

OCTOBER 2006
RCJL Activity Highlights

Families always welcome to attend all events.
Events open to the public are in blue type.

Activity Extensions AL: 2076 Sukkat Shalom: 2078 Traditions: 2092

Jewish Heritage Museum

Celebration of the Holidays Judaica
Honoring Rosh Hashanah, Yom Kippur, Simchat Torah and Sukkot
through October

Ruth and Max Eis Collection of Judaica
Ongoing

Gerda Mathan: Photography
Ongoing

Private tours upon request (a minimum 4 people per tour required) by reservation only.
To arrange a tour please call Museum & Exhibit Docent at (925) 932-0396

Religious Services

Friday Shabbat Services @ 6:30 p.m.

Saturday Services @ 10:00 a.m.

Saturday Torah Study @ 2:00 p.m.

All Services on RCJL Channel 48

Call Receptionist at 648-2800 for Holiday Schedule

Daily Exercise Schedule

Plus Special Wellness Classes listed in Highlights

Sunday

10:00 -- Sit & Be Fit

Mon/Tues/Fri

9:15 -- Workout

10:15 -- Workout

Wednesday

9:15 -- Workout

10:00 -- Gentle yoga

Thursday:

9:15 -- Stretch & Strengthen

10:00 -- Music, Dance & Movement

Activity Highlights subject to changes

Nightly Movies Channel 48 @ 7:00 p.m. (excluding Friday)

10/3 **Cantorial Masters** with Mark Levy

10/4 **OUTING** Lunch & movie

10/5 Health chat with Linda

10/5 **Israeli Soprano**, Ayelet Cohen in Concert

10/5 **RCJL Choral Performance** & Reception

10/6 **Sukkot Celebration**: Family & Friends Shabbat service with Klezmer Violinist Julie Egger

10/7 The Golden Age Ensemble with Harry and Bill

10/8 Lois & Joanna Present: **The Life of Isadora Duncan through dance and poetry**

10/9 **Scholar Olli presents: Shakespeare's Heroines**

10/10 **ARF Pet Visitation**

10/10 Misha Yagudin...One Man Band!

10/11 Guided Relaxation

10/12 Music Therapy

10/13 **Prayer Chanting & Meditation**

10/13 **MINI OUTING** ARF

10/13 Jews in Nevada...Nostalgic clips & Discussion w/Art Scharlach

10/15 The Kleztones...Temple Isaiah Young Adults

10/16 Arthritis Self-Help

10/16 The Feldenkrais Method

10/16 Extended Roots in Concert

10/17 **The Hornman...**Bill Neymoyten exciting & interactive

10/17 **Lehrhaus Judaica presents: Imbibing the Bible: what the Ancients tell Us**

10/18 **OUTING** Half Moon Bay

10/19 Music Therapy

10/19 **Let's Talk Insomnia with Dr. Raumer**

10/19 Cocktail Social...classical piano with Rhonda

10/21 The Sing-along Chorus

10/22 Temple Isaiah Mitzvah Day

10/25 **A Century of Jewish Humor with Mark Levy**

10/24 **Scholar Olli Presents: Shakespeare's Heroines**

10/26 **Stagebridge Presents Creative Movement Dance Class**

10/26 **MINI OUTING** ARF & Lunch

10/27 How Humor Beats Stress Presented by Linda Thaxter

10/27 Presentation by Linda Thaxter: How Humor Beats Stress

10/29 Wine Country Music with David Sesnick

10/30 Ellis Island Klezmer Band

10/30 Arthritis Self-Help

10/30 **Low Vision self-help presented by National Association for Visually Handicapped**