Ezrat Avot
עזרת אבות
Aging With Dignity.
Since 1976

Center Updates

Recently reopened, the Center is bustling with fun and interesting activities.

New programs have been developed by our dedicated teachers and volunteers!

Weekly health and Torah talks by Dr. Mark.

Creative crafts classes where the ladies make gifts for the volunteers.

Community members share their knowledge and talents with us.

Carmela Raiz, acclaimed author, and accomplished violinist, shared her story of being a refusenik in Russia and enchants us with a violin concert.

Classes in improving memory and bone health for the elderly.

Dance Movement and Exercise with the dedicated teacher Esther A.

<u>Celebrations with special surprises for the ladies!</u> On Rosh Chodesh our lovely volunteer Ilana the Clown spread laughter and happiness to each of us.

And much more...

The men and women attending the Center expressed great enthusiasm upon their return.

"COMING HERE IS THE REASON I WAKE UP, GET DRESSED, AND GO OUT OF MY HOME EVERY DAY. WE HAVE CLASSES, WE DANCE. IT LIGHTS MY DAY!"

— Adina

Meet Felix Farbarov

Felix Ferberov is an 86-year-old Holocaust survivor. He and his granddaughter, Annya, volunteer at Ezrat Avot as a way to spend time together.

Felix made Aliyah from the Ukraine alone in 2018 to come live with Annya. They have a very strong relationship and share a sense of gratitude to the State of Israel. When Felix first came to Israel, he received a life-saving medical treatment. While hospitalized, he felt he was supported with respect and as part of a family.

When asked about his volunteer work, **Felix said, *"I have a lot of gratitude and appreciation to this country and its people. This is a small way for me to repay. And it gives me life."***

Volunteering weekly (often twice a week!) in a positive environment gives him a sense of purpose and accomplishment.

May we merit to share many more productive days in the company of Felix's brilliant smile and generous spirit.

Thank you!

Families spending quality time while volunteering

Seminary students volunteer

Soldiers pack holiday food parcels

Volunteer drivers deliver food

Bar Mitzvah boys program

Old and young volunteer together

We are forever grateful to each of our special donors and volunteers who form the backbone of all our accomplishments. With your help, we are able to support these vital programs. Often volunteers bring family and friends along as they truly enjoy the Center's environment. They have fun donating their time to benefit others.

Wishing each of you a Shana Tova and Ktiva Ve'chatima Tova!

To take part in supporting Holocaust survivors and lonely seniors please contact us.

ezratavot.org / 02-582-9984 / info@ezratavot.org / social media @EzratAvot / עזרת אבות