

ENDLESS OPPORTUNITIES

A community-wide program of educational, social, recreational and volunteer activities for adults age 60+
Sponsored by Temple De Hirsch Sinai, Temple B'nai Torah, Jewish Family Service & Congregation Beth Shalom

May Programs

"You are never too old for a youthful, healthy smile!" Aging and Dental Health with Dr. Wendy Spektor

Aging can bring new, but not insurmountable, challenges when it comes to maintaining oral health. Discover how you can whiten teeth, reduce cavities and improve gum health with your dental professional team as well as at home. Learn how medical conditions and drugs can affect oral health and dental treatment, what you can do to ensure you can enjoy eating and socializing for years to come, and ways to keep your teeth from telling your true age.



Thursday, May 11, 2017 • 10:30 - noon

Temple Bnai Torah: 15727 NE 4th Street • Bellevue, WA 98008

For directions, please call (425) 603-9677 or visit www.templebnaitorah.org



Telling Stories Through Art with Rabbi Jill Borodin, Senior Rabbi of Congregation Beth Shalom

Judaism has a long history of storytelling. Often these stories are transmitted through the written word or told orally. During this session, we will explore using artistic expression as a meaningful means of sharing stories. Come ready for hands on art making at this interactive session. No experience is necessary.

Tuesday, May 16, 2017 • 10:30-noon

Congregation Beth Shalom: 6800 35th Ave NE, Seattle, WA 98115

For directions, please call (206) 524-0075 or visit www.bethshalomseattle.org

Winemaking

Scott Greenberg of Convergence Zone Cellars will lead us in an exploration of the in's and out's of what it takes to get grapes on the vine to wine in our glass. Learn about what winemakers look for at harvest, decisions made during fermentation, how wine gets blended and bottled and the difficulties of marketing wine in-state and across the country.



Thursday, May 25, 2017 • 10:30-noon

Temple De Hirsch Sinai, Bellevue Campus: 3850 156th Avenue SE, Bellevue

For directions, please call (206) 323-8486 or www.templedehirschsinai.org

Our tzedakah project for the month is collecting toiletries for FareStart. They will be collected at each event. For each program, please **RSVP** to Rabbi Kate Speizer, rsvpEO@tdhs-nw.org or (206) 693-3046.