Adult Education 5781
2020 – 2021

All classes and discussions in 2020-21 will take place in a virtual format until it has been determined that we may safely return to physical meetings. When the distancing protocol has been lifted by medical professionals, all classes and discussions will then be held onsite at University Synagogue, unless otherwise noted.

LUNCH AND LEARN WITH RABBI RACHLIS
“The Biblical Book of Deuteronomy” will be taught on Zoom by Rabbi Rachlis, who will teach the formative myths and stories of our tradition, from the wandering through the wilderness in search of a better life to the most ethical portions dealing with justice, freedom, and the building of a humane society. Guests and new students are welcome to the Adult class.
Dates: One Wednesday/month; 10/7, 11/4, 12/2, 1/6, 2/3, 3/3, 4/7; Time: 12:00 – 1:00 p.m.
To register, click here: https://bit.ly/32PuHiW and you will be sent the text and password on the Tuesday prior to each class.

PRIVATE TUTORIAL WITH RABBI RACHLIS
Rabbi Rachlis will teach on Zoom any University Synagogue member anything that he/she wants to learn. Just set up a virtual appointment; he’ll give you a syllabus and you’ll meet with him approximately once a month through virtual individualized study.

STUDY OF TORAH AND SELECTED BOOKS OF THE BIBLE
Life experience is the only tool needed to join this group. We will approach the Bible with a Reconstructionist viewpoint guided by an experienced Torah Study group participant. We will discuss on Zoom specific Parashot (Torah portions) and Books of the Bible emphasizing ideas and themes that will illuminate the imprint of the ancient books upon religious practice, philosophy and cultural life of us all. Our modern viewpoint will bring to light concepts that have never before been discussed by those who take the Bible literally, or have given up on finding truth in the Bible. Women and men from all backgrounds, levels of Jewish education and ages 16 and above are welcome.
Instructors: Sue Penn, Director of Congregational Learning and Michele Walot
Dates: Saturday mornings: 10/10; 11/7; 12/12; 1/9; 2/13; 3/13; 4/3; 5/8
Time: 10:30 - 11:30 a.m.; Cost: Free
BASIC JUDAISM AND BEYOND
Who are “The Jews”? How did we evolve? What do we collectively and individually believe and not believe as Jews? This online class has been gathering small communities of learners who have never been exposed or those who need a refresher course to de-mystify Judaism through discussions about who Jews are philosophically, ritually, historically and religiously. We will compare and contrast 4 branches of Judaism to see how we are the same and different. We will explore many aspects of Jewish rituals and practices including the celebration of Jewish holidays and life cycle rituals to better understand why we do what we do, how it has evolved and what it means to us today. As time permits, we will explore on Zoom “What Judaism Says” about current topics of the day.
Instructors: Carol Richmond, Rabbi Rachlis and Director of Congregational Learning and Membership, Sue Penn

Wednesday, 9/09; 6:30–8:30 p.m.
• The first of a “Two-Part” Pre-Basic Judaism and Beyond (BJB) High Holy Day informational class on the topic of Rosh Hashanah on Zoom.

Wednesday, 9/23; 6:30–8:30 p.m.
• The second part of the Pre-BJB High Holy Day informational class on the topic of Yom Kippur on Zoom.

All congregants are invited to attend these two Pre-BJB classes, but Registration is necessary. Click here for the link and password: https://bit.ly/3crk09K
All registered BJB students are automatically enrolled in these two classes.

Cost: Free for members; $250 per semester for all others, plus a one-time $50 book fee for all students.
Minimum number of students: 15

Dates: Semester 1: Wednesdays, 9/9, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16; 1/6, 1/13 Time: 6:30 – 8:30 p.m.
Semester 2: Wednesdays, 1/20, 1/27; 2/3; 2/10; 2/17; 2/24; 3/3; 3/10; 3/17; 3/24; 4/7; 4/14; 4/21; 4/28; 5/5 Time: 6:30 – 8.30 p.m.

WISE AGING
This online class is based on the book by the same name. It is intended for individuals 60 years and older. As we age, we gain experience, perspective and wisdom. These can help us examine our past, evaluate our present, and set goals for our future. Using reflective exercises and focused discussions, we will explore opportunities for creating joyful, meaningful lives. We will also cultivate resources for meeting our current challenges and preparing for those that lie ahead. Because each session builds on previous insights, we ask that participants commit to all 10 sessions from 10/8 to 12/17. Please have a notebook, pen, and pencil with eraser by your computer.
Instructor: Gail Reisman, PhD, Gerontologist
Thursdays, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17
Time: 1:00 - 2:30 p.m. (10 sessions)
Participants: minimum 6; maximum 10. Registration will close on 10/5
To register, click here: https://bit.ly/3kAcQCO for the link and password.
RECONSTRUCTIONIST STUDY GROUP (RSG)
The Reconstructionist Study Group (RSG) is devoted to broadening and deepening our understanding of Reconstructionist Judaism. Ranging far and wide over a variety of topics, we discuss pertinent texts and listen to distinguished guest speakers, seeking to better grasp what makes the Reconstructionist movement so distinct from other Jewish denominations. We strive to examine issues from Reconstructionist perspectives rather than from a generically Jewish standpoint, though to be sure, we remain cognizant of all we share with the greater Jewish Community.

Discussion Leaders: University Synagogue members Dr. Michael Schaffer, historian, and Ella Serebryannik
Possible Guest Speakers: Cantor Ruti Braier, Eric Caplan, Diane Cole, Tresa Grauer, Carol Richmond, Mel Scult, Elsie Stern, Deborah Waxman, Rabbi Micah Geurin Weiss
Dates: Mondays: 10/05; 10/26; 11/23; 12/28; 1/25; 2/22; 3/22; 4/26; 5/24
Time: 7:00 – 8:30 p.m.; Register with Ella Serebryannik at ella.sereb@gmail.com for the link and password.

The Reconstructionist Study Group used to meet monthly at members’ homes. However, as necessity dictates, discussions in 2020-21 will take place in a virtual format, until such time as we may safely return to physical meetings.

PRAYERBOOK HEBREW: BEGINNING HEBREW FOR ADULT LEARNERS (Marenna Spieker)
Learn online the Hebrew alphabet, develop reading skills in order to follow synagogue services, keep up with your children’s Religious School education or simply enhance your own Jewish knowledge so that you can participate in Shabbat and holiday services. For beginners through advanced learners, as well as for those who need a refresher course.
Instructor: Sarah Shukovsky
Mondays 10/12; 10/19; 10/26; 11/02; 11/9; 11/16
Time: 7:00 – 8:00 p.m. $60 for members; $100 for non-members
To register, click here for the link and password: https://us02web.zoom.us/meeting/register/tZ0pde-sqzIjHtFmBKXx2GAFmY0zG-aVqvtZ.

GENTLE MOVEMENT: BRINGING LIFE BACK TO OUR BODIES
The most important thing is not what exercises you do, but that you are exercising at all. Especially as we age, it is fundamental to our health - mentally and physically - to remain active on a regular basis. Designed to help anyone looking for light activity for the purpose of maintaining functional movement, this online class will incorporate slow and low-impact exercises to practice balance, flexibility, and strength for activities of daily life (ADL).
Instructor: Lisa Schlosberg
Tuesdays: Semester I: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10
Time: 8:00 – 8:45 a.m.; Cost: $120; Minimum number of students: 3
Register with Lisa Schlosberg at lisaschlosberg@gmail.com
FITNESS AND FUN
Created with little ones in mind, this 45-minute online class will give 5-10-year-olds a space to jump around, burn off energy, learn new movements, and have fun with fitness! We will use our bodies to exercise and then practice mindfulness and breathing exercises to restore a sense of inner peace.
Instructor: Lisa Schlosberg
Fridays: 10/9, 10/16, 10/23, 10/30, 11/6, 11/13. Time: 8:00 – 8:45 a.m.
Cost: $120; Minimum number of students: 5
Register with Lisa Schlosberg at lisaschlosberg@gmail.com

HAPPY HOUR MEDITATION  (Beaue Bernstein)
The evolving situation with the pandemic, the national political scene and, for some, a pervasive malaise, has only increased stress for most of us. We can let it go. Each guided meditation session will be about 20-25 minutes, plus a brief discussion before and after. You will relax! And gain tools you can use in your own personal meditation practice.

The first online session will be How-to-Meditate, a basic course for beginners and a great refresher on how to achieve a comfortable meditative state. We will explore breathing, posture, mantras, body relaxation, and other meditative techniques. Subsequent sessions will be guided meditation, with lovely visualizations coupled with relaxation techniques.
Instructor: Mark Bregman
5 Sessions: Tuesdays, 10/13, 10/27, 11/10, 12/1, 12/15; Time: 5:00 p.m.
Teens 14+ are welcome with parents
To register, click here for the link and password: https://bit.ly/33L9EgQ

ISRAELI DANCING WITH TESSA
Please join us in an advanced online Israeli dance group. The music is wonderful, anyone can learn the steps, and it’s good for you! We will send you a YouTube video after we have taught a dance, so you can practice it at home. The class is currently at capacity, but we are adding names to our waiting list. Please email Sue Penn at spenn@universitysynagogue.org to be added.
Instructor: Tessa Kershnar
Dates: Mondays and Wednesdays; Time 7:00 – 8:30 p.m.; Cost: Free
SHORT-CUTS TO A SPIRITUAL SHABBAT

So many cherished childhood memories begin with a familiar smell, sound or sight. Jewish traditions give us numerous opportunities to provide these same memories generation after generation. Shabbat in particular, has several key components that can inspire our children to connect weekly with Judaism. Start with these four easy online classes as we explore fast, fun and creative activities to engage the whole family through unique art, cooking and sharing.

Instructor: Lisa Herzog
Time: 4:00 – 5:00 p.m.; Minimum number of students: 6; Cost: $15/session

- **09/20**: Tzedakah box, customized according to your family
- **10/18**: Challah bake – fast and delicious….. a real shortcut!
- **11/15**: Candlesticks – with a unique design.
- **12/06**: Matzah/Blessing Box – incorporating Jewish values with family fun

Registration is necessary with Lisa at LisaHerzog@lusd.org for the link and password.
(Supplies may cost up to an additional $8-$10 but you may already have some in your home. If not, most can be purchased at any craft store like Joann’s, Michael’s or The Dollar Store.)

**Items Needed:**
- Large glass jar (with top or not)
- Wooden box (large enough to hold small notes)
- Plain candlesticks (wood, ceramic or glass)
- Black permanent marker (other colors are okay)
- Craft decorative supplies, such as tissue paper, stickers, glitter, acrylic paint, Elmers glue, ModgePodge, paint brushes, nail polish, wrapping paper, etc.
- BRIDGEFORD frozen dough
- Honey, raisins, pumpkin pie spice mix

COOKING WITH YOUR COMMUNITY

Thursdays online; Time: 5:15 – 6:15 p.m.

- **10/08** - Bolani with Farishta
- **10/15** - Cocktails and appetizers with Sari Schreiber
- **11/05** - Vegan Dinner, soup and hummus with Heidi Kahn
- **12/03** - Chopped Liver with Carol Richmond
- **12/10** - Latkes with Leanne and Allan Emas
- **01/14** - Cookies with Noa Emas
- **01/21** - Sticky Chili Chicken and Hot and Sour Pineapple with Susie Rothfeder*
- **02/11** - Delicious Dips with Marcy Garrett
- **03/11** - Berry Salad with Jeff Wolff
- **03/18** - Instant Pot Chicken Soup & Matzo Balls with Debbie Stern
- **03/25** - Brisket with Sue Penn
- **TBA** - Poppy seed Cake with Gail Jacobson

Cost: Free, but please purchase the ingredients. A list will be sent to you beforehand. To register, click here for the link and password: https://bit.ly/35SgCU1.
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This schedule is subject to change, so always RSVP at least one week prior to the class and check our website at www.universitysynagogue.org for added classes and events.

You can register online, fax, email or mail your completed enrollment form and fee (if any) to:

University Synagogue
3400 Michelson Dr., Irvine, CA 92612
(949) 553-3535; Fax: (949) 553-4034
Website: www.universitysynagogue.org

Register at the designated links unless otherwise specified.

Name(s): ___________________________________________  ___________________________________
(Please Print)

Address: __________________________________________________________

City & Zip: __________________________________________________________

Phone: (home) ____________________ (Cell) ____________________ (Email) ____________________

Charge Card: Visa___   MC___   No._________________ ___________________ Exp._______

Amount   $________________________

Course #   _______   Name(s) ___________________________________________   Cost, if any _______

REGISTRATION AND INFORMATION:

Costs: Please note that some courses require payment. There is often a difference between member costs and non-member costs.

Questions? Call Sue Penn, Director of Congregational Learning and Membership, (949) 553-3535, Ext. 241, or spenn@universitysynagogue.org.