

November 2023

Connie's CORNER



Happy Thanksgiving! Let's take time to remember the many blessings we have in our lives. This month we celebrate Thanksgiving, so in that spirit, let's be kind to one another and live a life of **ThanksLIVING** every day. I hope that each of you find an activity, class and outing to enjoy this month, and join us as we celebrate a full and active way of life here at Kavod Senior Life.

Need Tech HELP? Come to the "Drop In Tech Help" on Tuesday, November 7 at 10 am in Mt. Blue Sky!

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

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

Connie Moore

Director of Life Enrichment

720.382.7813

cmoore@kavodseniorlife.org

Honoring our Veterans

Join us on Thursday, November 9 at 4 pm in the Dining Room as we celebrate Veterans Day!



Welcome New Residents

Harriet Gibson 622 - East Building
Vivian Goldstein 501- East Building
Natalya Kondratyeva – 709 West Building
Janice Lettas – 415 East Building
Ricky Motsinger – 1008 West Building
Edward Myers – 725 South Building
David Rieck – 1201 West Building
Fanya Roykhman – 1306 West Building

From Chaplaincy and Spiritual Services



Kehillat Kavod:

Kavod's Jewish Community

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

Kehillat Kavod Annual Meeting!

Friday, November 10

11 am - Shul

We will hold an "annual meeting" to discuss what is happening and the offerings of our shul based Jewish community at Kavod.

Come listen and share feedback and ideas for the future of our dynamic community.

Coffee and other refreshments will be provided!

FRIDAY NIGHTS - KABBALAT SHABBAT

6 pm - Shul

Friday, November 3: Welcome Shabbat with Rabbi Steve

Friday, November 17: Welcome Shabbat with Rabbi Kim

SHABBAT MORNING SERVICES WITH

Dr. Seth Ward

10 am - Shul

Saturday, November 11

Saturday, November 25



**Every Sunday morning
(Except 1st 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.

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, November 12

10 am - Pikes Peak

Led by Reverend Dale

Sunday November 19

10 am - Pikes Peak

Led by Reverend Dale and Steve Miller on piano

Sunday November 26

10 am - Pikes Peak

Service and Communion

Led by Reverend Dale & Steve Miller on piano

From Chaplaincy and Spiritual Services



On Nov. 9-10, 1938, Nazi leaders unleashed a series of pogroms against the Jewish population in Germany. This event became known as *Kristallnacht* (The Night of Broken Glass) because of the shattered glass that littered the streets after the vandalism and destruction of Jewish-owned businesses, synagogues and homes. Some refer to this event also as the beginning of the Holocaust, for it was the first time large scale violence against Jews was allowed and encouraged by the government, showing they would condone such things.

Nazi officials disguised the organized nature of the pogroms. They described the actions as justifiable and spontaneous responses of the German population to the assassination of a German diplomat, Ernst Von Rath, in Paris.

During the pogrom, 30,000 Jewish males were rounded up and taken to concentration camps. This was the first time Nazi officials made massive arrests of Jews specifically because they were Jews, without any further cause for arrest.

In the aftermath of *Kristallnacht*, the Nazi regime ordered the Jewish community to pay a 1 billion Reichsmark "atonement tax" and rapidly enacted many anti-Jewish laws and edicts.

This date is not on most calendars today. But as fewer and fewer of those who witnessed

these atrocities are alive today, for the sake of the future, we must remember.

<https://encyclopedia.ushmm.org/content/en/article/kristallnacht>

The Best Gift You Can Give: A Note from our Chaplain

Earlier this year I sat with the daughter of a resident who had passed away the day before. She was distraught and grieving and had no idea what to do, as her mother had left no instructions or plans. It was a difficult scene. Very hard decisions to make in the midst of grief with no support. I was reminded of two things I wish I could explain to everyone.

First, the greatest gift you can give your children and family is to have a burial plan, and to make sure your loved ones know what it is and where the paperwork is. I have also seen great relief on the faces of survivors when all this was in place, and there was little for them to figure out. They could just follow the plan and grieve.

Secondly, I often hear people say "my father/mother didn't want a service." Again, in these situations, I often sit with distraught family members who need a container or ritual for grief, but if there is no funeral or service, there is none. I am convinced that most people who say they don't want a service or funeral are in truth saying that they don't want to be there. I wish I could have explained to them: "Don't worry! You won't be there! But your family will be. What do THEY need?"

From Chaplaincy and Spiritual Services

The Best Gift You Can Give (Continued)

Obviously there are many alternatives and aspects to these decisions. And if we are connected to a faith community there may be other guidance and considerations.

Regardless of faith, as your chaplain I am here to discuss any of this and to make referrals.

Rabbi Steve. 720 382-7836,
sbnadav@kavodseniorlife.org



Mindfulness Practice Group

Thursdays at 2:30 pm

Mt. Evans (changing to Mt. Blue Sky)

***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



Wednesday, November 8

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

Remember

WE REMEMBER THEM

Almighty One, what are human beings that you take note of them, the children of humanity that you should think of them?

A human being is like a momentary breeze, a person's days are but a passing shadow.

At dawn, life blossoms and renews itself, at dusk, it withers and dries up. You return a person unto dust.

You say: Return, O children of humanity!

(From Psalms 144 and 90)



Michelle Allen

May their memory be for a blessing



Bronislava Prykhodko



From the Director of Life Enrichment

Food Bank of the Rockies trips

Each month we take residents to Jewish Family Services to pick up their commodity boxes and shop in the JFS Food Panty.

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

**Van departs at 11 am
Tuesdays, November 7 & 14**

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.

The “Evergreen Box”

Delivery Program of the Food Bank of the Rockies Commodity Box

The Food Bank of the Rockies offers home delivery of the food bank commodity box **for those Kavod residents that are physically unable to go to the Jewish Family Services to pick up their monthly box of commodities.** This program is known as the Evergreen Box. Residents will need to call the Food Bank of the Rockies directly to sign up for this program at 720.806.1990. The Food Bank of the Rockies staff will work with you to see if you are eligible for this service.

If you are currently enrolled in the Food Bank program they can work with you to transfer your case. If approved, they will deliver directly to your apartment, and when available, they will include a bag with fruit and vegetables. ***If you are not at home when they deliver, they will leave your items outside your apartment door.***

**** Please note that if you choose to have your commodity box delivered, you will NOT be able to pick another one up on our trip to the monthly JFS!** You would still be allowed to go on our monthly trips to get items in the JFS Food Pantry.



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

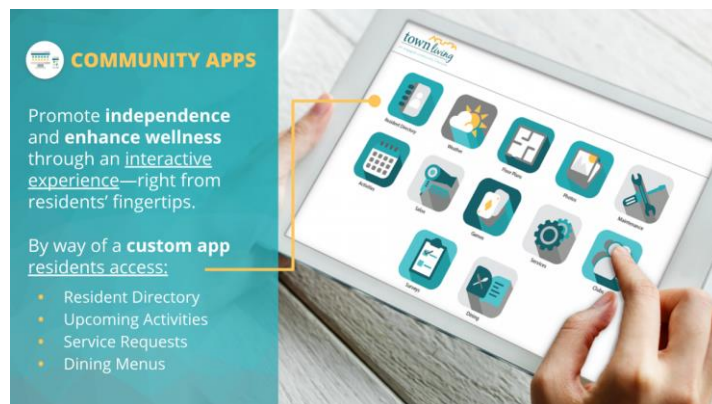


Genny Hale
Life Enrichment, Volunteer Engagement Coordinator

Thanksgiving is upon us. This time of year, let's stop to remember all our many blessings. I personally want to thank all of Kavod's resident volunteers who make so many things possible here at Kavod from delivering this newsletter, to giving classes, to running the Gift Shop Kiosk, to volunteering with Resident Council, to keeping our books neat and organized and so much more. What you do matters and makes our community better.

November will be the month we recognize you, our Kavod volunteers, through a fun **Volunteer Appreciation Party** on Thursday, November 16 at 11 am in the Dining Room. ***If you have volunteered in the past year at Kavod, please join us.*** If you're not sure, then please contact me.

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.



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** 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.

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 fill out the form to contact them on their website: www.seniorplanet.org

Phone

Center: 720-328-0875

Senior Planet Hotline: 888-713-3495

Regular Hours

Monday-Friday, 9:30am-5pm

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.

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** 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

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



Tuesdays, November 7 & 14

**11 am – Van Trip
JFS Food Bank & Panty**

Each month we take residents to Jewish Family Services to pick up their commodity boxes and shop at no cost in the JFS Food Panty.

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.

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



Thursday, November 2

12:45 pm – Van Trip

Joy of Writing - Kavod Authors Event

**Authors Read Their Work –
Featuring Kavod Writers**

Come enjoy an afternoon of literary delights!
Travel with us to Schlessman Family Library for

this fun event! Our program will feature several writers - including writers from the Kavod community - reading excerpts from their work. After the hour-long reading, please enjoy light refreshments and conversation.

Cost Residents: \$3

Cost Non-Residents: \$6

Deadline: November 1



Friday, November 3

9 am – trip

Perfect Landing Restaurant

Travel with us to the Perfect Landing Restaurant located at the Centennial Airport. Enjoy a delicious breakfast and watch the planes land as you dine! Bring along your appetite and at least \$20 to cover your meal, tax and tip. We promise a fun time with great views of the planes and great food!

Cost Residents: \$5 transportation + pay for meal there

Cost Non-Residents: \$10 + pay for meal there

Deadline: November 2



**Wednesday November 8
6 pm – Van Trip**

Lamont Symphony Orchestra

**Newman Center for the Performing Arts,
Gates Concert Hall**

Enjoy a wonderful evening of music by the LSO performing "The Force of Destiny" and opens with the overture to Verdi's La forza del destino, conducted by Cosima Luther. The first half is rounded out by Strauss's Tod und Verklärung (Death and Transfiguration) conducted by Joe Reyna. On the second half, Reyna leads Price's Colonial Dance, Bernstein's "Glitter and Be Gay" (featuring soprano Megan Pryor) and Liszt's Piano Concerto No. 2 (featuring pianist Michel Bourdoncle). ***Our approximate return time to Kavod is 10 pm.***

Cost: Residents - \$8

Cost: Non Residents - \$20

Deadline: November 6



Wednesday, November 15

9 am – Van Trip

Colorado Mountain Casinos

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

For a FREE RIDE around town, *Jump on the Black Hawk & 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.

Please be sure to be back at the designated spot and time given by our driver and staff 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: November 13



Thursday, November 16

6 pm – Van Trip

Lamont Jazz Orchestra

Join us for an evening filled with incredible Jazz music by the Lamont Jazz Orchestra. LJO is the University of Denver's premier large jazz ensemble. Made up of five saxes, four trombones, four trumpets, piano, bass, guitar, and drums, the LJO performs the standard canon of jazz literature as well as original music by students and faculty.

Cost: Residents - \$8

Cost: Non Residents - \$20

Deadline: November 13



Wednesday, November 22

11 am — Van Trip

Join your friends and neighbors for a fun and delicious lunch outing to the HIRO Japanese Buffet. A splendid array of seafood, sushi, vegetables and desserts, all you can eat. Adult lunch price is \$13.99, not including tax and tip, **Seniors age 65 and over receive 10% discount.**

Cost Residents: \$5 transportation – pay for meal there

Cost Non-Residents: \$10

transportation – pay for meal there

Deadline: November 20



Senior Planet Center & Lunch

Tuesday, November 28

11 am- Van Trip

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

After lunch we will go 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 “Telemedicine.”**

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/>

Residents Cost: \$3, pay for lunch there

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

Deadline: November 17



Wednesday, November 29
6 pm – Van Trip

Squirrel Nut Zippers
Holiday Caravan Tour
at Parker Arts

Enjoy a festive evening with the Squirrel Nut Zippers performing songs inspired from Jazz, Klezmer and Vaudeville! Thrill to the songs from their *Christmas Caravan* and *Mardi Gras for Christmas* albums as well as other tried and true holiday favorites, the Squirrel Nut Zippers awaken the true essence of the season. From heartwarming ballads to raucous dance tunes, the band conjures an atmosphere nestled somewhere between the wondrous lights of Christmas and the backroom din of a speakeasy. This show is a must-see for any true music lover.

Resident Cost: \$48, includes transportation

Non-Resident Cost: \$68, includes transportation

Deadline: November 10



Coming in DECEMBER!



Friday, December 1
9 am – trip

Mystery Breakfast trip

Travel with us to a surprise destination for breakfast! Bring along your appetite and at least \$15 to cover your meal, tax and tip. We promise a fun ride with great views, good food and fun!

Cost Residents: \$5 transportation

Cost Non-Residents: \$10 transportation

Deadline: December 1



Coming in DECEMBER!



Thursday, December 7

9:30 am – Van Trip

Fiestas Navideñas
at the Newman Center

Join us for a delightful morning of music, dance, traditions and stunning costumes of Mexico. ArtistiCO is one of Colorado's most celebrated Latin dance companies.

ArtistiCO will be presenting their **annual holiday performance, *Fiestas Navideñas*, a celebration of Christmas dance and tradition from the country of Mexico at the Newman Center.**

Residents Cost: \$8

Non-Residents Cost: \$15

Deadline: November 20



Coming in DECEMBER!



**Senior Planet Center
& Lunch**

Friday, December 8

10:45 am- Van Trip

Before lunch we will go 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 an 11:30 am class called “Anti-Virus Malware Removers at a Glance.”**

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: December 6



Coming in DECEMBER!



Sunday, December 10

1 pm – Van Trip

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

Join us for a wonderful afternoon at the Vintage Theatre to see the live performance of ***Black Nativity***, by Langston Hughes and directed by Alicia Young. Black Nativity, the joyous holiday musical, is a modern retelling of the traditional account of the Nativity story from an African American perspective. Using gospel music, African beats, dramatic dance, and a biblical narrative, Black Nativity opened for a limited run of 57 performances at Broadway's 41st Street Theatre on December 11, 1961. It was written and conceived by one of the legendary leaders of the Harlem Renaissance: Black playwright, poet, novelist, and social activist Langston Hughes. Run time is approximately 2 hours, and approximate return time to Kavod is 5 pm.

Resident Cost: \$28, includes ticket & transportation

Non-Resident Cost: \$40, includes ticket & transportation

Deadline: November 30

Coming in JANUARY 2024!



CANDLELIGHT
DINNER PLAYHOUSE

Sunday, January 7

11 am — Van Trip

***Joseph and the Amazing Technicolor
Dreamcoat***

at the Candlelight Dinner Playhouse

Enjoy a wonderful lunch where the actors are your servers at this live theatrical performance. This is Colorado's largest, most elegant and most spacious professional dinner theater!

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

One of the most enduring shows of all time, Joseph and the Amazing Technicolor Dreamcoat is a reimagining of the Biblical story of Joseph, his father Jacob, eleven brothers, and the coat of many colors.

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

Cost Residents: \$65 – includes show, lunch and transportation

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

Deadline for final payment: December 15

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!



Tuesdays

Opening Minds through Art

1 pm – Pikes Peak

Opening Minds through Art (OMA) is in session! Enjoy “failure-free” art with a student volunteer art partner from Regis University. All materials provided. ***Please reach out to Elizabeth, Life Enrichment Intergenerational Coordinator at 303.476.0185 or email estanbro@kavodseniorlife.org, to see if there are opens spots or if you have any questions.***



Cousins Coloring Group

Tuesdays

6:30 pm – Shul Classroom

Cousins Coloring Group is back! Join the host resident Diane Devine for a fun and relaxing evening of adult coloring and a great social hour.



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.



Bridge Players Club

**1st and 3rd Tuesdays
10 am - 3rd Floor Bridge**

Bridge on the Bridge! Have you ever wanted to play bridge? Watch seasoned bridge players and learn how it's played. They can teach you the in's and out's of bidding and how to play a game that never gets old.

"Bridge not only stimulates the brain, but research has shown that regular bridge playing improves reasoning skills and long- and short-term memory.

You'll feel the neurons firing not only while you play, but long after too!

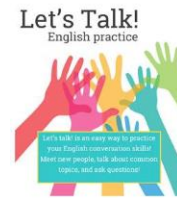


Looking for Mahjong Players

Looking for experienced Mahjong players.

Also if there are enough residents interested in learning, let us know. Mahjong requires four players, and the goal of the game is similar to poker, to make matching sets and pairs.

Call Susan if you are interested in playing at 720-382-7849.



Wednesdays

10 am – Mt. Evans

(Changing to Mt. Blue Sky)

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. 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

**2nd & 4th Wednesdays
2 pm - 3rd Floor Bridge**

Each month moving forward, we will be doing a craft at the first session. We will be making a cloth/toilet paper pumpkin for the holidays. Come join anytime, even to just sit and visit. Supplies will be provided for craft or knitting. We meet from 2 pm – 4 pm.



Fridays
1 pm – 2pm – 3rd Floor Bridge
Cow-mooobile (ice cream)

Enjoy some ice cream every Friday!
 Dairy Queen Dilly Bars that are reduced sugar
 & dairy free. Doggie ice cream is also
 available.



NO meetings in November
Kavod Player's Readers Theatre

Kavod Player's Readers Theater will be on
 hold through the end of the year. Look for
 upcoming sessions in 2024.

**Thanks to all the residents who performed
 in Harvey!**



Wednesday, November 1
Fused Glass Art Workshops
1 pm – Pikes Peak

Join Artist Melissa Sweetser for a fun
 afternoon making fused glass art items.
***Please note: This class will be capped at
 15 participants, no signup needed, walk-
 in, first come, first served basis.**

She will take the projects to her studio to

be fired and they will be returned to you
 once completed, typically about a week.
 In the future, additional workshops will be
 available featuring night lights and sun
 catchers and other fused glass giftware.

All materials provided!



Thursday, November 2
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 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!



Friday, November 3

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.



Sunday, November 5

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, November 5

5 pm – Dining Room

Kavod Sing Along Group

If you love to sing come join us. No need to read music, singing for the fun of it!



Monday, November 6

Noon – Pikes Peak

Jamie Sarche: Body Talk

PIZZA!

Please join us for a stimulating Lunch and Learn with **Jamie Sarche** on "Body Talk."

What will happen to our bodies after we die? It's not the easiest conversation to begin, but a meaningful and important one. Jamie Sarche, Director of pre-planning at Colorado's oldest family-owned funeral home, will explain all the options in this interactive webinar. Come with your questions!

Enjoy hot pizza and a soda at no cost to you!

No cost, just drop in!



Monday, November 6
***2 pm – South Bldg, 5th floor,**
Common Area

Current Events

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



Mondays, November 6 & 20

Denver Public Library Bookmobile

2:30 pm – 4 pm
Gathering Room

We are excited to let you know that starting in November a Russian speaking library staffer will be available during the regularly scheduled visits!

The Bookmobile sets up for two hours at Kavod each month so you can checkout and return books. Call 720-865-1112 or email mobile-services@denverlibrary.org with questions or to place items on hold.



Drop In Tech Help!
Every 1st Tuesday of the Month
November 7
10 am – Noon

Mt. Evans (Changing to Mt. Blue Sky)

Join Emily from the Denver Public Library for Some tech help! Bring your own device, iPad, laptop, cell phone, etc., and she will help you.
****When you enter the room you will sign up for 15 minute time slots on a first come first served basis.**



Low Vision Support Group

Kavod Low Vision Education & Peer Support Group

****Please note! NEW time, day & location!***

Wednesday, November 8
10 am – Gathering Room
(West Building, first floor)

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

This month's topic will be **"Low Vision and the Holidays - Navigating family and events 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.



Veterans Day Celebration

Thursday, November 9

4 pm – 6 pm – Main Dining Room

Attention all Kavod Veterans!

We want to celebrate our Kavod Veterans with a special program and musical salute in the main dining room.

We will also display our Veterans service photos and stories on the 3rd floor bridge glass windows, so be sure to go and see those.

Veterans Celebration Schedule of Events:

4 pm – Welcome by Michael Klein, President/CEO

4:05 pm – Reading by Resident Marlene Leddick, Holocaust Survivor

4:10 pm – Rabbi Stephen Booth Nadav, Kristalnacht, “Night of Broken Glass”

4:15 pm – Boy Scouts of America Color Guard

We will honor our beloved veterans with the Boy Scouts of America providing a Color Guard presenting the American and Colorado flags.

4:45 pm – “The Andrew Sisters” – Salute to Veterans

Thank you to ALL our Veterans for your service!

Special Event!



Celebrate French Culture and Cuisine

The French Connection!

Friday, November 10

12 pm – Pikes Peak

Thanks to the Murnick Family Foundation!

Join your friends and neighbors for some delicious small plates from **Petit Dejeuner** at 12 pm. **Then at 1 pm** we welcome Active Minds Founder John Henderson, who will do a special presentation on French culture, history and cuisine. You will have the opportunity to learn about a country and culture you might not have known about before, celebrating our differences as well as our similarities!

Don't miss this delicious French lunch and stimulating lecture!

Also enjoy some delicious desserts on the menu at dinner service in the main dining room this evening.

Everyone welcome!



The Joy of Writing Workshop

Sundays, *November 12, 19 & 26

1 pm - Shul Classroom

Come join our Sunday afternoon writing workshop to express yourself, try out new writing techniques, and share your work. We welcome writers of all levels of experience!

***Also, be sure to join us on our trip on November 2nd, as our Kavod Authors Read Their Work! Look in the previous "TRIPS" section of this newsletter for information.**



Art Show and Reception

Sunday, November 12

Dining Room

4 pm – 5 pm

Join us to celebrate the creativity of the Resident and Regis Student Artists

Wine and Desserts Served!



Getting The Best for the Rest of Your Time

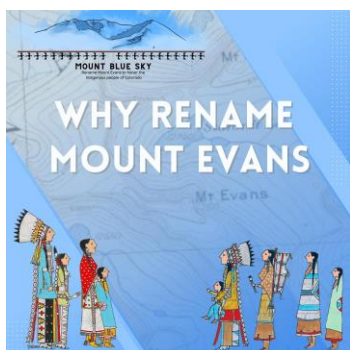
The conversation continues

Tuesday, November 14

1 pm – Shul Classroom

The conversation continues in figuring out together how to have these next days be more of our best days – best ever! Having more of what we most want in our lives is both simple and easy. What would you like the next chapter In the book of your life to be titled?

Questions? Call Doug at 303-807-1903 or email at dougkrug@forunlearning.com



Monday, November 13

2 pm – Mt. Evans

(Changing to Mt. Blue Sky)

Mount Blue Sky Renaming and Room Dedication



To

Honor the Indigenous People of Colorado

Please join us for this important program to rename our West building meeting room Mt. Evans, to Mount Blue Sky.

Learn the history behind the renaming of the Colorado fourteener, taking us from sorrow to celebration.

- **Welcome by Michael Klein**
- **Sandra Toineeta, Resident Speaker**
- **Rabbi Stephen Booth Nadav, Prayer**
- **Unveiling of new sign and name, Mount Blue Sky**

Refreshments will be served.



Tuesday, November 14

10 am – Gathering Room

Gratitude Sharing with Susan

Gratitude makes for a positive attitude!

Listen to speakers share about happiness, and delve into a variety of tasks to explore gratitude in new ways.

We will discuss things we are grateful for, in addition to reading positive stories together.

You will also be invited to share your daily thoughts on gratitude with a ***gratitude journal***, provided at no cost to you.



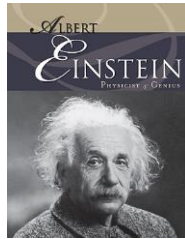
Wednesday, November 15

12:15 pm – Gathering Room

Drumming with Karen

Drumming has many benefits! Here are just a few:

- Improves cognitive function. Drumming can help to improve cognitive function including memory, attention, and problem-solving skills
- Reduces stress and anxiety
- Boosts mood
- Improves physical health
- Promotes social interaction



**Wednesday, November 15
1 pm - Pikes Peak Room**

Albert Einstein

Join Active Minds as we trace the life and impact of this great thinker.

Widely regarded as one of the greatest scientists of all time, Albert Einstein famously started his career as a patent clerk but would rise to prominence, winning the Nobel Prize for Physics in 1921. Born in Germany, Einstein fled Nazi Germany in the 1930's and became a U.S. citizen in 1940. He warned the U.S. of the Nazi's efforts to develop a nuclear weapon which led to the Manhattan Project and the advent of the nuclear era, a role that troubled him deeply until his death in Princeton, New Jersey in 1955 at the age of 76.

**Resident Planning with Resident Council
Wednesday, November 15
*2 pm – 3rd floor bridge**

Join Katie from Resident Council to learn about all that they are planning for their upcoming events. Come join in and help make our community jumping with excitement.



**Thursday, November 16
11 am – Dining Room**

Volunteer Appreciation Party

Howdy Pardner! We look forward to thanking all of our volunteers at Kavod and celebrating each of you!

This year's theme is **"Blazing New Trails"** so be sure to wear your country western outfits if you have them. **Enjoy a festive, delicious lunch with some wonderful Country Western entertainment by The Mandolin Ranch Band!**

All volunteers will receive a thank you gift!

Please RSVP to Genny if you are coming either by leaving a phone message at 720.382.7820 or by email ghale@kavodsenorlife.org

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

See ya there Pardner!

Resident Council Gathering

Thursday, November 16

1 pm – HWC/Pikes Peak

From Resident Council President Katie Barbier:

We want to thank all the residents who helped donate money and purses and hygiene products for our Community wide project. The shelter is a secret and the women remain unknown. The message relayed back to me was they cry when they get a purse. They are so grateful. Hopefully, we have sent them a piece of hope to get them going in their new life knowing there are people out there who care. Again, to all at Kavod who continue to give what they can.

Our Walker Wash was fun. We cleaned wheels and polished the seats and we labeled the walkers. We will be labeling the walkers as we see them. This will be easier for staff or anyone to get it back to you if lost.

Up Incoming Events to Watch For,

We are having a Chili and Corn Bread Cook-off with residents on Friday, November 17, from 2 pm to 4 pm in Pikes Peak. We are looking for Cooks. So get the chili and corn bread recipes ready. This will also be a fundraiser for Resident Council by selling tastings of the hardy fall foods so you can determine the winners.

Quarterly Give & Take, November 29, on the Bridge from 10 am to 2 pm

Friendsgiving, Sunday, November 26, from 4 pm to 7 pm in Pikes Peak. This will be a

potluck turkey dinner. Resident Council will be serving turkey and gravy and you will bring the sides. Sign-up sheet will be on bridge close to the time.

New Programs from Resident Council,

An offer has been made for some real nice yarn if we knit or crochet hats, scarves and mittens for the refugees here in Colorado from adults to babies. I will need to know who would like to help in this project by calling me at 630.292.6226. A time limit to get some done by the holidays or cold weather sets in. This is our challenge. Family and friends can help with this project too.

We are reaching out to continue help in other ways. October 14, we celebrated "Period Action Day", Periods Don't Pause for Poverty". We were able to supply over 200 monthly hygiene product bags to Comitis Crisis Center with the help of Justice Necessary, Aunt Flow and Period, all these non-profits helped us with this community project. Thank You.

Resident Council Needs: We are looking for volunteers to become building representatives in West Building and South. Contact katieb @630.292.6226 for further information. NOTE: CAN'T GIVE MONEY TO RESIDENT COUNCIL? Then PROVIDE A RECIPE OR TWO! **It is not too late.** THIS IS A HUGE FUNDRAISER FOR RESIDENT COUNCIL.

Here are your Resident Council Board Members:

Katie Barbier, President, 818 E
April Allen, Hospitality Co-Chair, 426 S
Karen Wollman, Vice President, 805 E
Lea Trager, East Bldg. Rep., 602 E
Bob Lawerson, Secretary, 406 W
Roz Smith, East Bldg. Rep., 920 E
Sarah Mertz, South Bldg. Rep., 804 E
Peggy Phillips, South Bldg. Rep., 123 S
Doug Krug, West Bldg. Rep., 601 W
Doris Beck, Ad Hoc, 819 E
Debra Hitt, Hospitality Chair, East Bldg. 611 E

**Friday, November 17
2 pm – Pikes Peak
Resident Council
Resident Chili and Cornbread
Cook-off**

Fall and November is upon us and so is chili time! Let us have some fun cooking some chili for the residents. ***This will be a fundraiser for resident council by selling tastings.*** Tasting will help you determine the winner. Tastings will be 10 samples for \$5.00 or 5 samples for \$2.50. There will be a sign-up sheet for the Chili or Corn Bread cookers on the bridge by the Resident Council Bulletin Board.

**Resident Council Gathering
*For Russian Speaking Residents
Sunday, November 19
1:30 pm – HWC/Pikes Peak**

From Resident Council President Katie Barbier:

We will now have a Resident Council Gathering for our Russian speaking residents each month to share all of the information from our general meeting. Snacks will be provided.



**Scrapbooking Fun
Sunday, November 19
3 pm – Shul Classroom**

Let's Get Scrappy! Scrapping our family history and your genealogy history. You do not need to be an expert! You can start any time. This is an opportunity to get that box of photos organized and displayed. This could be a gift you leave your family. We have acquired lots of new paper, stickers, and other supplies. Scrapbook not provided. (Do not buy until later).

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



**Monday, November 20
11 am – Shul Classroom**

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

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

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

We are no longer doing a Stand-by list.

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

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

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

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

Deadline: November 15



**Tuesday, November 21
*2 pm – Shul Classroom
The Brave Space (LGBTQ+)**

****Please note new time!*** “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.



**drinks dessert
& dancing** Birthday Celebration

**Tuesday, November 21
5:15 pm – Bistro/Dining Room
Birthday Celebration & Concert**

Enjoy an evening of music by “Ruslan and Inessa!” 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

Doris Beck
 Tatiana Blyumkin
 Dolores Cornier
 Ina Curtis
 Gloria Mendoza Gomez
 Alireza Hassanin
 Olga Ionikh
 Colleen Johnson
 Faith Katz
 Vrej Keotunian
 Valeri Kolesnikov
 Iryna Konovalova
 Marjorie Shenk
 Lina Szpigiel
 Lea Trager
 Elizabeth Vest
 Connie Waneka
 Valentina Zagorskaya

South Building

Diane Devine
 Sheldon Grolnick
 Marina Luhminskaya
 Almaz Reda

West Building

Chuck Abrams
 Jim Bartusch
 Daniele Blake
 Morris Golden
 Aida Hinkediker
 Monteha Jamshidi
 Ausma Kagan
 Liubov Khorounjaia
 Rosalind Lloyd

Friday, November 24 2 pm – 3rd floor bridge Resident Council Ornament Making

Getting together to make some decorations for the tree in December, talking traditions and enjoying each other. Supplies provided.

Wednesday, November 29 10 am – 3rd floor bridge Resident Council Give & Take Event

Last one this year. For new residents this is a starting time to get rid of items you moved here with or do not need. You can bring items to the bridge starting at 10 am and take items up to 2 pm. The fun is if you see something you need or want you can take it. No questions asked. Come back as many times as you want. It's a fun day! ***We do not take clothes, under garments, or used hygiene items. ONLY appliances that work will be accepted!***



Sunday, November 26 4 pm – 7 pm – Pikes Peak & Mt. Blue Sky Resident Council Friendsgiving Potluck Event

Resident Council wants to celebrate the year with this Friendsgiving. What is it? A time to visit with friends, share your favorite dish and tell tales of turkey mishaps. Turkeys provided by Resident donor. You are invited to bring homemade seasonal side dishes. Watch for the potluck sign-up. Bring your own silverware and plate. Residents only. Beverages provided.



Resident's Book Review Group

Monday, November 27

***2 pm – South Building, 5th Floor
Common Area**

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

Come to the Book Review Group to discuss a book you are reading and can discuss with the group. You will have a short time to discuss the book. It does not matter if you are half way through it, so, bring whatever book you are reading, past or present. 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, November 30
2 pm – Pikes Peak**

Enjoy a fun afternoon of creating Challah braids! Each attendee will make one full-size challah and four rolls, which will enable everyone 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!



SAVE THE DATES FOR DECEMBER!

Resident Council: December 1, 2023, Bake Sale, Holiday Last Minute Shop, Gift Wrapping in the dining Room from 10 am to 1 pm. Winter Celebration with tree trimming, Chanukah lighting, caroling and much more to be announced in the December Voice. Last year we decorated the tree, strung popcorn and cranberries shared traditions, made a few ornaments, used the dreidel, had eggnog and brownies and enjoyed each other.



**Friday, December 8
11 am - 3 pm – Pikes Peak/Mt. Blue Sky
Senior Loan Project Fundraiser**



Come one, come all! This fundraiser will be packed with fun. Help us fund our loans for residents and our Yearly Turkey event.

We are planning a silent auction, sales of handmade items, a 2024 Kavod Residents Calendar, and more!



Changes in H&W

Hannah will be leaving Kavod, October 20, and continuing her education. We wish Hannah the absolute best and look forward to the greatness she brings to the world. We are currently in the interview process for this position. Please continue to call 720.382.7855 to be added to upcoming clinics, grocery support, etc.

Maria Droste

Reminder we have two interns this school year; Scarlet and Erik. If you are interested in working with them, please contact your care coordinator! In addition, the MDCC Book Club is back in full swing, reading The Surrender Project, if interested they meet on Wednesdays at 2pm in Mount Blue Sky in the H&W Center.

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 720.382.7855. 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 5th 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 4th 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 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.

2nd and 4th Thursdays

1015am— HWC/Pikes Peak **NEW TIME******

Drumming with 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!

Sundays, November 12th and 26th **NEW******
3pm — HWC/Pikes Peak
Strength Training for Seniors

Did you know strength training not only builds strength, but...

- Improves balance
- Helps you sleep better
- May help prevent dementia, other degenerative diseases and much more!

Join Schuyler, licensed personal trainer and Kavod volunteer, every 2nd and 4th Sunday, as he leads the group through all levels strength training.



35



KAVOD ANNUAL SUMMER EVENT AT COORS FIELD DONATIONS- IN KIND

Alan Boxer
Rick & Marcie Boxer
Flink Supply Co.

KAVOD ON THE ROAD

Renee Gross, In Memory of Sherwin
Zimmerman
Eileen Naiman, In Honor of Shirley Yoelin

SHUL

Sandra Kolesnikova
Irina Pines, In Memory of family members,
z'll

YIZKOR

Raymond Erickson

September Gifts

GENERAL

Robert & Samantha Baumgarten, In Memory
of Nancy Livingston, z'll
Carole Kornreich
Charles & Ellen Kreiman, In Memory of Lily
Lemberg, z'll
Leland Rudofsky
Daniel Sloane
Paula Ward
Seth Ward & Carol Ward, In Memory of
Nancy Livingston, z'll

HEALTH & WELLNESS

Michael & Wendy Klein , In Memory of
Nancy Livingston, z'll

GRANTS-HEALTH AND WELLNESS

Comprecare
Strear Family Foundation

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD SPONSORSHIP

Legacy Healthcare Services
Gaile Weisbly Waldinger, In Memory of
Nancy Livingston, z'll

KAVOD ANNUAL SUMMER EVENT AT COORS FIELD DONATIONS

Craig & Vicki Eskanos, In Honor of Lynn and
Molly Zwerdinger