



# EXERCISE YOUR BRAIN\*

*\*No workout clothes required.*



*Put Your Best Brain Forward*

Mind University is a new cognitive wellness initiative offering health and wellness workshops, family support, and Mind Aerobics, an innovative, evidence-based program to help adults maintain or strengthen their brain function.

Mind Aerobics, developed by the New England Cognitive Center, stimulates six major functions of the brain:

- Reaction time
- Visual/spatial relations
- Attention and concentration
- Memory
- Language
- Problem solving

Classes are organized by cognitive level; each level has 24 sessions held over 12 weeks.

For more information, please contact the Jewish Family Service Resource Center at **248-592-2313**.

Funded by



## 'Souper' Supper

Birmingham Temple feeds the hungry.



Temple actors perform the *Homeless Monologues*: Sandy Altman of West Bloomfield, John Zimmer of Huntington Woods, Leslie Gladstone of Oak Park, Jerrie Sasson of West Bloomfield and Barbara Halpern of Walled Lake.

**Audrey Pleasant** | Special to the Jewish News

The Birmingham Temple was filled with aromas of homemade soups, and homemade and bakery breads, along with the sounds of temple members and their guests eating, chatting and enjoying.

The event was the Taste of the Temple, Souper Supper for Charity, organized by the Temple's Community Impact/Tikkun Olam Committee for Friday evening, Dec. 4. Temple members made their favorite soups at home and brought them to the temple.

Eighteen crock pots were plugged into electrical strips in stations around the room. There were many varieties including chicken noodle, Russian cabbage borscht, minestrone and stone soup made from Thanksgiving leftovers. There were choices for those wanting to keep to a vegetarian or vegan diet, as well as for those prefer-

ring meat.

People could stick with one kind or sample many; refills definitely allowed! Along with soup, there were a wide variety of breads, including several homemade challahs. There were even homemade gluten-free loaves.

This was an all-generation event. Sunday school students made place-mats. Teens were the on-duty staff, and there was a hardworking junior photographer. Children created soup can sculptures. There was no set ticket price, but a suggested donation along with a request for cans of soup. All money received was donated to the N.O.A.H. Soup Kitchen, located in Downtown Detroit. The canned soup was donated to Yad Ezra and Gleaners.

As part of the service, which followed dinner, temple members took on the role of homeless people and read monologues of their actual words. The edited interviews were provided by Lonnie Fleischer of West Bloomfield. They were part of a program previously done with her college students.

Community service is a major way those at the Birmingham Temple live their values. They do projects throughout the year, including their Winter Mitzvah, when they provide bag lunches for N.O.A.H. patrons. \*



Irene Stein of West Bloomfield and Les Biederman of Oak Park join others at the bread table.

*Audrey Pleasant is on the Birmingham Temple Community Impact/Tikkun Olam Committee.*