

Recharge

Reconnect

with

Beth

David

**SHABBAT**

Unplugged

**Saturday, January 26, 2019**

- Stay all day if you'd like - Enhanced Kiddush
- **Board Game room** (Sisterhood Hall) - open from 12:15 to 4:30 jigsaw puzzles, new and classic games, Shabbat friendly crafts
- Treats like fresh fruit, yummy sweets and salty snacks and a hot chocolate bar with lots of toppings

Unplug and engage away from your screens! From 2:00-4:30

**Active Time: from 2:00 to 4:30**

1. Fun gym activities for kids of all ages
2. Yoga for Youth
3. Yoga for Adults

**Mind Time: Learning sessions from 2:30 to 4:30 including:**

Learning theme: Beth David community makes a difference

1. Therapeutic Paws - learn about this organization and how dogs can help people. Puppies included!
2. Mindfulness and Mental health - Experience and learn about mindfulness and well-being - Dr. Joanna Shapiro

**Learning theme: Enhance your shul experience**

1. So you've been asked to lift (hagbah) or dress (gelilah) the Torah - Michael Rubin
2. The Music of Shul - "How Far is Too Far" - Cantor Marshall Loomer

- 4:45 to 6:00 Mincha, Delicious Seudah Shlishyt from the South of France - Salmon aux Provence, Quiche, French Toast pudding
- Maariv and Havdallah

Free, but please register so we can plan well! [www.bethdavid.com](http://www.bethdavid.com) or 416-633-5500

**Sponsorship opportunities available**