

February 1, 2016

Dear Friend,

In a change of pace this month our movie feature presentation was a Mel Brooks comedy starring Gene Wilder as a young, naïve Polish rabbi sent in 1850 to take charge of a San Francisco congregation. From Poland! The Frisco Kid was "the story of the greatest cowboy ever to ride into the Wild West". Movie watchers got in out of the cold, shared warm popcorn and had a few belly laughs of the Mel Brooks variety.

At our annual Tu B'Shvat Seder, our thoughts turned longingly to spring as we talked about the fruits and nuts of the seasons. We connected the cycle of agriculture with the cycles of our continuous development as human beings on this earth. We talked of awareness and mindfulness of nature and of our personal natures as well.

Lunch started with mushroom barley soup, a green salad with spring greens, pear, apple, golden raisins, pomegranate, and almonds tossed in an olive oil pomegranate dressing.

Participants enjoyed a second salad called Shivat Haminim

Salad with rice, dried figs, dates, grapes pomegranate, parsley and a honey dijon mustard dressing.

And for dessert (and enjoyed the rest of this week!) dark chocolate trail mix including raisins, cherries, dates, peanuts, sunflower seeds, soybeans, and almonds.

Congratulations to Marvin, Carol and Laurie for winning the house plants raffled during our Seder.



We are very excited to hold our first **ReVITALize Yoga** classes at the end of February!

Jewish Family Service is partnering with **Project YOGA** to provide free yoga classes for a broad range of levels, from beginner to intermediate. **Project YOGA** will bring us experienced, professional instructors to help provide a yoga practice that all can enjoy and benefit from.

What can yoga offer each of us? **ReVITALize Yoga** will:

Improve stamina, increase flexibility, ease depression, boost the immune system, lower blood pressure, improve sleep, increase self-esteem, prevent digestive problems, ease pain, improve balance, increase focus, and 27 other benefits according to the article cited below:

<http://www.yogajournal.com/article/health/count-yoga-38-ways-yoga-keeps-fit/>

If only 1/10<sup>th</sup> of the benefits listed above were offered for free, how could anyone resist? Come see for yourself!

Enjoy seeing you next month,

Fran

Connie

Debbie

Sarah

Sandra

Christy

J