

Cedar Sinai Park

# Schmoozletter

February 08-14, 2026



Last Sunday, Feb. 1<sup>st</sup> 2026, the Rose Schnitzer Manor hosted Kim Schneiderman with her “BB B’nai Mitzvah” students and their families for our annual Tu B’Shvat Seder in Zidell Hall.

[www.cedarsinaipark.org](http://www.cedarsinaipark.org)

# Scenes from Our Home



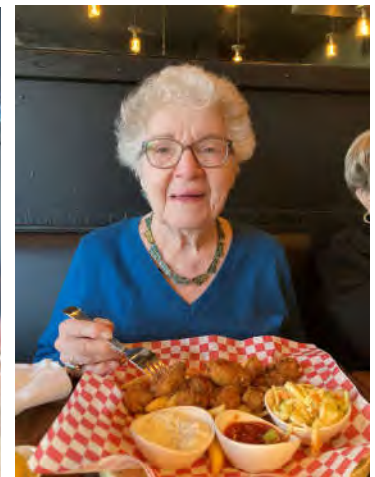
**Above:** Annual Havdalah Service sponsored by Jewish Women's Round Table with Rabbi-Cantor Eyal Bitton of Congregation Neveh Shalom.

**Below:** Celebration of the new prayer books with Eddy Shuldman and her Downstairs Band.



**Left and below:** Lunch outing to Blue Sea.

**Right:** Zetta and Ken listen to Kay Robbins on piano.



# Rose Schnitzer Manor Weekly Activities

## Sunday February 8, 2026

- 1:00 PM Resident Movie Request: *Queen of Chess* (2026); Ch. 3 & May Living Room  
The resident for this week's movie request would like to remain anonymous. Chess phenom Judit Polgár battles skepticism, sexism and champion Garry Kasparov to claim her place among the all-time greats in this documentary. 1h 33m.
- 1:30 PM Rummikub with Colin; Art Room  
Join us for a relaxed and friendly game gathering that's perfect for both beginners and experienced players. This is a great opportunity to have fun, stay mentally active, and connect with others.
- 2:00 PM BINGO; Marcy's Bar
- 3:00 PM Entertainment: Dave Leon, Double Bass; Zidell Hall  
Dave will play a series of classical pieces by Bach, Debussy, Ravel, Stravinsky.
- 3:30 PM Super Bowl LX Watch Party; May Living Room  
Come watch the Super Bowl LX with peers, enjoy super bowl snacks, and engage in some good-natured rivalry! Available in your room on Ch. 24.
- 7:00 PM Resident Request Encore: *Queen of Chess* (2026); Ch.3 & May Living Room

## Monday February 9, 2026

- 9:00 AM Shuttle to MJCC Pool and Fitness Center; Please sign up and meet at the front desk
- 10:15 AM Seated Yoga with Sarah; Zidell Hall
- 11:00 AM Seated Exercise with Jessica; Zidell Hall
- 1:00 PM Monday Matinee: *Cover-Up* (2025); Ch. 3 & May Living Room  
He's devoted his career to uncovering stories the powerful want buried. From My Lai to Abu Ghraib, dig into the life's work of journalist Seymour Hersh. 1h 57m.
- 2:15 PM Mazeltones Choir Rehearsal; Zidell Hall
- 3:30 PM Happy Hour: Trinidad Sour; Marcy's Bar  
Join us for our weekly Happy Hour — a laid-back, welcoming escape to unwind, connect, and enjoy great drinks and delicious canapes. This week's cocktail features Angostura bitters, rye whiskey, lemon juice and orgeat syrup.
- 7:00 PM AI Hands-On Learning Workshop; Zidell Hall  
Join us for an interactive session where you'll explore the basics of artificial intelligence through hands-on activities. This workshop is designed for attendees to learn more about AI applications, try out real tools on their own devices, and discover both the exciting opportunities and the risks to be aware of. What to bring: phone, tablet, or laptop. What to expect: fun demos, small-group challenges, and practical ways AI can help with everyday life - No prior experience required!
- 7:30 PM Movie Encore: *Cover-Up* (2025); Ch. 3 & May Living Room

## Tuesday February 10, 2026

*Happy Birthday Caren M.!*

- 9:00 AM Shuttle to MJCC Pool and Fitness Center; Please sign up and meet at the front desk
- 10:15 AM Seated Yoga with Nurit; Zidell Hall
- 11:00 AM Combo Exercise with Fernando; Zidell Hall
- 1:00 PM Chaplain Chat with Jim Berry ; Brown Activity Room
- 1:30 PM Outing to the Schnitzer Collection; Please meet at the front desk

# Rose Schnitzer Manor Weekly Activities

Upon invitation from Jordan Schnitzer, join us for a private tour of the Schnitzer Collection in NW Portland. Please sign up with Kaitlyn 4054 or Fabiana 4052.

- 2:00 PM BINGO; Marcy's Bar
- 3:00 PM Scrabble; Art Studio
- 7:30 PM Cathy's Cultural Movie: *The Tollbooth* (2004); Ch. 3 & May Living Room  
A comedy that explores a Jewish family from Brooklyn through the eyes of Sarabeth... A struggling painter in her first year out of art school. Her and her older sisters, Becky and Raquel, come of age and question the values of their traditional parents. 1h 25m.

## Wednesday February 11, 2026

*Happy Birthday Betty K.!*

- 9:00 AM Shuttle to MJCC Pool and Fitness Center; Please sign up and meet at the front desk
- 9:30 AM Hearing Clinic with Darin; Game Room
- 10:15 AM Seated Yoga with Nurit; Zidell Hall
- 10:30 AM LE Café: Campfire Mocha; Marcy's Bar  
Step into our weekly café, where the aroma of coffee fills the room and time slows down—perfect for unwinding, catching up, or simply enjoying the moment. This week's latte features toasted marshmallow and dark chocolate.
- 11:00 AM Strength and Balance with Jessica; Zidell Hall
- 1:00 PM New Release Movie: *Miracle- The Boys of '80*; Ch. 3 & May Living Room  
A young hockey team enters the 1980 Olympics as underdogs — and emerges as heroes. Their iconic upset unfolds with new footage and firsthand reflections. 1h 40m.
- 1:00 PM The Jewish Course of Why with Rabbi Menachem; Marcy's Bar  
Rabbi Menachem will discuss the meaning behind many traditions in Judaism.
- 3:00 PM "My 2 Cents" with David Lippoff; Zidell Hall
- 4:00 PM The State of Antisemitism in America, with Ted Deutch; Ch. 3  
As the American Jewish Committee releases its annual State of Antisemitism in America survey, CEO Ted Deutch joins us to map the geopolitics of today's anti-Jewish hatred, to discuss the link between antisemitism and social media and to offer his counsel about the importance of fighting antisemitism above partisanship; in conversation with Joshua M. Davidson, Peter and Mary Kalikow Senior Rabbinic Chair at Temple Emanu-El.
- 7:00 PM Jewish Community Orchestra Rehearsal; Zidell Hall
- 7:00 PM Rummikub; Marcy's Bar
- 7:30 PM New Release Movie Encore: *Miracle- The Boys of '80*; Ch. 3 & May Living Room

## Thursday February 12, 2026

*Happy Birthday Ellen R.!*

- 9:00 AM Shuttle to MJCC Pool and Fitness Center; Please sign up and meet at the front desk
- 10:15 AM Seated Yoga with Nurit; Zidell Hall
- 11:00 AM Tai Chi with Fernando; Zidell Hall
- 1:00 PM "What's Happening" with Marc Blattner; Zidell Hall  
President and CEO of the Portland Jewish Federation will discuss this month's events in the Jewish community.
- 2:00 PM BINGO; Marcy's Bar
- 2:00 PM "*Joy Gevalt*" Purim Rehearsal; Brown Activity Room

# Rose Schnitzer Manor Weekly Activities

Purim Schpeel Rehearsals Are Underway! We will be bringing the story of Esther to life with costumes, music, and plenty of laughter. Through reading the story, practicing scenes, and adding fun songs and improv, we're not only building confidence and teamwork but also lifting up the joy this Purim season.

- 4:00 PM** "Do The Right Thing" Live via Zoom; Ch. 3  
 Professional actors bring true Jewish stories to life! With humor, heart, and rising stakes, this show explores the Jewish tradition of questioning power and speaking up, especially when doing the right thing means standing alone.
- 4:00 PM** Fiber Arts Club; Art Studio  
 Join the Fiber Arts Club to knit, sew, crochet, or quilt! Beginners welcome.
- 7:00 PM** Presentation: Managing Your Day-to-Day Finances; Zidell Hall  
 Join Mylen Shenker, a certified public accountant and member of the American Association of Daily Money Managers, to learn about entrusting someone with managing your day-to-day finances.

<b>Friday</b>	<b>February 13, 2026</b>	<i>Happy Birthday Carol B.!</i>
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- 9:00 AM** Shuttle to MJCC Pool and Fitness Center; Please sign up and meet at the front desk
- 10:15 AM** Challah Braiding; Stern House at Robison  
 Every Friday morning, across the street, we braid challah and then sing songs while it's in the oven. Contact Cathy Z at 4038 for more info.
- 10:15 AM** Seated Exercise with Sarah; Zidell Hall
- 11:00 AM** Combo Exercise with Fernando; Zidell Hall
- 1:00 PM** Shopping Shuttle to Fred Meyer; Please sign up and meet at the front desk
- 1:30 PM** Brain Fitness with Susan Carres; Brown Activity Room
- 2:30 PM** Valentine's Day in Paris with Cupid Crew Red Roses; Marcy's Bar  
 Romantic French songs played by the talented Jetty Black Pearl, cocktails, heart-shaped cookies and red roses to take home... because the Life Enrichment staff loves you!
- 3:30 PM** Food Committee Meeting; Cohn Cafe  
 Join Chef Boyd to discuss the culinary offerings!
- 7:00 PM** Shabbat Service with Gershon Liberman; Zidell Hall

<b>Saturday</b>	<b>February 14, 2026</b>	<i>Happy Valentine's Day!</i>
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- 10:00 AM** Shabbat Service on Jewish Broadcasting Service; Ch. 21
- 11:30 AM** Sacred Texts of Judaism Study Group; Brown Activity Room
- 1:00 PM** Avi Grunes, Piano Project; Zidell Hall  
 Join Avi, a young man who chose to play for us for his Bar Mitzvah project. He is eager to play for you and interact!
- 2:00 PM** Beading with Gretchen; Art Studio
- 6:30 PM** Havdalah with Rabbi Gary Oren; Marcy's Bar
- 7:00 PM** Resident Council Board Meeting; Marcy's Bar  
 All residents are invited to attend this resident-led discussion.

# Robison Weekly Activities

## Sunday February 8, 2026

- 11:00 AM BINGO; Goodman Living Room
- 1:30 PM Entertainment: Dave Leon, Double Bass; Goodman Living Room  
Dave will play a series of classical pieces by Bach, Debussy, Ravel, Stravinsky.
- 2:30 PM Scratch Art with Molly; Barde
- 3:30 PM Super Bowl LX Watch Party; Tonkin  
Come watch the Super Bowl LX with peers, enjoy yummy super bowl snacks, and engage in some good-natured rivalry!

## Monday February 9, 2026

- 10:15 AM Guess that Logo; Cogan Chapel  
From famous brands to classic favorites... See how many logos you can recognize! Join in for laughs, memories, and friendly competition.
- 11:00 AM Seated Yoga with Sarah; Cogan Chapel
- 1:30 PM Jeopardy; Stern  
This activity is an engaging, interactive trivia game tailored to boost cognitive function, memory recall, and social interaction in a fun, low-stress environment.
- 3:30 PM Reminisce n' Gather; Goodman Living Room  
Join us for a relaxing social hour designed to unwind and connect. Perfect for those who enjoy low-key socializing shared in good company. Light refreshments available. This week, we will reminisce on previous Super Bowl games.
- 6:00 PM Game Night; Tonkin  
A relaxed and fun-filled evening of competition! Just bring your sense of humor and a playful spirit. It's the perfect way to unwind, connecting with fellow friends.

## Tuesday February 10, 2026

- 10:15 AM Sing Along!; Cogan Chapel  
Enjoy familiar tunes, timeless favorites, and the simple pleasure of singing as a group. No vocal experience is needed—just bring your smile and your love of music!
- 11:00 AM Seated Yoga with Nurit; Cogan Chapel
- 1:30 PM Creative Workshop: Paper Strip Hearts; Holzman  
Have fun making this *love-ly* paper strip hearts craft! Fill the room with love while we make this fun festive heart hanging decor.
- 2:00 PM 1:1 Chaplain Visits  
Please contact Cathy Z at #4038 to request a visit.
- 3:30 PM Wheel of Fortune; Stern  
Welcome to a fun and familiar favorite! Spin the wheel, solve word puzzles, and test your knowledge in this classic game everyone loves.
- 6:00 PM Giant Crossword Puzzle; Barde  
Enjoy this peaceful and enjoyable group activity as we work together on a giant crossword puzzle. Take your time and have fun filling in the clues at your own pace. It's a gentle way to keep the mind active while spending time with friends.

# Robison Weekly Activities

## Wednesday February 11, 2026

- 10:15 AM Seated Volleyball; Goodman Living Room  
Enjoy a fun and active game of seated volleyball designed for all ability levels. Play from a chair, stay comfortable, and enjoy light movement, laughter, and teamwork in a safe, supportive setting.
- 11:00 AM Songbirds' Chorus; Goodman Living Room  
The Songbirds Chorus is a welcoming group where we sing familiar songs and enjoy the warmth of making music as a group. No singing experience needed.
- 1:00 PM Spa Hour; Holzman  
Relax and enjoy a calming hour of gentle pampering in a peaceful, comfortable setting. A lovely way to unwind and feel refreshed.
- 2:30 PM Customs and Cultures with Rabbi Menachem; Cogan Chapel
- 3:30 PM BINGO; Goodman Living Room
- 6:00 PM Rom-Com Night: *Valentine's Day* (2010); Tonkin  
Valentine's Day brings love lost, found and rekindled to a diverse group of Angelenos as they celebrate, or survive, the most romantic day of the year.

## Thursday February 12, 2026

- 10:15 AM Valentines Day Suncatchers; Stern  
Create a Valentine's Day suncatcher using bright colors and heart designs. A fun and relaxing activity that adds a festive touch to any window.
- 11:00 AM Seated Yoga with Nurit; Cogan Chapel
- 2:00 PM Molly's Ice Cream Cart; Robison  
Ice cream cones delivered right to your room—sweet smiles included!
- 3:00 PM Art with Donna; Tonkin  
Join Donna for a relaxed, creative art session for all skill levels.
- 3:30 PM Sweetheart Soirée with Live Music by Airel Farley; Goodman Living Room  
Join us for a Sweetheart Soirée filled with Valentine's Day cheer, music, refreshments, and time to socialize!
- 6:00 PM Evening BINGO; Goodman Living Room

## Friday February 13, 2026

- 10:15 AM Challah Baking; Stern
- 11:00 AM Seated Yoga with Sarah; Cogan Chapel
- 1:30 PM Rolling Activity Cart; Post Acute Halls  
Catch us zipping through the halls with a selection of reading material, puzzle books, coloring supplies, and more.
- 1:30 PM Shabbat Shenanigans with Rabbi Menachem; Barde
- 3:00 PM Classical Music Club; Cogan Chapel  
2025 Nobel Prize Concert, Pt. 1
- 6:00 PM Shabbat Service led by Mylen Shenker; Cogan Chapel

## Saturday February 14, 2026 *Happy Valentine's Day!/Happy Birthday Ira P.!*

## Word of the Day

When we are engaged in acts of love, we humans are at our best and most resilient. The love in romance that makes us want to be better people, the love of children that makes us change our whole lives to meet their needs, the love of family that makes us drop everything to take care of them, the love of community that makes us work tirelessly with broken hearts.

Adrienne Maree Brown



The Purim Shpiel 2026/5786 is called  
**JOY GEVALT!**

This year we start in the heart and speak truth to power!  
Lots of solo and group parts.  
No experience required. Let the joy begin!

Rehearsals will be Thursday afternoons and Monday evenings.  
Contact Cathy Z. at ext. 4038 to get involved and/or ask questions.

Purim is March 2<sup>nd</sup> & 3<sup>rd</sup>.

### Rose Schnitzer Manor

Beauty Salon 4020 for appointments  
Doctor Rides 4217 for appointments  
Exercise Room 3rd Floor  
Library/Computer Room 2nd Floor  
Art Studio 2nd Floor  
Stop N' Shop Monday - Thursday, 2:00 - 3:30pm

### Robison Health Center

Stern Household (503) 595-7367  
Tonkin Household (971) 717-7187  
Barde Household (971) 717-7190  
Holzman Household (971) 717-7157  
Front Desk 24hr (503) 535-4300