

Voice

Monthly Newsletter for Kavod
Assisted Living Residents

January 2024

Connie's CORNER



Hi Everyone,

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

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

Join us for an in-person "Life Enrichment "WHAT'S HAPPENING THIS MONTH" on Wednesday, January 3rd at 12:15 pm in the Gathering Room. We will have cookies to enjoy during the meeting. Bring your suggestions and ideas!

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

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



**Celebrate
National Activities
Professionals Week!
January 22-28**

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

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

Together, we make a meaningful difference every day.

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

Welcome New Residents

Mikhail Borisov – 603 West Building
Nancy Collier – 212 West Building
Mary Courtney – 403 West Building
Ganna Nankova – 713 East Building
Yevheniia Vyshnevetska – 405 East Building
Chester Young – 309 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.

FRIDAY NIGHTS - KABBALAT SHABBAT 6 pm – Shul

Friday, January 5

Welcome Shabbat with Rabbi Steve

Friday, January 19

Welcome Shabbat with
Rabbi Kim Harris

SHABBAT MORNING SERVICES WITH Dr. Seth Ward 10 am – Shul

Saturday, January 13

Remembering Martin Luther King Jr.

Saturday, January 27

International Holocaust
Remembrance Day



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, January 14

10 am – Pikes Peak

Led by Reverend Dale

Sunday January 21

10 am – Pikes Peak

Led by Reverend Dale and
Steve Miller on piano

Sunday January 28

10 am – Pikes Peak

Musical Service and Communion

Led by Reverend Dale & Steve Miller on piano

From Chaplaincy and Spiritual Services



Mindfulness Practice Group

*****NOW on Tuesdays too!***

****Starting January 16:***

Tuesdays at 2:30 pm

Blue Spruce

Thursdays at 2:30 pm

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, January 17

3:30 pm – Gathering Room

Assisted Living Sacred Grounds: Schmooze in the Bistro with Rabbi Steve

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



Sunday, January 7 & 21

6 pm – Shul Classroom

A Bissel” (A Little) Yiddish with Malka

Everyone has used a Yiddish word or phrase from time to time. When asked if you speak Yiddish, the common reply is A bissel! Many people understand Yiddish but can't speak it and truthfully, you know more Yiddish than you think. Join fluent Yiddish speaker Malka Amster for an hour of conversation in Yiddish in conjunction with the English language. This lively group delves into Yiddish culture and language through the lens of its participants, handouts and humor. This spirited gathering will help you use more words and phrases to incorporate into English. No experience speaking Yiddish is necessary, but having fun is! A bee gezint!.

From Chaplaincy and Spiritual Services



**Sunday, January 14
6 pm – Shul Classroom**

Understanding Judaism ☆

Come learn with master teacher and resident Malka Amster!

Jewish customs, ceremonies, rituals and holidays shared in a relevant, fun and enlightening way.

A refresher for someone and an introduction for others!

All are welcome!



Kehillat Kavod and Jewish Family Service

**Invites you to honor local survivors
and commemorate
International Holocaust
Remembrance Day**

**Friday, January 26
1 pm - Shul**

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

Kehillat Kavod is collaborating with Jewish Family Service to host this special event.

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



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



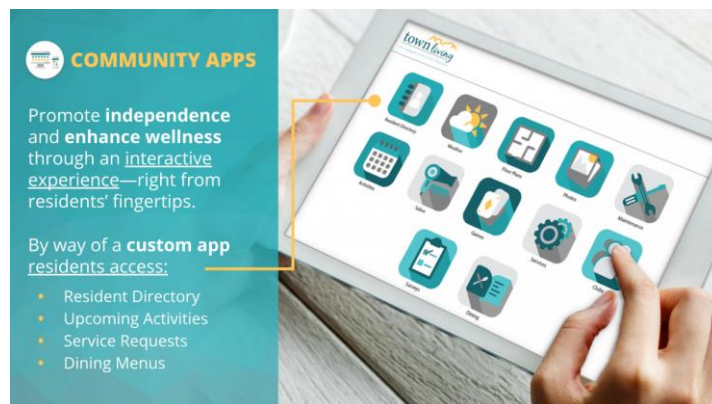
Genny Hale
Life Enrichment, Volunteer Engagement Coordinator

Happy New Year and may the upcoming year bring you much joy! Though it can be dark and cold during the winter months, you can bring light and warmth to others. Don't let your light go out, volunteer! There are so many possibilities from delivering newsletters, to working at the gift shop kiosk, to teaching a class, to providing assistance to your neighbors and the list goes on. If you have a special skill such as sewing or computer skills let me know as we can use those skills to help our community.



At Kavod we are also blessed to have many wonderful community volunteers. For example in January, Temple Sinai volunteers brought handmade, knitted lap blankets for some Kavod residents to enjoy and to stay warm in. That act of kindness brought many smiles.

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.

FROM LIFE ENRICHMENT

Decorate your Door for The Holidays Contest



WINNERS!

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

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

Tis the Season! It pays to participate!

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

Congratulations to the winners!

- **Grace Long, 304 West Building**
- **Raisa Kirienya, 1109 West Building**
- **Peggy Phillips, 132 South Building**
- **April Allen, 426 South Building**
- **Beverly Bolden, 408 East Building**
- **Carol Stewart, 517 East Building**



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.



DMV2GO, the mobile service for the Department of Motor Vehicles **will now be coming onsite every quarter** so you can renew your license, apply for a new license, get a Colorado ID, etc. **The next date they will be onsite is March 25, 2024.**

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

TRIPS FROM LIFE ENRICHMENT



Please call Connie at 720-382-7813 to sign up for this month's trips.

For the Assisted Living trips, the Kavod Van will pick you up in front of the WEST building. Be sure to be on time! ***Signup with Connie at 720-382-7813. Reservations are required.***



**Friday, January 5
10 am – Van Trip
Butterfly Pavilion & Lunch**



Meet Rosie the tarantula and explore a **tropical rainforest where 1,600 butterflies** rule the sky!



It's the zoo of small wonders and BIG experiences!

Frolic with 1,600 free-flying tropical butterflies in Wings of the Tropics, hold the famous Rosie the tarantula in the Crawl-A-See-Em, dive into the wonder of the of coral reefs and other ocean invertebrates in Water's Edge, witness the incredible punch of the mantis shrimp in Invertebrate World, and more.

After touring the Butterfly Pavilion, we will go to BJ's Restaurant for a delicious lunch.

No need to bring money, but please call Connie to signup at 720.382.7813.

TRIPS FROM LIFE ENRICHMENT



**Friday, January 12
1 pm – Van Trip
Lumonics Light &
Sound Gallery**

Join us for a delightful **guided tour** of one of the first and longest-running light art projects in the United States. Lumonics is a multisensory environment of light sculptures, video art projection, and music. On this trip you will have a tour of the gallery, art studio, and the Lumonics School of Light Art, a rotating display of 75 light sculptures from a collection of over 200 from the past 50+ years. Experience the Light and sound immersion, featuring the Lumonics Light Orchestra. Lumonics Immersed is an innovative approach to art and creativity, and can be a memorable and transformative experience. This one-of-a-kind experience will leave you feeling inspired and energized.

No need to bring money, but please call Connie to signup at 720.382.7813.



***Dollar Tree Shopping trip
Thursday, January 18***

***Depart at 2 pm in front
of West Building**

**Be sure to bring cash or your credit card
for this shopping trip.**

***Please call Connie at 720-382-7813 to sign
up.***



***Super Target Shopping trip
Thursday, January 25***

***Depart at 1:30 pm in front
of West Building**

**Be sure to bring cash or your credit card
for this shopping trip.**

***Please call Connie at 720-382-7813 to sign
up.***

TRIPS FROM LIFE ENRICHMENT



**Monday, January 29
4 pm – Van trip**

Lake House Kitchen & Tavern Dinner Trip

Join us for dinner at the Lake House Kitchen & Tavern where they are known for their award winning Henny Penny Fried Chicken, fresh out of the lake Walleye, specialty burgers and many more entrees to choose from. Save room for dessert! **No need to bring money, costs are covered by Kavod.**

Please call Connie at 720-382-7813 to sign up

Assisted Living Activities



Mondays

**Piano Sing Along
with Christine**

5:15 pm - Gathering Room

Join Christine on the piano right after dinner to sing and reminisce with favorite old songs.



**Wednesday, January 3
12:15 pm – Gathering Room**

What's Happening this month with Life Enrichment

Join Susan from Life Enrichment to hear about this month's classes, events and trips!
Enjoy some delicious cookies!

Bring your ideas and suggestions for any new things you would like to do or places you would like to go!

Assisted Living Activities



**Monday, January 8
12:15 pm – Gathering Room**

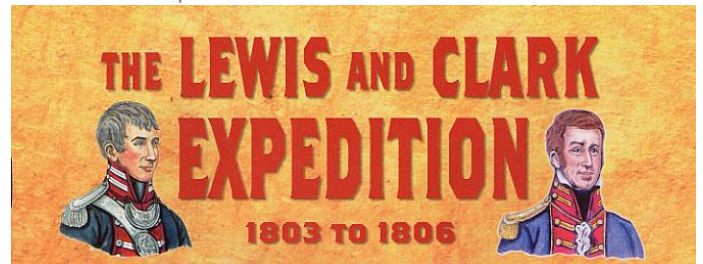
Assisted Living Resident Council

Join Christy Martinez, Director of Assisted Living, for the Assisted Living Resident Council Meeting. Bring your ideas and suggestions, your voice matters.



Wednesday, January 10
Painting & Wine with Polly
5:15 pm – Gathering Room

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



Tuesday, January 9
Assisted Living Active Minds:

"The Lewis & Clark Expedition" **12:15 pm – Gathering Room**

Join us for a program focusing upon Lewis & Clark's expedition that opened the West over 200 years ago. We will discuss the achievements and challenges of the expedition as well as the legacies it left for the young nation. Building upon the experiences from the expedition, we will also discuss the evolution of our country's relationship with Native Americans and the lands they inhabited.

Assisted Living Activities



Wednesday, January 10

12:15 pm – Gathering Room

Birthday Celebration & Concert



Enjoy a fun afternoon of music, dessert and dancing! If you have a birthday this month you will receive your birthday gift at this party.

Everyone welcome, come even if it's not your birthday to celebrate with your friends and neighbors!



EAST BUILDING

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

SOUTH BUILDING

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

WEST BUILDING

Irene Cohen
Susanna Goff
John Hartig
Gwenneth Hinz
Sandra Kolesnikova
Natalya Kondratyeva
Liudmyla Kyrichenko
Joan Ravenna
Myra Shuman-Bast

Assisted Living Activities



**Thursday, January 11
12:15 pm – Gathering Room**

The Jazz Cafe

Enjoy some lunchtime Jazz tunes with Kavod's favorite Jazz Band! Feel free to bring a sack lunch and join your friends and neighbors in the Gathering Room in the West building for a fun hour of jazz music.



**Tuesday, January 16
"Christy's Coffee, Chat Good Vibes"
3 pm – Gathering Room**

Join Christy Martinez, Director of Assisted Living and Anjelica Rosse, Wellness Coordinator, for coffee, tea and a fun chat.



**Wednesday, January 17
12:15 pm – Gathering Room**

Drumming with Karen

Join us right after lunch for a NEW fun and stimulating activity!

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



**Thursday, January 18
"Art Project & Mimosas"
3 pm – Gathering Room**

Join Christy Martinez, Director of Assisted Living and Anjelica Rosse, Wellness Coordinator, for an art project and Mimosas.

Assisted Living Activities

DENVER BOTANIC GARDENS

Friday, January 19

12:15 pm – Gathering Room

Denver Botanic Gardens *presents*

Sensory Adventures at Kavod:

Terrariums!

Denver Botanic Gardens comes to you! A horticultural therapist will work with us to create nature-based experiences that take place right here at Kavod. Each program will be different and designed to fulfill participant goals while providing an enriching and engaging opportunity. **This month our activity is “Terrariums.” Make your own Terrarium and take to your apartment!**



Monday, January 22 & 29

Assisted Living Bingo

12:15 pm – Gathering Room

Research shows that bingo is good for our brains! Join your friends for a fun hour and win prizes!



Tuesday, January 23

CONCERTS THAT MADE HISTORY!

12:15 pm – Gathering Room

Some concerts were more than a night out on the town - they took people by surprise, introduced a master work, introduced a master performer, or for some other reason altered the course of classical music. In this Active Minds class, we'll take a look at historic concerts including the premiere of Beethoven's 5th Symphony, Yo Yo Ma's introduction to the world, and the riot of the Stravinsky's Rite of Spring.

Assisted Living Activities



**Thursday, January 25
12:15 pm – Gathering Room**

The Social Hour with Anna

The Social Hour is a new group led by your Care Coordinator, Anna. This is a chance to connect with each other, share stories, discuss topics of interest, and engage in other fun activities together. This group will be held in the Gathering Room after lunch, please join us for conversation, connection, and fun!



Wednesday, January 31

***NEW Good Vibes & Tunes with Rick**

12:15 pm – Gathering Room

Enjoy some good vibes and tunes with Rick Weingarten and his Vibraphone right after lunch! Rick is a Kavod favorite and has been coming to Kavod to entertain for many years.

General 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!



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.

General Classes & Events



Tuesdays

(No class on Jan 2nd)

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.***



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!



Mahjong Players

Wednesdays at 1:00 pm - 3rd floor Bridge

Play Mahjong alongside experienced players. **Call Susan if you are interested in playing at 720-382-7849.**

General Classes & Events



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 have been given a challenge to knit or crochet hats, scarves and mittens for adults, children and babies. The yarn is donated. If interested call me @ 630-292-6226 to let me know if you are interested.

We meet on the bridge the Second & Fourth Wednesday each month at 2 pm to 4 pm.



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

Meet us on the Bridge at 1:00 pm to 3:00ish for ice cream. We have reduced sugar & dairy free. In addition doggie ice cream. Looking for one more volunteer to help with the Cow-mooobile.. We have added ordering mailing labels for \$5.00 for 60. Just ask. Pick up your address labels during this time



NO meetings in January **Kavod Player's Readers Theatre**

Kavod Player's Readers Theater will return in February. Watch the next Voice for all the details!



Current Events

****Please note this program is on hold for now.***



Drop In Tech Help! **Every 1st Tuesday of the Month** **January 2** **10 am - Noon**

***NEW Location: 3rd Floor Bridge**

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 arrive you will sign up for 15 minute time slots on a first come first served basis.***

General Classes & Events



Getting The Best for the Rest of Your Time

The conversation continues

Tuesdays, January 2 & 16

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



Let's Get Fusing!

**Make your own beautiful
glass jewellery!**

Wednesday, January 3
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. **All materials provided!**



Friday, January 5

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. **All materials are supplied.**



Sunday, January 7

5 pm – EAST 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!

General Classes & Events



**Monday, January 8
6 pm – Pikes Peak**

Karaoke Night & Happy Hour

Join us for fun evening of Karaoke, singing and Happy Hour! Enjoy one complimentary drink. **No cost or deadline, just drop in!**



**Tuesday, January 9
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.



Low Vision Support Group

Kavod Low Vision Education & Peer Support Group

Please note! *NEW time, day & location!

**Wednesday, January 10
10 am – Gathering Room
(West Building, first floor)**

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

This month's topic will be **"Vision Research Review."**

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.



**Thursday, January 11
2 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.

General Classes & Events



The Joy of Writing Workshop

Sundays, January 14 & 28

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!



Wednesday, January 17

1 pm - Pikes Peak Room

History of Railroads in the United States

A century and a half ago, the "Golden Spike" completed the construction of the First Transcontinental Railroad. ***Join Active Minds as we review the rich history of railroads in the United States.*** We will explore the role they played in building a

young country as well as the industry titans that emerged to build and control them. We will bring the story all the way up to the present, discussing current freight and passenger train issues and opportunities. All aboard!

"Здравствуйте" (Zdravstvujte) "Hello"	"До свидания" (Do svidaniya) "Goodbye"
"Меня зовут..." "My name is..."	"Где можно получить багаж?" "Where can I get my luggage?"

Sunday, January 21
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.

General Classes & Events



Mondays, January 22 & 29

Denver Public Library Bookmobile

**2:30 pm – 4 pm
Gathering Room**

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.



Challah Braiding Workshop with Luisa

**Thursday, January 25
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!



Scrapbooking Fun

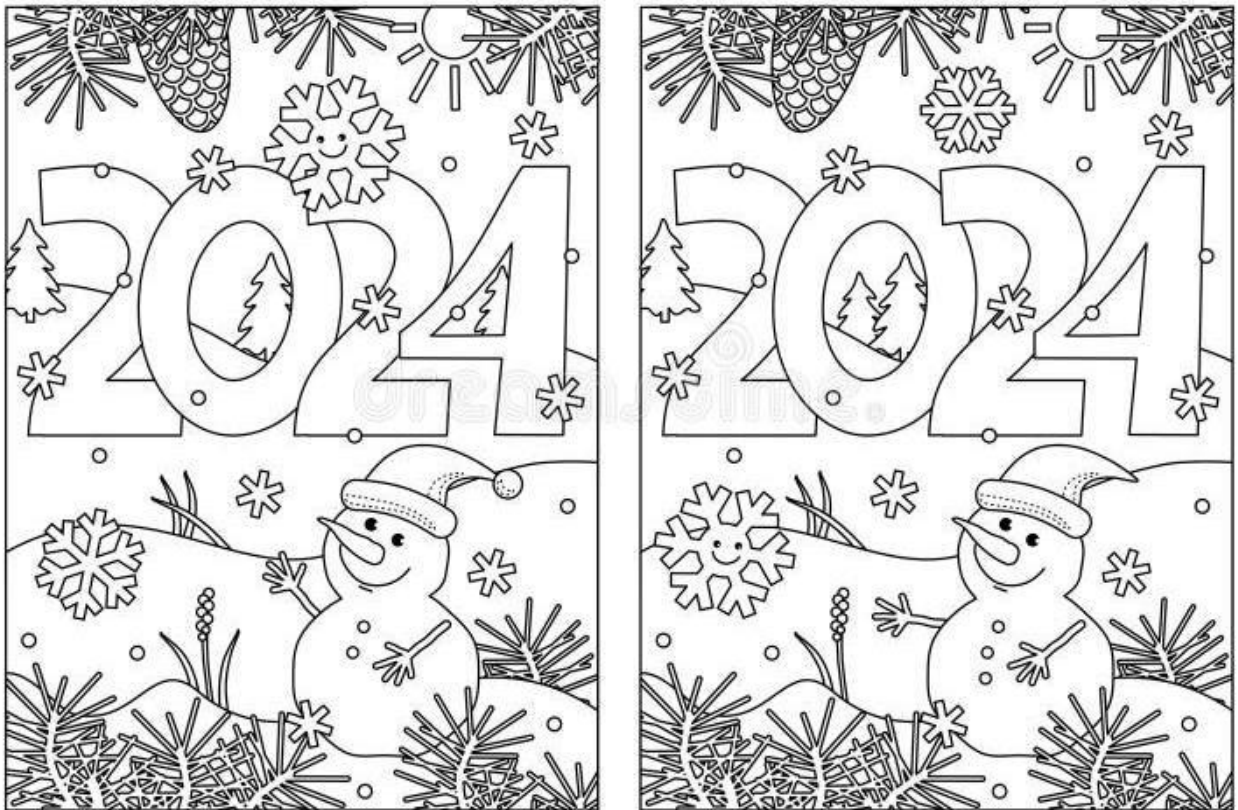
**Sunday, January 28
4 pm – Shul Classroom**

Scrappping 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). Register at front desk. Call Katie at 630.292.6226 for further information.



*Happy New Year from your Legacy team!
Wishing everyone a happy and healthy 2024.*

Find 10 differences.



Though the holidays can bring a lot of joy, they also can be a bit stressful. Stress sneaks into our lives at any age! Cortisol is the “stress hormone” and elevated levels of it has been shown to increase the risk of developing Alzheimer’s Disease. Therefore, managing stress is essential to both brain and body health! Traditional meditation practices, mindful breathing, listening to music, yoga, simplifying your life, meaningful relationships and walking meditation can assist in mediating the effects of stress. If you’re looking for ways to improve your management of stress, please feel free to reach out to your Legacy clinicians. Therapists are trained in supporting mindfulness and ways to support your overall well-being!

**Give us a call to see how we can assist you, or visit us in the Health and Wellness Center!
303-321-2452**



November Gifts

ACTIVITIES

Lisa Francione, In Memory of Michelle Allen, z'l
Michael & Wendy Klein, In Memory of Grigoriy
Umansky, z'l
Sandra Kolesnikova

GENERAL

Garrett Barter
Dennis & Jo Battock, In Memory of Donald
Huttner, z'l
Connie Burke
Robin Chotin, In Memory of Donald Huttner, z'l
David Engleberg, In Memory of Donald Huttner &
Elaine Wolf, z'l
Sylvia Epstein, In Memory of Donald Huttner, z'l
Sarah S. Fun, In Memory of parents & siblings, z'l
Louis Gelfand
A. Barry & Arlene Hirschfeld, In Memory of
Donald Huttner, z'l
Meredith Levy, In Honor of Miles Cohen
Jim Mack
Scott & Jolene MacKay, In Memory of Donald
Huttner, z'l
Dale Marcus, In Memory of Jerry Marcus, z'l
Robert Mintz
Michael & Leslie Mook, In Memory of Donald
Huttner, z'l
Kelly & Katie Peters, In Memory of Elaine Wolf, z'l
Casey Rosenberg, In Memory of Donald Huttner,
z'l
Sharon & Justin Roth, In Memory of Elaine Wolf,
z'l
Michele & Jordon Scharg, In Memory of Donald
Huttner, z'l
Michael & Traci, In Memory of Donald Huttner, z'l

Lou & Lori Sigman, In Memory of Donald Huttner,
z'l
Yvette Trachtenberg, In Memory of Donald
Huttner, z'l
Harold & Sharron Weinstein
Gaile Weisbly Waldinger, In Memory Grigoriy
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