

feed your mind...  
nourish your soul...  
delight your senses...  
revitalize yourself...

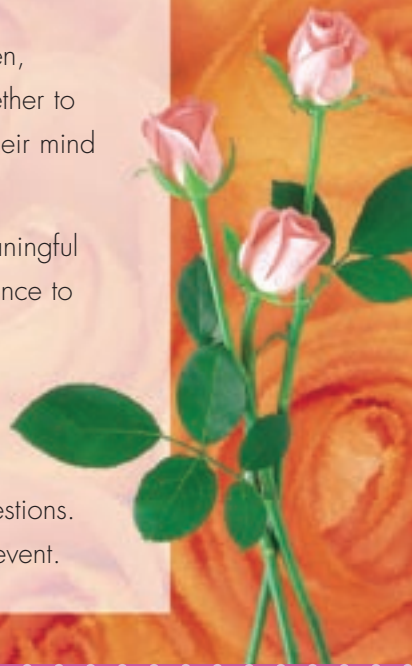
## JEWELS

J.E.W.E.L.S. is a monthly program for Jewish women, bringing women of all ages and backgrounds together to learn, to laugh, to experience, and to rejuvenate their mind and body.

Each of our monthly meetings features a lively, meaningful discussion, a great do-it-yourself activity, and a chance to meet new friends, relax, and schmooze.

We hope you'll join us at the events, or, better yet, become a member of this wonderful circle.

Please call with any suggestions, comments, or questions. We look forward to meeting you at an upcoming event.



## JEWISH WOMEN'S CIRCLE



ב"ה

REWARD  
YOURSELF...

Become a Jewel



## Join Us and Become a Member!

**Membership:** \$36    **Sponsor Membership:** \$180

☐ **Yes**, I would love to join J.E.W.E.L.S.

Enclosed is my check or credit card number for \$\_\_\_\_\_towards membership and event fees.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Credit Card# \_\_\_\_\_ Exp. Date \_\_\_\_\_

**Mail to:** JEWELS, 4504 Haydock Park Dr., Mississauga, ON L5M 3C6



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## Women's Study Group

### Biblical Secret's on Jewish Womanhood

A new course which provides a completely innovative and provocative understanding of feminine spirituality as well as insights in dealing with the challenges facing the modern Jewish women.



### Session Information

All classes will be held on Sunday evenings at 7:30PM in private homes in the Halton Peel Region. There is a \$10 textbook fee per session. Please call for more information, or to reserve a space at 905-820-4432.

#### Session 1

### Chava - The Mother of Life

#### January 29

At the home of Linda Gmorah, 2016 Shady Glen Rd., Oakville

#### February 26

At the home of Michelle Baldore, 532 Blenheim Crescent, Oakville

#### March 26

To Be Announced

#### Session 2

### Sara - The True Princess

#### April 30

At the home of Vicki Kraine, 2201 Margot St., Oakville

#### May 28

At the home of Sara Slavin, 4504 Haydock Park Dr., Mississauga

## Dinner & Lecture

### Celebrating the Jewish Woman

Nourish your body and soul  
at our annual  
J.E.W.E.L.S. event

#### Topic:

JUDAISM: AN ATTEMPT TO MAKE THE  
WORLD MORE FEMININE

An evening of elegance and inspiration with  
nationally acclaimed author, lecturer and activist,  
Mrs. Chana Weisberg

**Sunday Evening, March 12**

**7:00 PM**

**Chabad of Mississauga**

**Fee:** \$20

RSVP to Sara at 905-820-4432

## JEWELS Activities Women's Night Out

Invigorate, rejuvenate and socialize with Jewish women in your neighborhood.

### Exercise the Mind & Body

Experience the serenity & benefits of Yoga, with Yoga instructor, Rachel Feingold.

**Discussion:** What does being Jewish mean to me?

**Date and Time:** Sunday Evening, January 15, 7:30 PM

**Location:** The home of Jody Lindsay, 1577 Warell, Mississauga

**Fee:** Members \$5, Non-Members \$10

### Paint your Punim

#### Look Your Best Inside and Out

Receive a free make over, get great samples and learn new tips to make sure you always look your best.

**Discussion:** The Make Up of the Jewish Home

**Date and Time:** Sunday Evening, February 12, 7:30 PM

**Location:** The home of Lana Wolf, 2189 Munns Ave, Oakville

**Fee:** Members \$5, Non-Members \$10

### Don't Pass Over the JEWELS Passover Prep

Get tips on Table Decorating from "A Little Inspiration" and Exchange Favourite Pesach Recipes.

**Discussion:** Everything you have to know about Pesach from the cleaning, to shopping, to the seder night.

If you've got questions, we've got answers!

**Date and Time:** Sunday Evening, April 19, 7:30 PM

**Location:** The home of Linda Gmorah, 2016 Shady Glen Rd., Oakville

**Fee:** Members \$5, Non-Members \$10

### A Taste of Shabbos

Learn the "how to" and "why" of many Shabbat observances and customs, while tasting delicious Shabbat delicacies.

Make scrumptious desserts with Chinke of Richmond Hill.

**Date and Time:** Sunday Evening, May 14, 7:30 PM

**Location:** The home of Sara Slavin, 4504 Haydock Park Dr., Mississauga

**Fee:** Members \$5, Non-Members \$10