

☆ **10-hour project (5 two-hour modules) at Weinberg campus**

At CJE SeniorLife, we are proud to introduce our B'nai Mitzvah initiative program, Making Meaningful Mitzvot Matter. The focus will be on student cohorts, who will participate in a variety of intergenerational activities. They will have the opportunity to lead, share, learn from, and teach—with and from our residents. We believe this unique, organized opportunity affords all participants the capacity to engage in diverse interactions, experience growth, and feel fulfillment.

Designed with the busy teen and family in mind, our legacy organization is eager to share the chance to participate in a family project focusing on Jewish art/ritual objects and activities with older adults. These will be guided by our capable and caring Weinberg staff, while being supported by our Volunteer Services team. We hope to have participants connect on a deeper level.

Finally, we have associated the various activities with Jewish values which ideally will reinforce these enduring principles. All will be based upon the Jewish value of: **L'dor V'dor (connecting generations)**

Cohorts will start up every two months and be limited to the first five B'nai Mitzvah families who complete the full application process. Please note, one parent/adult must accompany their teen for each module. Upon the conclusion of the five modules, a certificate of completion will be issued.

WEEK 1

ART PROJECT (FAMILY): Teen and at least one parent/adult will participate in one two-hour Sunday session to share time and project with the cohort group. Weinberg residents will be invited to participate.

Jewish Value Hiddur Mitzvah (beautify mitzvah)

WEEK 2-4: Activities to be coordinated with Weinberg's Life Enrichment Manager;

SHABBAT SERVICES: Assist with or lead Friday evening or Saturday morning prayer service. Support service leaders by helping to welcome residents to the service; distribute prayer books, kipot and tallit; and join with residents. Help may be needed transporting residents to and from service—on-site training will be given by staff on duty.

Jewish Values: Kehilah (community) and Hachnasat Orchim (hospitality)

ASSORTED ACTIVITIES: Lead with movie night, group games or other entertainment programs; Assist with meal delivery; Offer technology assistance (social media accounts, teaching skills on various devices); etc.

Jewish Values: Ometz Lev (courage) and Brachot (blessings)

☆ **Individual projects**

These can include, but are not limited to: preparing decorations for various holidays, gathering or creating prizes for resident bingo games, playing an instrument, poetry or book reading, crafting birthday or holiday cards, etc.

Jewish Value: Chaverut (friendship)

We look forward to sharing this special time in your lives with you, in this very special way. Please feel free to contact our Volunteer Services department with questions: [volunteers @cje.net](mailto:volunteers@cje.net) or 773-508-4232.