



# Sisterhood

## SUPER TUESDAYS

Bringing Our Community Together  
Health Series & More

### Tuesday November 10<sup>th</sup> at 1:30-2:30 PM

Guest Instructor Lisa Shebath  
Post Election Yoga Therapy

### Tuesday November 17<sup>th</sup> at 7:00 PM

Guest Speaker Jennifer Abdulezer Mashaal  
Food for thought:  
Immunity, your body, your mind

### Tuesday November 24<sup>th</sup> at 12:00 PM

Book Review  
"Where The Crawdads Sing" by Delia Owens

### Tuesday December 1<sup>st</sup> at 7:00-8:30 PM

Guest Speaker Marina Mashaal  
Topic: The Power of Calm

### Tuesday December 8<sup>th</sup> at 7:00 PM

Guest Speaker Rabbi Maimon Pinto  
Relations of the Body and Soul

### Tuesday December 15<sup>th</sup> at 7:00 PM

Zoom Hanukah Community Celebration  
Rachel Gabbay/Rosie Shahrabani/Moriel Shatin  
Trivia and songs

### Tuesday December 29<sup>th</sup> at 12:00 PM

Book Review "Third Daughter" by Talia Carner  
Reviewed by Wilma Mashal

### Thursday December 31<sup>st</sup> at 6:00 PM & 11:30 PM

ZOOM Into 2021

### Tuesday January 12<sup>th</sup> at 7:00 PM

Dance Class with Silvia Lebensztajn Shahrabani

### Tuesday January 19<sup>th</sup> at 7:00 PM

Guests Dr. Melanie Bilbul / Dr. Sheida Rabipour  
Healthy Mind for the Daily Grind

### Tuesday January 26<sup>th</sup> at 7:00 PM

Tu B'shvat/Shabbat shirah  
Guest Speaker Chazzan Daniel Benlolo  
Benefits of Music on body, mind, relationships and more

### Tuesday February 2<sup>nd</sup> at 7:00 PM

Guest Speaker Denise Nathaniel  
I do it my way- a taste of things to come  
Musings on Holistic Wellness

### Thursday February 4<sup>th</sup> at 7:00 PM

Book Review  
"All the light that we cannot see" by Anthony Doerr  
Reviewed by Gigi Bitton

### Tuesday February 9<sup>th</sup> at 7:00 PM

Guest Speaker Dr. Ariel Levy Neurologist  
How Physical activity maintains neurological health  
Parkinson's, Alzheimer's and beyond

### Tuesday February 16<sup>th</sup> at 7:00 PM

Guest Speaker Dr. Lisa Kattan  
Dental Health: How to keep your pearly whites smiling

### Tuesday February 23<sup>rd</sup> at 7:00 PM

Zoom Purim Extravaganza  
Starring Emil Shiri, Robbie Shiri, Gilles Mosseri

### Tuesday March 2<sup>nd</sup> at 7:00 PM

Guest Speaker Michelle Sasson  
Speech-Language Pathologist  
Zooming Into Your Voice

### Tuesday March 9<sup>th</sup> at 7:00 PM

Guest Speaker Dr. Moshe Gabbay  
Exploring The New Frontiers in Pain Management

### Tuesday March 16<sup>th</sup> at 7:00 PM

Guest Speaker Hagit Goral Halperin  
The Jews of Iraq and My Family

### Tuesday March 23<sup>rd</sup> at 7:00 PM

Guest Speaker Chantal Bekhor  
What is Plant-Based and Why is Everyone Talking about it?  
Let's Discuss This Big Trend and Cook Together

### Tuesday March 30<sup>th</sup> at 7:00 PM

Book Review "The Man in the White Sharkskin Suit"  
By Lucette Lagnan  
reviewed by Rose Simon Schwartz

### Tuesday March 30<sup>th</sup> at 7:00 PM

Guest Speaker Dr. Samantha Balass  
Debunking Myths About The Covid Vaccine

### Tuesday May 11<sup>th</sup> at 7:00 PM

Guest Speaker Dr. Nicole Ezer  
Artificial Intelligence in Medicine:  
What are we using it for in 2021?

### Tuesday May 25<sup>th</sup> at 7:00 PM

Book Review "The Valkyries"  
By Paulo Coelho  
reviewed by Vicky Shemie

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Or CONTACT LINDA ABOODY AT 514-737-3695 ext 109

