

Adult Opportunities at TBO

Spring 2018



For more information, go to www.templebnaior.org/learn/adult-education

Tikkun Leil Shavuot Saturday, May 19



One tradition to celebrate the holiday of Shavuot is to study Torah all night. The holiday symbolizes the moment of standing at Mt. Sinai and receiving the Torah. This year, we will host a community night of learning that is modern and exciting. It will be Torah like you've never experienced it before. We will host guest teachers and engage in many types of learning that will enrich our lives Jewishly and spiritually. The night will begin with a traditional dairy dinner of blintzes, and continue to a rockin' concert by a girl band named *Banot*, and progress into small classroom learning throughout the building. We will conclude late at night with Havdalah and desserts. Come share this inspiring night with us. Mark your calendar today!

Sisterhood Events



Sisterhood's Annual Women's Seder
Sunday, March 18, 2018
at 5:00 PM

Eat, Pray, Dance with Sisterhood
Don't miss this annual pre-Passover event!
Details to follow.

Bagels and Torah



Saturdays at 9:00 AM
Feb 3 and 24, March 3 and 17
April 14 and 28, May 5



Hebrew with Cantor

Join our vibrant and exciting Hebrew class. Not only do we read the words, but we delve deeply into the meaning of our sacred texts, giving them modern meanings as well.

Classes are held Thursdays at 1:00 PM
Contact Cantor at cantor@templebnaior.org
for more information

Renaissance Events

Wednesday, Jan 17: Wednesday lunch and a movie at TBO. *ARRANGED* centers on the friendship between an Orthodox Jewish woman and a Muslim woman who meet as first-year teachers at a public school in Brooklyn. They share much in common - not least of which is that they are both going through the process of arranged marriages. Prior to the movie, TBO member Mitchell Cobert will speak. Mitchell is running as one of the Democratic candidates against Republican Rodney Frelinghuysen.



Sunday, Feb 18: Lunch at Nunzio's at 2:00 PM. Come out and join us for a bit of the "sweet life" through good food and congenial staff with Nunzio's personal attention. Cost is \$30 per person. RSVP by Monday, Feb 12.

All events are open to the entire Temple Community, as well as to guests

There is a fee for meals:
\$15 for Renaissance members, \$20 for guests
For reservations, contact Mitzi Szerlip at
215 Forest Glen, Pompton Plains, NJ 07444
or 973-839-1939
Questions?

Please contact Stuart Rayvid at 973-515-3518
or Carol Marin at 973-366-9316

Men's Schmooze



Thursdays at 9:30 AM
Jan 11 and 25, March 8 and 22
April 5 and 19, May 10 and 24



Keepers of Jewish Excellence Speaker Series

All speakers are free to TBO members; \$18 for guests

Alan Zweibel - Thursday, Feb 1 - 7:00 PM

**For This We Left Egypt?: A Passover Haggadah
for Jews and Those Who Love Them**



This parody of the Passover Haggadah is a humorous explanation of the seder rituals, satirical stories of slavery and funny anecdotes. Alan Zweibel is an original writer for *Saturday Night Live*, *Late Show with David Letterman*, and *Curb Your Enthusiasm*.

Sabeeha Rehman - Monday, March 5 - 7:00 PM

Threading My Prayer Rug

Sabeeha Rehman recounts her journey from Pakistani Muslim to American Muslim in her open, warm, engaging memoir. Her book describes what it is like to be a Muslim in America, from 1971 to today.



Alexandra Zapruder-Thursday, April 19 -7:00 PM

Twenty-Six Seconds

Abraham Zapruder could not have imagined that his home movie of President Kennedy's motorcade and assassination would be one of the most studied pieces of film in history. Alexandra will share the complicated legacy of the film and her family's desire to do the right thing.



Rabbi Neal Gold - April 27 - 28

Rabbi Neal Gold teaches and writes about Jewish texts, Israel, and intersections between Jewish life and the contemporary world. Rabbi Gold will be with us for Shabbat Services, Bagels and Torah, and a special Shabbat afternoon session for Keepers of Jewish Excellence.



Patricia Bernstein - Monday, June 4 - 7:00 PM

Ten Dollars to Hate



Patricia Bernstein shares a new history of the 1920s KKK, and Dan Moody, the first prosecutor in the nation to successfully convict and jail Klan members. *Ten Dollars to Hate* explores this pivotal chapter in the history of America, and how we fight against hate today.

B'nai Or at the Movies:

Discussion Group and Snacks to follow Movies

Free to TBO members, \$18 for guests.

Contact Helen Jacobson for more information.
Helen.JacobsonRN@gmail.com.

I Shall Not Be Silent - Jan 22 - 7:00 PM



A historical documentary about Rabbi Yoachim Prinz, a leader of the American civil rights movement. Commemorate MLK week with this important piece of American Jewish history. Producer Rachel Fisher will join us for a discussion following the film.

The Women's Balcony - Monday, April 23 - 7:00 PM

The crashing down of the women's balcony during a Bar Mitzvah leads to a gender rift in a devout Orthodox community in this rousing/good hearted tale about women speaking truth to patriarchal power. It was Israel's #1 film of 2017.



Shvitz™ - Zumba to Israeli Music

Monday Nights 7:30 PM

Complimentary Demo Class - Jan 29 at 7:15 PM

Class Schedule - Feb 5, 12, 26; March 5

Make up snow date - March 19



No need to learn choreography, just have fun, enjoy the music, and burn calories. TBO members, \$32 for a 4-class series or \$10 drop in classes. Non-TBO members \$40 for a 4-class series or \$15 per drop in.

For more information or to register, please contact Karen Pawlo at Karen.pawlo@nokia.com.

Professional Cooking Classes



Shoprite Cooking Studio in

Cedar Knolls - Wednesday, Jan 24 - 6:00 PM

Come join old and new friends in preparing and enjoying a healthy six-course meal. Cost is \$65.

Wednesday, April 18 - Cooking Class location TBD

Pre-registration required, contact Joan Sturm at Joansturmgo@gmail.com.

Mindfulness/Stress Reduction Experiences

Sound Meditation - Friday, Feb 23 - 5:30 PM

In the Beit Midrash



Prior to services, come unwind as you will be immersed in soothing sounds made by unusual instruments that invoke a state of peaceful calm. Led by Alison Iati, a Vibrational Sound Therapy Certified Practitioner and a member of the Sound Healers Association.

Dealing with Stress Workshop - Monday, March 12 - 7:30 PM

We are constantly bombarded with images and events that cause us to be on alert. Come explore the causes of stress and the practical ways we can reduce it in our lives. Led by Nunzio Gubitosa, MA, MPhil, LMHC, LP, a psychoanalyst in practice at Grace Counseling in Madison and Dean/Director of Training at Blaton-Leale Graduate Institute in NY.



Bridge Classes

**8-Week Beginner Bridge series to begin Wednesdays
March 2018**



Have fun learning this challenging and mentally stimulation card game with your friends. Learn to play and when completed, join the TBO fall 2017 graduating Bridge class in playing. Open to TBO and non-TBO members. Fee TBD, check flyer on TBO website.

TBO Book Club

Read at your own pace, gather together for discussion

Thursday, Feb 15 and March 15 - 7:00 PM

**Jewish Justices of the Supreme Court
by Rabbi David Dalin**

This 2-part book exploration kicks off on Jan 8 with the author. A fascinating and thought provoking book discussion will begin with the first 5 chapters on Feb 15. The remaining 4 chapters will be discussed on March 15.

