

# “Creative Aging”

∞ Spring into Life! Shabbaton, March 18-19, 2016 ∞

Sanctuary Retreat Center  
19520 Darnestown Rd., Beallsville, MD 20839

## Friday, March 18

### **Kabbalat Shabbat Dinner & Z'mirot (singing) 7 pm**

Followed by a discussion with **Rabbi David Shneyer**  
Spiritual Leader of Am Kolel and Kehila Chadasha

**“What Our Sages Teach About Aging”**

## Saturday, March 19



### **Shabbat Morning Service 10 am**

Torah Discussion with Special Guest, **Wendy L Miller, PhD**  
Executive Director, Washington DC Center on Aging

**“The Creative Age: Awakening Human Potential  
in the Second Half of Life”**

### **Kiddush Lunch 12:30 pm**

## **Afternoon Workshops**

- **Spiritual Eldering—A Conversation 2:00 pm—3:15 pm**

Facilitated by Rabbinic Pastor, Chaplain and Spiritual Director **De Herman**

*This session includes a meditative journey to heart and soul and is based on the seminal book, “Age-ing to Sage-ing” by De’s teacher Rabbi Zalman Schachter Shalomi z”l,*

- **Optional Gentle Yoga 3:30 pm**

Led by Unity Woods trained yoga instructor and new friend of Am Kolel **Amy Fleisher**

- **Tonics & Superfoods for Vitality, Passion & Joy 4:30 pm—5:30 pm**

A romp in the kitchen with herbalist, foodie & ‘recovering’ pathologist **Gilah Rosner, PhD**

- **Seudah Shlishit (dinner), Singing and Havdalah 6 pm**

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**Friday:** Dinner \$25. Lodging \$35 (includes breakfast).

**Saturday:** Afternoon program & dinner \$60. Lodging \$55 (includes breakfast).

**Saturday Shabbat services open to all.** Afternoon/dinner registrants need not contribute to lunch.

**For those not attending the afternoon sessions, kindly bring a veggie dairy dish to serve 6-8 to add to the Kiddush buffet lunch.**

**For More Information Contact:** [admin@am-kolel.org](mailto:admin@am-kolel.org)

**To Register:** <https://www.sagepayments.net/eftcart/products.asp> and choose Jewish Renewal Shabbaton.