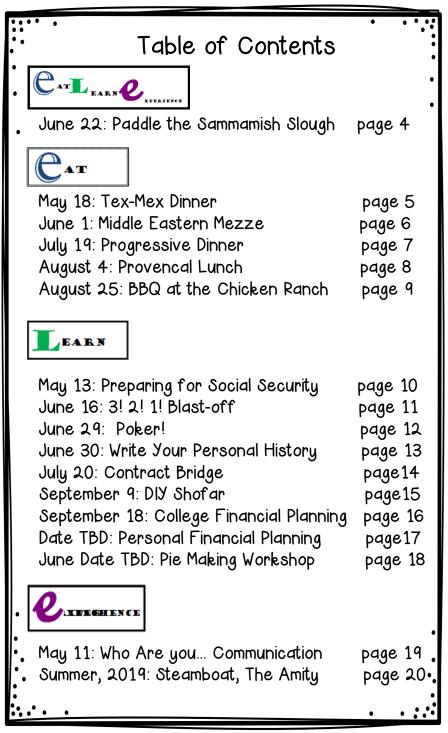


• Welcome to Eat - Learn - Experience!

This is a compilation of shared meals, educational opportunities, and unique experiences offered by
TBO members for TBO members. We hope that one or several of the following generously donated items will be of interest to you. The opportunities in this catalog are open to members and their guests. Each item listed includes a description of the donated program, date(s), times, fees, and limits on numbers of participants. If something looks interesting, don't delay. It will sell out! <u>Payments must be received prior to the date of the event</u>. Registration open until June 30, 2019.

* * * * *

At the back of this catalog there is a registration form. After completing the form, it can be returned to the TBO office with payment for your selected program(s). You can also register electronically from the Temple Beth Or website. **Only receipt of payment will hold your spot**. Places will be filled in the order that payment is received. Payments are non-refundable, unless the program is cancelled. Upon successful registration in a program, you will receive an electronic or written confirmation.





Paddle the Sammamish Slough

Embark on a two-hour guided kayak paddle experience down the Sammamish Slough, from Bothell to Kenmore on Lake Washington. Learn to paddle a kayak in a safe, controlled way.

Reflect on a great morning on the water with your teachers { fellow paddlers and enjoy a nourishing light lunch!

All equipment provided.

Offered By: Vicki Schwartz & Al Friedman

When: Saturday, June 22, 10:30 am

Location: the Park at Bothell Landing

Maximum number of participants: 6

Restrictions: Age 12 or older

Cost: \$126

Whatever floats your goat



Cost: \$54



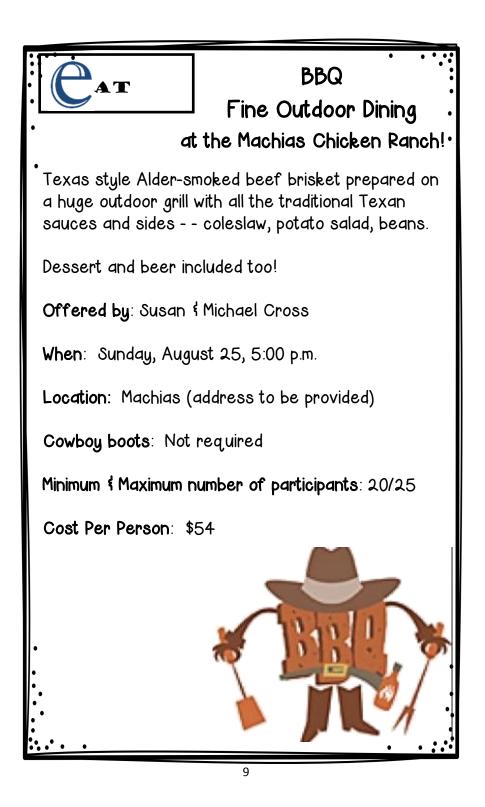






Cost: \$54

aïOli





Preparing for Social Security and Medicare

There are almost 2700 ways in which you can apply for different Social Security benefits.

Learn which ways might be most advantageous to you and/or your spouse; or if you are divorced, how you might still retain spousal and survival benefits for or from your ex. Medicare is a great deal for those of you who have been paying for your own health care insurance. Even if not, you need to know what Medicare covers, and what it doesn't, and depending upon your income, what it might cost you.

Offered by: Sandy Voit

When: Monday, May 13, 7:30 - 9:00 pm

Location: Temple Beth Or

Restrictions: none

Maximum number of participants: 5-20

Cost: \$36





3! 2! 1! BLASTOFF!

Watch your very own rocket soar to amazing heights and gently float down to earth again with a colorful parachute. Learn how the ignition process works, how to be safe with each blast off, if the engineering requirements of actually getting a model rocket (and a real one) in flight if returning it safely. FAA certified engineer Norm Black loves teaching others about his passion for these fun models.

One rocket per participant with engines provided along with NASA approved snacks.

Offered by: Norm Black

When: Sunday, June 16, 10:00 am if field availability and weather conditions permit. Alternate Date: Sunday, June 23 Launch may need to be delayed due to rain or wind. Final date will be coordinated with participants.

Location: 60 Acres Park, Redmond Washington

Experience: None needed

What to bring: Wear layered clothing and bring a water bottle.

Restrictions: Jr. Rocket Scientist accompanied by at least one adult flight assistant

Maximum number of participants: 8 Jr. Rocketeers

• Cost Per Rocketeer: \$36 (adults free of charge)





Write Your Personal History

Join Deborah Nedelman Ph.D. MFA for an introduction to writing your personal history for yourself or others.

Using the Amherst Writers and Artists' method, Deborah provides a safe, supportive, and stimulating environment for writers at all levels to explore and create. Whether you've been writing for years or have never thought of yourself as a writer, this workshop will energize you and get your creative juices flowing.

Beginners to published authors are all welcome. We will write together in response to prompts designed to help you find the stories in your own life. Learn more about Deborah's approach at www.soundviewwriters.com and www.Amherstwritersandartists.com.

Come prepared to write. Bring pen and paper or your laptop.

Offered by: Deborah Nedelman

When: Sunday, June 30, 11:00 am

Location: Mukilteo (address to be provided)

Experience: None needed

Minimum & Maximum number of participants: 5/10

Cost Per Person: \$72



Contract Bridge Lesson

Learn from an expert with decades of playing bridge, a • wonderful game that includes socializing, strategy, and stretching those brain cells through memorization and keeping track of all the clubs, diamonds, hearts and spades!

Do not be intimidated by a game your parents or grandparents played. After centuries of refinement, contract bridge is a fun and rewarding game.

Margaret will walk you through evaluating the hand dealt, bidding, and playing. And she will even help you try to figure out what your partner is trying to tell you!

Traditional snacks (yes bridge mix is one!) and beverages provided. All you need is a willingness to not bid a 3-card suit.

Offered by: Margaret Warner

When: Saturday, July 20, 7:00 p.m.

Location: Mukilteo (address to be provided)

Experience: None needed

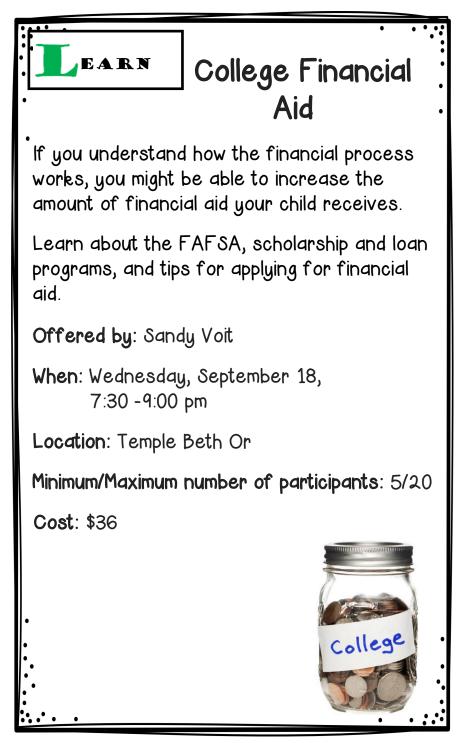
Restrictions: Appropriate for adults only

Minimum & Maximum number of participants: 4/8

Cost Per Person: \$54

ridge

DIY Shofar! EARN Build your own shofar from a kosher animal horn, then learn to play it! What an amazing opportunity for anyone (age 10 years and up). And just in time for High Holy Days! Tekiah! Offered by: AI Friedman When: Monday September 9, 6:00 pm Location: Temple Beth Or Maximum number of participants: 8 Restrictions: Age 10 or older Cost: \$54 SHOFAR SHO GOOD





Personal Financial Counseling

 Life transitions, major life events, and death have a tremendous impact upon people's lives. Are you prepared to deal with the financial issues that accompany these events? Plan for the future and learn answers to your financial questions about life transitions and death. You'll come away with information and materials to help answer questions about how others can access necessary financial information, burial, finances, dealing with pets, and more.

Offered by: Sandy Voit

When: 60 - 90 minute session date and time to be determined by mutual agreement

Location: to be determined

This program is appropriate for either a single or partner household.

Cost: \$150 for 1 person or \$250 for 2





Pie Making Workshop

Learn to make a fantastic pie crust and prepare a ready to bake pie to take home!

No experience necessary... just the love of a flaky tasty pie!

Bring your favorite apron, pie pan, and rolling pin if you have one.

Offered by: Vicki Schwartz

When: June date and time to be determined by future pastry chefs { instructor

Location: Snohomish (address to be provided)

Maximum number of participants: 4

Restrictions: Age 12 or older

Cost: \$36

How To Make **Perfect Pie Crust**



Who Are You and Why Do You Bug Me?!

In this interactive learning experience, we will discuss the four types of communication styles and how they interact with both positive and negative results.

At the end of this session you will experience better personal { professional communication.

There will be light refreshments.

Offered by: Amy Paquette

When: Saturday, May 11, 6:00 - 8:00 pm

Location: Temple Beth Or

Maximum number of participants: 16

Cost: \$25

O O V As \bigcirc



Steam Boat

The Amity

Experience a real Steam Boat, the Amity, and cruise on Lake Stevens while enjoying a top-notch brunch.

Captain Michael Cross and First Mate Susan Cross will navigate the lake waters while keeping the steam vessel moving along. Truly a unique experience, one only our lucky ancestors were likely to encounter.

Offered by: Susan { Michael Cross

When: Summer 2019 — this experience date will be negotiated with participants. Alternate dates may need to be arranged due to weather conditions

Location: Lake Stevens Boat Launch

Experience: None needed

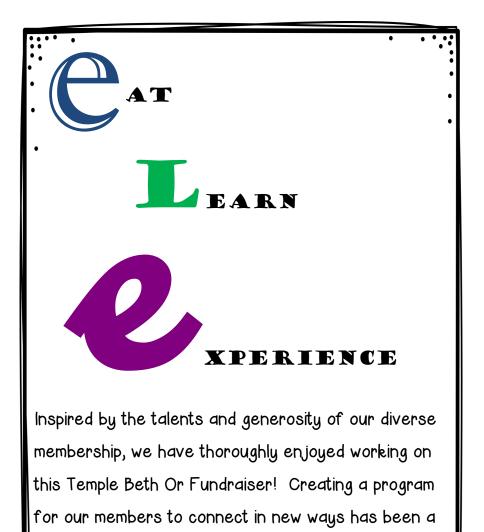
Minimum & Maximum number of participants: 6

Cost Per Person: \$180



C AT L EARN C XPERIENCE
Registration Form Name(s)
Temple Beth Or Member?
Program Name:
Date:
Program Name:
Date:
Program Name:
Date:
* * * *
Class fee per person
Email for confirmation
Cell Phone
· ·
• Payment Total•
Check Number(TBO can only accept checks at this time)

C AT L EARN C XPERIENCE
• Registration Form Name(s)
Temple Beth Or Member?
Program Name:
Date:
Program Name:
Date:
Program Name:
Date:
* * * *
Class fee per person
Email for confirmation
Cell Phone
•
Payment Total
Check Number(TBO can only accept checks at this time)



wonderful experience.

L'Shalom,

Barbara Black, Elaina Rose & Janis Warner

