

TILLI SUMMER OPTIONS

REGISTER NOW: RSVP Sue Misselbeck SUSANM@TISRAEL.ORG

Study Groups are FREE but You Must register to receive a ZOOM link



Art for Change - Instructor: Deb Putnoi

artforchange@mac.com

Time : Thursdays 11AM- 12:30PM 6 weeks

Artist Deb Putnoi will lead expressive art classes using mixed media. No talent needed. The expressive art classes will focus on how you're feeling about your life and 2020. Deb will provide a syllabus and a link to the necessary materials and sources. Materials cost \$50.+



Cooking with Chef Abby: Chef Abby Gray

cookingwithabbygray@gmail.com

Time: Thursdays 11AM - 12:30PM 6 weeks

Chef Abby incorporates kitchen safety, food origins, nutritional data information and makes cooking fun! Prior to class participants will receive recipes and handouts. Some of the menus include: Summer Soup and Easy Hearth Bread; Escoffier and Fish with Corn Salsa; Gnocchi and Easy Red Sauce; Herb Roasted Veggie Salad and Ginger-Jalapeño Slaw; French Omelets and Eggs Benedict and Chicken Tikka Masala. Students will receive a list of necessary ingredients prior to each class. A binder is recommended.



Gardening- Home Gardener: Larry Koff

Larry.koff@outlook.com

Time: Thursday 10AM -11 AM June 18 (1 class)

Larry Koff will focus on how to grow herbs and vegetable seeds indoors and then transplant them to either an outdoor terrace or home garden plot. In advance of first class participants are encouraged to order or download a seed catalog from Johnny's seeds:

<https://www.johnnyseeds.com/> and to communicate any specific interests or concerns to the instructor Topics include setting up an indoor light system, ordering seeds, preparing seed trays, planting, maintenance, outdoor hardening, transplanting to outdoor or terrace gardens. If there is strong interest, the number of sessions will be expanded.



Mindfulness and Movement Instructor: Susan M. Sachs, LICSW

Sachs.sm@gmail.com

Time:Thursdays 10AM -11 AM 6 weeks

The class will focus on body and breath awareness, simple movement sequences and how to calm one's restless mind. The instructor integrates her training in movement, psychology and yoga so students at any level can safely experience movement and mindfulness.