

# ENDLESS OPPORTUNITIES

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



## May Programs

### Yoga Behind Bars: Personal Transformation and a More Just Society for All



We will learn about the impact of trauma, and how offering trauma-responsive yoga and mindfulness in prison promotes resilience, builds safer communities, and contributes to reform of the corrections system. Rosa Vissers, the Executive Director of Yoga Behind Bars, will share how this organization has equipped thousands of incarcerated adults and youth with powerful inner tools to break the cycle of trauma-stress-prison.

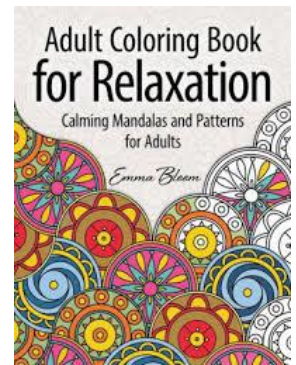
**Thursday, May 3, 2018 • 10:30 a.m. – noon**

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

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

### Why Adult Coloring Books Are Good for You: A Hands On Experience

They are fun! Every grown up has an inner child that just wants to play, and coloring books are perfect for this. From the nostalgia element reminding us of childhood, this is a relaxing activity that can help create calm. So many things in life are hard, but coloring these patterns is easy. Tap into your desire to create, no artistic skills required. These books let us be creative with choice of color, creating something lovely and unique, and best of all, we don't have to be any good at drawing to make something pretty. All are invited to this hands-on opportunity to connect, create, and chat.



**Tuesday, May 8, 2018 • 10:30 a.m. - noon**

*Congregation Beth Shalom: 6800 35th Avenue NE • Seattle, WA 98115*

**For directions,** please call (206) 524-0075 or visit <https://bethshalomseattle.org/contact-us/>

### Social Media, Smartphones, and All These Apps!



Bring your mobile, electronic devices to this workshop as we explore the ins and outs of social media along with a few other electronic applications for our smart devices like Uber and Lyft. Tech Expert, Daniel Rasmus, will be our guide as we navigate the latest trends in communicating with distant and even local friends and family.

**Thursday, May 17, 2018 • 10:30 a.m. – noon**

*Temple De Hirsch Sinai: 3850 156th Avenue SE • Bellevue, WA 98006*

**For directions,** please call 206.323.8486 or visit [www.templedehirschsina.org](http://www.templedehirschsina.org)

Our tzedakah recipient is Mary's Place, we are collecting new underwear (any size/gender) for them. For each program, please **RSVP** to Rabbi Kate Speizer, [rsvpEO@tdhs-nw.org](mailto:rsvpEO@tdhs-nw.org) or (206) 693-3046.