

Judy Friedman

This Bulletin is dedicated to our dearest friend, Judy, who was the essence of Or Ami Village. Her vision and devotion, her smile and positive outlook, her friendship and her inner strength made Or Ami Village what it is today. She touched our lives and we will miss her.

Please join us in honoring her memory by continuing to build friendships and connections with one another. We hope you will join the Village.

Please take a moment to read this meaningful article by one of our Villagers.



The Continuity of Personal Growth Through Aging

By Myron Dembo, Ph.D

My wife Nancy and I meet monthly with a temple group at Congregation Or Ami

in Calabasas, California. We participate in a 55-plus group called Getting Good at Getting Older—with Or Ami Village. This group, which meets for various activities such as discussions, workshops, and social events, has greatly enhanced the meaning of our lives and our involvement in our Temple. In one recent session, Rabbi Paul Kipnes led a discussion asking: *Can we still make childhood wishes come true? What possibilities do you wish you had pursued?* Many participants discussed how they were now pursuing activities they had not had time for or had lost interest in earlier days.

One 81-year-old woman in this group told her story:

Ever since I was a child, I wanted to sing. My parents never took my interest seriously, and I never took singing lessons. In fact, I never even attempted

to try out for a part in a play or other musical performance. As a child, I loved to sing, dance, and act. I feared failure and, for decades, never seriously pursued singing. I always regretted not participating in the arts. If only I had sought these experiences and had more tenacity to overcome failures and keep trying to reach my goals. Today, I am involved in two singing classes and will sing a solo in a spring performance. What held me back? Why can I push through the failures to keep reaching my goals? What influenced my change in attitude? I think it is the new relationships I have developed and their encouragement to pursue my dreams later in life. It's the support and encouragement from my community that has helped me overcome my regrets and pursue my passions.

It is these special groups at temples and churches, retirement communities, and special classes for seniors in communities that are making the

continued

difference—helping seniors develop our interests and continue to improve our skills, establish new interests so we can continue to contribute to our communities, adult children, and grandchildren. These community groups are invaluable in enhancing the lives of seniors, and their importance cannot be overstated.

At the same time, in my retirement community, the Variel of Woodland Hills, about 15 men meet daily for an hour. The meeting begins with a retired rabbi discussing the *Parshah* (a weekly Torah portion). Then, one participant is asked to identify a topic they want the group to discuss. They can raise a question of personal concern or select a topic from our online list of over 300 + *Deep Questions to Ask Friends* (e.g. *How do you handle failure or motivate yourself when you feel stuck?*).

Many retired men, mostly in their 80s, have mentioned that this meeting is the highlight of their day. They say that in their past group experiences, men rarely expressed sensitive feelings, sorrow, or happiness, but in this group, they can share anything that concerns them and are accepted by the group. Many participants visit men in the group who may be hospitalized or take them shopping or to doctor's appointments. The group has established a genuinely caring community without needing a specific "leader."

These two experiences are examples of a statement by Dr. Sajeev Dev, recognized for his expertise in science and personal growth, who reminds us that growth and self-improvement have no expiration date. Most importantly, it demonstrates that no matter the previous experiences of seniors, given the opportunity, we can continue to live a productive life and contribute to the development of our children and grandchildren.

Erik Erikson, a developmental psychologist, provides important insight into how we help senior adults. He says some adults reflect on their lives with a sense of accomplishment and fulfillment. Other seniors develop a sense of regret and despair over life missed. Different experiences impact seniors earlier in their lives, which produces these results. The task for senior leaders is to help them overcome missed opportunities and support them as they reflect on the rest of their lives with a sense of accomplishment and fulfillment. These goals are the purpose of special adult programs, which are designed to provide a supportive environment for seniors to reflect on their lives, overcome regrets, and find fulfillment in their later years (Kendra Cherry, 2024).

So go out and find groups of other senior adults to help you find meaning, purpose, and joy in your life. Perhaps you too will, as Nancy and I have in the Or Ami Village, and I have with my retired men's group, find your life inspired and enhanced.

***"The older you get,
the older you want to get."***
— Keith Richards

JOIN US and help the Village continue to thrive!



Or Ami Village is a vibrant community for partners 55 and better. We offer a varied calendar of activities and programs, and invite you to grow friendships, learn, have fun, and connect with us!

When renewing your partnership, please be sure to place a checkmark in one of the Village boxes!

Look for this on your Or Ami Partnership renewal form:

Please select one if applicable:

- ☐ One adult joining the Village for 2025-2026
- ☐ Two adults joining the Village for 2025-2026

UPCOMING EVENTS

Register on our webpage www.arami.org/village



SUN, JUNE 22 | Farewell to Rabbi Lana Brunch

11:00 AM – 1:00 PM (at Congregation Or Ami)

Join us in showing our love and appreciation to this very special Rabbi and friend as she and her family return to Israel.



WED, JUNE 25 | Special Village Wednesday Project

10:00 AM – 12:00 PM (at Congregation Or Ami)

meets 2nd and 4th Wednesday of each month

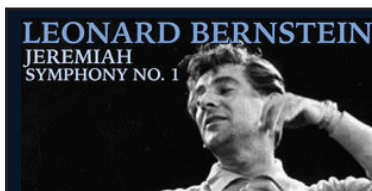
Create your own Mezuzah – Jill Citron will teach us how to create a mezuzah out of Fimo dough. What fun!



SUN, JULY 13 | Autry Museum of the American West & Lunch

10:30 AM (Autry Museum of the American West - 4700 Western Heritage Way – in Griffith Park)

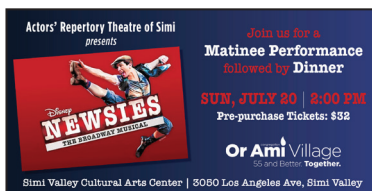
Join the Or Ami Museum Group for a docent-led visit to the Autry Museum of the American West. This beautiful museum is dedicated to bringing together the stories of all peoples of the American West and exploring their art, history, and culture. **Please RSVP & pre-purchase (\$14) admission tickets at theautry.org**



MON, JULY 14 | The Legacy of Leonard Bernstein

7:00 PM (on ZOOM)

Leonard Bernstein was considered to be one of the most important conductors of his time. He was the first American-born conductor to receive international acclaim. Bernstein conquered every medium he touched—conducting, composing Broadway shows, and education.



SUN, JULY 20 | Actors' Repertory Theatre of Simi Presentation of NEWSIES followed by Dinner

2:00 PM (Simi Valley Cultural Arts Center – 3050 Los Angeles Ave, Simi Valley)

Join us for a Matinee Performance followed by Dinner.

Please RSVP & pre-purchase tickets (\$32) at svvac.org/mainstage



FRI, JULY 25 | Getting Good at Getting Older

11:30 AM – 1:00 PM (at Congregation Or Ami)

Join our on-going and lively discussion group. This week's discussion will be: **"OY! Who ever thought we would be at this stage of our lives? How can we help each other cope with our changing physical and emotional identity?"** Bring your lunch. We'll provide drinks and dessert.

Watch for these upcoming events and add them to your calendar!



SAT, AUGUST 16 | Dinner and the Theatre

Enjoy dinner at **Marcello's** followed by **Conejo Players Theatre** presentation of Agatha Christie's *Murder on the Orient Express*.

SAT, AUGUST 23 | Village Dinner

7:00 pm Dinner at a restaurant to be determined.

OUR SPECIAL INTEREST GROUPS ARE FLOURISHING

You can join any or all of our groups...if you are a paid Villager!

"If you always do what interests you, at least one person is pleased!" — Katharine Hepburn

- Movie Group: Contact: Lori Waldman: loriwaldman@mac.com
Art and Museum: Contact: Bernice Sedlik: bernice@sedlik.com
Hiking/Walking: Contact: Ross Sommers: surfingsomers@gmail.com
Dining/Cooking: Contact: Rich Abrams: aberich@sbcglobal.net

- Our Villagers have so much to share, with a wealth of professional and life experiences. Please let us know if you'd like to lead a discussion on your topic of expertise.

WELCOME NEW OR AMI PARTNERS AND VILLAGERS

NOT A VILLAGER YET?

Want to find out more?

Email us: village@orami.org

Already a paid Villager? Thank you! Your support means so much.

Keep an eye on our webpage for news of our upcoming events:

www.orami.org/village



Do you need a ride to our programs and events?

Let us know!

village@orami.org