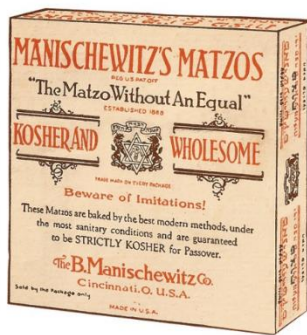


May 1, 2017

Dear Friend,

Rini, Connie and Sandee beautifully created a Passover Seder for us this month. We celebrated the meal with Gefilte fish, an orange, cucumber mandarin salad, charoset, mock chicken-liver, beet potato salad, apple squash kugel and macaroons. Rabbi Simon shared the figurative meaning of Mitzrayim, Hebrew for Egypt. Mitzrayim is a narrow place which becomes both the symbol and the experience of captivity, of being caught/bound in a narrow place, and brings to mind our deliverance, both historically and figuratively. Check out the neat Seder plate and Miriam's cups that some of our participants created!



Following our Passover Seder we walked to the Skirball Museum for a private viewing of Passover Artifacts hosted by our friend, Amanda Zahn. Were you aware that Manischewitz matzo has its roots in Cincinnati? Rabbi Dov Behr started baking Passover matzo for his family and a few friends. Around 1888 he began mass-producing matzos and grew the business from a local product to a national one. Manischewitz matzos were produced with uniform texture, flavor and were square in shape instead of the traditional round. Next time you are at the Skirball take the time to look for the display that houses a box that looks like a cigar box. This box was used to maintain the integrity and freshness of the matzo for shipping.



We have a few participants that expressed the desire to learn how to knit or crochet hats. We are seeking an instructor and individuals interested in learning this skill. Call Connie if you are interested in learning or being an instructor.

Tai Chi and Yoga have been great for our flexibility! Both are soothing for mind and body and have become more popular over the past months. There is plenty of room to join us!

Sincerely,







