



**CHAI TIMES: 2010
CELEBRATING 36 YEARS OF BETH EVERGREEN**

Please RSVP for all events with the CBE Office:
shalom@bethevergreen.org or call 303.670.4294 ext. 1

PLEASE NOTE: SCHEDULE CONTINUES TO CHANGE AS NEW EVENTS ARE ADDED, PLEASE CHECK CALENDAR AND WEEKL UPDATES FREQUENTLY.

Tai Chi: Exercise through relaxation-meditation

If you have always wanted to try Tai Chi or have enjoyed it in the past, attend this session with Charles Holman, an instructor of Tai Chi for 25 years!

Host/Instructor: Charles Holman

Date: Saturday morning, May 22, 2010 at 9:00 a.m.

Suggested Donation: \$10 at CBE



**CHAI TIMES: "Women Who Wine"
Wine-tasting and appetizers**

Event Date: Wednesday, June 9

Event Time: 5:30 to 7:30 PM

Location: Aspen Peak Cellars, 12414 US; Highway 285

Host: Marilyn Saltzman

Suggested donation to CBE: \$36

Max # attendees: 20; **RSVP:** by May 30



Guided hike up a 14'er! Led by Gordon Zellner and Ken Parelman.

Date: Sunday, August 22

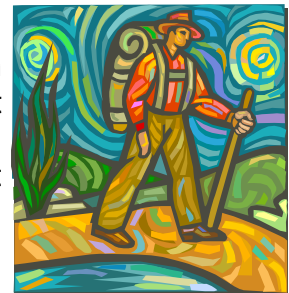
Have you ever hiked to the top of one? Ken Parelman and Gordon Zellner will guide a group up to the top of a local 14'er. See what the world looks like from up high and enjoy the accomplishment. Everyone should bring their own lunch, snacks, and water in a light day pack. No special equipment required but a clothing (layering) list will be provided.

Who: anyone older than 15, kids 10 - 15 must have parent

Max Attendees: 12

Suggested Donation to CBE: \$25 per person

Time: 7am leave Evergreen (carpool location TBA); home by 5pm or earlier



**Interested in being a Chai Times Host?
Contact: 303.670.4294 x 1 or shalom@bethevergreen.org**