

Notes for the Programmer

Here are some things to consider when you are planning this type of program:

This is not a Seder that can be put on spur of the moment, there takes some coordination with the students, seniors, and/or the senior center. If you are working with a senior center, keep in mind that you will have to work out a way for transportation, of either the students or the older adults that will be participating in the program.

Try and co-sponsor this program with other organizations at your school. The price of fruit and grape juice can become expensive, so the more people or organizations that are helping sponsor the event, the better off you are. Some organizations or clubs that you could co-sponsor with are: community service organizations, Hillel, other local or campus Jewish organizations, environmental organizations, Jewish fraternities or Sororities, and any other club or organization that you can think of. Also, if you are working with a senior center, try and see if they are able to help a little with the cost.

Try and get as many people as possible involved. You will need people to help set up, clean up, decorate, coordinate with people who are coming, etc. If it is possible for the older adults to help with any of the pre or post program activities or tasks, that would be the best option. The idea of the Seder is to include everyone as much as possible. An idea would to have a small committee of 3-4 older adults and 3-4 students working together on the preparations and decorations and set up.

If you live in an area in which you have interactions with older adults, try to invite them and have them join the Seder. Part of the Seder is to enrich the community, and form bonds between people. If this is not possible, the best option is to work with a Jewish independent or assisted living home in the area.

Notes for the Seder itself:

Preparations for the Seder

Do not worry if you cannot find all of the items listed below. Since the order and contents of this Seder do not have to follow specific Jewish law, there is ample room for flexibility. Traditionally either 30 or 15 different fruits are eaten during the seder (including those of the seven species). The fruit can be fresh, dried and/or canned.

A. Fruit:

- a. The Seven Species (5 fruit & 2 grains) by which the Land of Israel is praised
 - i. Figs
 - ii. Dates
 - iii. Pomegranates
 - iv. Olives
 - v. Grapes or Raisins
 - vi. Cookies or cakes containing wheat and/or barley or malt products
- b. A variety of nuts (walnuts, hazelnuts, almonds, pistachios, etc.) and a variety of fruit with inedible peels (oranges, grapefruit, pomelos, coconuts, mangoes, passion fruit, kiwi etc.)
- c. Other fruits with edible seeds (blueberries, raspberries, kumquats, carob etc.)
- d. Other fruits with inedible pits (peaches, plums, apricots, persimmons, cherries, loquats, apples, pears etc.)

B. Wine or grape juice, both red and white (equal amounts of both)

C. Set up the room and tables in a festive way, decorated with fruit, trees or anything else you think conducive to a Tu B'Shvat atmosphere.

- a. If you want a pre-program that can also be intergenerational, you can have everyone make the decorations and/or set up and decorate the room for the Seder.

D. A copy of the Seder for all participants.

Try and seat people so there is an even amount of students and seniors at a table or in a section of the table. This will enhance discussion and the intergenerational atmosphere.

Each section can be read by a different person. Be open for discussions and comments. One of the goals is to provide a space for intergenerational dialogue and learning.

Try and get as much group participation as possible. At first it might be a little hard to break the ice, but as people get more comfortable with each other, the discussion will start flowing.

There are a lot of fruits that are mentioned. If you can not find them all, do not worry. The most important ones to find are the seven species of Israel. It is important to try and get 15 fruits because of the significance of 15, being the 15th of Shvat.

An easy way to get everyone to participate, at least a little, is while reading the Seder, have everyone take turns reading. If you go around the table and have each person read a paragraph.

There are quotes in Hebrew. For all parts that are in Hebrew there are English translations. Feel free to read in Hebrew, English, or both.

The Seder is to enhance communication and dialogue between older adults and students. We have added in discussion questions throughout the Seder. Feel free to discuss these topics, as well as anything that might come up during the Seder. The participants should be asked to discuss these questions with 2-4 people sitting around them. Give 5-8 minutes per question.

During the discussion sessions, try to have someone going around the room, making sure that the discussion groups are lively and are progressing.

All in all, enjoy the Seder. It is supposed to be a festive meal, which means that everyone, including the leader, should enjoy the Seder.

Happy Tu B'Shvat and Have Fun!