## PROGRAM SCHEDULE

### 10TH ANNUAL TBZ RETREAT

**May 11-12, 2018**

**Parshat Behar-Bechukotai**

**Temple Beth Zion**

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### Friday, May 11

**6:00-7:00 pm**  
Community Shabbat Service (Sanctuary)

**7:15-8:30 pm**  
Potluck dinner with singing

**8:00 pm**  
Board Games start in the side room with adult supervision, Snacks and Schmoozing  
*Bring games and drinks to share!*

**11:00 pm**  
Building close

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### Saturday, May 12

**9:45 am-11 am**  
Childcare (ROOM ALEF)

**10:00 - 11:00 am**  
Yoga (Griggs Park) (Rain location room Bet) with Sam Mendoza Fraiman

**10:00 - 11:00 am**  
Torah Study
  - Traditional Torah study with Reb Moshe (Room Gimmel)
  - Rehearsal for Parsha Play with Cantor Becky (Sanctuary) - all invited!

**11 am-12:30 pm**  
Intergenerational Service

**12:45-2 pm**  
Lunch - Community Room - benching, singing

**1:15 pm**  
Childcare Resumes

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### Shabbat Afternoon Activities 2:00-5:30 PM

*Childcare will be offered at TBZ from 1:15-5:45 pm. The third floor lounge is available all day as a quiet space. If the weather is nice, we will also offer games and sports for kids at Griggs Park.*

*Announcements about weather-related issues will be made during lunch.*

- **Adults Only = Blue**
- **All Ages = Green**
- **Kids Only = Orange**

**1:30-3:00 pm**  
Meditation with Nishmat Hayyim -- Sanctuary  
1:30-2:10 Sitting Meditation  
2:10- 3:00 Torah contemplation, Mincha chant, Kaddish, and Closing circle

**2:15-3:15 pm**  
Workshop: Giving Refuge in the Shoah and Today: A play reading and discussion with Miriam Diamond & Marion Freedman-Gurspan-- ROOM GIMMEL  
Origami with Deb Morley and Linda Rosen -- ROOM DALED

*Outdoor Games at Griggs Park with Adam Korn and Gabriel Barnett (In case of rain, we will shift to indoor games in the Meeting Room)*

**3:25-4:25 pm**  
Workshop: Jews of African Descent with Len Lyons -- ROOM GIMMEL

*Urban Nature Walk with Naomi Ribner and Rachele Rosi-Kessel -- meet on TBZ steps*

*Optional outdoor play at Driscoll School Playground with adult help. (In case of rain, we will shift to circle time with Cantor Becky in Room Aleph)*

**4:35-5:35 pm**  
Workshop: Sleep, Memory, and Dreams with Bob Stickgold -- ROOM GIMMEL

Favorite Jewish Recipe Swap with Alex Khitrik -- ROOM DALED

Variety Show Prep (for kids) with Cantor Becky -- SANCTUARY

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**5:45-7:15 pm**  
Catered Seudah Shlishit (“The Third Meal”): Dinner and Conversation with Reb Moshe followed by Singing  
(COMMUNITY ROOM)  
*Please note: no childcare from 5:45-6:15*

**6:15 - 7:15 pm**  
Childcare resumes

**7:30- 8:30 pm**  
Community Variety Show (SANCTUARY)  
All ages, we encourage adults and children to participate!

**8:30-9:10 pm**  
Havdalah and Closing Ritual (SANCTUARY)

**9:15-10:30 pm**  
Music and Games!  
Board Games (COMMUNITY ROOM)  
Jam Session (MEETING ROOM)

**11:00 pm**  
Building close

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*L’hitraot!*  
*Next Year in Craigville!*