is 6800 feet.



**At 11:30 am** we will have lunch (not included in cost) at the **1858 Restaurant** situated at

the base of the beautiful Seven Falls. Lunch features an a la carte menu with prices ranging from \$9-\$21 for appetizers and \$22-\$36 for plated lunches and sandwiches, not including tax and tip. ***If you prefer, you can bring your own lunch and eat in the park.***

You will have time to explore the area and visit the Seven Falls Gift Shop.

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

**Residents Cost: \$20 includes park entrance & transportation**

**Non-residents Cost: \$30 includes park entrance and transportation**

**Deadline: August 4**



# Upcoming Trips



**\*Please note different day and time this month!**

**Monday, August 14  
3 pm – Van Trip  
Colorado Mountain Casinos**

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

**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.

Route and schedule information can be found at: [www.CityofBlackHawk.org](http://www.CityofBlackHawk.org) or by contacting MV Transportation at 303-761-3145. **All buses are ADA accessible.**

**We will depart at 8 pm to return to Kavod.**

**Please be sure to be back at the designated spot given by our driver and staff by 8 pm to depart back to Denver.** If you are not a

gambler, just go for the beautiful mountain ride and visit local museums or have dinner!

**Cost Residents: \$8**

**Cost Non-Residents: \$10**

**Deadline: AUGUST 13**



**Wednesday, August 23**

**8 am – Van trip**

**Wilderness on Wheels Mountain Adventure**

Join us as we drive one hour to Grant Colorado to visit Wilderness on Wheels for an unforgettable wilderness experience that has been built to accommodate everyone!

**\*\*Please note: Wilderness on Wheels requires everyone sign a waiver of liability to visit their property. Pick up the forms at the Reception front desk in the East Office. THIS MUST BE SIGNED AND TURNED IN TO THE EAST OFFICE BEFORE THE DEADLINE.** The accessible boardwalk has provided **ACCESS TO NATURE** for people of all abilities, their families, friends and caregivers for over 30 years. The 1-mile

## Wilderness on Wheels Mountain Adventure

(continued)

boardwalk rises to 9,000 feet above sea level and allows everyone - young and old, individuals and groups - to roll and stroll through the beautiful Colorado mountains at their own pace.

***You can walk for a short time on the boardwalk or do the entire mile on foot, with your walker, scooter or wheelchair.***



Don't worry, there are plenty of places to rest along the way! The 8-foot wide boardwalk closely

follows the bank of a rocky mountain trout stream, and goes through lush forests. Abundant wildflowers offer a rich tapestry of brilliant color. Here, on the edge of the Continental Divide of North America, one can hear the rhythm of wilderness and no one is left out! We will spend two hours at Wilderness on Wheels, and then drive a short distance to Bailey Colorado for lunch. Be sure to bring some snacks, water, and wear comfortable walking shoes, sunglasses, sunscreen and a hat. And don't forget your phone or camera to take breathtaking photos of Colorado at it's best!

**Residents Cost: \$10 transportation, take your own lunch or pay for lunch at the restaurant**

**Non-Residents Cost: \$20 transportation, take your own lunch or pay for lunch at the restaurant**

**Deadline: August 11**



## Thursday, August 24 12 pm - Van Trip Shalom Park Pool

Features include Warm Water Therapy and Exercise Pool, Rehabilitation and Therapy Gym, Fitness Center and Aerobic Exercise Gym, Bistro and Nourishment Center, Salon and Spa! **The van will depart Shalom promptly at 2:30 pm to return to Kavod.** A bistro is available to purchase snacks and drinks.

**\*Please note!** There is no lifeguard on duty at this time. Masks are required in entry way but not the pool.

**\*If you have *Silver Sneakers* the pool and gym are free! But you must be signed up for Silver Sneakers! You can check your eligibility and sign-up when you arrive. You will need your Social Security number.**

**\*If you do not sign up for Silver Sneakers the cost of the pool is \$8 (Pay There!)**

You can sign up online for Silver Sneakers (free to sign-up for seniors) online at <https://tools.silversneakers.com/eligibility/checkeligibility>

**Residents Cost: \$3 transportation (Pay for Pool at Shalom Park)**

**Non-Residents Cost: \$6 transportation (Pay for Pool at Shalom Park)**

**Deadline: August 23**



## **Senior Planet Center & Lunch**

**Friday, August 25  
8:45 am- Van Trip**

Join us as we travel to the Senior Planet Center in Lowry, a stand-alone community center dedicated to leveraging the power of technology to improve the way we age. **We will attend a class called “Intro to Heart Rate Monitor Apps.”** Why do people use heart rate monitors? Heart rate monitors are very popular features in wearable devices like smartwatches and fitness trackers. Many of these devices also connect wirelessly to smartphones and computers. That allows users easy access to review their heart rate data. Heart rate monitors see common use for the following purposes:

- Tracking heart rate during exercise.
- Monitoring stress and activity levels during the day.
- Tracking sleep quality at night.
- Monitoring your vital signs at home, especially if you have certain health conditions or concerns.

Who can use these devices?

Heart rate monitors in wearable devices are available to anyone who wants to buy one. You can buy them at many different stores and online retailers.

The center offers Colorado residents age 60 and over a comfortable space to learn, work, and explore new ways to thrive in today's digital world, hosts technology classes workshops, talks, and social events. Senior Planet also offers FREE online classes, check them out at

**<https://seniorplanet.org/classes/>**

***After visiting the Center,*** we will have **Lunch** in a nearby restaurant (not included in the cost)

**Residents Cost: \$3, pay for lunch there**

**Non-Residents: \$6, pay for lunch there**

**Deadline: August 21**





**Coming in SEPTEMBER!**



**Friday, September 1  
9 am – Van Trip**

**Breakfast at the Cracker Barrel Restaurant & Old Country Store**

Enjoy a delicious home-style breakfast, prepared from scratch. They offer traditional country cooking favorites like Hickory Smoked Breakfast meats, Grits, Homemade Buttermilk Biscuits and Country Gravy, or try the wonderful Wild Maine Blueberry Pancakes. The best you've ever tasted! You will have time to shop in the unique gift shop after breakfast.

**Residents Cost: \$5 transportation + pay for breakfast at site**

**Non-Residents Cost: \$10 transportation + pay for breakfast at site**

**Deadline: August 31**



**Wednesday, September 6  
8:30 am – Van Trip  
Estes Park Colorado**

Travel with us to one of the most beautiful mountain towns in Colorado. Feel free to bring your own lunch or visit one of the many restaurants and cafes in town.



You will have an opportunity to visit all of the quaint mountain shops where you can enjoy

an ice cream cone on a bench or sample fudge and popcorn!

Be sure to bring a light jacket, wear comfortable walking shoes, bring water to stay hydrated and wear a hat. **\*The altitude of Estes Park is 7,523 feet.**

We will depart Estes Park at 3 pm to return to Denver. Our estimated return time is *approximately* 5 pm.

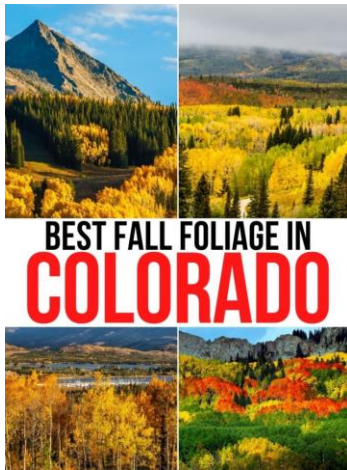
**Residents Cost: \$10 includes transportation + lunch on your own**

**Non-residents Cost: \$25 includes transportation + lunch on your own**

**Deadline: August 30**



**More Coming in SEPTEMBER!**



**Wednesday, September 20**  
**9 am – Van Trip**  
**Fall Colors Day Trip**

Join us for an amazing day trip through the Colorado Rocky Mountains to view the dazzling changing of the seasons! You may bring your lunch or have lunch in a restaurant along the way, lunch not included in price.

We suggest you bring a light jacket and bottled water to stay hydrated.

Estimated return time is late afternoon.

**Cost: Residents \$8 includes transportation**

**Cost: Non-residents \$15 includes transportation**

**Deadline: September 13**

# Classes & Events



**Bingo!**

**Mondays**

**10:30 am – Pikes Peak Room**

Enjoy a stimulating hour of fun and good brain exercise! No cost, win fun prizes and Kavod Kash!



**Monday, August 28**

**1:30 pm – Pikes Peak**

**Kavod Player's Readers Theatre**

**Don't miss this first session, as we'll be choosing the plays that we'll be reading through the fall.**

**Readers theater** is a style of theater in which actors read a script out loud sitting around a table and use vocal delivery to express what's written in a play without costumes, props, scenery, or special lighting.



## Kavod Player's Readers Theatre

(continued)

Whether you've been onstage a hundred times or never in your life, this class will encourage positive creative expression and provide you with a supportive group of like-minded artists. **No experience required and all levels of ability welcome.**

Readers Theatre is an easy, no-pressure way to participate in the performing arts. Actors carry binders and read from their scripts at tables. This means there's no memorization required! Stage movement is dependent upon each actor's comfort-level and abilities.

Join instructor David Eitemiller, a seasoned theater teacher and director, each Monday for some fun and dramatic inspiration with your friends and neighbors!

Everyone welcome!



### Cousins Coloring Group

**\*\*Please note the Cousins Coloring Group is taking a break and will return in September 2023. Many thanks to resident Diane Devine for hosting this group for many years! Diane will welcome everyone back soon!**



**Tuesdays**

**In-Wii bowling**

**2:30 pm – Pikes Peak Room**

***\*\*Wii bowlers, please do not enter Pikes Peak before 2:30 pm as this interrupts the class in session before Wii bowling, thanks!***

Join your friends and neighbors for a fun afternoon of **Wii bowling!**

**Beginners welcome!** We will teach you if you've never played before.



**Wednesdays**

**10 am – Mt. Evans**

### English Language Practice Conversation Circles With Carol

Everyone is invited to this English Language Practice group as well. You have many opportunities to practice your English! Carol Cloues volunteers to lead an English Language Conversation Circle for residents to get additional practice speaking English apart from formal class instruction. Carol holds a PhD in International Studies from the University of Denver and served in the Peace

## English Language Practice class

(continued)

Corps in Latin America. Additionally, Carol taught in a university in Lithuania and taught ESL for 8 years for the Adams County Adult Basic Education Program. This class is open to anyone **whose first language is not English** and who would like more English language speaking practice in a fun and supportive environment.



### **Katie's Hand Crafts** **2<sup>nd</sup> & 4<sup>th</sup> Wednesdays** **2 pm - 3<sup>rd</sup> Floor Bridge**

This group is for beginners and seasoned knitter, crocheters or anyone who would like to learn a new skill in hand work.



### **The Joy of Writing** **Workshop** **Sundays**

**1 pm - Shul Classroom**

Do you have stories to tell? Ideas to explore? Come join our Sunday writing workshops. We'll employ different narrative techniques, including oral storytelling practices, that will

expand and strengthen your writing, and we'll share our work. Open to writers with any level of writing experience, in all languages and all genres.

***Along with Instructor Andrea, Pam Faro Professional storyteller, has been joining us*** for some sessions. Pam has 35-years' experience helping people discover, craft, and share their stories, both orally and written.



### **Sundays** **1 pm - 2pm - 3<sup>rd</sup> Floor Bridge** **Cow-mooobile (ice cream)**

Enjoy some ice cream every Sunday! Dairy Queen Dilly Bars that are reduced sugar & dairy free. Doggie ice cream is also available. Resident Council is looking for one more volunteer to help with the Cow-mooobile. They are also selling greeting cards 5 for \$1.



**Thursday, August 3**

**10 am – Shul Classroom**

**Life Enrichment  
What's Happening  
Breakfast at Kavod**

Join Susan for an **in-person** "Life Enrichment Breakfast & What's Happening at Kavod!" We will have coffee, tea, and bagels 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!



**Friday, August 4**

**1:30 pm – Shul Classroom**

Create your own jewelry with Kavod volunteer, Sabina Zhornitsky. Participants will design and make beautiful easy to wear jewelry. Sabina is bilingual in English and Russian and enjoys sharing her talents.

**Everyone of all abilities is welcome to join this fun class! No cost and all materials are supplied.**



**Sundays, August 6 & 20**

**12:30 pm – Main Dining Room**

**Music while you dine**

Enjoy some lovely piano music by Christine during brunch.



**Sunday, August 6  
4 pm – Shul Classroom**

### **Painting & Wine with Polly**

Join your friends and neighbors for a fun evening of painting and wine! Professional and FUN instructor, all materials, wine and laughter are provided!



**Sunday, August 6  
5 pm – Dining Room  
Kavod Sing Along Group**

A resident Sing Along group meets on the first Sunday of the month at 5 pm in the dining room. If you love to sing come join us. No need to read music, singing for the fun of it!



**Monday, August 7  
Noon – Pikes Peak**

**AARP Fraud Watch Network**

**BBQ Grill Time! Lunch & Learn:**

**“Staying Safe from Scammers, Part 3”**

**Please join us for a choice of one hamburger, veggie burger or hot dog on the Grill, chips and soda or water!**

***Then at 12:45 pm*** we are excited for another engaging session on how to stay safe from Sara Mirelez, a volunteer with the AARP Fraud Watch Network, will be returning to Kavod to do **Part 3 of “Staying Safe from Scammers.”**

Sara will present on how to protect yourself from various types of fraud.

**There is no cost but please sign up at the front reception window by August 6.**



**Monday, August 7**  
**1 pm – South Bldg, 5<sup>th</sup> floor,**  
**Common Area**

## **Current Events**

Would you like to discuss things about world issues and/or news articles? We meet on the first Monday of each month on the 5<sup>th</sup> floor common area in the south building at 1 pm. Bring a topic of interest that we can discuss.



**Tuesday, August 8**  
**10 am – Gathering Room**

## **Gratitude Sharing with Susan**

Gratitude makes for a positive attitude! If you have ever wanted to keep a gratitude journal this is your chance. We will write, talk and share about those things we are grateful for, in addition to reading positive stories together, listening to speakers share about happiness and delve into a variety of tasks to explore gratitude in new ways. **A gratitude journal and pen will be provided.**



**Wednesday, August 9**  
**6 pm – West Building Deck (Top**  
**Floor Outdoors)**

## **Island Dreams Summer Concert & Happy Hour, Featuring**



## **“Rick Weingarten”**

Join us on the West building Deck for a fun summer evening of **live music and drinks at happy hour!**

Back by popular demand! **Rick Weingarten** will be performing “**Island Dreams**” that will make you think you’re sipping wine on a sandy beach! Get your dancing shoes out and invite your friends and neighbors for a great time.





**Monday, August 14 & 28**

**Denver Public Library Bookmobile**

**2:30 pm – 4 pm**

**Gathering Room**

The Bookmobile sets up for two hours at Kavod each month in the West Gathering Room so you can checkout and return books. Call 720-865-1112 or email [mobile-services@denverlibrary.org](mailto:mobile-services@denverlibrary.org) with questions or to place items on hold.



**drinks dessert  
& dancing** Birthday Celebration

**Tuesday, August 15**

**5:30 pm – Bistro/Dining Room**

**Birthday Celebration & Concert**

Enjoy a fun evening of dynamic music by **"The Duallin' Mandos"** Kavod's favorite Mandolin Father & Son duo!

If you have a birthday this month you will receive your birthday gift at this party.

**Everyone welcome, join in the fun even if it's not your birthday,** celebrate with your friends and neighbors!

We will have wine, beer sodas and cupcakes for everyone in the Bistro!



**East Building**

Petro Bondar  
Rosiland Brooks  
James Carter  
Myrna Horne  
Galina Khazanova  
Raisa Kotelnikova  
John Mills  
Addie Way

**South Building**

John Diamond  
Ana Morales  
Henia Palmer  
Howard Wallace

**West Building**

Arvind Bagal  
Silwya Budnick  
Sally Butcher  
Yoshi Igata  
Nadezhda Krugova  
Patricia Macy  
Bennie Ramirez  
Isabel Rivers  
Olga Zolotareva



**Tuesday, August 15**  
**1 pm – Shul Classroom**  
**The Brave Space (LGBTQ+)**

“Brave Space” is a safe space for LGBTQ+ residents and our allies! We have open discussions on our family and friends in the LGBTQ community. (*This is a fully confidential meeting. What is said here stays here.*)

*All attending will be asked to agree to keep full confidentiality*



**Tuesday, August 15**  
**Summer Games**  
**6:30 pm – East Patio**

What is it? You will be seeing outdoor summer games, like Corn Hole, (a beanbag game), Yard Jenga and much more. This will be random times or you can request them. If you want to request these games contact Katie or April to pick up on the sixth floor. **Come join us outside August 15, 2023 at 6:30 pm, 22 S. Adams on the patio. No experience needed.**



**Wednesday, August 16**  
**Watermelon Wednesday**  
**12 pm - 2 pm – 3<sup>rd</sup> floor bridge**

Let's bring the summer in with a slice of watermelon!!! On the Bridge from 12:00 to 2:00pm or until gone. ***Sponsored by Resident Council, supported by Community Options.***



**Wednesday, August 16**  
**1 pm-HWC/Pikes Peak Room**  
**Topic: Discover New Zealand!**

From its roots as a British colony, New Zealand emerged as a mixture of British influence and its native Māori culture. With a population of just over 5 million people, New Zealand has an outsized cultural impact in the region and the world. Join Active Minds as we tell the story of the world's sixth largest island nation as well as why its inhabitants are often called kiwis.

**Resident Planning**  
**Wednesday, August 16**  
**\*2 pm – 3<sup>rd</sup> floor bridge**

**We have planned a Pet Show at the end of the Month for National Dog Day. August 25, 2023, from 1:00 to 3:00pm east building lawn. Watch for fliers with categories.**

We will need to start thinking about holiday events, like our Traditional Tree Trim and International Customs & songs. **\*Notice Change:** We meet, Wednesday, August 16, 2023 at **2:00pm** on the bridge.

**Resident Council Gathering**  
**Thursday, August 17**  
**1 pm – HWC/Pikes Peak**

***From Resident Council President Katie Barbier:***

Recycling, Food, Hospitality and Safety Committees are new groups we are developing. We would like your support and input. You should have received a letter from your Resident Council Team. The thefts and vandalism that is occurring needs to STOP! Even the push pins on the resident council bulletin board. You will see **Be Aware** signs throughout the property to remind you, "If You See It! Report It!" it is disheartening that someone wrote on and pulled off some of our Hall of Honor signs. These are for everyone to learn about, read, laugh and enjoy. If you have a problem walk away, **it's not yours.**

**Education Class for August:** "Spark the Change" Senior Companion will be here to tell

us about their program. Need a little cash this could be a program to explore.

**Up Incoming Events to Watch For:**

Resident Council is having a contest for a Cookbook Cover. We are asking anyone to create a picture that could go on the Cookbook cover. Anyone can design a cover appropriate for a Cookbook. They can submit up to three pictures. Spread the word. Cookie is accepting recipes as many as you want, now on the Bridge. You can put recipes in April's Box 426S or Katie's Box 818E. Marina will be typing the Russian recipes. All ethnic groups, recipes welcomed. Please put name and phone # on them so if we have questions we can call.

**Quarterly Give & Take, August 30, 2023 on the Bridge from 10:00am to 2:00 pm**

**New Programs from Resident Council.**

Selling greeting cards of all kinds, \$1.00 for five cards, on the Bridge Fridays, at 1:00 pm. Our property wide community project called Adopt-A-Purse, will be asking for hygiene products for women and children for the Battered Women's shelter. We will have a list of items would like you to buy for the purse. When they come to the shelter, they have nothing so providing a purse with items they really could use when they enter the facility. There will be a box on the bridge, which Yuri and Cookie will be managing. Children could use \$1.00 store toys as well. We will be doing the collecting for August and September.

**Resident Council Needs,** looking for volunteers to become building representatives in West Building and South. Contact katieb @630.292.6226 for further information.

## Resident Council (continued)

### Grand Pal/Pen Pal

This program is on hold for now. Thank you for signing up will keep your names for the future, looking at this fall.

### Adopt-A-Purse

Our community project all through August and September will be providing hygiene products for the Woman's Shelter. We will fill a purse with the items provide. Let's give them a good start and pamper them. **When a woman comes to the shelter, she comes with nothing.**

We will also need children hygiene and toys. We have all needed help at one time or another, let us give back. Cookie & Yuri will be on the bridge helping collect the items. Please help support this project.

### Here are your Resident Council Board Members

Katie Barbier, President, 818 E  
Karen Wollman, Vice President, 805 E  
Lea Trager, East Bldg. Rep., 602 E  
April Allen, Treasurer, 426 S  
Roz Smith, East Bldg. Rep., 920 E  
Sarah Mertz, Secretary, 224 S  
Peggy Phillips, South Bldg. Rep., 123 S  
Doug Krug, West Bldg. Rep., 601 W  
Doris Beck, Ad Hoc, 819 E  
Nora Barnett, East bldg. Rep., 610 E  
Debra Hitt, Hospitality East Bldg. 611 E



**Sunday, August 20**  
**3 pm – Shul Classroom**  
**\*NEW!**

### Beginning Russian Conversation (For English Speakers)

At the request of Kavod residents, there will be monthly beginning Russian conversation classes **for native English speakers who wish to learn simple phrases and vocabulary in Russian.** Volunteer, Adelya Baimukhamedova, a native speaker of Russian who is fully bilingual in English as well, will lead a fun and interactive class.



**Monday, August 21**  
**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

## DMV2GO (continued)

\* 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: August 9**



Low Vision Support Group

### Kavod Low Vision Education & Peer Support Group

**Monday, August 21  
1:00 pm – Mt. Evans  
(West Building, top floor)**

**\*\*NOW IN PERSON!**

**\*\*NO Call-in option, In-person ONLY!**

This month's topic will be **"Food Preparation and Organization with low vision."**

Learn about adaptive skills, technology, and resources for living with low vision from peers, guest speakers, and the Facilitator, Alexia Diaz, Beyond Vision Skills Trainer, 720-263-0429.



## Fix-it day!

**Sunday, August 27**

**10 am – 12 pm**

**By Appointment Only**

Kavod is very fortunate this month to be collaborating with Temple Sinai volunteers for a Mitzvah Fix it Day on Sunday, August 27<sup>th</sup> from 10 am to 12 pm.

Kavod residents will have the opportunity to obtain help with small projects such as: hanging pictures, organizing shelves, setting up televisions, assembling easy to assemble furniture, and other small handyman jobs.

**If you'd like a volunteer to help you with a project please complete the Fix-It Day Request Form insert in the Voice Newsletter and return it to the front desk by Monday, August 21.** Volunteers will only

be able to commit 30 minutes of time to each request so keep that in mind when requesting a volunteer. Fix-it day requests will be limited to the first 50 residents who return a form. Please note that when hanging pictures, calendars, mirrors, tapestries etc. volunteers will not be allowed to use drills or hammers, remove hangers once installed or use screw in hangers. Nor will volunteers be hanging anything on ceilings. Volunteers may use alternate methods of hanging items that do not create dust such as command strips.

If you have any questions please contact Genny Hale, the Volunteer Coordinator, at 720.382.7820 or at

[ghale@kavodseniorlife.org](mailto:ghale@kavodseniorlife.org).





## Scrapbooking Fun

**Sunday, August 27**

**3 pm – Shul Classroom**

***Let's Get Scrappy!*** Katie has responded to several requests to start a scrapbooking group. She will walk you through the first steps to creating your scrapbook. Prior to coming go through your pictures and put them in events, themes or dates. Jo Anne's has great supplies of printed-paper. **Supplies provided to help you get started, however the Scrapbook will not be provided.**

**Join us from 3 pm – 6 pm. Please call Katie to reserve a place at 630.292.6226.**



## Resident's Book Review Group

**Monday, August 28**

**\*2 pm – South Building, 5<sup>th</sup> Floor  
Common Area**

***\*Please note new time of 2 pm!***

Come to the Book Review Group to discuss a book you are reading with the group. You will have a short time to discuss the book. It does not matter if you are half way through, just bring whatever book you are reading. We could all learn more about other books we might like to read. It can be fiction, non-fiction, mysteries etc.



## Challah Braiding Workshop with Luisa

**Thursday, August 31**

**2 pm – Pikes Peak**

We are excited to have Luisa Hagemeyer, a local baker here in Denver, having moved from New York City a few years ago coming to Kavod for this exciting Challah Braiding Workshop! Luisa brought challah and other traditional Jewish baked goods to the wild West with her business, ***Challahrado Hearth***, and Jewish baking classes at the Denver JCC. When she's not baking, Luisa is enjoying all the beauty Colorado offers and joyfully spending time with her three adult children and two adorable grandchildren.

Why get your kitchen messy making dough or waiting, waiting, waiting on your dough to rise, when you can come to the **challah-braiding workshop** and just do the best part--braiding!! Each attendee will make one full-size challah and four rolls, which will enable us to learn lots of different shapes! You will take your braided loaf and rolls home with you to bake fresh for Shabbat! Everyone loves challah, and it tastes even better when you make it yourself!

**No cost and all materials provided!**



Now that summer is finally here and in full swing, it's important to know how to enjoy the warm weather safely! Here are a few pointers:

- Make sure to stay hydrated since increased temperatures can create water loss through perspiration
- Wear lightweight, loose-fitting and light-colored clothing and sunscreen when outside
- Avoid strenuous exercise or activity and consider staying inside during the hottest part of the day
- Know the side effects of any medications you take since some can include drowsiness and sun sensitivity.

**We all want to enjoy the great outdoors but want to ensure it's done safely!**

If you're in need of any additional tips, tricks or wellness pointers, please feel free to stop by and visit your Legacy Therapy Team. We are here to help!

**Give us a call to see how we can assist you, or visit us in the  
Health and Wellness Center!**

**303-321-2452**



### **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.



### **Virtual Reality @ KAVOD!!**

*Did you know that the use of virtual reality has been found effective in reducing your fear of heights?! Ever wonder what*

*virtual reality is all about?* Please leave a message at 720.382.7855 for an appointment. We schedule these appointments for the 4<sup>th</sup> Wednesday of the month. \*NO EXPERIENCE NEEDED.\*

### **Groceries**

If you need support in ordering groceries please leave a message at 720.382.7855. 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 5<sup>th</sup> floor of the East building.\***

### **Access-a-Ride Application Support**

Interested in applying for **Access- a- Ride?** We can help! **Access- a-Ride** provides local 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!**

**\*UPDATED Emergency Sheets** will be distributed the 4<sup>th</sup> Wednesday of the month by Hannah, Kavod's Health and Wellness Services Assistant. You will receive a reminder call 24 hours prior to distribution.\*

### **Mondays and Wednesdays 9am – HWC/Pikes Peak Mountain Balance**

This is a health and fitness program with a concentration on strengthening balance skills. The exercises are done seated or standing with support (ALL levels are encouraged to attend). The program will include assessments if desired so you can track your improvement.

### **Wednesdays and Fridays 10am – HWC/Pikes Peak Gentle Yoga**

Join, Andrea or Regina – from Mile High Fitness, as she guides you through a session filled with stretching, breathing and being present with your amazing self!!

*All levels are welcome for chair or mat use. Hope to see you there!!*

### **Tuesdays 11am – HWC/Mt Evans MDCC Summer Book Club**

Join Andrea, Fellow from Maria Droste, as she guides the group through The Book of Forgiving by Desmond Tutu. Books are provided! If interested – call 720.382.7838



**Tuesdays and Thursdays**  
**9am – HWC/Pikes Peak**  
**Tai Chi with Eric**

**Health Benefits of Tai Chi:**

- Improves lower body and leg strength
- Enhances mental capacity and concentration
- Reduces blood pressure
- Helps with arthritis pain

Eric is a seasoned instructor providing a class for all levels.

**Wednesdays**  
**12pm – Gym**  
**Blood Pressure Checks with Legacy**

Rudy or a member of the Legacy team will be providing free blood pressure checks on the bridge every Wednesday at noon.

**Thursdays**  
**\*Call 720.382.7855 for an appointment\***  
**PTC Rebate Assistance**

Many Coloradans may be eligible for the Property Tax/Rent/Heat Credit rebate, also known as the "PTC Rebate," which is available every year.

You may qualify for the PTC Rebate if you are;

- A Colorado resident
- A single person with total income of less than **\$16,925**; or
- A married couple with total combined income of less than **\$22,858**
- At least 65 years old or A surviving spouse at least 58 years old; or
- Disabled for all of 2022, regardless of age, and

received benefits for the full year.

**2<sup>nd</sup> and 4<sup>th</sup> Thursdays**  
**12 pm— HWC/Pikes Peak**  
**Drumming w. Legacy**

**Group drumming** is not about teaching people how to drum. It is simply allowing the attendees to express themselves for personal empowerment and wellness!!

All are welcome and experience is NOT required! We instinctively possess a sense of rhythm: we can tap our feet, our hearts beat, we use a rhythm to walk, we dance to a rhythm. Legacy staff will guide the group to discover the rhythm that's already within you!

**Benefits:**

- Reduce tension, anxiety and negative feelings
- Induce alpha brain waves that make you feel calm & relaxed
- Incite laughter and good humor
- Generate positive energy + blood flow!

**Friday, August 25<sup>th</sup>**  
**1-3 pm— HWC/Pikes Peak + Mt Evans**  
**Free Balance/Strength Assessment with Regis + Legacy**

Join PRN PT students at Regis and their professor for a FREE health screening event. Residents are encouraged to attend for free balance, strength, and range of motion assessments. Refreshments and more will be provided. Please call 720.382.7855 to sign up!





Susan Lewis  
Redi-Carpet  
Melanie & Lee Siegel  
Steven & Loraine Summer  
Syntrinsic Investment Counsel

## **JUNE Gifts**

### **ACTIVITIES**

Sandra Kolesnikova

### **COLORADOGIVES DAY 2022**

Amelia Dorn

### **GENERAL**

Linda & Eli Frank, In Honor of Arthur Judd  
Rachel Grynberg  
Maggie & Doug Miller, In Honor of Rebecca  
Gershten  
Patricia Smith  
Yulia Sopkin  
Norman Sura Veta

### **KAVOD ON THE ROAD ANNUAL CONFERENCE SPONSORSHIP**

Nancy Livingston

### **KAVOD ON THE ROAD ANNUAL CONFERENCE**

Elise Lubell  
David Meer  
Andrea Meyers, In Memory of Ivan Botvin

### **KAVOD ANNUAL SUMMER EVENT AT COORS FIELD SPONSORSHIP**

Max & Elaine Appel  
Brian Botnick  
Sandra Eichberg  
Scott Fisher  
Lee & Burton Levy

### **KAVOD ANNUAL SUMMER EVENT AT COORS FIELD VIP TICKETS**

Tracy Kapaun & Anne Deines  
Jonathan & Lisa Perlmutter

### **KAVOD ON THE ROAD**

Frank & Hedy Gold

### **SAFETY AND SECURITY**

Jewish Colorado

### **SHUL**

Camelit Lucarelli, In Honor of Rabbi Stephen  
Booth Nadav