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Jewish Community Center
of Greater Washington



Jewish Community Center
of Greater Washington

Coming of Age in Maryland (CoA) MAY– JUNE 2016

Thursday, May 26, 2016 ♦ 10am-2pm
7th ANNUAL "TO LIFE"
HEALTH & WELLNESS EXPO!!
Leisure World—Clubhouse I

For more information, please contact
301.348.3832 or fenoch@jccgw.org.

For social work services, please contact
301.816.2672 or hseeger@jssa.org.

Coming of Age in Maryland is a partnership of the Jewish Social Service Agency (JSSA), Premier Homecare, the Jewish Community Center of Greater Washington (JCCGW) and Jewish Council for the Aging (JCA). Funding is provided by The Jewish Federation of Greater Washington, the United Jewish Endowment Fund, and the State of Maryland.

▲ IMPORTANT NOTE

**Beginning July 1, 2016,
CoA's transportation fee
will be \$20.**

**Thank you for your
understanding!**





Hileia Seeger LCSW-C
hseeger@jssa.org
 301-816-2672

Food For Thought

As the weather warms up and you are ready to get out more, I want to remind you of two transportation programs offered at JSSA. Staying on the Go! is a one-on-one, two-session, program where you and/or you and your loved one can start planning for a time when you or your loved one may no longer feel comfortable driving. During the sessions, you will have an opportunity to address any anxiety around minimizing your driving, as well as to create a plan to keep you and/or your loved one mobile. Additionally, **JSSA** has a door-through-door escorted transportation program – **Brenner Transportation** - for when you may be required to have an escort to a medical appointment or for when you would feel safer with an escort.

If you have questions about either of these programs please come say “hi” or call me at the number above.

Mix & Mingle Coffee House for Baby Boomers & Kindred Spirits

When: Thursday, April 28

Where: The JCC

Travel Night Share: Bring slides, pics!

Meet singles, share experiences...Ages 50-150 welcome!

For more information, contact **Meryl Trachtman**

301.348.3808 or mtrachtman@jccgw.org

CoA REGISTRATION FORM

REGISTER ONLINE @ jccgw.org or by mail

► Need help? Please call 301-348-3832.

To register by mail, complete & submit this form to:
JCCGW, Attn: CoA // 6125 Montrose Rd., Rockville, MD 20852

Date: _____ Name _____

Address _____ Apt. # _____

City _____ State _____ Zip Code _____

Phone # _____ Email _____

CoA @ Shaare Tefila, Wed., May 4 **RSVP 4/27**
 Fee: \$6 (15091) **Amount \$ _____**

Day @ the Ring: Music, Mon., May 16 **RSVP 5/9**
 Fee: \$5/Lunch (15453); Program (15452) **Amount \$ _____**

“Expo Finale,” Thurs., May 26 **RSVP 5/16**
 Fee: \$6 (15458) **Amount \$ _____**



Leisure World: Movie Matinee, Thurs., June 9 **RSVP 6/2**
 Fee: \$6 (15113) **Amount \$ _____**

Food ‘n Fun: Crave Restaurant, Wed, June 15 **RSVP 6/5**
 Fee: \$25/Lunch & Program (15135) **Amount \$ _____**

CoA @ Shaare Tefila, Wed., June 22 **RSVP 6/15**
 Fee: \$6 (15436) **Amount \$ _____**

Day @ the Ring: Music, Mon. June 27 **RSVP 6/20**
 Fee: \$5/Lunch (15428); Program (15427) **Amount \$ _____**

Excursion: Evita, Wed., June 29 **RSVP 6/15**
 Fees: \$30/ticket (15450); \$18/transportation (15451) **Amount \$ _____**

Excursion: Kinky Boots, Tues., July 5 **RSVP 6/21**
 Fees: \$94/ticket (15407); \$20/transportation (15464) **Amount \$ _____**

Method of Payment (check one; NO CASH)

Check - Payable to JCCGW **Total Amount Paid \$ _____**

VISA MasterCard AmEx Discover

Credit Card # _____ Exp. Date: _____

► **NOTE:** By completing and submitting this form, I grant permission for the use of individual and/or group activity photographs and/or name(s) of the aforementioned registrant(s), and, without limitation, for the use of such pictures, names and/or registrant(s) statements, verbal or written, in connection with JCCGW and CoA purposes. The JCCGW and CoA are released from any claims whatever that may arise in said regard.

CoA POLICIES

► Payment

Checks should be made payable to JCCGW and mailed to:

**JCCGW - Coming of Age (CoA)
6125 Montrose Road
Rockville, MD 20852**

Programs are filled in order of receipt of payment, 1st come, 1st served.
No registrations by phone - only online ~or ~ by mail!

A Registration Form is required for EACH person attending - include EACH person's address & phone #!

► Refunds/Cancellations

There is no refund if you cancel after the RSVP date.

►► Inclement Weather Policy

When MCPS is closed, the CoA program is canceled. If schools have a delayed opening, CoA programs that have a noon or later start time may take place. ► In the event of inclement weather, please call the CoA office to confirm the status of that day's program. [301-348-3832]

►► Transportation

When transportation is offered, you will be notified of the exact pick-up time **two to three days before the day of the trip**. We will note an **approximate departure time** in the CoA Booklet.

► **Mailings:** Please call us to be removed from our mailing list.

► Please call CoA at 301-348-3832 with any **special needs**.

►► **IMPORTANT EXCURSION INFORMATION**

The CoA staff calls each excursion registrant, usually 1-2 days before the trip, with bus departure times. Please be at your pick-up location at least 10 (ten) minutes **before** departure time. This allows us to board the bus, get to our destination on time, and to be considerate of the other attendees. In the case of an emergency, and at the staff's discretion, the bus may wait an additional 5 (five) minutes before departing. Thank you for your understanding and cooperation!

NOTE: CoA does not issue tickets to our programs.

♥ **JCCGW = Jewish Community Center of Greater Washington
CoA = Coming of Age**

Coming of Age & JRLW @ LEISURE WORLD

3300 N. Leisure World Blvd. ♦ Fee: \$6

Movie Matinee: "Meet the Patels"

88 minutes ♦ English [w/Subtitles]

When: Thursday, June 9, 1:30 - 3:30 PM RSVP by 6/2

Where: Clubhouse II Auditorium, 3300 N.L.W. Blvd.

"Meet the Patels" is a laugh-out-loud real life romantic comedy about Ravi Patel, an almost-30-year-old Indian American who enters a love triangle between the woman of his dreams... and his parents. This hilarious and heartwarming documentary reveals how love is a family affair. **"Lively and Engaging!"** [LA Times] **"An Infectious Comedy!"** [Indie Wire] **"FUNNY!"** [Variety]

FOOD 'N FUN

Crave Restaurant

Game: Friendly Feud

Wednesday, June 15, 12:30 - 3:00 PM

RSVP by 6/5

Cost: \$25/Lunch & Game

Where: Westfield Montgomery Mall

7101 Democracy Blvd; Bethesda, MD 20817 ♦ 301.469.9600

► **Located on the lower level of the Mall's dining terrace, near the Cheesecake Factory**

Crave offers American cuisine and Asian fusion dishes, featuring seasonal, locally-sourced ingredients. Enjoy the delicious food, friendly staff and a warm and inviting décor.

7th Annual "TO LIFE" Health & Wellness Expo

Thursday, May 26 ♦ 10:00 AM - 2:00 PM
Leisure World - Clubhouse I

► Co-sponsored by The Jewish Residents of Leisure World
and presented by Coming of Age in Maryland

Highlights

- **FREE Admission**
- **FREE Bags**
- 50+ Exhibitors (Exhibitor Hall closes at 2:00 PM)
- Preventive Health Screenings (End at 2:00 PM)
- Entertainment & Live Music
- Interactive Workshops
- Consumer Advocacy
- 'Capture a Memory' with a picture of YOU & friend(s)
- Lifelong Learning Opportunities
- "Head to Toe" Massages
- Social and Community Organizations
- FREE Give-a-ways
- *Grand Finale* (Pre-purchased tickets required) ► \$6.00)

♥ Fantastic Raffle Prizes! ♥

- Restaurants ● Hair and Nail Salons ● Gift Baskets
- Stores ● Boutiques ● Bus trips to NYC & more!

GRAND FINALE ♦ 3:00 - 3:50 PM ♦ Fee: \$6

Signature Theatre presents

**♪ A Musical Revue of
Beloved Broadway Songs ♪**

► Where: Clubhouse II Auditorium

► LW Residents: Register & Pay In Advance at E&R.

► Non-LW Residents: Use Registration Form on page 10.

**CHECK IT OUT:
FREE & OPEN TO THE PUBLIC!**

**Vision Matters 2016 - The Remarkable Retina:
Understanding Disorders of the Macula and More!**

WHEN: Sunday, May 22, 2016 1:00 – 3:30PM

WHERE: Shady Grove Adventist Hospital
9901 Medical Center Dr., Rockville, MD.

Michael M. Lai, M.D. PhD, Ophthalmologist/Retina/Macula Specialist
Retina Group of Washington Rockville & Chevy Chase

Adrianna Wiseman, O.D., Low Vision
Rehabilitation Optometrist, Low Vision Services, Bethesda

REFRESHMENTS WILL BE PROVIDED.

► For more information and to register, contact **Debbie Sokobin**
at 301.348.3760 or dsokobin@jccgw.org.

SOUNDS OF MUSIC @ THE JCC!

SONG CIRCLE!

Tuesdays, May 3, 17 ♦ June 7
1:00 to 2:30 PM



- ♪ The song circle is about the joy of singing
- ♪ All are welcome, regardless of experience or level of ability
- ♪ Song sheets will be provided

Contact Frieda Enoch: 301.348.3809 or fenocho@jccgw.org

► Sponsored by the JCCGW Senior Adult Division and
the Folklore Society of Greater Washington (fsgw.org)

Polinger Artists of Excellence Concerts:

Sunday, May 1 at 7:30 pm ♦ Claremont Trio - Piano Trio

Go to jccgw.org/concerts for information and to purchase tickets

DAY @ THE RING

Monday, May 16, 10:30 AM - 2:15 PM RSVP by 5/9

Ring House: 1801 E. Jefferson Street, Rockville
▶ PLEASE PARK ACROSS THE STREET!

Cost: \$5/Served, 4-Course Hot Lunch

10:20 AM “Get Fit While You Sit”
11:20 AM Let’s Talk
11:50 AM Hot Lunch
1:15 PM Mike Suser and the “Night & Day” Band

“Night & Day” plays the wonderful music of the swing and big band era! They play the classic songs of Gershwin, Cole Porter, Glen Miller, Duke Ellington, etc., with a flair and style that can only come from a love of the music. You'll recognize the great tunes made popular by Sinatra, Ella Fitzgerald, and Tony Bennett, among others. Your foot will be tapping to the fun and spirited music of “Night & Day”!

Monday, June 27, 10:30 AM - 2:15 PM RSVP by 6/20

Ring House: 1801 E. Jefferson Street, Rockville
▶ PLEASE PARK ACROSS THE STREET!

Cost: \$5/Served, 4-Course Hot Lunch

10:20 AM “Get Fit While You Sit”
11:20 AM Let’s Talk
11:50 AM Hot Lunch
1:15 PM *Summertime Swing* with Christiana Drapkin

Jazz vocalist Christiana Drapkin and her pianist present a lively and elegant selection of show tunes, Jazz standards from the Great American Songbook, swinging Bossa Nova and some romantic ballads. Christiana has been performing in the DC area, New York and on the East Coast for over 20 years. She is noted for her lyrical and highly personal delivery of ballads and for her abandoned yet artful scat improvisations.

7th Annual “TO LIFE” Health & Wellness Expo

CHESAPEAKE ROOM



11:00 AM
KEYNOTE SPEAKER:
Judith Viorst
New York Times
Best-Selling Author!

“Unexpectedly 80 & Other Adaptations”
Funny, touching, and true poems about being 80!!

Also penned the classic and much beloved picture book
[*Alexander and the Terrible, Horrible, No Good, Very Bad Day*](#)

TERRACE ROOM RESTAURANT OPENS @11:00AM:

Delicious “EXPO SPECIAL” Lunch Available
[Purchase On-Site]

WORKSHOPS

1 11:50 AM - 12:30 PM

Something Wonderful: The Remarkable Collaboration of Rodgers and Hammerstein
Scott Tucker, Artistic Director, DC Choral Arts Society

2 12:45 PM - 1:30 PM

Oh, My Aching Back - Truths, Myths & Remedies!
Nancy Wynalda, Doctor of Physical Therapy
and MedStar NRH Clinic Director

▶ **LW Residents: Register for Workshops at E&R.**
▶ **Non-LW Residents: Call CoA [301.348.3832] to register.**

EXCURSIONS Tony-Award-Winning Musicals



Presented by The Olney Theatre

When: Wednesday, June 29 **RSVP by 6/15**
Showtime: 2:00PM
Approximate Departure: JCC/12:50 PM; LW/1:20 PM
Cost: \$30/Show; \$18/Transportation

Music by Andrew Lloyd Webber ♦ Lyrics by Tim Rice

Heralded for its rich score and explosive love triangle, the legendary Tony® Award-winning musical *Evita* tells the story of Argentina's passionate political figure Eva Perón, whose love for her country's descamisados ('the shirtless ones') was surpassed only by her naked ambition. Known for its anthem, "Don't Cry for Me Argentina," Evita will stun and delight in this intimate version of the musical that ensures you hear every note and feel every heartbeat.

KINKY BOOTS @ the Kennedy Center

When: Tuesday, July 5 **RSVP by 6/21**
Showtime: 7:00PM
Approximate Departure: LW/3:30 PM; JCC/4:00 PM
Cost: \$94/Show; \$20/Transportation

Broadway's high-heeled hit is the winner of 6 Tony Awards® including BEST MUSICAL! It's about finding your passion, overcoming prejudice and transcending stereotypes. So much fun, you'll dance out of the theatre!

CoA @ Shaare Tefila!
16620 Georgia Ave., Olney
(Near 'Roots' grocery store, only 5 min. from LW!)

► **Laughter is the best medicine!**

Keith Barany

Comedian Extraordinaire; Seinfeld Writer

When: Wednesday, May 4, 1:30 - 3:00 PM **RSVP by 4/27**
Cost: \$6/show

Keith is often described as original, gentle & brilliant. In fact, The NY Post called him "The wittiest comedian working." Originally from New York City, his comedy is clean, fun, and presented with a Jewish twist!

♥ **Refreshments will be served.**

The Music Pilgrim Trio

Klezmer, Yiddish, Russian, Latin & more - Oh My!

Wednesday, June 22; 1:30 - 3:00 PM **RSVP 6/15**
Cost: \$6/Concert

Seth Kibel (woodwinds), Vladimir Fridman (guitar/vocals), and Bob Abbott (double bass) comprise the **Music Pilgrim Trio**, and showcase their improvisational spirit and true virtuosity. The three musicians demonstrate their skill and passion for jazz, klezmer, Russian, classical and Latin-American music styles as they blend influences from around the world. They have two CD releases, 2015's "Savor The Journey" and 2012's "Spanning The Globe."