



Kavod Senior Living at Cherry Creek

Activity Calendar — FEBRUARY 2025






Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Guide:</p> <ul style="list-style-type: none"> GR—Gathering Rm (West) SH —Shul (2nd floor East) SHC-Shul Classroom (2nd floor East) HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS 	<p>Color Guide:</p> <ul style="list-style-type: none"> Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other classes 					1
<p>2 12:00 Piano Music while you dine by Christine-DR</p> <p>3:00 Painting & Wine with Polly—Pikes Peak</p> <p>5:00 Resident Sing Along-DR</p> <p>6:00 “A Bissel” (A Little) Yiddish—SHC</p>	<p>3 9:00 Mountain Balance-Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>11:00 Conversation on the Edge—SHC</p> <p>1:00 Readers Theatre-Pikes Peak</p> <p>6:00 Flower Pressing—SHC</p>	<p>4 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>*11:45 JFS Food Bank & Pantry - trip</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>5 *8:00 Golden Horseshoe Sleigh Ride—Trip</p> <p>9:00 Mountain Balance—Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:15 Heart Healthy Kavod-Pikes Peak/MBS</p> <p>11:30 Book Club—MBS</p> <p>1:00 Fused Glass Art Workshop-Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p> <p>4:30 Tech Help-3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd flr Brdg</p>	<p>6 9:00 Tai Chi—Pikes Peak</p> <p>10:00 “What’s Happening at Kavod” Breakfast with Life Enrichment –SHC</p> <p>10:30 Herbalism Series—Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>*6:15 Baroque Chamber Concert—Trip</p>	<p>7 9:00 Relaxation Hour—Pikes Peak</p> <p>*11:00 King Soopers—trip</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge</p> <p>No Jewelry Making today</p> <p>6:00 Shabbat Service with Rabbi Steve—SH</p>	8
<p>9 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>4:30 Super Bowl Party—Pikes Peak</p> <div style="text-align: center;">  <p><small>SUPER BOWL</small></p> </div> <p>6:00 Understanding Judaism -SHC</p>	<p>10 9:00 Mountain Balance-Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>11:30 Best of the Rest—SHC</p> <p>1:00 Readers Theatre-Pikes Peak</p> <p>2:30 DPL Bookmobile—WEST Building Gathering Room ONLY</p> <p>2:15 Happiness & Hugs with Senior Snuggles—Pikes Peak</p>	<p>11 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>10:00 Gratitude Sharing—GR</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>*11:45 JFS Food Bank & Pantry - trip</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>6:00 Black History LIVE with Historian Donnie Betts, Dessert & Coffee Reception—Pikes Peak & MBS</p>	<p>12 9:00 Mountain Balance—Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Low Vision Support Group—GR</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:15 Heart Healthy Kavod-Pikes Peak/MBS</p> <p>11:30 Book Club—MBS</p> <p>1:00 Chili Cook Off—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor brdg</p> <p>4:30 Tech Help-3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>13 9:00 Tai Chi—Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>3:00 Kavod Travel Club—Pikes Peak</p> <p>*5:45 CU Symphony Orchestra—trip</p> <div style="text-align: center;">  <p><small>Tu B'Shevat NEW YEAR FOR THE TREES</small></p> </div>	<p>14 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:00 COW-MOOOBILE (Ice Cream) –3rd floor Bridge</p> <p>4:00 Roses Giveaway for Valentines Day—East Lobby</p> <div style="text-align: center;">  <p><small>Happy Valentine's Day</small></p> </div>	15
						<p>10:00 Shabbat Services with Seth Ward (Portion Yitro (10 Commandments!)) —SH</p> <div style="text-align: center;">  <p><small>NEXT PAGE</small></p> </div>

Kavod Senior Living at Cherry Creek

Activity Calendar — FEBRUARY 2025

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>16 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>6:00 Understanding Judaism -SHC</p> <p>12:00 Piano Music while you dine by Christine-DR</p> <p>4:00 Rising Star Missionary Baptist Church Choir—DR</p>	<p>17 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>5:15 President's Day Concert—DR</p> 	<p>18 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>*11:45 JFS Food Bank & Pantry—trip</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p> <p>5:15 Birthday Celebration & Concert with "The Queen City Jazz Band" - Bistro/Main DR</p> 	<p>19 *9:00 Mountain Casino—trip</p> <p>9:00 Mountain Balance-Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:15 Heart Healthy Kavod-Pikes Peak/MBS</p> <p>11:30 Book Club—MBS</p> <p>1:00 Popcorn on the Bridge</p> <p>1:00 Active Minds "The European Union"—Pikes Peak</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p> <p>4:30 Tech Help—3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>20 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 Super Walmart—trip</p> <p>1:00 Resident Council—Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p>	<p>21 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>10:45 Sacred Grounds—Bistro</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p> <p>6:00 Shabbat Service with Rabbi Josh—SH</p>	<p>22</p>
<p>23 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>2:00 Improv Comedy Show & Workshop—Pikes Peak/MBS</p> <p>3:00 Let's Get Scrappy—SHC</p> <p>6:00 Rosh Chodesh Group—SHC</p>	<p>24 9:00 Mountain Balance—Pikes Peak</p> <p>10:30 Bingo—Pikes Peak</p> <p>No Readers Theatre today</p> <p>1:00 Jefferson Symphony Orchestra String Quartet Concert & Reception—Pikes Peak/MBS</p> <p>2:30 DPL Bookmobile—WEST Building Gathering Room <u>ONLY</u></p>	<p>25 *9:00 Cracker Barrel—trip</p> <p>9:00 Tai Chi—Pikes Peak</p> <p>10:00 Gratitude Sharing-GR</p> <p>10:00 Bridge Players Club-3rd Floor Bridge</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>2:30 Mindfulness Practice Group—MBS</p>	<p>26 9:00 Mountain Balance-Pikes Peak</p> <p>10:00 English Language Practice-MBS</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:15 Heart Healthy Kavod-Pikes Peak/MBS</p> <p>11:30 Book Club—MBS</p> <p>1:00 Mahjong Players—3rd floor bridge</p> <p>2:00 Art with Isaak—SHC</p> <p>4:30 Tech Help—3rd floor bridge</p> <p>6:30 Mahjong Evening Players—3rd floor bridge</p>	<p>27 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 King Soopers—trip</p> <p>2:30 Mindfulness Practice—MBS</p> <p>4:30 Resident Piano Recital with Tory—DR</p>	<p>28 9:00 Relaxation Hour—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:00 COW-MOOOBILE (Ice Cream) -3rd floor Bridge</p>	 <p>PREVIOUS PAGE</p>

February 2025

Connie's

CORNER



Hi Everyone,

Be sure to choose a class or trip to attend this month! My **Activity Tip** for you is to take your monthly calendar and highlight what you would like to do each day, put it on your refrigerator and look at it each morning to remind you what you want to do that day!

Join us for the "Life Enrichment Breakfast & What's Happening at Kavod" on Thursday, February 6th at 10 am in the Shul Classroom. We will have coffee, tea, and breakfast goodies to enjoy during the meeting.

Stay in the know! Be sure to log-in to **Uniguest/formerly Touchtown** for loads of content, videos and announcements, see instructions inside the *Voice*.

We have iPads you can borrow from our Lending Library, feel free to call Susan at 720-382-7849.

Connie Moore

Director of Life Enrichment

720.382.7813

cmoore@kavodseniorlife.org



**Travel with us to
Pagosa Springs, Colorado
August 4th – 8th, 2025**



Pagosa Springs Resort & Spa is a 5-star luxury Hotel in Pagosa Springs, located just north of the New Mexico border. One of the main attractions of this amazing Resort is the complex of 35 geothermal pools with different temperatures. You will discover a place where nature and relaxation combine with rest and rejuvenation.

Included in the cost are 4 nights lodging, Resort fee, onsite daily Hot Springs Pools Pass, Daily Hotel Breakfast Voucher, Round-trip transportation, Durango Train Ride (includes lunch), Staff Planning and Assistance.

More information inside this issue of the Voice.

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear Residents,

Greetings! It's already February and we hope the first of the year has been good so far. As in past editions, we have some updates for everyone.

- As you may already know, Jeff Oliver is our new Director of Facilities as of December 19, 2024. He was our Interim Director along with being Facilities Manager when our former Director, Gordon Smith, went on leave for six months. Gordon officially retired in December, and Jeff has filled Gordon's shoes nicely.
- If you have visited the East building, you likely have noticed that table with a statue is in the middle of the lobby area. The purpose is to see if individuals will bump into it, especially during busy meal times. The eventual goal is to put a permanent table, statue and lighting there as part of Kavod's Beautification Project. This project aims to update many of Kavod spaces and provide a welcoming feeling to those entering our front doors.
- Within 60-90 days, Kavod's laundry rooms will have new washers and dryers through a new vendor, CSC Serviceworks. We will provide information about the installation

timeline, use of the machines and issue reporting soon. For now, if a current washer or dryer is not working, let the front desk know.

Fire Safety Announcements:

- Unless there is an emergency repair issue where the central heat is temporarily unavailable, **you are NOT allowed to have a portable** heater in your apartment. According to the National Fire Protection Association, heating equipment caused 13% of home structure fires and 18% of home fire deaths between 2016 and 2020, with space heaters accounting for one-third of those fires. Portable electric heaters are high-wattage appliances that have the potential to ignite nearby combustible materials like curtains, sofas, rugs, paper, clothing and flammable liquids (*Office of Congressional Workplace Rights: Portable Space Heaters Fast Facts. OCWR.gov*). All residents need to remove portable heaters, electric fireplaces or any type of electrical appliance that emits heat from your apartment. If you have heating issues, request a work order and we will address it.
- Another way to prevent fires is to plug all appliances **directly** into wall outlets rather than into an extension cord or power strip. If using a power strip:
 - Use sparingly, and do not overload with plugs.
 - Only connect light-load appliances (i.e. computers, lamps, clocks)
 - Do not cover, staple, tack, tape, or nail to any surface.

Thank you for doing your part in keeping Kavod safe. As always, we appreciate you being part of the Kavod community.

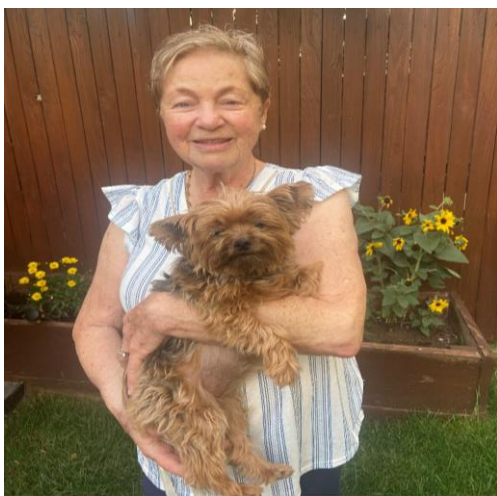
Michael Klein & Kara Harvey

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)



Silwya Budnick

From Karen Wollman

Another year has come and gone and already we're two months into 2025. It never ceases to amaze me how fast time flies by.

I would like to thank Katie for all she has done for the residents of Kavod. She has generously given of herself so the residents would enjoy events, pot lucks, help with voter registration, watermelon, ice cream and much more. She talked with management about your concerns and kept you up to date on how management and staff were taking care of things at Kavod. She deserves a standing ovation. **Thank You Katie for all your hard work.**

With Katie stepping down as President, I have stepped into that position. You will see some changes happening to the Council with many things staying the same.

First, there will not be a "President". We will have **two Co-Chairs**. Roz Brooks and I will be working together in that position. Beverly Bolden has stepped up and will now be the Secretary. She's very capable with her past secretarial experience before she retired. I'm excited that she volunteered to join us. We are still asking for a volunteer to fill the position of Treasurer.

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Resident Council

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We now have a Program and Planning Committee. These are resident volunteers that will discuss and decide on speakers for the monthly council meetings and also plan and coordinate events that will happen throughout the year.

The following is a calendar rundown on what to expect for the coming year for Events and Activities.

- *Ice Cream – Every Friday 1 – 2:30 BRIDGE
 - *Pop Corn – 3rd Wed. 1 -2:30 BRIDGE
 - *Bake Sale - April & Oct.
 - *Craft Sale – Oct. (with bake sale)
 - *Veterinarian – TBD
 - *Adopt a Purse – On Going
 - *Give & Take – Quarterly: Mar., June, Sept., Dec.
 - *Clothing Drive – March & Sept.
 - *Root Beer Floats – August
 - *Dog Show – May (outside with Rain Date)
 - *School Supply Drive – June 1st thru mid-July
 - *Cat Contest – Oct.
 - *Friendsgiving – Nov.
 - *Holiday Traditions - Dec.
- **Other events may be added at a later date.**

Our monthly Resident Council Meeting will stay the same. We will meet in **Pikes Peak the 3rd Thursday of every month at 1pm.** We will have our police liaisons visit with us every month. Kate is on assignment this month but John will be there to update us on what's happening in Cherry Creek. Officers from BMO bank will also join us to talk to you about Banking Fraud and how to protect yourself from bank scams.
Refreshments will be served.

Executive Board

Resident Council Co-Chairs:

*Karen Wollman Apt. 805 E
Phone # 918-815-2995

*Roz Brooks Apt. 920 E
Phone # 303-726-8781

*Secretary – Beverly Bolden Apt. 408 E

Board & Program / Planning Committee

*Sandy Brodsky

*Agnes Zaffreys

*Doug Krug

RESIDENT COUNCIL EMAIL ADDRESS:

kavodresidentcouncil@gmail.com

JOIN US FOR A SUPER BOWL PARTY!



SUPER BOWL SUNDAY
February 9, 2024
Game Starts at 4:30 pm
Pikes Peak
REFRESHMENTS SERVED



**Please thank
The Life
Enrichment Team!**



Connie Moore, Director of Life Enrichment

Dmitriy Umanskiy, Lead Driver & Program Assistant

Stewart Schoenthal, Driver & Trip Assistant

Susan Schoenthal, Life Enrichment Coordinator

Genny Hale, Volunteer Engagement Coordinator

Elizabeth Stanbro, Intergenerational Program Coordinator

Emma Bourroughs, Life Enrichment Activity Assistant

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

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

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

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

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

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

SENIOR LOAN PROJECT

The Senior Loan Project was created by Kavod Senior Life residents to benefit the residents of Kavod Senior Life.

If you are in need of a small emergency loan they can provide you with up to \$150 at 0% interest and give you up to 4 months to pay it back.

Simply ask a SLP Loan Officer for more information:

*Bernice Fallik – 720-607-2242

*Beverly Thompson – 720-234-3363

*Gary Wilson – 303-355-2304

*Ondalee Kline – 303/258-6796

Russian speaking:

*Марина Народицкая (русский язык)
720-585-1489

Life Enrichment



Genny Hale
Life Enrichment, Volunteer
Engagement Coordinator



Doug Krug

Doug Krug is a familiar face around Kavod having volunteered for numerous activities and programs. Currently he serves on the Kavod Academy of Lifelong Learning Advisory Board, announces names at Senior Living birthday parties and helps with various Resident Council projects. Additionally, Doug leads a class called the “Best of the Rest” which aims to help residents learn how to make these years the best years of their life by finding fulfillment and meaning through

various means including by connecting with others.

The “Best of the Rest” class builds on decades of experience Doug has working with aging through high level positions in Health and Human Services among others. Now, the concepts of the class are more resonant than ever for him as before those concepts were theoretical but now they are his lived experience. The class is a conversation among residents. Doug loves leading this class and being at Kavod as a whole. You can see the enthusiasm and emotion on Doug’s face as he talks about how Kavod is his home and how impressed he is with the culture here and the quality of the people, residents and staff alike.

Growing up in Miami but having lived in Denver for 54 years, Doug is a renaissance man. He served in the United States Air Force as a canine trainer/handler and has had various careers including in the government and owning a record shop. He hitchhiked through Europe as a young man and even worked on an Israeli kibbutz. Doug has also co-authored/authored books on organizational leadership.

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Doug Krug

(Continued)

Not only does Doug formally volunteer but he informally volunteers too to help neighbors when needed, with groceries, dog-walking and so forth. He emphasizes that caring and being relational are good traits to have as a volunteer. It's at the heart of volunteerism. It is clear that Doug cares deeply and that volunteering helps make a difference not only for him but for others. He also lives his life to the fullest!

For those of you who haven't yet volunteered, I encourage you to do so if you can. It's rewarding and a great way to make new friends. For those who already volunteer, **please remember to turn in your volunteer time sheets to me if you volunteer! The volunteer mailbox is located next to the Gift Shop Kiosk on the 3rd floor bridge!** If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at ghale@kavodseniorlife.org.



Kavod will have a new tech help volunteer, in addition to Lauren who volunteers weekly.

Lauren provides tech help on the East end of the bridge Wednesdays from 4:30 pm – 6:00 pm.

Our new volunteer Jacob will be providing tech help once per month every third Wednesday also on the bridge.

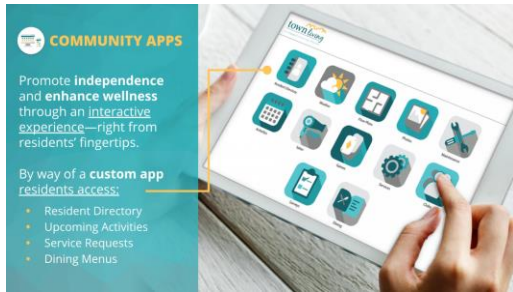
They will help residents with every day tech questions with phones, laptops, watches or iPads. The process going forward is changing a bit to better fit the needs of residents.

If you need help please call Genny, the Volunteer Engagement Coordinator, at 720.382.7820 to schedule an appointment.

Please be advised that spaces have been filling up quickly and weeks in advance, so please be patient as these are volunteers and as such they only have limited availability.

Also, not all types of requests can be helped. When you make an appointment, Genny will advise you if the type of tech help you need is something these volunteers can help resolve.

In the future we hope to add computer classes for beginners and other helpful resources.



Life Enrichment is very excited to help you learn about the FREE



Community App!

Learn how to access daily information about our trips, classes, events, menus and much more! **Uniguest (formerly Touchtown) is a FREE, innovative way to communicate, connect and stay engaged at Kavod!**

In case you are new, or haven't heard about Touchtown, contact us for all of the details.

Log in with the following:

USER NAME: 4575

PASSWORD: 4575

On your computer you can access Community Apps by going to www.communityapps.com and logging in with the same user name and password above. **Please direct all questions to Connie Moore at 720.382.7813**

FROM LIFE ENRICHMENT



Low Vision Newsletter

If you would like to receive a low vision VOICE Newsletter with a larger font for easier reading, please contact Susan at 720-382-7849. It will be delivered to you along with the regular newsletter near the end of each month.



Please remember that due to some people having allergies and asthma, DO NOT wear fragrances on outings in the Kavod vans or in classes, and do not spray air fresheners in the hallways of our buildings.

Thank you!

TRIPS, CLASSES, AND EVENTS

Sign-ups, Cancellations and Refund Information

****Please arrive 15 minutes prior to departure time for every trip!**

Please note that all classes, activities and trips are open to all non-residents and the community; however, priority will be given to Kavod residents.

Non-Residents can request to be picked up at the JCC and can mail their payments to Kavod Senior Life, Attention: Connie, Life Enrichment, 22 S. Adams Street, Denver, CO 80209, **or pay with a credit card and go online at <https://www.kavodseniorlife.org/life-enrichment/>** to sign up and pay, click on Senior Living tab, Kavod Senior Living Events & Trips.

All trips must be paid by deposit or in full at the time you sign up at the front Reception window and must be paid in full by the deadline. Call Connie with questions.

Sign up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at <https://www.kavodseniorlife.org/life-enrichment>

The Activity sign-up sheet inserted in the *Voice* is to help you track and remember what trips you have signed up for. You can fill it out

and take it with you to the front office to pay for your trips.

Please pay close attention to the deadline dates. It is best to sign up and pay early to secure a reservation.

If you're unable to go on a trip, you must cancel by the deadline date to receive a refund. Exceptions must be approved by Life Enrichment Director. **There are NO refunds for concert, theatre or show tickets!**

Please note that payments can be made for all trips in installments to make them affordable for everyone. Amount of payments can be determined with Connie, to tailor for your own needs. All trips must be paid in full by the deadline.

For any questions or concerns, please contact Connie Moore at 720.382.7813 or email cmoore@kavodseniorlife.org

Please sign-in at all classes when you attend!



main attractions of Pagosa Springs Resort & Spa is the complex of 25 geothermal pools with different temperatures. You will discover a place where nature and relaxation combine with rest and rejuvenation.

Included in the cost are 4 nights lodging, Resort fee, onsite daily Hot Springs Pools Pass, Daily Hotel Breakfast Voucher, Round-trip transportation, Durango Train Ride (includes lunch), Staff Planning & Assistance.



PAGOSA SPRINGS RESORT AND SPA HOTEL



CASCADE CANYON EXPRESS HISTORIC TRAIN (TRAIN RIDE & LUNCH INCLUDED IN PRICE)

GET READY TO BE INSPIRED BY THE WONDERS OF DURANGO ON A HISTORIC TRAIN

**Travel with us to
Pagosa Springs, Colorado
August 4th – 8th, 2025**

The Life Enrichment Team has been hard at work to plan our 2025 “Big Trip.” We’re excited to let you know that we have created an amazing itinerary to an incredible destination, Pagosa Springs, Colorado.

A trip to the Pagosa Springs hot mineral springs in Colorado is a journey towards health and amazing experiences. Pagosa Springs is one of those phenomenal places on the globe where natural factors provide both scenic beauty and healing properties.

Pagosa Springs Resort & Spa is a **5-star luxury Hotel** in Pagosa Springs, located just north of the New Mexico border. One of the

One of the most scenic historic railroads in the United States, the Durango Narrow Gauge Railroad, with its 1880s-era steam locomotives, travels the same tracks that miners, frontiersmen, and cowboys rode nearly 140 years ago. Reconstructed historic rail cars, pulled by a historic steam locomotive, will make you feel like you are in a Western or Wild West story. Enjoy the iconic canyon views of the world-famous Durango Narrow Gauge Railroad in just 5 hours. An unforgettable train adventure with incredible geological features and fantastic scenery that will blow your mind.

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**Pagosa Springs,
Colorado
August 4th – 8th,
2025**

(Continued)

The Durango Railroad remains one of the few remaining narrow gauge steam railroads in the United States. Sit back, relax, and be amazed as you travel through steep mountain canyons and High Mountain passes through the pristine San Juan National Forest.

A box lunch on the train is included in the price.



Are you ready for an unforgettable trip?

Get ready to explore the breathtaking landscapes of Durango. Durango is a city rich in history and culture. The city of Durango has a population of only 14,000 people. Durango was founded by the Denver and Rio Grande Railroad in 1880 for mining purposes and is named after Durango in Mexico, which was named after Durango in Spain. The city has its own little, but very American history.

So, what are you waiting for? Let's hit the road!

***A \$300 NON-REFUNDABLE Deposit required to sign-up and reserve your spot. NO reservations will be accepted without the deposit. Trip MUST be paid in FULL by July 11, 2025, no exceptions. We also require you to sign an Agreement & Waiver for this trip. *Travel insurance strongly encouraged.* We recommend calling Travel Guard 1-855-203-5962 for a price quote.**

Sign up through Connie or Dmitriy ONLY, please do not go to the Front Desk.

Resident Double Occupancy/2 per room = \$1200 per person
Resident Single Occupancy/Single Room = \$1600 per person
Non-Resident Double Occupancy/2 per room = \$1450 per person
Non-Resident Single Occupancy/Single Room = \$1800 per person

Register through Connie or Dmitriy ONLY, please do not contact the East office front Reception.

For additional information, please call Connie Moore at 720.382.7813 or Dmitriy at 303.598.0623

Upcoming Trips



Sign up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at

<https://www.kavodseniorlife.org/life-enrichment>

*****Masks are no longer required at this time on the vans, but please wear one if that helps you feel more comfortable.***

Be sure to arrive 15 minutes before departure on all trips. We depart promptly at the departure time. Passengers are loaded in the vans in the half-circle drive in front of the East building.

For questions, please call **Connie, Director of Life Enrichment at 720.382.7813.**



Life Enrichment schedules many **grocery and shopping trips** throughout the month, watch the calendar for dates and times. **Cost is \$3 round trip.**

ATTENTION NON-RESIDENTS WHO REQUEST TO BE PICKED UP AT THE JCC ON OUR TRIPS

The JCC has generously allowed parking in their lots while going on Kavod trips.

Please read the JCC "Parking Acceptance of Risk" below and know that by parking in the JCC parking lot you accept the parking risk as outlined below. Contact Connie at 720.382.7813 with any questions.

JCC Parking Acceptance of Risk:

I understand that by parking in the JCC Denver parking lot that the JCC Denver cannot be held responsible for damage, loss, theft, claim, or demands, and is under no responsibility to protect the vehicles in the parking lot.

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

I understand the lot is not locked or secured and the JCC Denver does not guarantee the security of the cars or property in the parking lot.

I understand that ticketing will occur if my vehicle is left overnight or after hours of operation.

I agree to assume full responsibility for and risk of property damage if I choose to park in the JCC Denver parking lot for the duration of a Kavod Senior Life or Kavod on the Road program.

Upcoming Trips



Tuesdays, February 4, 11 & 18

**11:45 am – Van Trip
JFS Food Bank & Pantry**

Each month we take residents to Jewish Family Services to pick up their commodity boxes and shop at no cost in the JFS Food Pantry. ***Please bring your own bags.***

You can go to the East building front Reception window to pick up the application, fill it out and then **sign-up for ONE trip each month.** There is no cost for this trip. **At the request of JFS, we are limited to 6 residents for each trip.**

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

For questions call Connie at 720.382.7813.



**Wednesday, February 5
8 am – Van Trip**

Mountain Horse Scenic Sleigh Ride

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

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

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

Deadline was 1/17, Check front desk for availability

Upcoming Trips



**Thursday February 6
6:15 pm – Van Trip**

Baroque Chamber Orchestra Joy of Discovery: Baroque Connections, Chamber Concert

Join us for a vibrant array of recently created chamber music by diverse living composers that all have one thing in common: each piece on the program has a Baroque connection!

Performed at the Epiphany Lutheran Church by five BCOC string players, plus artist-in-residence Vijay Chalasani on viola and guest composer Nicola Canzano on harpsichord. Music by present-day composers Caroline Shaw, Anna Clyne, Nicolas Leff Benevides, Adolphus Hailstork, Kenji Bunch, and Nicola Canzano.

Residents Cost: \$28

Non-Residents Cost: \$35

Deadline: February 4



College of Music
UNIVERSITY OF COLORADO **BOULDER**

**Thursday, February 13
5:45 pm – Van Trip**

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

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

Cost Residents: \$10

Cost Non-Residents: \$20

Deadline: February 10

Upcoming Trips



Wednesday, February 19 9 am – Van Trip Colorado Mountain Casinos

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

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

For a FREE RIDE around town, *Jump on the Blackhawk & Central City Tramway* at the Lodge Casino. This Free local Bus Service connects you to destinations throughout the City of Black Hawk and Central City via 19 conveniently located bus stops. This friendly, free service is made possible by the support of local casinos. Buses operate continuously, 7 days a week, from late morning until early the following morning.

Cost Residents: \$8

Cost Non-Residents: \$10

Deadline: February 17



Tuesday, February 25 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: February 24

Upcoming Trips



TRIPS Coming in March 2025!

Wednesday, March 5
6 pm – Van Trip

**Lamont Symphony Orchestra
And Choirs
Presents: Defiant Requiem**



Join us for an extraordinary evening at the Lamont School of Music.

Co-sponsored by the Holocaust Awareness Institute at the Center for Judaic Studies.

The signature concert of The Defiant Requiem Foundation, *Defiant Requiem: Verdi at Terezín*, tells the story of the courageous Jewish prisoners in the Theresienstadt Concentration Camp (Terezín) during World War II who performed Verdi's Requiem while experiencing the depths of human degradation. With only a single smuggled score, they performed the celebrated oratorio sixteen times, including one performance before senior SS officials from Berlin and an International Red Cross

delegation. Conductor Rafael Schächter told the choir, "We will sing to the Nazis what we cannot say to them." *Defiant Requiem: Verdi at Terezín* is a concert-drama that was conceived and created by Foundation President, Maestro Murry Sidlin. It combines the magnificent music of Verdi with video testimony from survivors of the original Terezín chorus and footage from the 1944 Nazi propaganda film about Theresienstadt.

The performance also includes actors who speak the words of imprisoned conductor Rafael Schächter and others. *Defiant Requiem* is not just a performance of the Verdi Requiem, but a tribute to the inspired leadership of Rafael Schächter who was forced to reconstitute the choir three times as members were transported to Auschwitz.

The performances came to symbolize resistance and defiance and demonstrated the prisoners' courage to confront the worst of mankind with the best of mankind. *Defiant Requiem: Verdi at Terezín* is powerful, dramatic and inspirational.

Cost Residents: \$8

Cost Non-Residents: \$20

Deadline: February 26



****NEW Class!**



**Wednesdays
2 pm – Shul Classroom**

Art with Isaak, *Intro to Drawing*

Resident Isaak Gelfand who speaks Russian and English, will be leading a new Intro to Drawing art class for Kavod residents. Meet other residents in a fun and joyful atmosphere. **Materials will be provided.**

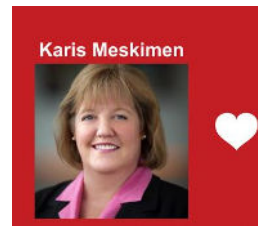


**Thursday, February 6
10 am – Shul Classroom**

**“What’s Happening”
Life Enrichment Breakfast**

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

We will have coffee, tea, and breakfast goodies to enjoy during the meeting. Bring your monthly Voice & Calendar to follow along as we go over the trips, classes and events. **Just drop in, everyone welcome!**



Monday, February 10

2:15 pm – Pikes Peak

Happiness & Hugs with Senior Snuggles

Join Karis the founder of Senior Snuggles for a special presentation and fun hour for Valentine’s Day called, “Happiness & Hugs” which includes research on the hormone released during positive touch like hugs.



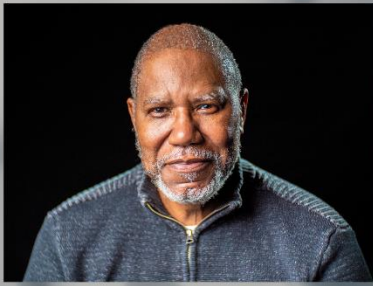
Friday, February 14

4 pm – East Lobby

The Life Enrichment team and the Resident Kavod Academy of Lifelong Learning Advisory Board will be handing out **Red Roses** starting at 4 pm in the East Lobby until the Roses are gone. **ONE Rose per person only!** Must be present to receive the Rose. **Many thanks to Wish of A Lifetime for providing the Roses!**



donnie betts



**Tuesday, February 11
6 pm – Pikes Peak/Mt. Blue Sky
Black History LIVE with
Historian Donnie Betts
Dessert & Coffee Reception**

Join Historian, award-winning documentary filmmaker, theatre director and podcast host for a live, fascinating talk about Black History.

Dessert & Coffee Reception to follow.

Kavod Chili Cook Off



**Residents, Legacy & Staff
Wednesday, February 12, 2025
1 pm – 2 pm
Mt. Blue Sky/Pike Peak**

Bring your favorite red or green chili recipe and be a part of the Great Chili Cook Off! There will be 2 winners, one winner for RED CHILI and one winner for GREEN CHILI. Each winner will receive a \$50 gift.

**Deadline to enter is Monday, 2/10/25.
Please sign up at the front desk.**

Chili Cook Off Rules

1. Chili must be made from scratch, no frozen prepared chili, no prepackaged or canned chili.
2. Please bring chili in a crockpot- minimum of 4 quarts (no less).
3. Please provide a list of ingredients used in the chili, in order to avoid any possible food allergies.



**Monday, February 17
5:15 pm – Dining Room**

Celebrate Presidents Day!

Enjoy a patriotic concert with the Denver Dolls, a fresh, all-female trio of professional performers inspired by beloved WWII Era Shows of the past. These darling Dolls root their musical style, beautiful look, and light-hearted performance in the tradition of the beloved female groups of the Thirties, Forties and Fifties. Built from the ground up by passionate musicians with decades of professional experience, The Denver Dolls are a delight for audiences of all ages!



**Wednesday, February 19
1 pm – Pikes Peak**

**Active Minds Presents:
The European Union**

Gradually created in the wake of World War II, the European Union was formed to provide a unified trading bloc for Western Europe. As the EU has grown, it has faced obstacles, such as the addition of Central and Eastern European countries and BREXIT, the first and only withdrawal of a nation from the Union. Join Active Minds as we explore the historical roots of the formation of the EU as well as the issues that challenge its future.



**Sunday, February 23
2 pm – Pikes Peak/Mt. Blue Sky
Improv Comedy Show & Workshop**

Please join us for a fun afternoon of Improv comedy! *Improv for All* is a group of local Denver long form comedic improvisors who are volunteering to entertain and bring

laughs for Kavod residents. You can catch many of them performing on stage at various theaters such as Chaos, Bloom, What if Improv Theater and Rise Comedy. Just one word for a suggestion will spark a 20-25 minute comedic performance completely made up as they go! The first part of the show will be performance. The second half of the show, the audience will have the opportunity to participate with fun improv games and exercises.

Refreshments will be provided.



**Monday, February 24
1 pm – Pikes Peak/Mt. Blue Sky**

**JEFFERSON SYMPHONY ORCHESTRA
SPRING QUARTET**

Please join us for this wonderful opportunity to hear this quartet of professional musicians on volunteering to perform chamber music standards such as Mozart and Dvořák as well as some lighter fare. Paula Menten (violin), Robin Cloues (violin), Chris Loring (viola) and Bill Todd (cello) are long-time members of the Jefferson Symphony Orchestra.

Refreshments will be served.

Special events!



drinks dessert
& dancing Birthday Celebration

**Tuesday, February 18
5:15 pm – Bistro/Dining Room**

Birthday Celebration with The Queen City Jazz Band



****If you have a birthday this month, you can pick up your gift from Life Enrichment staff in the Bistro at this party!** If you are unable to attend the party to receive your gift, please call Dmitriy at 720.382.7821.

Everyone welcome, Life Enrichment will have gifts, wine, beer, sodas and cupcakes for everyone in the Bistro!



EAST BUILDING

Richard Carlin
Peggy Clason
Amy Flynn
Valentina Kamneva
Janice Lettas
Ludmila Mozeshtam
Boris Panteleev
Iryna Yudina

SOUTH BUILDING

Larisa Ace
Emeka Achebe-Cook-Mitchell
Lois Day
Veronika Efimenko
Svetlana Malyuta
Susan Mervis
Afsar Soofi Siavash
Maria Torres
Helene Waibel

WEST BUILDING

Guadalupe Algiene
Hermine Cohen-Bergen
Joy Lassegard
Robert Lawrenson
Farida Mamatkazina
Nickolay Markar'yan
Volodymyr Musiyenko
Leah Rodie
Kasim Yanbekov



Winter Fun Fitness BINGO competition CONTINUES in February!

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

Heart Healthy Kavod in February!

*What is **Heart Healthy Kavod**? It is a program created with and for Kavod residents! The program includes; heart healthy education, exercise, nutrition and lunch! The heart education topics will include; A-fibrillation (A-Fib), hypertension, coronary artery disease and heart healthy habits led by CU Geriatric Fellows. Raffles for each class and if you attend all four classes you are entered in for a \$100 gift card.
Mark your calendars for 1115am on Wednesdays! See you there!

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.

Access-a-Ride Application Support

Are you having difficulty taking the bus, understanding stops, etc.?

Access- a-Ride provides local charter bus transportation in the Denver metro area for people with disabilities.

To qualify you must - Be unable to get to/from a bus stop, on/ off a lift-equipped bus on your own, or have a disability that prohibits you from riding the bus independently. ***If you are interested in applying - call for 720.382.7855!**

Special H&W Offerings for February 2025

Tuesdays

10am – HWC/Pikes Peak

Boxing for Seniors *NEW CLASS*

Boxing for Seniors is designed to be accessible and beneficial for residents of all skill levels. Come for a fun, engaging 30-minute session where we focus on breath work, balance, strength, conditioning, and cardio. Whether you are in a chair or on your feet, the class is tailored to meet you where you are, providing exercises and techniques to build confidence, coordination, and fitness.



Special H&W Offerings for February 2025

(Continued)

Wednesdays

**1130am – HWC/Mt Blue Sky
Book Club**

We just finished reading and viewing *The Secret Life of Bees* in January. We will be starting a new book in February. If you have a recommendation or interested in conversating about books. Please join!

Fridays

**9am – HWC/Pikes Peak
Relaxation Hour**

Do not be fooled by the name but make sure to bring your worries to “wash away”...well at least for 60 minutes. This class includes a gentle warm up to prepare your nervous system, guided meditation, sound relaxation (seated sound bowl healing), breath work and more!

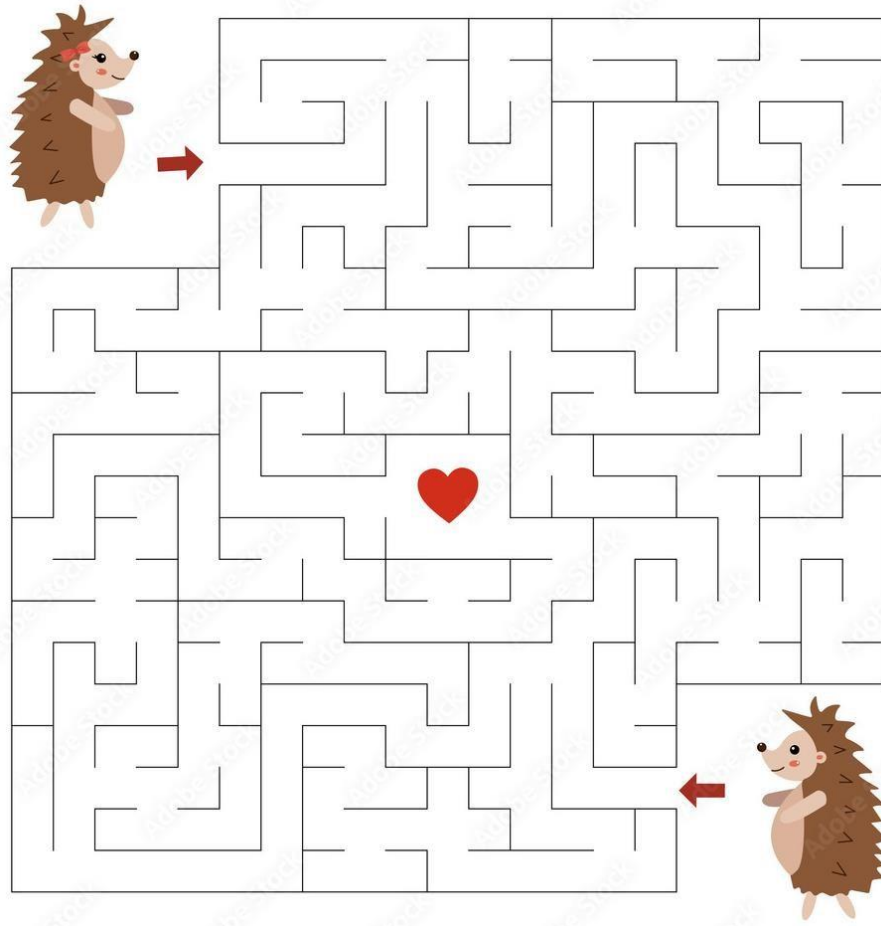
**Monday, February 3rd
6pm – Shul
Flower pressing**

Join to learn the process of flower pressing to use in cards, scrapbooking, and more! We will be making homemade cards and bookmarks in March incorporating some of the pressed flowers. We hope to see you there!



Our fabulous Mindfulness and Fiber Arts class made these stuffed toys for children in safe houses. Often women and children have to leave with little or no belongings which can be very challenging for children especially around the holidays.

*TESSA's Safehouse provides shelter, food, case management, housing assistance, counseling, and support to female survivors and their children.



Unfortunately, the winter months are upon us which often leads to an increase in seasonally related illnesses. Did you know that for every day of bed rest you lose 1% muscle mass? If you find yourself weakened from being under the weather, please reach out to your Legacy Healthcare Services Therapy Team to help get you back into tip top shape!

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



December Gifts

ACTIVITIES

Jean Driscoll

COLORADOGIVES DAY 2024

Birdie Becker
Harold Berenson
Mandie Birchem
Janet & Mark Bronitsky
Patsy Davidson
Christine Dewhurst
Eileen Doherty
Scott Fisher
Sharon Gottesfeld
Kara Harvey
Cynthia Heller
Alan & Terry Hershey
Lily Johnson
Arnold & Linda Kaplan
JoAnn Kay
Melvyn & Roberta Klein
Michael & Wendy Klein
Scott & Laure Levin
Jim Mack
Jay Mactas, In Honor of Michael Klein
John McCarthy
Estelle Meskin
Gerri & Jeremy Persin
Frank & Debbie Piazza
Deborah Rothschild
Randy Sachter
Debra & Marc Schuster
Beth & Ben Shanker
Stan Sharoff
Diana & Alan Sher
Susan Shoner
H. Edward Silver
Barbara Singer
Linda Spilka
Gaile Waldinger
Louis Wolfe
Christie Ziegler

GENERAL

Elena Berlinsky
Dennis & Lynn Blum
Connie Burke
Lori & Michael Cain, In Memory of Len Silverman, z”ll
Jay & Barbara Chapman
Tanya Davoll
Evelyn Dean-Olmstead
Ruth Epstein
Janet & Sheldon Fisher
David & Linda Fogel
Sarah S. Fun
Anita & Gerald Gershten, In Honor of Laurie & Joe Stewart
Stanley Ginsburg
Phyllis Hayutin
Owen & Deborah Herman
A. Barry & Arlene Hirschfeld, In Honor of Scott Fisher
Angelika Kagan
Linda Kalat, In Memory of Max and Minnie Gang, z”ll
Harriet Kaufmann
Mark Kobey
Harold & Joyce Koch
Ludmila Kuzminykh
Lesley Larson
Susan Lewis
Eudice Lewkowitz
Julie Livingston, In Memory of Nancy Livingston, z”ll
Lois London
Evan & Evi Makovsky
Robert Mintz
Helen Morris
Marcia Naiman
William Peairs & John Cunningham
Laura Perfetti Thorpe
Dena Schneider
Kim & Charles Malek
Ada Segan
Barry & Esther Shafran

Shana Glassman Foundation
Anne Shimek
Nancy Siegel
Singer Family Foundation
Yulia Sopkin
Carolyn & Mark Steuer
Michael Waldinger & Alyson Sprafkin

HEALTH & WELLNESS -Grant

The Jay and Rose Phillips Family Foundation of Colorado

HEALTH & WELLNESS

Amy & Steven Wright

MUSIC AND MEMORY

Marjorie Rosen

KAVOD ON THE ROAD

Renee Brilliant
Jean Driscoll
Dale Marcus, In Honor of Eileen Naiman
Eileen Naiman, In Memory of David Naiman, z”ll
Dorothy Resnick, In Honor of Rebecca Gershten
Janet Smith, In Honor of Rebecca Gershten
Connie Suson, In Honor of Rebecca Gershten
Diane Weiner
Bob & Bobbi Wynn

SUMMER EVENT - CHILDREN’S MUSEUM- SPONSORSHIPS

Climate Engineering
The Raabe Family

SHUL

Julie Rotenberg