Temple Beth David

בית דוד



Chai Lights

Tammuz /Av 5782 July 2022



13158 Antelope St. • Spring Hill, FL 34609

352-686-7034 • tbdfl.org

TEMPLE BETH DAVID DIRECTORY

BOARD OF	DIRECTORS	RELIGIOUS SCHOOL
President	Marlene Shaw	Principal - Heidi Shilensky
Immediate Past President	Bryan Blavatt	Teachers - Lynn Budnick, Cookie Goodman
1st Vice President	Ronnie Cohen	Carol Sitroon, Becky Stewart, and Jan Humphreys,
2nd Vice President	Larry Jasper	Amanda Veldorale-Griffin
Treasurer	Arlene Roth	CANTORIAL SOLOISTS
Financial Secretary	Beth Wurzbacher	Marlene Shaw
Recording Secretary	Tina Hager	Lynn Budnick
Strategic Planning	Carolann Sitroon	Gloria Goldman
Building & Grounds	Bill Hager	Gayle Redding
Budget & Finance	Marilyn Rosenberg	Amanda Veldorale-Griffin
Community Relations	Linda Weiner	
Cultural Arts	Moshe Plager	SAFETY AND SECURITY COMMITTEE
Education	Karen Moore	Larry Jasper, Chairman
Fund Raising	Mickie Fligleman	CONTACT US
Membership	Lorigay Laskin	Phone: 352-686-7034
Outreach/ Public Relations	Nava Cohen	Fax: 352-686-3644
Ritual	Judith Elkin	Email: administrator@tbdfl.org
SISTER	HOOD	Website: www.tbdfl.org
President	Becky Stewart	Chai Lights: chailightsnewsletter@gmail.com
Past President	-	
Vice President	* vacant *	OFFICE HOURS
Treasurer	Lorigay Laskin	Monday - Friday 10:00am to 1:00pm
Secretary	Cookie Goodman	The office can be unlocked before and after
Program Chair	Mickey Mandel	services for anyone needing to pickup or
BROTHE	RHOOD	drop off materials.
President	Larry Jasper	
Co-Vice President	* vacant *	ADVERTISING & SUBMITTING ARTICLES
Co-Vice President	Bryan Blavatt	To advertise or submit an article or personal
Treasurer	Elliot Smith	message in the Chai Lights newsletter,
Secretary (pro-tem)	Larry Jasper	please contact the TBD office or email to:
		chailightsnewsletter@gmail.com
TEMPLE	STAFF	
Rabbi	Guest Rabbi:	All articles must be submitted by the 20th of
Nassi	Karen Tashman	the month for the following issue.
Rabbi Emeritus	Cyrus Arfa	All ads must be camera ready and payment
	Eileen Beaman	must accompany all ads.
	Beth Wurzbacher	
Office Staff	Ellie Catcher	RATES FOR 12 ISSUES
	Marilyn Rosenberg	Business Card - \$50
	Michele Gilmore	Quarter Page - \$100
		Half Page - \$175
Caring Committee	Linda Weiner	Full page - \$275
Gift Shop	Dalia Baez	
Chai Lights Newsletter	Kenneth Becker	



"GO TO LIST"

If you have any questions regarding the following areas, please feel free to contact the appropriate contact person(s) listed below:

DEPARTMENT	CONTACT	PHONE	EMAIL
Board President	Marlene Shaw	352-650-4521	marleneshaw36@gmail.com
Brotherhood	Larry Jasper	813-404-5616	Imjasper@reagan.com
Budget & Finance	Marilyn Rosenberg	203-258-0276	marrose55@gmail.com
Building & Ground	Bill Hager	813-464-5004	billhagerinsure@aol.com
Caring /Phone Squad	Linda Weiner	352-515-1700	lmweiner17@gmail.com
Chai Lights News	Kenneth Becker		chailightsnewsletter@gmail.com
Cultural Arts	Moshe Plager	352-359-9308	michael86724@hotmail.com
Donations	Office Staff	352-686-7034	administrator@tbdfl.org
Financial Sec.	Beth Wurzbacher	352-428-5683	Bawurzbac@yahoo.com
Education	Karen Moore	352-340-5445	lammoose19@gmail.com
Fundraising	Mickie Fligleman	352-597-7393	mickiefligleman@gmail.com
Gift Shop	Dalia Baez	352-403-6558	
Life Cycle Events	Vacant – contact office	352-686-7034	
Membership	Lorigay Laskin	516-506-9313	lorigaylaskin@gmail.com
PR & Publicity	Nava Cohen	407-864-5115	navaecohen@gmail.com
Rabbi	Vacant – contact office	352-686-7034	
Religious School	Heidi Shilensky	561-310-4370	heidishilensky@gmail.com
Ritual	Judith Elkin	352-799-5342	chefjudy2@aol.com
Safety & Security	Larry Jasper	813-404-5616	lmjasper@reagan.com
Sisterhood	Becky Stewart	570-982-4483	rivkah00@yahoo.com
Strategic Planning	Carolann Sitroon	352-556-2444	carolal@noln.com
Treasurer, Dues	Arlene Roth	352-684-2682	arnarl@aol.com
			Revised June 29th, 2022/ KB

JULY 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
3314		1023	***************************************	1110113	1	2
					Erev Shabbat Service 7:30pm	Torah Study 9:00am Shabbat Service 10:00am
3	4	Tai Chi 12:00pm	6 ONLINE Hebrew classes Ritual mtg 1:00pm Board Calendar mtg. 7:30pm	7 BNI 7:00am Weekend blessings 10:00am Tai Chi 12:00pm Sisterhood Board mtg 7:00pm	8 Erev Shabbat Service 7:30pm	Torah Study 9:00am Shabbat Service 10:00am
10	11	12 Strategic planning mtg 10:30am Tai Chi 12:00pm Caring com. mtg 1:00pm Fundraising mtg 7:30pm	13 _{ONLINE} Hebrew classes Cultural Arts mtg 7:00pm	7:00am Weekend blessing 10:00am Tai Chi? 12:00pm	Exec. Board Mtg 12:00pm Traditional Erev Shabbat Service 7:30pm	Torah Study 9:00am Shabbat Service 10:00am
PR & Marketing mtg. 12:30pm	18	Tai Chi 12:00pm Brotherhood mtg 7:00pm	20 _{ONLINE} Hebrew classes TBD Board mtg & Training 7:00pm	7:00am Weekend blessings 10:00am Tai Chi 12:00pm	Erev Shabbat Service 7:30pm	Torah Study 9:00am Shabbat Service 10:00am
Cultural Arts Sunday Matinee 2:00pm	25	26	ONLINE Hebrew classes Rosh Chodesh AV 7:00pm	28 BNI 7:00am Weekend blessings 10:00am Bingo Masaryktown 7:00pm	Erev Shabbat Service 7:30pm	30 Torah Study 9:00am Shabbat Service 10:00am
31					ine 30th 2022	

/ June 30th , 2022 KB





Contributions to the Chai Lights Newsletter

Contributions to the next Chai Lights Newsletter, should be emailed to:

chailightsnewsletter@gmail.com,

no later than the 20th of this month.

/ Your editor.

The President would like to say a few words...



As TBD begins its 49th year serving the Jewish community, it is time to thank the past generations of pioneers who realized the importance of establishing a Jewish presence in a rural county of Florida.

Just as it was back in the seventies, Jews remain a small segment of the Nature Coast population. This makes it all the more critical that we remain a strong and active congregation for our present members and for those who are moving here or

have not yet found their way to our doors.

In these days of Zoom, it is possible to tune in to services of many larger congregations far from here. However, this should not take the place of being a part of our local synagogue, supporting our efforts to keep Judaism alive. L'dor va dor, from generation to generation: this can only happen if we make it our priority to make sure we have Rabbinic services, Religious School, youth programs, programs for young adults, families, seniors, adult education, social events, activities of all kinds to keep assimilation from decimating the Jewish religion in all but the largest cities.

If you are not yet a member of Temple Beth David, please consider joining this year. Become a part of something larger than yourself; both you and TBD will benefit. Call the Temple office (352)686-7034 or our Membership chair, Lori Laskin (516)506-9313 for more information.

As we wish Rabbi Emanuel well in his health challenges, we want to assure you that, as always, we will be offering meaningful and spiritual Erev Shabbat and Shabbat morning services each weekend, both in person and on Zoom and Facebook Live. Guest Rabbi Karen Tashman will be conducting services on the 2nd and 4th weekends of the month; please come and meet her.

Our talented lay leaders will provide services on the alternate weekends; please support them with your presence in person or on Zoom.

The President would like to say a few words... cont'd.

We welcome our new Board members to the Board of Directors, as we thank those who have served so well during these past two years.

Thank you to Karen Moore, who served as 2nd VP and will now be Director of Education, to Arlene Roth, who has been doing double duty in the Finance department and now will "only" be doing her job as Treasurer; to Ellie Catcher, our outgoing friendly Membership chair, Heidi Shilensky who stepped in briefly as Building and Grounds chair and will now be continuing as Principal of the Religious School.

As of July 1, we welcome Larry Jasper as 2nd VP, Beth Wurzbacher as Financial Secretary, Bill Hager as Building and Grounds chair, Lori Laskin as Membership chair and Nava Cohen, who already has started working as Public Relations chair.

I know that all of them would appreciate your help; please contact them or any other committee chairs to volunteer your services.

If you are contacted to serve on a committee, please consider saying "yes"! As it is said in the **Pirke Avot**, "You are not obligated to complete the task, but neither are you free to avoid it."

It takes a village...

Enjoy your summer!!

L'shalom,

Marlene Shaw, President



Rabbi Emanuel Ben-David

Some Temple members have been in communications with Rabbi Emanuel and he is very grateful to all his friends at Temple Beth David, for their prayers and positive thoughts.

Rabbi Ben-David wants to convey his greetings and wishes for a happy and healthy 4th of July.



Since Rabbi Emanuel has returned home, he has had several doctor visits and MRIs. His most recent MRI showed that the cancer has metastases to some of his Lymph Nodes, which took the removal of the tumor off the table of options for now.

He has approached experts at Johns Hopkins Cancer Center, and MD Anderson Cancer Center - both considered world leaders in cancer treatment and research. The team at Johns Hopkins recommended a combination of chemotherapy and immunotherapy (a recommendation also supported by oncologists at the University of California at San Diego and elsewhere). MD Anderson experts added to their support of the same treatment another possibility, should the tumor have a specific gene mutation, a likely possibility, it may be specifically targeted with certain immunotherapy-based blockers.

Rabbi Emanuel has gone through a few specific blood tests, and in the next couple of days the MD Anderson team will biopsy the tumor and analyze it. After the analysis results are available, he will commence with the combined chemo-immuno-therapy that they recommend.

We all at Temple Beth David wish Rabbi Emanuel Refuah Shlema (health recovery.) and if you are interested in what is happening with him, please visit his webpage at https://rabbiemanuel.faith/

/ Ronnie Cohen, 1st VP, Temple Beth David



LETZTE NEUES* FROM YOUR BOARD AND COMMITTEES!

* "Letzte Neues" is Yiddish, means "Latest News".

NEW — UPDATED RECOMMENDATIONS BY THE BOARD, FOR THE MASK POLICY AT TEMPLE BETH DAVID.

As of 2022, March 23, the Board of Directors voted to make the wearing of masks highly recommended, but not mandatory in the Sanctuary.

The two first rows will be set asides for only mask wearing participants.

KN-95 masks will be available in the Lobby.





LETZTE NEUES* FROM YOUR BOARD AND YOUR COMMITTEES!

* "Letzte Neues" is Yiddish, means "Latest News".

Below is a summary of issues which was up for discussion, at the TBD June Board meeting.

- Spectrum raised monthly rates up \$30/month.
- Fashion Show Fundraiser had a good turnout, Brotherhood assisted with the lunch.
- Out of respect for some items discussed at Board Meetings, confidentiality is important for members of the Board.
- Camp Chesed is week of June 20, there are 9 kids registered and several of our recent Bar/Bat Mitzvahs as counselors.
- Cell Tower presentation at Hernando County Commissioner Meeting in June delayed until August meeting.
- To maintain closing procedures and not distract kids in religious school, please refrain from setup/events prior to 12 pm on Sundays.

/ Eileen Beaman, Office Staff



LETZTE NEUES* FROM YOUR COMMITTEES!

* "Letzte Neues" is Yiddish, means "Latest News".

TBD CARING COMMITTEE NEEDS YOU!

The Temple's Caring Committee has been dedicated to reaching out to all of our members. Our message is sincere and hopefully appreciated.

Due to some recent changes, we are in need of more TBD Friendly Callers. Please contact me if you are interested in making a few calls a month.

Línda M. Weiner 352-515-1700 / 561-315-8704

Please notify the Temple, Marlene Shaw, or Linda Weiner with any concerns whether it's mental, physical or emotional. The Temple has resources/referrals to help.

Office: 352-686-7034



LETZTE NEUES* FROM YOUR COMMITTEES!

* "Letzte Neues" is Yiddish, means "Latest News".

From the Ritual Committee



In accordance with an established policy of TBD, please refrain from social conversation, writing, or **any** use of cell phones, once services begin.

Your observance of this request will preserve the sanctity of the service and make it more gratifying, fulfilling and enjoyable for all.

Thank You,
The Ritual Committee



LETZTE NEUES* FROM YOUR BOARD AND YOUR COMMITTEES!

* "Letzte Neues" is Yiddish, means "Latest News".

Thank you for helping TBD with your donations, replacing the 2nd stove!

My fellow TBD members, and especially the donors who donated money for the 2nd kitchen stove, thank you for your generous donation. Since Judaism involve so much food for the holidays, I am so grateful that all you donors responded to my humble inquiry for financing the 2nd stove. Together, we reach the goal. Again - thank you so much for your donation and your generosity to TBD.

Marty Reiman

Thank you!



What is the "17th Day of Tammuz"?

Did you also notice the picture and the text on the cover page for this edition of the Chai Lights Newsletter, and wondered what the "17th Day of Tammuz" is?

Well, here follows a short explanation and a link for those of you who would like to know more.

The 17th day of Tammuz is a fast day, commemorating the fall of Jerusalem, prior to the destruction of the Holy Temple. This also marks the beginning of a 3-week national period of mourning, leading up to Tisha B'Av.

Never heard of that holiday?

Well, welcome in the club.

Your editor was happily unaware about its existence, until I stumbled over it, in my search to find an interesting cover page for the July edition.

Want to know more? As usual, the Internet is full of information, but here's a link which will give you the basics. Enjoy.

https://aish.com/48943446/

Kind regards, Your Editor

FROM THE SISTERHOOD





On Friday, June 19th, Sisterhood donated a meal of Mac and Cheese and Broccoli to thirty guests at People Helping People, in Spring Hill.

Seven volunteers from Sisterhood, along with the volunteers from People helping People, helped serve the food.

Becky, president of the Sisterhood, thanked our volunteers for making a great mitzvah.









TBD SUMMER CAMP 2022 CAMP CHESED

Camp Chesed was a Success!

The Education Committee is pleased to announce that Camp Chesed was a great success!

We had nine Campers and seven Counselors, who interacted and enjoyed the week of activities.

Activities ranged from indoor games, to crafts including painting bird houses, plant stakes, macramé, and nature prints. Campers and Counselors tie dyed shirts, and signed each other's shirts for keepsakes and to wear for Family Shabbat. Campers also decorated their own journals, and wrote in them on the theme of Chesed (loving-kindness) each day.

We had a volleyball and water afternoon, with Campers and Counselors enjoying water hoses, sprinklers, bubbles, and a large blowup water slide and pool provided by Mark Land.





The camp also had the opportunity to attend The Golden Rainbow Ranch, owned by our new TBD Member and Camp Nature Educator, Ali Baylor. The Campers and Counselors toured the farm outside, seeing the animals, and were given an opportunity to interact with them. Inside, Ali had crafts for them, and a place to have lunch and cool off.

Other highlights were a Tai Chi lesson by Laura Gamba, and baking Challah with Jan Humphreys.

Camp Chesed was a Success - cont'd...

The week culminated with Family Shabbat. Recognition was given to Counselors, and to Ali Baylor for all her help providing wonderful activities as well as her time.

Personalized books were presented to the Campers, which were given by Marla Banta, who created the books through the Give-A-Book program with a sponsorship by Lorraine Lane. The Campers and Counselors signed Thank You cards for Ms. Ali, Marla Banta, Laura Gamba, and Lorraine Lane.



They also signed Get-Well cards to Rabbi Emanuel, who was instrumental in forming the Youth Group/Counselors, and to Pat Reiman, Ben's Grandma.

A delicious Shabbat chicken dinner was held for the Campers, Counselors and Parents. Then for the concluding Shabbat Service, Lynn Budnick had gotten the Campers and Counselors ready to participate in the service, each one reading their part so well.

Rabbi Karen Tashman was also in attendance and participated in the blessing for the children with their parents.



We also send our big "Thank You," to Premier Healthcare for being our Premier sponsor for Camp Chesed.

It was a wonderful, busy week. Now on to preparing for a great Religious School year!

Karen Moore, Education Director and Heidi Shilensky, Principal



The 4th Annual Fashion Show

The 4th TBD fashion fundraiser show went off on June 12th, and was a success. The goal of the fashion show was to be a fundraiser for TBD, but also a tool to create community togetherness. Resort fashions was provided by Tiffany.

The TBD fundraiser oracle, and in this case, the fashion show general Mickie Fligleman, stated the following to CLN:

"-I began to put this together about three months ago by getting the models to agree to model. Food was shopped by me and Larry Jasper.



The Brotherhood of TBD was preparing and serving the food. Larry was the chef, assisted by Bill Hager. The servers were Bill, Marty Reiman and Mike Cooperstein. The clean up was done by the men, assisted by Linda Sislik.

We got financial sponsorship from Florida Tax Advisors and the attorney Matt Forman. The live flowers on the table were donated by Allans Florist in Brooksville.

The Resort fashions was provided by Tiffany.

Our bread was donated by Winn Dixie on Mariner Boulevard / Northcliff".

Depending on Covid, the last Fashion Show was organized 2019, so the expectation was high, both among the organizers, as well as the guests.

According to trustworthy reports to CLN, the food was excellent, and the TBD Brotherhood fulfilled their service with joy and pride.



Sharing Simchas!

We wish all of our happy members mentioned below - Mazel Tov, U'Siman Tov!



Congratulations:

On the wedding of Matt & Dessi Wargon (in Bali)

and

Ethan & Natalie Satz (in Hudson). Both of their weddings are on July 30th.

Grandsons of Joyce & Dick Satz





ADULT HEBREW CLASSES Now online!

Come learn at Temple Beth David!

All Hebrew classes are on Zoom and facilitated by our dedicated and experienced teacher Lynn Budnick.

Basic Conversational Hebrew

a.m. to 10:30 a.m.

A new book will be translated in March

Hebrew 101 - Using Shalom Uv-rachah'

p.m. to 7:00 p.m.

Start from the beginning, to review and reinforce good reading habits.

Continuing a beginner Hebrew class.

to 2:00 p.m.

If you have had Hebrew before and wish to have a review, this is the class for you.

Thur. 12:30 a.m.

9:00

5:30

Wed.

Wed.

For More information please contact Lynn Budnick.

Call: 551-999-3331 or 352-688-5578. E-mail: lynn12036@gmail.com.

B'shalom, Lynn Budnick





Elaine Medoff	July	13
Davida Grossman	July	14
Patrick Ryan	July	15
James Pfluke	July	18
Eileen Beaman	July	22
Miriam Silberstein	July	25
Larry Jasper	July	29



Pat & Marty Reiman Heidi & Mark Shilensky



GENERAL FUND

Martin Lieberman

Dottie Lazan

Richard & Ellen Frank

Harvey & Denise Schonwald

Lisa Horwitch (Honor of Rabbi Emanuel & TBD Community)

Sisterhood of Temple Beth David

SECURITY FUND

Elaine Medoff

Lois & John Mistretta

Lois Mistretta

Karen Moore

CULTURAL ARTS

Rochelle F Singer

BUILDING FUND

Lorigay Laskin

TOVA RISHA SCHOLARSHIP FUND

Eleanore Goodman

Rochelle F. Singer

YIZKOR FUND

Thelma Gilson (Memory of Her Family)

TEMPLE BEAUTIFICATION

Rise Bausch (Memory of Matthew Baumgarten)

YAHRZEIT DONATIONS

Rochelle F. Singer (Dr Ronald A. Singer & Adolph Chaykin)

Elaine Medoff (Bella Kachefsky)

Lois Mistretta (Louis Supowitz)

John & Lois Mistretta (Rose Holstein)

Martin Lieberman (Bernard Lieberman)

Dottie Lazan (Lisa Lazan)

Richard & Ellen Frank (Mildred Frank)

Richard & Ellen Frank (Morris Kaplan)

Rebecca Vera Medoff (Elaine Medoff)

Karen Moore (Harry Atleson)

Richard & Harriet Fine (Matthew Fine)

Thank you for your kind donations to TBD.



FLANTING TREES IN 15RAEL

Judy Elkin has volunteered to order Trees in Israel from the JNF as a fundraiser for TBD. They are appropriate for any occasion, birthday, anniversary, wedding, birth or in memory of someone, to name a few.

The process is easy and trees are \$18.00 a piece when ordering 4 pieces.

Email to:

Chefjudy2@aol.com (352) 799-5342

Mail to:

Judy Elkin, 15162 Surrey Bend, Spring Hill, FL 34609

Include name and address of the recipient and your name and address as the sender.

Indicate the occasion for sending the tree.

Your check, made out to TBD, should be sent to the above address. The Tree(s) will not be ordered until the check is received.

Thank you, Your Fundraising Committee



Regarding our online services - A message from the Ritual Committee

Since our services are being streamed online through Zoom and Facebook Live, we ask that you remain muted and keep your camera and microphone turned OFF for the entire service to preserve the



sanctity of the service and make it more fulfilling, gratifying and more enjoyable for all.

TBD GIFT SHOP

If you need a gift, candles, books or a piece of Judaica, please call
Dalia Baez (352)403-6558
to arrange to make your purchase.



Honoring or Remembering a Friend or a Loved One

At Temple Beth David, there are many ways in which you can honor or remember a loved one or a friend. With each donation an acknowledgement will be sent to the honoree or the family. Please contact the Temple Office for more information.

Beautification Fund; For enhancement of the building.

Cantorial Fund: To fund cantorial guest soloists at temple services.

Cultural Arts Fund: To enhance Performing Arts at TBD.

General Fund: For the operation of the Temple.

Library Fund: For upkeep of our collection of books or to obtain additional books.

Memorial Board: (In Sanctuary): A bronze plaque can be engraved with the name and date of death of a loved one for \$200.

Mosaic Tile Wall: (In Social Hall): A tile can be personalized for \$50.

Music Fund: Honorarium for accompanist and obtaining choir materials.

Pew Seat: A plaque can be engraved and affixed to a pew seat for\$180.

<u>Prayer Book</u>: A bookplate can be inscribed and placed in a Shabbat Prayer Book for \$50, High Holy Day Prayer Books for \$60 or the Torah Prayer Book for \$70.

<u>Rabbi's Discretionary Fund</u>: May be used for any purpose that the Rabbi feels appropriate, often for charitable purposes.

Rabbi's Salary Enhancement Fund: Dedicated to augmenting the Rabbi's salary.

Roof Repair Fund: A reserve fund to repair or replace the roof.

<u>Security Fund</u>: To increase security at TBD.

<u>Tova Risha Fund</u>: Scholarship for Temple's Religious School.

Tree of Life: A leaf can be engraved and added to the Tree of Life in the Lobby for \$50.

TREE OF LIFE!

Leaves are available on the
Tree Of Life in the temple lobby.
Have your leaf custom engraved
to honor a loved one.
Call the TBD Office for details.





SEND A CARD!

Send a tribute card to friends and family to celebrate a birthday, anniversary, or ny mitzvah!

The cost is only \$3 per card.

To have tributes sent to people...

If your last name Begins with A to L, contact:

Rosalie Kelly, at bkelly1002@aol.com or phone Rosalie at 352-686-5754

If your last name begins with M to Z, contact:

Harriet Fine, at hsfine@tampabay.rr.com or phone Harriet at 352-684-1576

A Message from the President...

Most Temple Beth David Board of Directors meetings are held on the third Wednesday of every month, at 7:30pm.

Congregants are encouraged to attend.

Limited time will be provided for individual participation only on the <u>ITEMS LISTED ON THE AGENDA.</u>

If you wish to speak, please call Marlene Shaw, at 352-650-4521. It is also possible to sign up on the meeting.

Marlene Shaw, President



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Additional office: 258 Mariner Boulevard • Spring Hill, FL 34609





Where students of all body types and levels of experience can practice social distancing in a safe environment. Join us for our mindful yoga classes for meditative breath work, wellness, relaxation, core strengthening, flexibility and balance.

SUNDAY: 10:00am - Warm/Hot Slow Flow Yoga with Shawn - 75 min.

12:00 Noon - Easy Like Sunday Morning Yoga with Dorothy - 75 min.

MONDAY: 3:30pm - Beginner Yoga with Darrell (Chairs Available) - 75 min.

6:30pm - Hatha Root Flow Yoga with Shawn - 75 min.

TUESDAY: 11:00am - Strengthening Yoga with Light Weights and Bands with Darrell - 75 min.

6:30pm - Love Yourself Yin Yoga with Darrell - 75 min.

WEDNESDAY: 11:00am - Mindful Slow Flow Yoga with Susan - 75 min.

6:30pm - Warm/Hot Hatha Yoga with Shawn - 75 min.

THURSDAY: 11:00am - Gentle Chair Yoga with Vickie - 45 min.

6:30pm - Chakra Energy Balancing Yoga with Susan - 75 min.

FRIDAY: 6:30pm - Relax & Restore with Susan - 75 min.

SATURDAY: 10:00am - Stretching & Relaxation with Darrell - 90 min.

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Buy 20 Classes, Get 4 FREE! \$140 (Get 10% OFF Monthly Events)

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Compounding Pharmacy 10507 SPRING HILL DR SPRING HILL, FL 34608 (352)596-1044 Spring Hill & US19 5340 SPRING HILL DR SPRING HILL, FL 34606 (352)610-4437

Inside Oak Hill Hopital 11373 CORTEZ BLVD, SUITE 101 BROOKSVILLE, FL 34613 (352)600-7838

Real Service, Real People, Real Value





Spring Hill Office

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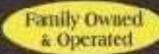




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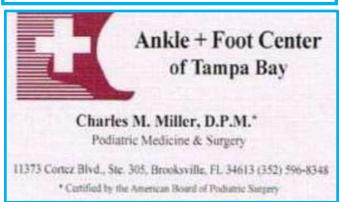
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