



# *Jewish Residents of Leisure World*

Silver Spring, Maryland

June, 2011, Iyar Sivan, 5771

Newsletter Editor: Bernice F. Cohen 301-598-0192 Website: <http://www.jrlw.org>



## **JRLW President's Message**

Summer is here and our thoughts turn to plans for vacations and relaxation. The officers and committee chairmen, however, continue to be busy during these lovely summer days. The job of making JRLW run smoothly is not a three-season thing.

The Religious Committee is working on plans to make the services for the High Holidays an enjoyable and meaningful experience. We will be using the beautiful new Ark and Bima Table for the Conservative Services. Rabbi Bernstein will be returning to officiate at the Reform Services.

All of our committees will continue to work during the summer, planning for the coming year.

We will have programs during the summer. I want to thank all those who helped make our "To Life Expo" a success.

A round of applause to all my officers and board members who have worked so hard to make this past year a success. Thank you.

Shalom,  
Dolly Solomon

## **Upcoming June Events**

- 1<sup>st</sup> Wed Hadassah Board Mtg
- 3<sup>rd</sup> Fri Evening services – Reform
- 5<sup>th</sup> Sun 63<sup>rd</sup> Anniv. of State of Israel
- 8<sup>th</sup> Wed Shavuot
- 9<sup>th</sup> Thu Shavuot Yizkor services
- 10<sup>th</sup> Fri **DEADLINE FOR JULY NEWSLETTER**
- 11<sup>th</sup> Sat JRLW Morning Services, Conservative
- 12<sup>th</sup> Sun JWV Brunch
- 12<sup>th</sup> Sun WHARFF Expo
- 13<sup>th</sup> Mon JRLW Board meeting
- 15<sup>th</sup> Wed Mt Scopus Hadassah Summer Luncheon
- 15<sup>th</sup> Wed B'nai B'rith Board Meeting
- 15<sup>th</sup> Wed JWV Business Meeting
- 16<sup>th</sup> Thu Na'Amat Ice Cream Social
- 20<sup>th</sup> Mon Hadassah Bible Study Group
- 21<sup>st</sup> Tue Na'Amat Board Meeting
- 26<sup>th</sup> Sun B'nai B'rith Year End Brunch
- 29<sup>th</sup> Wed Na'Amat New Member Tea

## **MEMBERSHIP NOTICE**

This is the time of year for renewal of membership dues. A page in this newsletter with a fill out section for dues renewal is to be mailed to me. The membership year is June 1 thru May 31. (Continued on Page 2)

Dues should be paid by the July 1 JRLW newsletter.

Please respond and thank you for your support.

Sue A. Rudo  
Membership Chair  
suearudo@verizon.net.

## **Religious Services Snapshot**

Saturday May 11<sup>th</sup> morning Conservative Services will be at 9:15 in Clubhouse II. Services will be led by Cantor Michael Kravitz. We will read Behaalotekha, the weekly portion of the Torah and the Haftara Zecharia 2:14-4:7. Preliminary Service will be led by Justin Kramer. Haftorah will be chanted by Ken Israeli and D'var Torah will be recited by Jerry Miller. Shacharit will be led by Cantor Kravitz.

Friday evening June 3<sup>rd</sup> Reform Shabbat Services 8:00 PM at Interfaith Chapel. Services will be led by Rabbi Gary Fink. Ed Laskin will lead the Choir. Services will be sponsored by JRLW.

JRLW together with Shaare Tefila Congregation, are conducting services every Sunday morning at 8:45 AM and minyans Sun thru Thu 7:30 PM in the Clubhouse II Café'.

**DEADLINE FOR THE JULY NEWSLETTER IS JUNE 10<sup>th</sup>. ARTICLES RECEIVED AFTER THE DEADLINE WILL NOT APPEAR IN THE JANUARY NEWSLETTER.**

## **WELCOME NEW MEMBERS!**

Joanne and Henry Bishins, 3310 NLWB

Seymour and Sheila Harnick, 15100 Interlachen

Barbara Kent, 3005 S LWB

Claire Gersten, 3100 N LWB

Gayle Pressman, 2901 S LWB

Irene Danker – 3005 S LWB

If one of these new members lives in your building, won't you stop in and welcome them to our organization?



## **CELEBRATING JULY 4<sup>TH</sup>**

Leisure World will again celebrate Independence Day on Monday, July 4, 2011, with a short parade, a patriotic program and picnics.

JRLW/HADASSAH members, family and friends are invited to come out and enjoy the fun and camaraderie. Members interested in helping to represent JRLW/HADASSAH by marching in the short parade, should arrive by 9:00 A. M. and look for the JRLW banner in the Club House I parking lot. For further information contact Walt Budman, 301-438 1264, or Janet Lazar, 301-598-4066.



**NOTICE FOR MEMBERSHIP DUES**  
**(June 1 – May 31)**

Dear JRLW Member:

Jewish Residents of Leisure World (JRLW) offers many opportunities for involvement. It is that time again to renew your membership dues. The dues year runs from June 1 through May 31. Membership dues are \$18 per person; \$36 for a couple. Dues should be sent to me and made out to JRLW.

JRLW conducts services for both Reform or Conservative services the first Friday of the month followed by an Oneg Shabbat. Conservative services are conducted the 2<sup>nd</sup> Saturday of each month followed by a kiddish. We sponsor services for the High Holy Days and the 2<sup>nd</sup> Seder. A breakfast is held the 3<sup>rd</sup> Sunday of each month with an interesting speaker. The breakfasts are \$5 for members and \$8 for non-members. There are also various classes of Jewish interest. Education courses are mentioned in our monthly newsletter and the Leisure World Newspaper. The charges are so noted. Money collected for dues not only pays for the above but our Tzedakah Committee sends money to local charities. There are many other phases of JRLW which might whet your appetite.

If you have any questions, I would be very happy to speak with you. I look forward to hearing from you.

Sincerely,

Sue A. Rudo, Membership Chair, 301-598-1153 or [suearudo@verizon.net](mailto:suearudo@verizon.net)

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**Membership Application**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Silver Spring, MD 20906

Phone Number: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_\*

Check One: \_\_\_\_\_ One Person - \$18.00      \_\_\_\_\_ Couple - \$36.00

Check should be made out to : **JRLW**. Please include this form with your payment and send it to:

**Sue A. Rudo, 2901 S Leisure World Blvd, #520, Silver Spring, MD 20906**

\*JRLW asks for your email address so we can send you important and time-sensitive messages, while being sure not to send you too many emails – possibly once a month.

## FUNERAL INFORMATION

If you are a member of JRLW you are entitled to a considerable discount when you have to deal with a funeral parlor or a cemetery. JRLW has an agreement with Sagal and Danzansky Funeral Homes for a discount. We also have an agreement with Judean Gardens for burial arrangements. If you have any questions, please call Harvey Chidel at 301-438-1151.

## A SHIVA MINYAN

We have had several cases recently where, unfortunately, there was a need for a shiva minyan for one of our members here in Leisure World. If you hear of such a need in your building, it is a mitzvah and the 'menshlich' thing to do to attend the shiva minyan for at least one or two nights. In many of our multi-unit buildings – especially the high-rises – there are probably enough people to form a minyan without needing anyone outside of the building. An evening minyan will take ½ hour or less of your time, But to the grieving family, your attendance may mean the difference of being able to say their prayers or not. Please help out if you can.

**DEADLINE FOR THE JULY NEWSLETTER IS JUNE 10<sup>th</sup>. ARTICLES RECEIVED AFTER THE DEADLINE WILL NOT APPEAR IN THE JANUARY NEWSLETTER.**

**NEWSLETTER STAFF**  
Bernice Cohen – Editor  
Nate Sternberg – Layout  
Fred Shapiro – Business  
Shirley Griffin - Asst. Editor

## PHYLLYS HUTT'S CORNER:

### EVER HEARD OF A JEWISH GURU???

They say that there is one in every family.....one who stands out from the rest, whose approval is sought and whose pronouncements hold more water than Grand Coolie Dam. Fortunately, for all concerned, I am NOT that person! I couldn't handle all that glory! But I do have one claim to fame among my family and friends, and that is that I am the trivia queen of all time! I don't know how I have managed to gather so much information. Is it from being naturally inquisitive? Or just that I have lived a long time!

I must admit that I enjoy this prestige and consider it an honor to have the questions coming at me still to this day. I hold my own on the subjects of who wrote what, who composed what and who sang it. (Pardon my modesty, but facts are facts. Just ask Bidy or Zelda or any of my "following").

"Hi! I am at a mah-jongg game. Sally says that Vaughn Monroe had the most popular recording of "Sixteen Tons," and I say it was Johnny Cash. Who was it?"  
"Tennessee Ernie Ford".  
"Oooh, thanks.. My turn. Goodbye."

The phone rings on another occasion. This time, a relative.

"How are you doing? We've got to do lunch one day soon. By the way, I have a bet going on. Marilyn wants to

know if Olivia deHavilland played Rebecca in the movie of the same name. I say she didn't, but I don't remember who did, so I figured you'd know."

"No one played Rebecca in that movie. Rebecca was dead from the beginning.  
(See Page 4)

Joan Fontaine played the second Mrs. deWinter, who never did have a first name throughout the entire movie. She was always called "my dear" or darling."

"Are you sure of that?" In my best Michael Corleone imitation: "Never question or go against the family.....it isn't wise."

My friend Harvey called me recently from his car to resolve an inquiry as to who were the actors in "Bonanza". I take my title seriously. It is my job, my raison d'etre. Over a span of years the queries change, depending upon the current events of the day. "Yes, Ted Collins WAS Kate Smith's announcer for many years. No, Seabiscuit never won the Triple Crown. Johns Hopkins is not John Hopkins, and the Smithsonian is not an institute. Like Brookings, it is an institution. "

Being a trivia maven is something which occasionally occupies my time now that I am in my rusty years. (You didn't really think they were golden, did you?) I have amassed a vast store of mostly useless and/or unnecessary facts and that, plus \$5.98. will buy me a cup of coffee.

If I am not careful, I could become drunk with power.

## JRLW SINGLES

On Friday, April 29, 2011, the JRLW Singles celebrated their Second Anniversary. A good time was had, with 47 members enjoying a free lunch and playing bingo, with lots of prizes given out.

If you are a member of JRLW (our parent organization) and you are single, why not join our membership for the year May 1, 2011 to April 30, 2012. Send a \$10.00 check made out to JRLW Singles and mail to: Theda Rosenblum, 3330 N. Leisure World Blvd., #117, Silver Spring MD 20906.

Come join the Singles Group on a trip to Ocean City. It will be September 5<sup>th</sup> to the 9<sup>th</sup>. We will be staying at the Carousel Hotel. The price is \$65.00 per night per person in a double occupancy. Transportation will be either by carpool or by bus which will cost \$40.00 per person each way. For reservations, call the hotel, mentioning the name of our group. Then call Anita Van Grack at 301-438-1431 to let her know you will be coming. The trip is not limited to members of JRLW Singles.



## GOOD AND WELFARE

Our prayers for a speedy healing go to Ken Israeli.

Joy Podolsky is recuperating from a nasty fall followed by hospitalization and rehab. Mazel tov to Theda Rosenblum on her granddaughter's graduation from law school.

Congratulations to Rena and Herb Morris on their 50<sup>th</sup> Anniversary.

Unfortunately, Sheila Chodorov will be undergoing hip surgery in June. Our thoughts will be with her for a successful surgery and a speedy recovery.

We need items for this column. If you have any news to share, please let us hear from you.

### JRLW OFFICERS FOR THE YEAR

June 1, 2011 – May 31, 2012

President: Dolly Solomon

Vice President: Millie White

Recording Secretary: Naomi Kline

Corresp.Secretary: Al Firestone

Treasurer: Paul Bessel

Parliamentarian: Neil Ross



## RECIPE CORNER

### BLINTZES FOR SHAVUOT!

#### **Batter**

2 eggs  
Pinch salt  
½ tsp sugar  
1 cup water  
1 cup flour  
½ tsp baking powder

#### **Filling**

¾ lb cottage cheese  
1 egg  
1 tbsp sugar  
½ tsp cinnamon  
Pinch salt  
1 tsp grated lemon rind  
1 tsp farina/cream of wheat  
1 tbsp soft butter

Strain cheese (or use ricotta cheese) and mix thoroughly with the other ingredients. Set aside. Beat eggs, add salt and sugar, water, flour and baking powder and beat to a smooth batter,. Drop batter (two tablespoons at a time) onto a small frying pan that has been slightly greased and heated. Tip the pan so that the batter spreads thinly over the entire pan. Bake on one side only until top is dry and starts to blister. Turn out on a clean cloth. When all the shells have been made, fill each one with one tablespoon of the cheese mixture. Fold over the opposite sides to form little rectangles. Place in a well-greased baking pan, seam side down. Brush with melted butter and bake in hot oven (400°) until golden brown and crisp. The blintzes may be fried instead of baked. Serve warm with sour cream, cinnamon-sugar or fresh fruit.

## TZEDAKAH & KIDDUSH-ONEG DONATIONS

Betsy & Fred Firnbacher to commemorate the Yahrzeit of Irving Goldstein.

Madeline & Fred Shapiro in memory of Lynn and Arnold Cooper's daughter.

Susan & Jonas Weiss for Yiskor in memory of parents and brother.

Carol & Jack Lerner for Yiskor in memory of parents, brother and sister.

Joan & Gerald Sommer for Yiskor,

Bonnie & Stanley Favin in honor of their 55<sup>th</sup> wedding anniversary on June 10.

Elaine Wagner in honor of Dave Gordon's 90<sup>th</sup> birthday.

Elaine Wagner in honor of Rena and Herb Morris' Golden Anniversary.

Rita & Sherman Shapiro.

Na'Amat RBZ sponsoring Oneg.

Max Klueger for Yiskor.

Janet & Sidney Lazar for Yiskor in memory of Charlotte.

Barbara & Donald Goldstein in memory of Arthur Cherpack.

Ruth & Arnold Arens in honor of granddaughter Brittany Arens high school graduation.

Best Wishes to Arnie Arens on his eight months of continued health improvement from his family and friends.

Naomi & Steve Kline in honor of Rena and Herb Morris' 50<sup>th</sup> wedding anniversary.

Naomi & Steve Kline in honor of Dave Gordon's special birthday.

Kiddush donation by Marilyn & George Kessler in honor of the anniversary of Marilyn's Bat Mitzvah.

Sandra Sager in memory of Ted and Irving Balto, brothers of Marion Rosenberg.  
Lillian Wolf for Tzedakah.

# BEDFORD COURT

A SUNRISE SENIOR LIVING COMMUNITY

**You are invited to attend our June events!**

**June 4<sup>th</sup> - Sounds of Summer Open House**  
1:30 – 3:30 pm

Join us for good food, good music and a tour of Bedford Court and available apartment homes!

**June 21<sup>st</sup> – Celebrate Dad BBQ - 12-2pm**

All Dads are welcome and bring your kids to celebrate being a dad!

**Please call 301-438-6631 to RSVP for the upcoming events.**

**Beautiful 2 bedroom and 1 bedroom Apartment Homes are available!**

**Call Elena Price today at 301-438-6631 to schedule your personal visit and tour.**

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## TORAH MAINTENANCE AND PRAYER BOOK FUND

Individuals can be honored and loved ones memorialized with a contribution to the JRLW Torah Fund or Prayer Book Fund for a minimum donation of \$25.00. Contact Ellen Zweig at 301 598 2144 between 9:00 am and 9:00 pm. No calls on Shabbat, please.

### Torah Fund Donations

Carolyn & Arnold Gross in honor of Elaine & Jerry Daniels grandson's Bar Mitzvah

Donations in honor of Wedding of Sonya Korenblit & Hy Hirschberg by:

Marsha & Douglas Marcus  
Shaina & Matthew Green  
Janet & Jay Frankel

### Prayerbook donations

Helen Rosenblum in Honor of 90<sup>th</sup> birthday of Morty Koff.

Lloyd Haas in memory of beloved wife Anita Edelstein Haas.



## CONDOLENCES

**We offer our sincere condolences to the families of the following:**

Solomon Goldenberg

Saralee Baker Stein

Ira Kohlman

Harold Snyder

David Mason

*May their memory be a blessing*

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Volunteers are needed for Friday night services which occur the first Friday of the month. Jewish items are set up in the Inter-faith Chapel before the service and removed afterwards. Please call Mort Rudo at 301-598-1153 if you can help.

## NA'AMAT RBZ

June is "busting out all over" and Na'Amat RBZ Club is happy to announce that we have seventeen new members. We are planning a New Member Tea on Wednesday, June 29, at 1 pm in Clubhouse I. New members will be contacted. The Tea will be hosted by Esther Evans, When more details are available, we will note it in future columns in the Na'Amat section of the Leisure World News.

On Thursday night June 16, 2011 at 7 pm in the ballroom of Clubhouse I, we will have an ice-cream social and a delightful program featuring a one-man show where we will see a recreation of the renowned "March King", John Philip Sousa. For more information contact Harriet Singer (301) 438-8999.

Date to remember: Tuesday, June 21, 2011, RBZ Board meeting 10 am.

## Mt. Scopus Hadassah

The Mt. Scopus Centennial Summer Luncheon will be held on Wednesday, June 15 at noon in the Crystal Ballroom of Clubhouse I. Maryland Delegate Ben Kramer will speak on "Maryland and Israel." There will be door prizes, raffles, and surprises. Everyone will go home with something. To make a reservation send a check payable to Hadassah for only \$22 to Barbara Eisen, 3200 N. Leisure World Blvd. #810, Silver Spring, MD 20906. Indicate whether you prefer tilapia almondine or eggplant parmesan for your entrée and specify any tablemate preferences. You don't have to be a member of Hadassah to attend.

The Bible Study Group will meet on June 20 at 1:30 PM in Clubhouse I. As rescheduled, Sonya Korenblit will lead a discussion on Dina. New participants are encouraged to join the group.

"The Hadassah Everyday Cookbook: Daily Meals for the Contemporary Jewish Kitchen" is on sale for \$30. It contains over 160 delicious, simple, kosher recipes that are destined to become family favorites. To order a copy send your check payable to Hadassah to Nancy Weisberger, 9 Fulham Ct. Silver Spring, MD 20902. For more information, call Nancy (301-649-4153).

As part of our on-going mitzvah project, Theda Rosenblum gathers toiletries for Sophia House, a women's shelter in Rockville. If you go on a summer vacation, be sure to pick up toiletries from your hotel or motel. To donate items, call Theda (301-598-9105) or bring them to a Mt. Scopus meeting.

Hadassah sponsors many activities to further the worthwhile projects it supports in medical, educational, and social programs in Israel and in the USA. Please contact the following to contribute: **Hadassah Medical Organization (HMO)**: Sonya Korenblit (301-598-3497). **IMA/Youth Aliyah**: Larelda Gruber (301-598-5922) **Hadassah cards**: Miriam Gilbert (301-438-3998). **Hadassah certificates**: Chapter Office (301-881-8203). **JNF trees and water certificates**: Natalie Lewis (301-598-4798).



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## **ANNUAL CELEBRATION OF THE STATE OF ISRAEL**

The 63rd Anniversary of the State of Israel will be celebrated on Sunday, June 5, 2011, at 7:00 pm in the Auditorium in Clubhouse 2.

We will be addressed by Galit Baram, Counselor of Public and Academic Affairs at the Embassy of Israel. The Music Pilgrim Trio featuring Vladimir Fridman, Seth Kibel and Bob Abbott will present an assortment of music from their repertoire of Klezmer, Yiddish, Hebrew, Russian, Classical, Show tunes and original pieces composed by each of the musicians. A reception including refreshments will take place after the Concert.

The minimum donation is \$15.00 per person with the funds going to the Jewish National Fund. As a result of the recent fires in Northern Israel, funds are desperately needed to plant as many trees as possible before the fall rainy season. We look forward to your attendance at this exciting evening.

Tickets are now available at the E & R Office in Clubhouse 1.

### **JUNE PROGRAMS AT HAR TZEON-AGUDATH ACHIM**

#### **MORNING PROGRAMS**

10:00am NEW CLASS Tai Chi with  
Leonard Gross

11:00am Exercise with Mim Parizer  
or  
Current Events with Judge Marvin Roth and  
Ed Morgenstern

1:00pm Yiddish Class with Marcia  
Levinsohn

#### **AFTERNOON PROGRAMS**

Afternoon programs are from 1 to 2 pm.

Thursday, June 2 - Mike Bloom, JD  
American Jewish Military History

Thursday, June 9 - Shavuot  
No Program

Thursday, June 16 - Cantor Cal  
Chizever- Yiddish Sing Along

Thursday, June 23 - Roberta Benor, author  
- " The Keys to Senior Housing"

Thursday, June 30 - Victor Dyni, pianist  
An Afternoon of Beautiful Music

### **TRIBUTE TO ISRAEL ABBA EBAN SPEAKS**

JRLW is co-sponsoring with Shaari Tefilla a series of three programs dedicated to Abba Eban's documentaries, "Israel, A Nation is Born." The programs will take place in the Crystal Ballroom commencing June 13 and continuing June 20 and 27. The time is 2:00 to 4:00 PM. Tickets for the three sessions are on sale at E&R for \$18.00. The proceeds from the series will be donated to American Friends of the IDF. Tickets for any one session will be on sale for \$10.00.

According to Abba Eban, "Israel: A Nation Is Born" is a depiction of the turbulent and dramatic history of Israel through the conflicts and tensions of the decades,..."

Our donation of the proceeds is to an organization that provides support and opportunities for the men and women who are in the Israeli military and shoulder the responsibility for protecting the citizens of the State of Israel. They provide services during the periods of military service, as well as after when the veterans face the conversion to civilian life.

# June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 28 Iyar Hadassah Board meeting	2 29 Iyar	3 1 Sivan Candle lighting 8:11PM Reform Services	4 2 Sivan
5 3 Sivan 63rd Anniversary of Israel	6 4 Sivan	7 5 Sivan	8 6 Sivan Shavuot	9 7 Sivan Shavuot Yizkor Services	10 8 Sivan Candle lighting 8:15PM Newsletter Deadline	11 9 Sivan JRLW Conservative Services
12 10 Sivan JWV Brunch  WHARFF EXPO	13 11 Sivan JRLW Board Meeting	14 12 Sivan	15 13 Sivan Mt Scopus Hadassah Summer Luncheon	16 14 Sivan Na'Amat Ice Cream Social	17 15 Sivan Candle lighting 8:18PM	18 16 Sivan
19 17 Sivan	20 18 Sivan Hadassah Bible Study Group	21 19 Sivan Na'Amat Board Meeting	22 20 Sivan	23 21 Sivan	24 22 Sivan Candle lighting 8:20PM	25 23 Sivan
26 24 Sivan Bnai 'Brith Year End Brunch	27 25 Sivan	28 26 Sivan	29 27 Sivan Na'Amat New Member Tea	30 28 Sivan		

## SHAVUOT

You shall count for yourselves -- from the day after the Shabbat, from the day when you bring the Omer of the waving -- seven Shabbats, they shall be complete. Until the day after the seventh sabbath you shall count, fifty days... You shall convoke on this very day -- there shall be a holy convocation for yourselves -- you shall do no laborious work; it is an eternal decree in your dwelling places for your generations. - Leviticus 21:15-16, 21

Shavuot, the Festival of Weeks, is the second of the three major festivals with both historical and agricultural significance (the other two are Passover and Sukkot). Agriculturally, it commemorates the time when the first fruits were harvested and brought to the Temple, and is known as Hag ha-Bikkurim (the Festival of the First Fruits). Historically, it celebrates the giving of the Torah at Mount Sinai. Because the holiday celebrates the Torah, it is customary to have confirmations at this time.

Shavuot usually occurs either at the end of May or the beginning of June. The exact time of this holiday depends on the time of the second day of Passover. It is celebrated at the time of year when flowers and shrubs are at their most beautiful, a lovely time of year to celebrate our Torah,

The holiday is called the time of the giving of the Torah, rather than the time of the receiving of the Torah. The sages point out that we are constantly in the process of receiving the Torah, that we receive it every day, but it was first given at this time. Thus it is the giving, not the receiving, that makes this holiday significant.

It is customary to eat a dairy meal at least once during Shavuot. There are varying opinions as to why this is done. Some say it is a reminder of the promise regarding the land of Israel, a land flowing with "milk and honey."

The story of Ruth and Naomi is read at this time. There are varying reasons given for this custom.

This year Shavuot falls on June 8 and 9. We will have Services on the second day, June 9, at which time we will pronounce Yiskor prayers.

## JRLW TO PARTICIPATE IN SECOND WHARFF

Free buses will be running June 12<sup>th</sup> to take residents of Leisure World to Temple Beth Ami in Rockville for the second WHARFF Expo. WHARF stands for Wellness, Aging, Retirement and Financial Freedom. JRLW will be taking part in this expo for the second year, hosting a table to introduce attendees to the advantages of living in Leisure World.

The Expo will feature exhibitors, workshops and screening clinics. There will be over 55 exhibitors who serve the needs of the Greater Washington community. The program will commence at 10:00 AM and conclude at 4:00 PM.

Physical Fitness and Nutrition sessions will include fun ways to exercise through dance, fitness techniques and healthy cooking demonstrations. Mental fitness will center on gaming, music and using game machine such as Wii. Financial fitness will provide consultation with estate and financial planning professions, aging in place professionals, and agencies who help families select housing options for their parents.

The expo is a free program designed to provide people who want to live a robust life in retirement with many answers and resources to plan for now or ahead.

Three buses will leave from Clubhouse II at 9:30 AM, 10:45 AM and 12:00 Noon. To make sure that you have a seat on the bus, register in E&R for the time you wish to leave Leisure World. Return trips will depart Temple Beth Ami at 1:25 PM, 2:40 PM and 4:00 PM.

For further details you can visit the website [www.bethami.org/wharff](http://www.bethami.org/wharff) or call 301-762-8809.

**JEWISH RESIDENTS OF LEISURE WORLD**



3700 Rossmoor Blvd.  
Silver Spring, MD 20906

Time Critical Information

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**CELEBRATE ISRAEL'S  
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SHAVUOT. AND JOIN  
JRLW**