

# Start the New Year by challenging your brain and body!

Congregation Anshei Israel's  
**WOMEN'S LEAGUE**  
offers



## ONGOING Women's Study Group

Most first  
Mondays

12:00-1:00pm • Library

Rabbi Robert Eisen leads these monthly group sessions using *The Five Books of Miriam: A Woman's Commentary on the Torah* as the core for discussion. At each session, a different portion of the book is discussed. Topics can be interesting, insightful and inspiring. Each portion is available at [www.caiaz.org/events-calendar/](http://www.caiaz.org/events-calendar/) Click on "Study Materials" for each date and print hard copy.

For women ONLY. No charge to attend. Bring your own dairy lunch; beverages and dessert provided.



## ONGOING Gentle Yoga

Wednesdays,  
9:30-10:30am  
Room 4

Instructor Lois Graham leads this class focused on increased balance, strength and flexibility. Meditation and deep relaxation at end of each class leaves participants with positive healing energy and uplifted spirits. Dress comfortably.

For women ONLY. Members of Women's League: \$6 per class; non-members \$8 per class. Pay in class.

For more information  
about any class,  
contact Rayna Gellman  
at 887-8358 or  
[rgellman@cox.net](mailto:rgellman@cox.net)



## NEW! Mah Jongg Lessons

Mondays, Jan. 12, (not held Jan. 19 MLK Day) 26,  
Feb. 2, 9 & 16 • 10:30am-12:00pm • Room 2

Instructors Hannah Meyerson and Phyllis Broad invite you to join the many people who have learned to play this ancient and fun Chinese game. Suggested text: *A Beginner's Guide to American Mah Jongg* by Elaine Sandberg. The book is available in the Women's League Gift Shop. Participants will need a current Mah Jongg card (contact National Mah Jongg League).

For EVERYONE. 5 week session; minimum 8 students; Women's League members \$20; non-members \$35. Beverages provided.



## NEW! Chinese Philosophies

Tuesdays, Jan. 13, 20 & 27 • 1:00-2:30pm • Room 2

Instructor Rona Mandel will explore the common threads that underlie most of the Chinese philosophies including the Chinese New Year, Yin and Yang and the Cosmic Trio of Heaven, Human and Earth Luck. Learning what luck (*mazel*) you have will help you to make more educated decisions about what doors to open and when in the future.

For EVERYONE. 3 week session; \$15. Beverages provided.



## NEW!

## Shakespeare's Women of Strength

Thursdays, Jan. 15, 22 & 29 • 1:00-2:30pm • Room 2

Instructor Paula Winter will discuss four of Shakespeare's plays in which he created remarkable women of strength: *Twelfth Night*, *King Lear*, *Macbeth* and *Romeo & Juliet*.

For EVERYONE. 3 week session; \$15. Beverages provided.

## Women's League of CAI Classes

### ~ REGISTRATION FORM ~

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Mah Jongg \$ \_\_\_\_\_

Chinese \$ \_\_\_\_\_

Shakespeare \$ \_\_\_\_\_

**TOTAL DUE \$ \_\_\_\_\_**

Cash or checks ONLY! Sorry, no credit cards.

Make checks payable: Women's League of CAI

**Return completed form with payment to:**

Women's League of CAI

5550 E. 5<sup>th</sup> St., Tucson, AZ 85711

Phone 745-5550 • Fax 745-9058 • [www.caiaz.org](http://www.caiaz.org)

Women's  
League  
of  
Congregation  
Anshei Israel

a legacy  
of giving  
since  
1948

