

ENDLESS OPPORTUNITIES

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

November Events

Living our Jewish Values

Jewish values and advocacy are a perfect pair - like peanut butter and jelly or chocolate and coffee. Join Maxima Patashnik, Government and Community Affairs Manager with the Jewish Federation, to explore this perfect pairing. Learn why political action is so essential to our Jewish values, what advocacy work is being done in our State's Capitol on behalf of the Jewish community, and how you can get inspired, informed and involved!



Thursday Nov 3, 10:30 a.m. - noon

Temple B'nai Torah, 15727 NE 4th Street, Bellevue

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

RSVP to: Rabbi Kate Speizer at rsvpEO@tdhs-nw.org or (206) 693-3046.

Healthy Aging – Improving Health by Scaling Up What Works



Marlana Kohn, MPH, a research scientist at the UW Health Promotion Research Center will share the science of maintaining physical and brain health for adults as they age. Kohn's research includes older adult physical activity, workplace health promotion, cancer screening and prevention, and program implementation and dissemination.

Tuesday, Nov 8, 10:30 a.m. - noon

Temple De Hirsch Sinai, 1441 16th Avenue, Seattle

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

RSVP to: Rabbi Kate Speizer at rsvpEO@tdhs-nw.org or (206) 693-3046.

Defeating Racism Today: What Does It Take?

Eva Abram talks about the history of racism and how it affects specific groups in our society today. Does the eradication of racist laws really combat institutionalized racism? How does subtle and sometimes hidden institutionalized racism affect the citizens, economy, and future of Washington state?

Thurs, Nov 17, 10:30 a.m. - noon

Herzl-Ner Tamid, 3700 East Mercer Way, Mercer Island

For directions, please call (206) 232-8555 or visit: www.h-nt.org

RSVP to: Rabbi Kate Speizer at rsvpEO@tdhs-nw.org or (206) 693-3046.

