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**Jewish Community Center
of Greater Washington**

Coming of Age in Maryland (CoA) JULY-AUGUST 2016

“Thank you for arranging wonderful programs & transportation! Without CoA, I couldn’t have attended any of them!” Elaine S. (CoA Member)

**▶▶▶ IMPORTANT
INFORMATION**

If you have attended 1 or fewer CoA program(s) between July 1, 2015 - June 30, 2016, your name will be removed from our mailing list. Please call us with any questions or if we have removed your name erroneously.

Thank you! 301.348.3832

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

**For social work services, please contact
301.816.2673 or dabramson@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.

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



Partner Agency of
**The Jewish Federation
OF GREATER WASHINGTON**





Debbie Abramson, LCSW
 dabramson@jssa.org
 301.816.2673

Food For Thought

I want to take this opportunity to re-introduce myself to those I have met and introduce myself to those I have not yet had the opportunity to meet. I am a social worker at the Jewish Social Service Agency [JSSA]. In addition to having the pleasure of now being a part of the Coming of Age Program, I consult with individuals, couples and families who are in the process of learning about options for aging well.

Aging well includes enabling seniors to live as actively and independently as possible, while ensuring safety and well-being. Our needs and circumstances change, sometimes rapidly, as we age. Having someone with knowledge, experience and understanding to help us and our adult children as we navigate the changes can often be very helpful and reassuring.

I'm very excited to be part of Coming of Age & look forward to talking with you. Feel free to call me for assistance or just to introduce yourself and say "hi".

JSSA Services

- Information and Referrals
- Support Groups
- Individual Counseling
- Phone and In-Person Consultations
- Assistance with Next Steps

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, CH2 Movie Thurs. July 14 **RSVP 7/14**
 Fee: \$6 (15873) **Amount \$ _____**

Excursion: Phillips Collection, Wed. Aug. 10 **RSVP 7/27**
 Fee: \$6/ticket (15874); \$20/Transportation (15875) **Amount \$ _____**



Method of Payment (check one; **NO CASH**)

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

VISA MasterCard AmEx Discover

Credit Card # _____ Exp. Date: _____

► NOTE: The CoA staff will resume full programming in September.

Wishing you all a wonderful summer!!

Frieda, Melanie, Meryl and Debbie

CoA POLICIES

► Payment

Checks should be made payable to JCCGW and mailed to:

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

▼ JCCGW = Jewish Community Center of Greater Washington
CoA = Coming of Age

► Registration: Do Not Call To Register!

Programs are filled on a 1st come, 1st served basis, in order of receipt of payment. 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.

► **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**. (An approximate departure time is noted in the CoA calendar.) Please be at your pick-up location at least 10 (ten) minutes **before** boarding time. This allows us to get on 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!

►►► **IMPORTANT INFORMATION** **RE. CoA BI-MONTHLY MAILINGS**

If you have attended 1 or fewer CoA program (s) between July 1, 2015 - June 30, 2016, your name will be removed from our mailing list. Please call us with any questions you may have or if we have removed your name erroneously.

Thank you for your understanding!

The CoA Year in Review ♦ 2015-2016

Thank you for your participation in our program this past year!

Excursions: Time & Tides Cruise/Annapolis, Renwick Gallery's "Wonder" Exhibit

Food 'n Fun: Benny's Bar & Grill; Normandie Farms; Mykonos Grill; City Perch; The Inn at Brookeville Farms; El Mariachi Restaurant; Baronessa; Crave Restaurant

Movies: Welcome to Kutshers: The Last Catskill's Resort; GETT-Trial of Viviane Amsalem; Deli Man; A Match Made in Heaven; Dough; Ahead of Time; Marvin Hamlisch; What He Did For Love; Tango Glories; Wunderkinder; Meet the Patels

Theatre: Ragtime (Toby's Dinner Theatre); Beautiful (Kennedy Center); Oliver (Arena Stage); West Side Story (Signature); 110 In the Shade (Ford's Theatre); Evita (Olney)

Musical Performances at *Ring House, Leisure World* and *Shaare Tefila*: Ellis Woodward; Terry Marsh; Karin Paludan & Wes McCune; Just in Time; American Center for Puccini Studies: Mozart's Music; Pinchas & Friends; Jazz Delights: Seth Kibel, Lena Sekaily, Sean Lane; Banjo Man Frank Cassel; Frank and Trish Curreri; Seth Kibel, Lena Seikaly and Sean Lane; Orfeia Vocal Ensemble; Mike Suser & "Night & Day" Band; Christiana Drapkin; The Music Pilgrim Trio (Seth Kibel, Vladimir Fridman, Bob Abbott)

Lectures/Misc: Trial of the Rosenbergs; Sex, Scandal & Sinners; Jewish & Secular Views on Immigration; Tevye's World: The 'Real' History Behind Fiddler on the Roof; My Songs for the Jews of Cuba (Cantor Lisa Levine); Comedian Keith Barany and the...

7th Annual "TO LIFE" Health & Wellness Expo!

CoA Staff: 301.348.3832

AUGUST EXCURSION

The Phillips Collection

AMERICA'S FIRST MUSEUM OF MODERN ART

Wednesday, August 10, 9:00 AM-3:30 PM RSVP 7/27
1600 21st Street, NW, Washington, D.C.
Cost: \$13 Docent-Led Tour of the permanent collection
Transportation: \$20

The Phillips Collection is an art museum founded by Duncan Phillips and Marjorie Acker Phillips in 1921 as the Phillips Memorial Gallery located in the D.C. Dupont Circle neighborhood. It is home to an extraordinary collection of more than 4,000 works ranging from contemporary art to masterpieces of French Impressionism. The permanent collection has grown to include more than 1,000 photographs, many by American photographers. Delicious food is available for purchase in Tryst at the Phillips café. You may also enjoy lingering in their lovely courtyard.

TUESDAYS @ THE J - SUMMER UPDATE!

Camp JCC takes over the Center for the summer, so the Selma Sweetbaum Satellite Program is on the move!

Join us at our summer location [6/21 - 8/23]:
Rollins Congressional Clubhouse
1621 Martha Terrace, Rockville
(Just a few blocks from the JCCGW)

10:00am – Chair Exercise
11:00am – Program
12:00pm - Lunch
1:00pm - Yiddish Conversation [led by Hilda Rubin]
~OR~ Senior Chorus & Sing-Along [led by Frieda Enoch]

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

CoA & JRLW @ LEISURE WORLD ♦ Fee: \$6

Movie Matinee:

“In Search of Israeli Cuisine”
97 Minutes ♦ 2016 English ♦ (No subtitles.)

When: Thursday, July 14; 1:30-3:00 PM RSVP 7/7
Where: Clubhouse II Auditorium ♦ Discussion to follow.

In Search of Israeli Cuisine is a portrait of the Israeli people told through food. The feature length documentary puts a face on the culture of Israel, profiling chefs, home cooks, vintners, and cheese-makers drawn from the more than 100 cultures that make up Israel today – Jewish, Arab, Muslim, Christian, Druze. A rich and human story of the people emerges. Not only can a good meal soothe a grumbling stomach, it might well change the world.

The chef/guide of **In Search of Israeli Cuisine** is **Michael Solomonov**, the James Beard award winning chef/owner of Zahav and a number of other restaurants in Philadelphia. Mike was born in Israel and grew up in the States. Mike enters peoples' lives, and their kitchens, and discusses their roots, inspirations, what their grandmothers cooked, and how they're preserving traditions!

“To Life” Health & Wellness EXPO!

Bialik's Digital Photo “in Italy” CoA Staff with Judith Viorst

