

Spring 2017 I-Select
Cooking, Art, and Movement
DATES: January 28 and March 4, 2017

Sign-ups will be accepted on a First come, first served basis
Please select your 1st thru 4th choices and send them to rs@comsynrye.org

Programs

Dates

Jewish Holiday Cooking: The history behind the traditional foods as well as new versions for today's families. Join us in the kitchen as we learn to prepare holiday specialties for *Tu B'Shvat* and Purim. NOTE: Priority will be given to those who have not had a cooking opportunity. Space is limited to 12 families.

Takes place at CSR 8:45-10:45 am

Saturdays, January 28 and March 4.

Arts and Artifacts: Learn about what makes something Jewish art, and then create some! On the second date, you'll learn about the mitzvot of Purim (there are only 4!), and then create two traditional Jewish projects that will assist you in your Purim celebration.

Takes place at CSR 8:45-10:45 am

Saturdays, January 28 and March 4.

J-Movement: Jewish Yoga: Praying with your Body: Take some time to breathe deep, stretch, and learn the connections between Yoga and Jewish prayer. No previous experience necessary, but if you have a yoga mat and tools, bring them. Enrollment, on a first come, first served basis. Limited to 10 families.

Takes place at CSR 8:45-10:45 am

Saturdays, January 28 and March 4.

Volunteer:

Don Bosco Center—games/read

Meet at the Don Bosco center and learn about all the things they do to help the community. Now on Saturdays, only the youngest children come in. Play in the gym with them from 10:00-11:00 am, and then help them upstairs and read to them until Noon.

At the Don Bosco Center
22 Don Bosco Place, Port Chester
10:00 am-12 Noon

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