



Refresh and Rejuvenate: Refuel Your Brain, Body, and Being for Spring February 6th, 9:00am-1:00pm

Zoom events include:

- Awaken Your Brain Torah Study: Springtime Blessings with Cantor Caro and Rabbi Wainer, 9:00am
- Rebalance & Relax Your Body – Yoga for all with Rhonda Rubin 10:00am
- Nourish the Body part 1: Cooking Class with Neta Litvin 11:00am
- Nourish the Body part 2: Beer Tasting and Discussion with the Wine Outlet, 12:00pm
 - Please note: the last event is for people 21 and older.

[Sign up for the full event here!](#)

Awaken Your Brain Torah Study: Springtime Blessings with Cantor Caro and Rabbi Wainer

Even though we are still in the midst of our winter experience, our text reminds us that spring is beginning in Israel, as the trees and flowers begin to bloom. The themes of springtime are ever present in our texts and blessings, a reminder of what is to come in just a few months. Join Cantor Caro and Rabbi Wainer as together we explore some of the themes of springtime in our sacred texts.

Rebalance & Relax Your Body – Yoga for all with Rhonda Rubin

We'll begin with centering and breath work followed by gentle movements that rebalance and restore. All exercises can be done sitting or standing. We'll move

onto winding down and a long relaxation. We'll conclude with recenter & breath work. No special clothing or equipment is needed.

Nourish the Body part 1: Cooking Class with Neta Litvin

This fruity and fun recipe calls for fresh strawberries and the class is for all ages. The ingredients are listed below so you have time to obtain your ingredients before February 6th.

- *Fresh Strawberry Cheesecake Bites*
- Ingredients to have at home
 - 12 large fresh strawberries
 - 1 package (8 oz) cream cheese, softened
 - 1/3 cup powdered sugar
 - 1 teaspoon vanilla extract
 - 2 graham crackers rectangles, crushed (optional)
 - 4 ounce semi-sweet chocolate chips (optional)

Nourish the Body part 2: Beer Tasting and Discussion with the Wine Outlet

The Wine Outlet will prepare a mixed six pack of beer for a Zoom beer tasting. The cost of the six pack is \$25 and will be available for pick up at NHVC. Delivery is not available for this customized pack. Please note this is event is for people 21 and older.

Please order your six pack [using this link](#). **Orders must be received by February 1st at noon. Your six pack will be available for pick up at NVHC from 3-5:00pm on Thursday, February 4th or 9:00am-noon on Friday, February 5th.**

If you would like to help assemble the six packs, please [click here](#)! We will be assembling them early afternoon on February 4th.



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