

# Living



The new Temple Beth El has room for community classes for seniors.

Kurt Ellison

## Temple offers seniors' activities

**T**EMPLE BETH EL will introduce **SHOWCASE '90** Sunday from 2 to 4 p.m. The showcase is a temple community project offering a variety of courses and activities designed especially for seniors. Sunday's event will give people an opportunity to meet instructor and learn about the courses. Signups for the classes will be taken at that time.

The newly constructed temple is located at the corner of Soquel Drive and Porter Gulch Road in Aptos, near Cabrillo College.

Although most courses and class times are geared for seniors' interests and schedules, some courses are offered to all ages.

In addition to the classes, reservations will also be taken Sunday for a series of low-cost trips, including a day trip to the Judah Magnes Museum in Berkeley and the Pacific Jewish Theater; a three day trip to the Bally Hotel in Reno and an overnight trip to Hearst Castle.

Organizers say the program will be expanded, and they're

interested in hearing suggestions from the public. Further information is available at 479-3444.

The preliminary class schedule includes:

**Monday:** Ongoing yoga class, 10 a.m., taught by Linda Zecca of the Kali Rae Institute plus a tentative evening class.

A computer word processing class to be taught by an instructor from the Watsonville Adult Ed., 4 p.m. to 6 p.m., at Mar Vista school, on Mondays and Wednesdays. This beginner's course uses APPLE IIE and Appleworks, and gives an introduction to microcomputers and information management.

**Tuesday:** Kip Eastman will host an armchair travel program, to be held once a month, at 10 a.m. The slide show, with personal narrations by Eastman, music, readings or displays, will be followed by a no-host lunch.

The Week in Review, at 1 p.m., led by Dan Gilberts, will discuss the previous week's newsworthy events.

Autobiography for Seniors, at 3 p.m., is an ongoing class taught by John Chandler as part of Cabrillo College's Community Education Program. It will run through April 3.

A support group, limited to eight people, will work through issues to be determined by the group. Co-leaders will be Trudy Selznick and Willie Gold, professional counselors, and will meet 3 to 5 p.m.

An ongoing Israeli Dance class, taught by Alan Rothchild, from 7:45 p.m. to 10:15 p.m., is multi-generational, and teaches the basic steps and beginning dances.

**Wednesday:** Tai Chi Chih class, taught by Cathleen Lucido-Rickard, at 10 a.m. The ancient oriental form of exercise is a gentle system of 20 simple movement patterns. A second early evening class is possible with sufficient interest.

Tentatively scheduled is a gentle aerobics/body conditioning class with an instructor from the Watsonville Adult Ed.

**Biblical Narrative:** The

Storyteller and the Hidden Meaning will be taught by Mishaël Caspi, a professor of literature at UC-Santa Cruz and author of 11 books. The class will meet from 7 to 9 p.m.

**Thursday:** The "Thursday Club," will begin next week at 10 a.m. with a lecture by UC-Santa Cruz professor of Russian literature Boris Keyser. The Thursday Club will include a coffee time, guest speaker, brown bag lunch and socializing. A variety of topics have been scheduled that include the arts, social issues and other subjects that affect seniors.

Social dance will begin March 29 and will meet weekly from 7:30 to 9:30 p.m. Meryl Selman will be instructor. Students will learn the swing dance and other steps.

**Friday:** A four-week class on Jewish breadmaking will begin next week at 9:15 a.m. in the temple kitchen. Baker Ricardo Botello will show students how to bake everything from Challah to bagels.

— Pauline Torrecillas