

Mail-In Registration
SPRING PROGRAM 2023

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

By checking this box, I agree that:

I (we) have been vaccinated for Covid-19. I (we) will not attend the program if I (we) have tested positive for COVID-19, are awaiting test results, or have symptoms of COVID-19. I (we) will not attend the program if I (we) have been exposed to someone who has tested positive for COVID-19. I will contact Greta Wrigley if I test positive for COVID-19 within 10 days of attending a program.

Signature _____

ZOOM COURSES

IN PERSON COURSES
(Thursdays at Shir Ami)

- Elijah: The Amazing Prophet
Who Didn't Die, And Still Lives \$58
- The Energy of Politics \$58
- Mindfulness: Beginners
& Advanced Beginners \$58

- Opera Francaise \$58
- Let's Dance! \$58
- Morning of Israel
Over Israeli-Style Food \$12

PAYMENT (total Amount Enclosed) \$

Mail completed form with payment to:
Golden Slipper Gems in Bucks County
50 Monument Rd #103 • Bala Cynwyd PA 19004

Please make checks payable to: Golden Slipper Gems

Or register online at: goldenslippergems.org

Questions? Call Greta Wrigley at 267-984-0722

Register and pay for courses via credit card on-line.

Credit cards not taken on location, only on-line.

Go to: GoldenSlipperGems.org

Covid-19 Information

Proof of vaccination required to attend in-person classes.

Vaccination is required for all Gems staff and instructors. Program offerings may change if the Covid-19 situation changes.

Cancellation

When appropriate, Golden Slipper Gems will issue a credit, not a refund. If a class is canceled due to weather or emergency, a make-up class will be offered via Zoom.

Guests

For out-of-town guests you can purchase a class for \$10. Guest passes cannot be purchased in lieu of registration.

Credit

Credit will not be given after the first day of classes except in the event of illness or injury. Written documentation from a physician is required.

Class Location

Shir Ami
101 Richboro Road | Newtown, PA

Check your emails frequently to stay up to date on any program changes due to Covid-19!

Secure Our Future!

Family comes first but please consider leaving a bequest to Golden Slipper Gems by adding us to your will.

Please call Moriah SimonHazani at 610-359-8632.

**Program Sponsor
Bernard and Etta
Weinberg Fund**



In Bucks County

Director:

Greta Wrigley
267-984-0722 or
GWrigley@goldenslipper.org

**Enrichment
for Older Adults**

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SPRING PROGRAM

2023



In Bucks County



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for Older Adults**

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WELCOME TO GOLDEN SLIPPER GEMS SPRING PROGRAM 2023

ZOOM PROGRAMS

6 MONDAYS April 17-May 22

ELIJAH: THE AMAZING PROPHET WHO DIDN'T DIE, AND STILL LIVES

10:00-11:00AM | COURSE FEE \$58

Instructor: Rabbi Stephen Karol, Rabbi Emeritus, Temple Isaiah, Stony Brook, New York



This course will explore the themes of why Elijah The Prophet appears in only eight chapters in the Hebrew Bible, but his importance and influence extend far beyond it. He is "There" at the end of every Sabbath, has his own cup at every Passover Seder, has a seat reserved for him at every Bris, is the subject of many stories, and will be "There" when the Messiah comes. His greatness is constantly emphasized in Judaism and he takes on a supernatural quality that defies logic but inspires belief.



6 MONDAYS April 17-May 22

THE ENERGY OF POLITICS

11:15AM-12:15PM | COURSE FEE \$58

Instructor: Dr. Mark Thomas, Assistant Professor, LaSalle University



This course will examine how energy influences and is used by governments to drive domestic and foreign policy. We will begin by looking at the politics surrounding fossil fuels and how resource-rich countries, like Saudi Arabia and Russia (Soviet Union) used energy both as a carrot and a stick to influence domestic politics in other countries. We will explore the strategic importance of energy and the development/importance of strategic energy reserves. Finally, the course will examine the politics surrounding the environment and the energy sector, as well as the move toward renewable sources of energy. Discussion on nuclear power as it impacts nuclear proliferation as well as nuclear events will also be included.



6 TUESDAYS April 18-May 23

MINDFULNESS: BEGINNERS & ADVANCED BEGINNERS

1:30-2:30PM | COURSE FEE \$58

Instructor: Grady (Henry) Bates, Adjunct Instructor, Mindfulness Institute at Jefferson Hospital



The course will cover the basics of mindfulness practice, including the history and philosophy of mindfulness, the science behind it, and the practical application of mindfulness in everyday life. We will explore the benefits of mindfulness, such as improved concentration, stress reduction, and increased self-awareness. We will also discuss how to cultivate a regular mindfulness practice and how to integrate mindfulness into our daily lives. Our instructor will provide guidance and support throughout the course, and will be available to answer questions and provide feedback. He will also provide resources and materials to help members deepen their practice.



SPECIAL IN PERSON CLASS In honor of Israel's 75th

Tuesday, April 25 | 10:00-11:30AM | COURSE FEE \$12

A MORNING OF ISRAEL OVER ISRAELI-STYLE FOOD

Instructor: Rabbi Moriah SimonHazani, Golden Slipper Gems Executive Director



In some circles, the days between Holocaust Remembrance Day (Yom Ha'Shoah) and Israel Independence Day (Yom Ha'Atzmaut) are called *The Days of Awe*. This special time is commemorated in homes as well as in the public sphere. The music on the radio is somber, the conversation is focused inward, and it is the time to remember those who are not here anymore. In this special morning session over Israeli-style food, we will explore some of these themes through poetry, short films and works of art.

IN-PERSON PROGRAMS

6 THURSDAYS April 20-May 25

OPERA FRANCAISE 10:00-11:00AM | COURSE FEE \$58

Instructor: Gary Kaplan, Art Instructor and Life-long Devotee of Opera Music



Ask any opera lover to name a French opera and the response will almost inevitably be "Carmen." While Bizet's masterpiece well deserves its fame and popularity, it is hardly all there is to French opera. Join us as we explore the riches of this genre from other works by Bizet to those of such masters as Gounod, Berlioz, Saint-Saens, Massenet and Delibes, not to mention two Germans who made French opera their own: Meyerbeer and Offenbach.



6 THURSDAYS April 20-May 25

LET'S DANCE! 11:15AM-12:15PM | COURSE FEE \$58

Instructor: Norma Porter, MA, Arts Administrator, Dance Artist, Educator and Writer



Let's Dance! is a six-week course taking attendees through a low-impact series of dance movements that introduces Modern dance technique and the eight elements of choreography. Each class will begin with a warm up, progress with movements across the floor, and ending with a series of choreographic steps that build upon skills learned during the duration of the class. The instructor will provide variations of movement for attendees with a diverse range of motion and will pay close attention to the general movement consensus of the group to minimize stress. This class is a fun way to incorporate dance into your weekly activities.



MONTHLY BOOK CLUB MEETINGS ON ZOOM

Check our website for more information

April: *The Memory Monster*, by Yishai Sarid

May: *Shanda: A Memoir of Shame and Secrecy*, by Letty Cottin Pogrebin

June: *Interior Chinatown*, by Charles Yu

