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Jewish
Community
Center of
Greater
Washington
6125 Montrose Road
Rockville, MD 20852



Jewish Community Center
of Greater Washington

Coming of Age in Maryland (CoA)

JANUARY- FEBRUARY 2016

*“Our lives are richer because of all
the great activities you bring!”*

Marilyn J. (CoA Member)

**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.*

► EXCITING NEWS

Calling all Active Seniors - Join us!

JCCGW TRIP TO ISRAEL!!

May 16 – 26, 2016

First time or first visit in a long time – this
wonderful journey will be the trip of a lifetime!

For more information please contact
Debbie Sokobin 301.348.3760 or
dsokobin@jccgw.org or visit www.jccgw.org.





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

Food For Thought

In-person conversation is becoming a lost art. More than ever figuring out what to say or when to say something can be overwhelming. Studies have shown that having friends improves both the physical and emotional aspects of our lives but making new friends can be particularly challenging as we get older.

Join us at the JCC for:

Connecting In Friendship: A Refresher Course in Communication

All sessions meet on Tuesday afternoons
 1:00 - 2:30 PM

Making Social Conversation – March 1
 Reaching Out & Allowing Others In – March 8
 The Keys to Connection – March 15
 Expressing Appreciation & Resolving Differences – March 22

Preregistration Required: 240.788.2438 or
jssacif@gmail.com

Cost: \$80 for the series
 Payable in full prior to the first session

Where: JCC 6125 Montrose Road Rockville, MD 20852

A Collaborative Program
 with Coming of Age in Maryland

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

Name _____ Date of Birth ____/____/____

Address _____ Apt. # _____

City _____ State _____ Zip Code _____

Phone # _____ Today's Date: _____

Email _____

Leisure World, CH1 Lecture Thurs. Jan. 7 **RSVP 12/31**
 Fee: \$6 (15217) **Amount \$ _____**

Food 'n Fun: El Mariachi, Mon. Jan. 11 **RSVP 12/30**
 Fee: \$25(15218) **Amount \$ _____**

Leisure World: Movie, Wed. Jan. 13 **RSVP 1/6**
 Fee: \$6 (15219) **Amount \$ _____**



Day @ the Ring: Music, Mon. Jan. 25 **RSVP 1/18**
 Fee: \$5/Lunch (14943) Program (14942) **Amount \$ _____**

Shaare Tefila, Immigration, Thurs. Jan.28 **RSVP 1/21**
 Fee: \$6 (14945) **Amount \$ _____**

Leisure World: Movie, Wed. Feb. 3 **RSVP 1/27**
 Fee: \$6/ticket (14958) **Amount \$ _____**

Food 'n Fun at JCC: Thurs. Feb. 11 **RSVP 2/3**
 Fee: \$12 (14921) **Amount \$ _____**

Shaare Tefila, Tevye's World, Wed. Feb. 24 **RSVP 2/17**
 Fee: \$6 (14967) **Amount \$ _____**

Day @ the Ring: Music, Mon. Feb. 29 **RSVP 2/22**
 Fee:\$5/Lunch (14960) Program (14959) **Amount \$ _____**

Method of Payment (check one; NO CASH)

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

VISA MasterCard AmEx Discover

Credit Card # _____ Exp. Date: _____

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 on a 1st come, 1st served basis, in order of receipt of payment. **Do Not Call To Register!** Register online or mail in the form with your payment!

EACH participant MUST complete the registration form!

► Refunds/Cancellations

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

CoA reserves the right to cancel a program due to insufficient enrollment. If you are unable to attend a Coming of Age program, let us know as soon as possible by calling the reservation line at **301-348-3832**, so that those on the wait-list can participate.

► Inclement Weather Policy

When MCPS is closed, the CoA program is canceled. If schools have a delayed opening, please call the **CoA office @ 301-348-3832** for the latest update on that day's program.

►► Transportation

When transportation is offered, you will be notified of the exact pick-up time **several 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 person attending an excursion with the bus departure time from each pick-up location. You must 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!

CoA & JRLW @ LEISURE WORLD ♦ Fee: \$6

Movie Matinee: "Ahead of Time" **The Extraordinary Journey of Ruth Gruber**

2009 ♦ 75 minutes ♦ No subtitles - English

When: Wednesday, January 13, 1:30 - 3:30 PM **RSVP 1/6**

Where: Clubhouse II Auditorium ♦ 3300 N. Leisure World Blvd

Gruber became the youngest PhD in the world before becoming an international foreign correspondent and photo journalist at age 24. Ruth defied tradition with her fearlessness and powerful intellect, in a career that spanned over seven decades. Her relationships with world leaders including Eleanor Roosevelt, President Truman and Ben Gurion gave her unique access and insight into the modern history of the Jewish people.

Movie Matinee:

"Marvin Hamlisch: What He Did For Love"

2013 ♦ 85 minutes ♦ Documentary ♦ US

When: Wednesday, Feb 3, 1:30 - 3:30 PM **RSVP 1/27**

Where: Clubhouse II Auditorium ♦ Discussion to follow.

The life and work of composer, conductor, genius & mensch, Marvin Hamlisch! Hit after hit... 'The Way We Were', 'The Sting', 'Chorus Line.' The awards... an Emmy, a Grammy, a Tony, and an Oscar. A beautiful portrayal of one of the great artists of our time.

Sex, Scandal and Sinners Along Embassy Row

When: Thursday, January 7, 1:30 - 3:00 PM **RSVP 12/31**

Where: Clubhouse I - 3700 Rossmoor Blvd.

They were the super-rich of the Roaring Twenties. Parties for 2,000 with \$1 million spent on a dog's birthday. A daughter of Teddy Roosevelt who became a fashion icon. Embassy Row isn't short on stories on affairs and gossip. DuPont Circle to Sheridan Circle may now be filled with embassies, but it was once the playground of the wealthy. Come along on this *virtual* tour led by **Rick Snider**, a longtime Washington journalist and licensed tour guide.

DAY @ THE RING

Ring House: 1801 E. Jefferson St., Rockville

▶ PLEASE PARK ACROSS THE STREET

Monday, January 25, 10:30 AM - 2:00 PM RSVP 1/18

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

10:20 AM "Get Fit While You Sit"
11:20 AM Table Talk with Hileia [JSSA Social Worker]
11:50 AM Hot Lunch
1:00 PM *Banjo Man Frank Cassel*

Frank Cassel, an award-winning musician, will present a lively and engaging performance of bluegrass, folk and original music. Frank has been a performing musician, songwriter and teacher in the DC area for many years. For more information check out his website at www.banjomanfc.com.

Monday, February 29, 10:30 AM - 2:15 PM RSVP 2/22

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

10:20 AM "Get Fit While You Sit"
11:20 AM Table Talk with Hileia [JSSA Social Worker]
11:50 AM Hot Lunch
1:00 PM *Frank and Trish Curreri - "The Story Of Love!"*

Let's celebrate the month of LOVE in a musical journey, beginning in the 1940's and through the years! "That's the glory of, that's the story of LOVE!" **Frank and Trish** return by popular demand and sing their hearts out! This husband and wife duo sing and entertain us with songs that will take us back to a magical era!

ALL REGISTRATION

REGISTER ONLINE @ jccgw.org or by mail

▶ Questions about ALL? Call or email **Debbie Sokobin** 301.348.3760 or dsokobin@jccgw.org

To register by mail, complete & submit this form to:

▶ JCCGW-Attn: **ALL** // 6125 Montrose Rd.,
Rockville, MD 20852

Name _____ DOB ____/____/____

Address _____ Apt. # _____

City _____ State ____ Zip Code _____

Phone # _____

Email: _____

Fight for Civil Rights [Tues]

Code: 14780 Amount \$ _____

Ceramics [Tues]

Code: 14839 Amount \$ _____

Ceramics Materials Fee [Tues.]

Code: 14784 Amount \$ _____

Ceramics [Wed]

Code: 14842 Amount \$ _____

Ceramics Materials Fee [Wed.]

Code: 14854 Amount \$ _____

Jewish Communities [Wed]

Code: 14875 Amount \$ _____

Clash of Secular & Orthodox @ JCC [Wed]

Code: 14888 Amount \$ _____

Clash of Secular & Orthodox @ LW [Thurs]

Code 15202 Amount \$ _____

Jewish Women of Song @ LW [Thurs]

Code: 15203 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 the Jewish Community Center (JCCGW) and ALL purposes. JCCGW and ALL are released from any claims whatever that may arise in said regard.

**ALL (Adult Living & Learning) Program
At Leisure World - Clubhouse I**

**Clash of the Secular
and Orthodox in Israel**

**Thursdays at Leisure World
March 10 – April 14 ♦ 10:30 – noon
Instructor: Ira Weis
\$30 Leisure World Residents**

Each session will consist of an episode of the award winning Israeli TV miniseries, *A Touch Away [Merhak Negiya]* preceded by a short introduction and followed by class discussion. *A Touch Away* is an Israeli Romeo and Juliet story about an orthodox religious young woman and a secular Russian immigrant. The lives of their two families interconnect in an apartment complex in the orthodox neighborhood of *Bnei Brak*, just outside Tel Aviv. Secrets that each family must hide threaten both families' deeply rooted traditions and challenge individual family member's beliefs.

Jewish Women of Song

**Thursdays at Leisure World
March 10 - 23 ♦ 1:00 – 2:00 PM
Performer Karen Webber Gilat
\$15 Leisure World Residents**

Explore the contributions of Jewish women to music and of women to Jewish music. We will learn about the lives of Sophie Tucker, Fanny Brice and Dinah Shore — through their histories and music!

FOOD 'N FUN



Monday, January 11, 12:30 - 3:00 PM RSVP 12/30
Ritchie Center - 765 Rockville Pike, Rockville; 301-738-7177
Cost: \$25/Lunch & Program

El Mariachi Restaurant was established in 1991 in Rockville, and has become part of the community. They feature authentic Spanish, Mexican, and Latin American cuisine, and delicious desserts. Reviewers say: "Fantastic staff, service, and food!" For those of you who 'like it mild' you'll enjoy this tasty meal!

Following the meal, join us for a game of Trivial Pursuit. We hope your team wins!

FOOD 'N FUN at the JCC

**Join us in the beautiful,
newly-renovated Goldman Art Gallery!**

Wednesday, February 11, 12:30 - 2:30 PM RSVP 2/3
6125 Montrose Rd. Rockville, MD
Cost: \$12/Holiday Meal & Game

Join us as we celebrate the month of love in the **Goldman Art Gallery** amongst the backdrop of its collection of unique and abstract paintings. Come to eat, browse, and play our signature game, "What Do Y'A Think?"!

► **Note:** When possible, please carpool to our Food 'N Fun programs and please try to arrive no earlier than 12:15 PM.

CoA @ Shaare Tefila!

16620 Georgia Ave., Olney

(Near 'Roots' grocery store - 5 min. from LW)

Strangers in a Strange Land: Jewish & Secular Views on Immigration

Thursday, January 28; 1:30 - 3:00 PM RSVP 1/21
Cost: \$6/Program; A Q&A will follow.

A stimulating discussion on the immigrant experience will examine how the Jewish view of "the stranger" is reflected by recent efforts to change the law in Maryland to ease the path for immigrants. **Michael Kabik**, chair of the immigration law practice group at Shulman, Rogers, Gandal, Porody & Ecker, has been practicing immigration law for nearly 20 years. Reflecting the religious perspective will be **Avi West**, the Jewish Federation's Senior Education Officer and master teacher.

Teveye's World: The 'Real' History Behind Fiddler on the Roof!

Wednesday, February 24, 1:30 - 3:30 PM RSVP 2/17
Cost: \$6/concert; A Q&A will follow.

The great Yiddish author Sholem Aleichem lived and wrote during the late 19th and early 20th centuries, a time of great upheaval and change for East European Jewry. His most famous work, *Teveye the Milkman*, brought to life many of his people's challenges and transformations. Fifty years later, it was adapted for the Broadway stage in the blockbuster musical *Fiddler on the Roof*. Through photos, film, and primary sources from that era, **Dr. Strauss** will compare the reality of Jewish life in Tsarist Russia to its mid-20th century American musical cousin.

Dr. Lauren B. Strauss is Professor of modern Jewish History and Culture and Director of the Foundation for Jewish Studies.

ALL (Adult Living & Learning) Program

Clash of the Secular and Orthodox in Israel

Wednesdays at the JCCGW
March 9 – April 13 ♦ 10:30 AM – Noon
Instructor: Ira Weiss
\$30 members/\$40 gen. public

Each session will consist of an episode of the award winning Israeli TV miniseries, *A Touch Away [Merhak Negiya]* preceded by a short introduction and followed by class discussion. *A Touch Away* is an Israeli Romeo and Juliet story about an orthodox religious young woman and a secular Russian immigrant. The lives of their two families interconnect in an apartment complex in the orthodox neighborhood of *Bnei Brak*, just outside Tel Aviv. Secrets that each family must hide threaten both families' deeply rooted traditions and challenge individual family member's beliefs.

Ceramics* - Choose a date:

Tuesdays at the JCCGW
Feb 2 – March 8 ♦ 10:00 AM – 12:00 PM
\$40 members/\$50 gen. public
*Ceramics Materials Fee/\$15

OR

Wednesdays @ the JCCGW
Feb 3 – March 9 ♦ 10:00 AM – 12:00 PM
\$40 members/\$50 gen. public
*Ceramics Materials Fee/\$15

Get your creative juices flowing with this wonderful ceramics class! Led by a fabulous artist, Debra Vardon, you will learn the ins and outs of the pottery wheel as well as different aspects of working with clay.

ALL (Adult Living & Learning) Program



**It's ALL at the JCC:
Adult Living and Learning
Spring Semester 2016**

Take all of the key steps
to healthy aging at the JCCGW!

Enjoy a class or two at the **JCCGW** or at **Leisure World!**

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

The Fight for Civil Rights; Yesterday, Today and Tomorrow

**Tuesdays at the JCCGW
Feb 2 - March 1 ♦ 10:00 - 11:15 AM
\$25 members/\$35 gen. public**

Instructor **Paul Levy** is back! This class will cover the profound historical period of the 1960's, specifically focusing on minority groups, the 1964 and 1965 Civil Rights Acts, LGBT rights and equality issues and women's rights and issues.

Jewish Communities of the World

**Wednesdays, Feb 10 - Mar 9 ♦ 11:00 AM – 12:00 PM
\$25 members/\$35 gen. public**

Join us as we take a trip to visit Jewish communities around the world – no passport necessary! Former Jewish Federation executive **Elton Kerness** will lead an in-depth study of Jewish customs and practices in Australia, Brazil, Portugal, Japan, and Zimbabwe.



SONG CIRCLE @ the JCCGW

NEW!! FREE!!

**Tuesdays, January 5 and January 19
1:00 to 2:30 PM**

♪ The song circle is about the joy of singing, not about talent.

♪ All are welcome, regardless of experience or level of ability.

♪ Enjoy delightful songs - humorous or serious, old or new, timeless or topical.

♪ Song sheets will be provided- no need to read music.

♪ Come for informal singing or just to listen, but **do come!**

Sing favorite songs and make new friends!

For more information, please contact **Frieda Enoch** [chorus leader]
301.348.3809 or e-mail: fenoeh@jccgw.org

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

♥ **Light refreshments will be served.**



DAYS @ THE J!!

**Selma Sweetbaum Senior Satellite Program
returns to the JCCGW!**

Join us every Tuesday for this **FREE*** program:
10:00 – 11:00 AM

Weekly Exercise; Monthly Blood Pressure Check

11:00 AM – 12:00 PM

Yiddish Conversation Group ♦ Facilitator: Hilda Rubin

12:00 PM ♦ Delicious, Kosher Meals ♦ *\$5 suggested donation

1:00 PM

Enlightening, Educational, & Entertaining programs,
including a ♪ Jewish Chorus ♪, led by Frieda

Come for any one part or come for the day!

► For more information, contact **Stacy Katz Olivera**
at 301.348.3889 or solivera@jccgw.org.

► For CHORUS information, please call **Frieda**
at 301.348.3809 or fenocho@jccgw.org.



Do you have an extra hour in your day?

The **JCCGW** is always looking for individuals with some extra time on their hands to volunteer. Volunteer opportunities include: Friday morning challah sales, ushers for various events and extra hands for our “Tuesdays at the J” program.

► Please contact **Stacy Katz Olivera: 301.348.3889**.

Remember: You may only be one person, but you can be the one person who makes a difference!

EXCITING NEWS

Calling all Active Seniors - Join us!

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May 16 – 26, 2016

First time or first visit in a long time – this wonderful journey will be the trip of a lifetime!

For more information please contact

Debbie Sokobin 301.348.3760 or

dsokobin@jccgw.org or visit www.jccgw.org.



Polinger Artists of Excellence Concerts:

Peter and the Wolf - Family Concert

Monday, January 18th ♦ 11 a.m. & 2:30 p.m.

Ticket/ \$10

Prokofiev’s timeless musical tale of boy versus wolf comes roaring to life with the New Orchestra of Washington (NOW) and a vaudeville-inspired one-man performance by actor Michael Boudewyns from Really Inventive Stuff theater ensemble. Recommended for ages 2 to 102.

Ariel Horowitz - Violin Recital

Sunday, January 24th ♦ 3 p.m.

Ticket/ \$15

19-year old violinist Ariel Horowitz, a DC native and currently a student of Itzhak Perlman at the Juilliard School, has been taking the music world by storm!

For information or to purchase tickets go to our website at www.jccgw.org/concerts or call **Janet Getz** at 301.348.3779.