

August 1, 2016

Dear Friend,

What's HOT, besides the weather? At Barbash Family Vital Support Center, wellness programming continues to Sizzle this summer!



This Hebrew month of Tammuz, we celebrated **Rosh Chodesh**. For most of us, Rosh Chodesh comes and goes as each new month appears, without giving it a thought. Yet, Rosh Chodesh, Hebrew for "head of the month", is as regular as Shabbat. Those who gathered for this luncheon celebration with Rabbinic Fellow Simon Stratford, enjoyed poetry from Marcia Falk, Ruth Lerner and Susan Berrin and we meditated briefly to reflect on the month past and the one to come. Some shared their intentions for this month; getting in

touch with old friends, staying in touch with mom, and planning of work towards project deadlines. We all shared a luncheon of round foods prepared by Connie - roasted yellow squash, crescent moon potatoes and onions, round veggie cutlets on bagel thins and banana custard cups. A moon-shaped extravaganza!

Our friend, Elissa created this striking painting during **Share a Word** that was inspired by a vibrant discussion about mood and color association. Elissa's interpretive painting represents renewal.



**Hebrew Lunch and Learn** has been a crowd pleaser this summer. We are grateful to Simon for his creativity in developing a curricula that supports our varied learning styles. No prior experience required for this group!



We hosted a class to make cards for Rosh Hashanah. A little yellow paint, bubble wrap and a sharpie is all that was needed to create these 'sweet' honeycomb cards. Join us for **Create Art** to make your own holiday creation or something different.

Everyone has been considerate and thoughtful in **remembering to RSVP** so we know best how to prepare for events. We thank you for that and for making each activity so fulfilling. All of you are what makes this Center Sizzle!

Sincerely,

Fran

Sandra

Christy

Connie

Sarah

Debbie