



May SAJE Events

Monday, May 3

"How to Die Young At A Very Old Age" You are invited to watch a fascinating YouTube video and discussion with the team who are identifying the longevity gene in Ashkenazi Jews as the address questions on aging and what it means to be healthy and live long. **Helene and Marty Krauss** will lead a discussion based on the video.

Thursday, May 6

Join **Naomi Norman**, a 500-hr certified yoga instructor, for a fun chair yoga class. We will explore how mindful yoga movements and easy breathing techniques can help bring more vitality and relaxation to our lives. Please have a sturdy chair and cushion available.

Monday, May 10

"How to Avoid Scams and Frauds During the Pandemic" with **Gary S. Brown**, Statewide Elder Abuse Coordinator & Assistant Attorney General in Charge. The presentation will focus on common scams and frauds during the pandemic - the warning signs, how to avoid becoming a victim, and where to seek help if you are a victim.

Thursday, May 13

CSR Rabbinic Intern Lily Goldstein will discuss *A New Twist on Shavuot: What I Didn't Learn in Hebrew School* (and even in rabbinical school for that matter!) by bringing together Biblical texts, *Talmudic* teachings, and modern interpretations, innovations, and practices to better understand where our Jewish holidays really came from, and how we can make meaning of them today.

Monday, May 17

Shavuot - No SAJE

Thursday, May 20

Sharing More of Our Stories: **Andi Hessekiel**, a freelance writer and writing coach, has led sessions for SAJE each year for over a decade, by using simple prompts that jog your memory and guide you to write about your life. Andi's warm feedback helps us get in touch with the writer that lives inside of us, and shared stories stimulate great conversation among us. This session is open to anyone who cares to join as a listener or storyteller. This month's prompt: "It was a difficult choice..."

Monday, May 24

Barb Tankel leads a book discussion on *The Only Woman in the Room A Novel* by Marie Benedict. She possessed a stunning beauty. She also possessed a stunning mind. Could the world handle both? Her beauty almost certainly saved her from the rising Nazi party and led to marriage with an Austrian arms dealer. Underestimated in everything else, she overheard the Third Reich's plans while at her husband's side, understanding more than anyone would guess. She devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy LAmarr, screen star.

Thursday, May 27

To be Announced

Monday, May 31

Memorial Day - No SAJE

Questions? Email SAJE@comsynrye.org