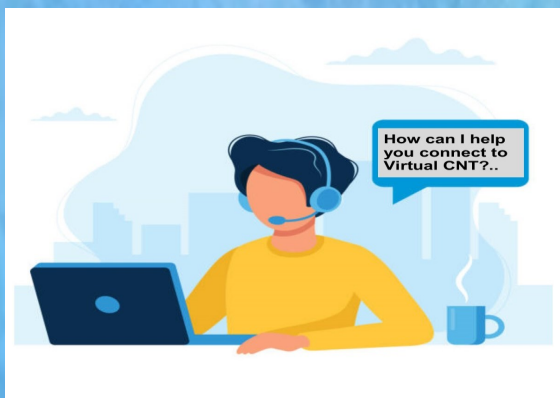




# Virtual CNT Programming



**We are here to help you connect to Virtual CNT!!**

Are you having a hard time connecting to a CNT Virtual Class??

Do you need help with Zoom? Do you need assistance getting set up?

Miriam Cohn will help you with Zoom questions....  
[Click here](#) to email Miriam to set up an appointment  
or  
contact Miriam at [mcohn@nertamid.com](mailto:mcohn@nertamid.com)

## CARING COMMITTEE

THE CARING COMMUNITY PROVIDES ACTS OF LOVING KINDNESS (GEMILUT CHASIDIM) TO OUR CONGREGATION.

IS THERE ANYTHING WE CAN HELP YOU WITH???  
DO YOU NEED A GALLON OF MILK OR A PRESCRIPTION PICKED UP?

LET THE CARING COMMITTEE KNOW!!!  
WE HAVE VOLUNTEERS THAT ARE READY TO HELP!!

IF YOU HAVE A REQUEST, CONTACT AMBIR ELLIOTT, AT  
[AELLIOTT@NERTAMID.COM](mailto:aelliott@nertamid.com)



## Helping During the COVID-19 Crisis

While we are all understandably preoccupied with our own health, there are many who are in need and could use assistance. Here are three ways to help during the crisis:

- 1) Blood donations have decreased dramatically. Healthy, eligible donors are urged to ensure there's lifesaving blood on the shelves for those who need it. To sign up and schedule an appointment [click here](#).
- 2) For information on other opportunities to help the broader Los Angeles community [click here](#) or [click here](#).
- 3) Fellow CNT members, especially those who are elderly, may need extra help on account of the COVID-19 crisis. If you are healthy and would be willing to help deliver food, medicine, or other critical supplies, please contact Ambir Elliott, Clergy Assistant at [aelliott@nertamid.com](mailto:aelliott@nertamid.com) or (310) 377-6986 x222. Of course, all those who help out must take precautions to protect themselves and others - including maintaining a 6-foot distance from other people, wearing a mask, and using wipes or hand sanitizers frequently, including before and after each delivery.

For more information on social action (Tikkun Olam) activities at CNT or to help plan such activities, contact Rachel Munn at [rachelmunn.rm@gmail.com](mailto:rachelmunn.rm@gmail.com).



# ADULTS

## **The Book of Genesis with Rabbi Schuldenfrei Tuesday, Wednesdays and Thursdays at 5:00pm**

A nightly Torah class that starts "in the beginning"! Together we will read, discuss, and consider. Even if you have never studied the Torah before, join us and distract yourself!

Join via Zoom: <https://zoom.us/j/782898791>

By phone: 1-669-900-9128

Meeting ID: 782 898 791

## **Hebrew Happy Hour with Cantor Rachel Thursdays at 7pm**

**\*NO CLASS July 9th**

Research has shown that people are more comfortable with the dreaded "chhhh" sound in Hebrew after a cocktail...so grab a drink and join this incredibly fun, relaxed Hebrew Reading Lab designed for readers of all skill levels. We will continue to work on skills that improve Hebrew reading comprehension and speed, as well as learn to recognize common patterns in Hebrew. Drinks not required, but smiles are. *No Prerequisite Required.*

Join via Zoom: <https://zoom.us/j/95209090631>

Meeting ID: 952 0909 0631

## **In The Cantor's Studio with Cantor Rachel Wednesdays at 12:30pm**

Inspired by the #whatcantorsdo campaign through the Cantor's Assembly, join Cantor Rachel as she sheds new light on All Things Cantor. From the history of the Cantor to the inner-workings of exciting new Cantorial projects/compositions from around the world, this class will hold a different lens to the multifaceted, unique, often mysterious, and sometimes-misunderstood clergy role of the Hazzan. Questions will be highly encouraged in this class! This class is non-cumulative and drop-ins are welcome no matter the week. As always, beautiful music and interesting discussion is promised to all who attend.

Join via Zoom: <https://zoom.us/j/174234291>

By phone: 1-669-900-9128

Meeting ID: 174 234 291

## **Biblical Hebrew with Dan Klerman Saturdays at 12:30pm**

While this class is a continuation of an ongoing post-kiddush meeting, new students are always welcome. This class aims to provide basic vocabulary and grammar helpful to understanding the Bible and prayers in Hebrew. While this class requires no prior knowledge of Biblical Hebrew, it does ask that you know how to sound out Hebrew letters and vowels (see Suggested Prerequisite). If you are new to the class, kindly email Dan at [dklerman@law.usc.edu](mailto:dklerman@law.usc.edu).

*Suggested Prerequisite: Beginning Hebrew with Cantor Rachel*

*Suggested Concurrent Enrollment: Hebrew Happy Hour with Cantor Rachel*

Join via Zoom: <https://usc.zoom.us/j/5295217148>

By phone: 1-253-215-8782 Meeting ID: 529 521 7148





# ADULTS CONT.

## **Learn Modern Conversational Hebrew**

**Sundays, Tuesday, and Thursdays, 6:00pm -7:00pm**

Learn modern conversational and written Hebrew with Dan and Jerry Klerman. While this class requires no prior knowledge of Modern Hebrew, it does ask that you know how to sound out Hebrew letters and vowels (see Suggested Prerequisite). If you are interested, please mail

[dklerman@law.usc.edu](mailto:dklerman@law.usc.edu).

*Suggested prerequisite: Beginning Hebrew with Cantor Rachel.*

*Suggested concurrent enrollment: Hebrew Happy Hour with Cantor Rachel.*

Join via Zoom:

<https://usc.zoom.us/j/5295217148>

Meeting ID: 529 521 7148

## **Get Fit with Britt or Josie**

**Mondays & Thursday from 11:00am - 11:30am**

Stay fit and active from your own home with fitness instructor extraordinaires, Britt Wanek and Josie Sterling. A 30 min movement class for all ages. No equipment necessary. Just a chair for those that need, an exercise mat for those that have one.

Join via Zoom: <https://zoom.us/j/790243329>

By phone: 1-669-900-9128

Meeting ID: 790 243 329

## **Virtual Schmooze**

**Sundays from 1pm - 3pm**

Check in with friends virtually for an informal chat. Pop in and out of our virtual schmooze as you like. Talk about whatever you like while staying connected with one another!

Join via Zoom: <https://zoom.us/j/308165731>

By phone: 1-669-900-9128

Meeting ID: 308 165 731

## **Move and Groove with Josie! A Total Workout for Everyone!**

**Tuesdays and Fridays from 11:00am - 12pm noon**

All ages welcome! Cardio and strength training to your favorite tunes. Chair can be used. Invite your friends - WE ALL HAVE TO MOVE!

Join via Zoom: <https://www.zoom.us/j/7790765532>

By phone: 1-669-900-9128

Meeting ID: 779 076 5532



# TWEENS/TEENS

**USY Over Summer!**

**Wednesdays from 7:00pm - 8:00pm**

Join USY every Wednesday from 7-8pm for a fun activity!

*Join via Zoom:*

<https://zoom.us/j/2652493882>

Meeting ID: 265 249 3882

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## EVENTS



**COME KICK OFF SUMMER WITH US!!!**

We have had so many submissions that we officially have a two part show for you!

Join us for **Part 2** of CNTV Productions' CNT's Got Talent (and other stuff)

**Sunday July 5th at 7pm**

on our BRAND NEW YouTube Channel!

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## Shabbat Services

**Fridays at 6:00pm**

**and**

**Saturdays at 9:30am**

*To participate:*

<https://zoom.us/j/5401209278>

By phone: 1-669-900-9128

Meeting ID: 540 120 9278

## Havdallah with CNT

**Saturdays at 8:45pm**

Join your CNT community to end Shabbat.

*To Participate:*

<https://zoom.us/j/93513083977>

By Phone: 1-669-900-9128

Meeting ID: 935 1308 3977

