

Adult Learning and Engagement Programming Guide Fall 2017 - Spring 2018



ADULT ISRAEL TRIP

led by
Ruth & Rabbi Aaron Bergman
February 14-26, 2018



Explore Israel
with Adat Shalom in
partnership with
Ramah Programs
in Israel.

For more information,
contact Melissa Ser,
mser@adatshalom.org

The Global Day of Jewish Learning with Rabbi Bergman

"Beauty & Ugliness"

Adat Shalom is one of hundreds
of organizations around the
world participating in the
Global Day of Learning.

Sunday, November 12
10:30 a.m.

ADULT HEBREW CLASS

coordinated by the Men's Club

Beginner and intermediate
Hebrew learners will enjoy
this class. There is a fee.

To register, contact Don Rudick
(248) 390-5981 or
zeedon1@gmail.com

Wednesdays, Sept. 27 - Dec. 20
7:00 - 8:30 p.m.

PRAYERFUL PILATES

*Strengthen Your Core
Through Jewish Values*

Rabbi Shere will share spiritual
insights after a floor Pilates
class led by Health and Wellness
coach and Pilates instructor
Sheila Tyner. There is a fee.

Mondays at 11:00 a.m.
November 13 & December 11
Classes will continue in 2018

Register at:
www.adatshalom.org/pilates

SHABBAT TORAH STUDY

Saturdays 9:45 a.m. - Ending in time for the sermon
Join clergy and educators for in-depth study
of the weekly Torah portion.

A NEW ADULT B'NAI MITZVAH CLASS

Taught by our clergy and Dr. Melissa Ser

Part 1: Preparatory Hebrew Reading Skills taught by Dr. Melissa Ser
A prerequisite for adults without basic reading knowledge of
Hebrew letters and vowels
October 25, 2017 through January 31, 2018

Part 2: Hebrew class followed by a Core Content Class taught
by the clergy (on a rotation)
February 7, 2018 through June 19, 2019

All classes are from 9:30 to 11:00 a.m.
Culminating in a B'nai Mitzvah celebratory service
Shabbat morning, June 22, 2019
To register and for information, contact Caren Harwood,
248.851.5100, ext. 231 or charwood@adatshalom.org

SYNERGY SHABBAT WEEKEND PROGRAMS

Celebrate Shabbat with traditional or alternative options including
meaningful prayer, singing, Shabbat dinner, guest speaker,
Soulful Yoga, Torah study and family Shabbat experiences.

Professor Joseph Benatov

Historian of Jewish Life in Bulgaria and the Balkans

October 27 - 29

LUNCHTIME LEARNING SERIES

Rabbi Bergman

- Mondays, October 16, 23 & 30
"Jewish Folk Songs of Love and Protest"

Future sessions:

- Thursdays, December 7, 14 & 21
- Mondays, March 12, 19 & 26

Rabbi Shere

- Tuesdays, October 31 & November 7 & 14
"Torah in the Twilight Zone"

MAINTAINING HEALTHY RELATIONSHIPS & STAYING CONNECTED

Led by Dr. Terri Orbuch and Rabbi Shere

When you are in happy relationships, you're better able to handle
stress, be physically active and sleep better. There is a fee.
In partnership with The Sisterhood of Adat Shalom

Wednesday, December 6 - 7:00 p.m.

JCC BOOK FAIR

Join Rabbi Bergman when he introduces Barry Holtz, author of *Rabbi Akiva: Sage of the Talmud*
Sunday, November 12 - Noon
For more information, contact www.jccdetroit.org

BRUNCH & LEARN

Taught by Rabbi Shere
Gain new insight into Jewish views on the afterlife: Jewish perspectives on where we go from here.

Sunday, February 25 - 10:30 a.m.

DINE AND DISCOVER

Stimulate your mind with our clergy and enjoy a delicious meal hosted by a member. There is a fee. Space is limited.
Sundays at 5:45 p.m.
on November 26, March 11
April 22, May 6

WOMEN'S HEALTH & WELLNESS PROGRAM

Rabbi Shere is a participant on a panel of experts who will share their expertise on how to enhance our health and wellness. There will be a light dinner and breakout sessions.

In partnership with Hadassah of Greater Detroit. There is a fee.

Tuesday, April 24 - 6:30 p.m.

PRE-PESACH LEARNING WITH OUR CLERGY

SOULFUL YOGA
with Rabbi Shere

Saturday, March 24 - 10 a.m.
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MEDITATION & MINDFULNESS
with

Rabbi Bergman & Hazzan Gross

Sunday, March 25 - 9:30 a.m.

PIRKEI AVOT: A JEWISH GUIDE TO LIVING A BETTER AND MORE MEANINGFUL LIFE

Taught by Rabbi Bergman

Pirkei Avot is a unique guide to living a good and meaningful life. It transmits timeless advice for everything from having happy relationships to creating harmonious communities. Each class is self contained. No previous knowledge necessary.
Mondays at 7 p.m.: November 13, December 4 & 18, January 15, February 5, March 19 and April 9

SISTERHOOD ROSH CHODESH SERIES

Led by Rabbi Shere

Torah study, prayers and light refreshments

Series kick-off with an interactive service, music and study
Friday, October 20 - 10 a.m.

One hour study sessions to celebrate Rosh Chodesh, 10 a.m.
Tuesday, December 19 ~ Thursday, February 16
Monday, April 16 ~ Wednesday, June 13

SOULFUL YOGA

Led by Rabbi Shere and yoga instructor Mindy Eisenberg
10 a.m.

Connect body and soul as we apply the wisdom of Torah to the gentle practice of yoga.

No experience necessary.

Dress comfortably.

**10/14, 10/28, 11/11,
11/18 and 12/16**

Classes will continue in 2018

SPIRITUALITY RETREAT FOR WOMEN

Led by Rabbi Shere and Mindy Eisenberg, Yoga Instructor

March 9 - 11, 2018

Experience relaxation and renewal, yoga and meditation, Torah study and Shabbat.

SAVE THE DATE

■ HEARTLAND KLEZMORIM CONCERT & PROGRAM

Special performance by Hazzan Gross
Klezmer musical and educational program
Sunday, March 18

■ ANYONE CAN PAINT

Rabbi Aaron Bergman will present "Judaism and the Visual Arts" followed by artist Steven Wood who will help you create your own original work of art. There is a fee.
Monday, April 30 - 11 a.m.

FRIENDS (a new program) -

Fun. Relationships. Interests. Excitement. Nourishment. Discovery. Service.

For information and to register, contact Charlotte Dubin, cmd67@mi.rr.com or Jeannie Weiner, Weiner.jeannie@gmail.com

For more information about adult learning opportunities, check out our website, www.adatshalom.org or contact Jodi Gross, Director of Adult Learning & Youth Engagement, 248.851.5100 or email her at jgross@adatshalom.org
Programming subject to change