Last Month in November

November was a record-breaking month of high temperatures a dizzying plunge into cold air the week before Thanksgiving. Program favorite, Ernie Howard gave us a musical concert that left us “Twisting the Night Away”. Theater J’s performance of “Intimate Apparel” was a stirring examination of longing, love, integrity, loneliness, and loss in multi-cultural early 20th century New York. Judith Neibrief shared her sumptuous photographs from Spain and Portugal and led an exciting and informative discussion. We are all looking forward to her next slideshow. Norman Shore hosted another thought-provoking discussion and we welcomed first time Bingo! Players. Nutrition with Janet-ah, November, awash in fall leaves and gratitude.

Programs for January
Jewish Studies w/Norman Shore
Nutritional Tips w/Janet Tenney
Open Poetry
Exploring Art with Nick on Wednesdays
Ray’s Trivia Questions:
Questions:
1. What is the only Southeast Asian country never ruled by a European power?
2. What 1999 movie was hyped: "The future will not be user friendly"?
3. What country did the Battle of the Bulge take place in?
4. What Verdi opera includes the popular ‘La donna e mobile’?
5. What is the only bone in the human body that doesn’t connect with any other?

JSSA offerings:
The Behrend-Adas Fellowship Program is a daily lunch and social program presented by JSSA (Jewish Social Service Agency) in partnership with Adas Israel Congregation. The program is open to all seniors (ages 60+) residing in the District of Columbia. All are welcome regardless of background or affiliation. This program is administered by JSSA. Our program operates under the required adherence to Adas Israel COVID-19 restrictions.

If you have questions or would like to speak to someone about our activities and engagement, please reach out to the program coordinator: Courtney Tolbert @ ctolbert@JSSA.org. You may call me on: (240) 495-0919.

December 2022

The Behrend-Adas Fellowship Program @ Adas Israel
December Theme: World Spices and Celebration of Light
Pumpkin Pie Crisp
Adapted from Dixiecrystals.com recipe

9-16 servings (depending how you cut from 8x8” baking dish)

Filling:
15oz. can pumpkin puree (not pie filling)
3 eggs
1/2 C. brown sugar, packed
1 tps. vanilla
1 tps. cinnamon
1/4 tsp. ginger
1/2 tsp. ground nutmeg*
1/2 tsp. salt
2/3 C. evaporated skim milk **
1 tsp. cinnamon

Streusel Topping:
2/3 C. evaporated skim milk **
1/4 tsp. salt
1/4 tsp. ground cloves*
1/2 tsp. ground nutmeg*
1/2 tsp. ginger
1 tsp. cinnamon
1 tsp. vanilla
1/2 C. brown sugar, packed
3 eggs
15oz. can pumpkin puree (not pie filling)

Preheat oven to 375 degrees F. and grease 8x8 baking dish.

Gradually mix in evaporated skim milk until smooth
and pour into baking dish.

Drizzle butter/margarine over topping mixture and stir
until crumbly.

Sprinkle over pumpkin filling in baking dish and bake
40-45 minutes until golden brown.

Let rest 10 minutes and serve or refrigerate. Warm
gently when ready to use.

*If you don’t have all spices, use more cinnamon, and gin-
ger and skip others. Flavor will not be quite like pumpkin
pie, but still tasty.

**Extra evaporated skim milk can be added to canned to-
mato soup to make cream of tomato soup, or be used in
coffee.

***To reduce sugar use 1/4 C. Truvia blend and 1/4 C. sugar.

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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>10:30 Morning Treats 11:00 Exercise w/Courtney 12:00 Lunch: “Grab, Go or Stay!” 12:15 Howard Feinstein’s “Current Events”</td>
<td>10:30 Morning Treats 10:45 Exercise w/Beth 12:00 Lunch: “Grab, Go or Stay!” 12:15 “Ticket Tuesday” Participant Pick! Film: “Resederation Road”</td>
<td>10:30 Morning Treats 11:00 Exercise-Courteney 12:00 Lunch: “Grab, Go or Stay!” 12:00 “Exploring Art with Nick”</td>
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<td>10:30 Morning Treats 11:00 Jewish Studies with Norman Shore 11:45 Shabbat Services 12:00 Lunch: Grab, Go, or Stay! 12:15 Board Games</td>
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<td>10:30 Morning Treats 11:00 Exercise w/Courtney 11:15 Nutrition w/Janet 12:00 Lunch: “Grab, Go or Stay!” 12:15 Time Slips with Jodi</td>
<td>10:30 Morning Treats 10:45 Exercise w/Beth 12:00 Lunch: “Grab, Go or Stay!” 12:15 “Ticket Tuesday” Participant Pick! Film: “The Enchanted Forest”</td>
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<td>10:30 Morning Treats 11:00 Exercise 11:45 Shabbat Prayers 12:00 Lunch: Grab, Go, or Stay! 12:15 Bingo!</td>
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<td>10:30 Morning Treats 11:00 Exercise w/Courtney 12:00 Lunch: “Grab, Go or Stay!” 12:15 Time Slips with Jodi</td>
<td>12:15 Open Art Workshop 15:30 Olfactory Exercise: Aromas &amp; Memory with Nick</td>
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<td>10:30 Morning Treats 11:00 Exercise w/Courtney 12:00 Lunch: “Grab, Go or Stay!” 12:15 Creative Writing with Jodi</td>
<td>Adas CLOSED  No Program on site</td>
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<td>Closed In Observance of Christmas Holiday</td>
<td>10:30 Morning Treats 10:45 Exercise w/Beth 12:00 Lunch: “Grab, Go or Stay!” 12:15 “Ticket Tuesday” Film: “The Scent of Green Papaya”</td>
<td>10:30 Morning Treats 11:00 Exercise-Courteney 12:00 Lunch: “Grab, Go or Stay!” 12:00 “Exploring Art with Nick”</td>
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<td>10:30 Morning Treats 11:00 Exercise—Open 11:45 Shabbat Prayers 12:00 Lunch: Grab, Go, or Stay! 12:15 Anagrams Abound!</td>
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