



Adult Education

Winter classes

Beginner and Intermediate Hebrew Reading

Rabbi Joshua

Beginners: Sundays, January 18, 25, February 1, 8, March 1, 8, 15

10:00 – 11:00 am

A continuation of the fall course, introducing the alef bet in order to read and understand significant sections of the siddur.

Intermediate: Wednesdays, January 21, 28, February 4, 11, March 18, 25

2:00 – 3:00 pm

Based on students' basic understanding of Hebrew letters and vowels, we will build on the experience of beginning Hebrew and by the end, students will be reading sections of the significant sections of the siddur with comprehension.

American Jewish Poetry

Rabbi Joshua

Thursdays, February 26, March 12, 19, 26

2:00 – 3:00 pm

In each class we will read, respond to, and try to understand an American Jewish poem which speaks to contemporary understanding of Jewish identity and history.

Jewish Mindfulness: a Conversation about Jewish Spirituality

Rabbi Jan

Thursdays, March 12, 19, 26, April 2

7:00 pm following minyan

What is Jewish Spirituality? Is there even such a thing? Looking at texts, including the Torah, the mystical texts and our liturgy, as well as through an historical perspective and current events, we will learn together about the Jewish voice in conscious living. In addition to the lecture and discussion model of learning, we'll include time to practice different forms of Jewish spirituality, including meditation, chanting, and writing. The classes will bring us up to the beginning of Passover.

Reading Short Plays Aloud – for fun!

Nancy Sugarman

Sunday, February 22

3:00 – 5:00 pm

Together we will read two to three short (about 10 minutes) plays relevant to Jewish themes. No prior experience necessary, and whoever is there will take turns reading the parts aloud. It is fun to read, listen and imagine the play being produced. We will also discuss the plays after we read. Because the plays are short, we could even read each more than once!

Things That Mattered

Bob Mayer

Mondays, February 9, 16, 23, March 2, 16, 23, 30

5:45-6:45 pm

\$15/members; \$25/non-members

This series focuses on a series of seven artifacts that changed the world, often in unusual or unforeseen ways. Rather than focus on the things we already appreciate—the printing press, for example, or toaster pizzas—this class will look at the more obscure, unexpected, and seemingly irrelevant, and connect them to major developments in human history. Pretentiousness at its informative best!

Beginners and Intermediate Israeli Dance

Dan Stein and Mitch Miller

Beginners: Sundays, March 22, 29, April 12, 26, May 10, 17

7:30 – 8:30 pm

\$12 for 6 classes

Learn the basic steps of Israeli dancing and learn 10+ dances. Exercise your body and your mind, enjoy fun music and meet new people.

Intermediate/Advanced Dancing Group: Sundays, March 22, 29, April 12, 26, May 10, 17

8:30 – 9:30 pm

More dancing, minimal teaching. Beginner class members welcome to attend.

Easy Ancient & Modern International Circle Dance

Melly Bock

Mondays, March 9 – April 13

3:45-5:00 pm

Men and women are invited to join hands and follow simple foot and arm patterns and dance to beautiful, inspiring music. All dances are taught from the beginning level. No experience necessary; drop in any time or come each week. All are warmly welcome.

Beginners Tai Chi for Health and Balance

Melly Bock

Series A: Mondays March 9 – May 18

5:15 – 6:45 pm

Series B: Thursdays, March 12 – May 21

7:15 - 8:45 pm

\$28/series or \$40/2 classes per week

Each session will begin with stretching and warm ups for about a half hour, followed by yang style short-form Tai Chi, a gentle and beautiful series of flowing movements. Each session ends with 15 minutes of seated breathing meditation.

OZ Adult Education Committee: Judy Chalmer, Chair; Rabbi Joshua Chasan, Rabbi Jan Salzman, Peter Pelaia, Roz Grossman, Mitch Goldfarb, Bob Mayer, Linda Finkelstein, Richard Finkelstein, Nancy Sugarman, Joshua Bratt, Liz Kleinberg.

To register for classes, contact tari@ohavizedek.org