

## Four New Study Groups

### 48. RESTLESS MINDS TWO DISCUSSION GROUP \*NEW\*



Join this new section of a current favorite coed EVENING group and participate in stimulating conversations. Do you have an opinion on “What makes an educated person,” “Is there a war on Science,” “Can Socialism and Capitalism Coexist” or other

mind-expanding topics? The members of the group will suggest topics, research them and share in leading the discourse. **The first meeting will be October 11.** Minimum 15, maximum 25.

**Second Sundays, 7:00 - 9:00 pm (October - May)**

**Facilitator: Caryn Balaban**  
[bicaban@gmail.com](mailto:bicaban@gmail.com) 602-541-0155

### 49. TRAVEL AND BEYOND \*NEW\*



Join our travelogue group as we explore the world with a different theme each month. Members will share their experiences, which may

include anything from culture, people, history, adventures, food and especially fun and humor. As time and interest permits, some months can include topics such as travel bargains, choosing your travel companion wisely and finding your ideal trip. The theme for the **first meeting on November 13** will be “your most memorable and/or inspirational vacation”. We will be meeting on Zoom until further notice. Minimum 8, maximum 40

**Second Fridays, 10:00am -12:00 pm**  
**(November, January-May)**

**Facilitators:**  
**Helen Abrams** [hsbbcd@aol.com](mailto:hsbbcd@aol.com)  
**Marcy Strauss** [mss29@comcast.net](mailto:mss29@comcast.net)  
612-710-6291

### 50. BEGINNING YOGA \*NEW\*



Come join us for this introductory class where you will learn all about yoga. This will be a learner’s version of yoga focusing on poses, balance, flexibility and stretches for bodies 'of a certain age.' Everyone is welcome to come try it out. You will need a mat or towel and be able to work on the floor as well as standing poses.

**Consecutive Tuesdays, 9:30-10:30 am,**  
**(November 3 – December 8, 2020)**

**Facilitator: Debbie Gordon**  
[mrsq395@gmail.com](mailto:mrsq395@gmail.com) 602-478-1555

### 51. BAKE WITH HILLARY \*NEW\*



Bake with Hillary was launched during summer camp when I shared my mother’s delicious mandel bread recipe. Once a month, starting in January 2021, we will bake easy but

delicious tried and true recipes, including some of my family’s most requested desserts and traditional holiday specialties. Participants will be sent the recipe 7-10 days in advance, allowing for time to assemble the ingredients. My hope is you will bake along with me. **The first meeting will be January 13 via Zoom.**

**Second Wednesdays, 1:00 -2:00 pm**  
**(January-May)**

**Facilitator:**  
**Hillary Kaminsky**  
[hillary.kaminsky@gmail.com](mailto:hillary.kaminsky@gmail.com) 602-953-3213