



REGISTER ONLINE AT
[BIT.LY/ADULTEXP2021](https://bit.ly/adultexp2021)

*All meetings
are held over
Zoom unless
otherwise noted.

WISE AGING

Wise Aging focuses on using and celebrating our collected wisdom and experiences through a Jewish context to help us age well. Explore the challenges and benefits of growing older through text study, interactive discussions, mindfulness practices and community. Facilitated by Susan Schwartz, this group is for women over 60.

WISE WOMEN

Are you interested in engaging in conversation about the excitement and challenges of a new stage of life? Want to explore what Judaism has to say about transitions, and new experiences? We will explore Jewish and secular texts along with guided conversation. Facilitated by Susan Schwartz, this group is for women who are or soon to be empty nesters.

New groups will be forming.

Dates and time to be determined, depending on interest (minimum 8 women).

Interested in joining one of these groups? Contact Susan Schwartz at Susan@buffalojewishfederation.org

MUSSAR FOR MOMS

Mussar for Moms will use conversations based on Jewish texts along with contemplative daily practices to set participants on a personal path towards self-discovery and transformation. Facilitated by Evie Weinstein this group is for women who are parenting young children.

Sundays | 7:30 - 9:00pm

October 24, November 7 & 21, December 5 & 19

WELL CIRCLE

This monthly peer-led Rosh Chodesh gathering connects women to body, soul, and community through wellness learning and Jewish spirituality. This group is designed for women in their 40s and younger.

Monday or Thursday | 7:30 - 9:00pm
(depending on month)

September 9, October 7, November 8, December 6, January 6, February 3, March 3, April 4, May 2, & June 2

For more information, contact Miriam Abramovich at Miriam@buffalojewishfederation.org