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Coming of Age in Maryland (CoA)

SEPTEMBER- OCTOBER 2016

*“What would my life be without CoA?!
Boring!!”
Flo G. (CoA Member)*

**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.

▶ IMPORTANT REQUEST
**Please call CoA
if you wish to be removed
from our mailing list.
We (and the trees) thank
you!**

Bender JCC
of Greater Washington

6125 Montrose Road
Rockville, MD 20852





Debbie Abramson LCSW
 dabramson@jssa.org
 301-816-2673

Food For Thought

Welcome back from the summer hiatus! I'm looking forward to seeing you at upcoming events. With the fall being a time of reflection, renewal and time with family & friends, I want to remind you about the services that are available to you at JSSA. JSSA provides people of all ages, services that help them deal with life's challenges. JSSA's staff consists of experienced professionals who work will work with you, either in the comfort of your own home, or in a JSSA office.

JSSA's staff is available to help you work on individual goals, address life transitions, and respond to circumstances that impact your life. If you think that you would benefit from talking to someone, please call me at the number above or come see me at the next event.

JSSA Social 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 # _____

Email _____



Shaare Tefila, Broadway Lecture, Thurs. Sept. 8 **RSVP 9/1**
 Fee: \$7 (15603) **Amount \$ _____**

Excursion: Longwood, Thurs. Sept. 15 **RSVP 9/6**
 Fee: \$55 (15671) **Amount \$ _____**

Beth Ami, Susan Gaeta Trio, Mon. Sept. 19 **RSVP 9/12**
 Fee: \$7 (15600) **Amount \$ _____**

Food 'n Fun: Sol Azteca Wed. Sept. 21 **RSVP 9/14**
 Fee: \$22 (15580) **Amount \$ _____**

Leisure World: CH2 Movie, Thurs. Sept. 29 **RSVP 9/22**
 Fee: \$7/ticket (15615) **Amount \$ _____**

Leisure World: CH2 Movie, Wed. Oct. 26 **RSVP 10/19**
 Fee: \$7/ticket (15616) **Amount \$ _____**

Shaare Tefila, Concert, Thurs. Oct. 27 **RSVP 10/20**
 Fee: \$7 (15581) **Amount \$ _____**

Beth Ami, Mozart's "Bastien & Bastienne," Mon. Oct. 31 **RSVP 10/21**
 Fee: \$7/ticket (15601) **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

▼ 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!

Note: The CoA bi-monthly calendar can be viewed online.

Coming of Age & JRLW @ LEISURE WORLD

Fee: \$7

Movie Matinee: "Dancing in Jaffa"

2013 ♦ 90 minutes ♦ English/Arabic/Hebrew w/English subtitles

When: Thursday, September 29, 1:30- 3:30 PM RSVP 9/22

Where: Clubhouse II Auditorium ♦ Discussion to follow

Pierre Dulaine, four-time ballroom dancing world champion, is fulfilling a life-long dream when he takes his program, **Dancing Classrooms**, back to his city of birth, Jaffa. For generations, Jaffa has been a city divided by two communities that continue to grow increasingly apart. Over a 10-week period, Pierre teaches Jewish and Palestinian Israeli children to dance and compete together. The film explores the complex stories of three children, all of whom are forced to confront issues of identity, segregation and racial prejudice as they dance with their enemy. We watch Pierre transform their lives, confirming his belief that dance can overcome hatred and provide the first steps towards real change.

Movie Matinee: "To Life" (Auf Das Leben)

2016 ♦ 86 minutes ♦ German, with English Subtitles

When: Wednesday, October 26, 1:30 - 3:30 PM RSVP 10/19

Where: Clubhouse II Auditorium ♦ Discussion to follow.

Evicted from her apartment, Ruth, the sarcastic but warm-hearted aging Jewish cabaret singer saw no other way out than suicide. Jonas, a young man on the run, arrives in Berlin just in time to save her life. Meanwhile Jonas, driven by a secret, is also fleeing from his love and his future. As Ruth recovers, she and Jonas form a strong bond. It is her friendship with Jonas and the passionate Yiddish songs of her youth that help her find the way back to life. In turn, when Ruth learns Jonas is ill, she helps him find the strength to tackle his fears.

Please note: This film has a few disturbing images of the Holocaust and attempted suicide.



CoA @ TEMPLE BETH AMI!
 Fee: \$7.00 ♦ 14330 Travillah Road, Rockville

Sephardic Musical Journey

Concert of Sephardic Songs of Life & Love!

Monday, September 19 ♦ 1:00 - 2:30 PM

RSVP 9/12

- ♪ Susan Gaeta
- ♪ Howard Bass
- ♪ Flory Jagoda!



You are in for a treat when you hear the beautiful voice and classic Sephardic songs sung by Susan Gaeta. She will be joined by accompanist, Howard Bass and special guest, world-renowned Sephardic singer, Flory Jagoda! Susan apprenticed for Flory, and performs as a soloist both nationally and internationally. As a vocalist and guitarist, Susan plays the lilting melodies that exiled Jews carried with them from Spain during the Inquisition. Their performance will include Ladino love songs which explore the rich traditions and culture of the Jews of Spain. ♥ Refreshments will be served.

“Bastien and Bastienne” by Mozart
(In English)

Monday, October 31 ♦ 1:00 - 2:30 PM

RSVP 10/21

This charming chamber opera goes against every operatic and social convention and gives everyone a good laugh at life and love, opera-style! A shepherdess, her addle-brained shepherd, and the village flim-flam man collide and collude in this cheeky new English translation by The **American Center for Puccini Studies' Founding Artistic Director, Dr. Harry N. Dunstan**. Full of saucy characters, snappy dialogue and sparkling Mozartian melodies, the performance will feature the emerging artists of the ACPS and promises an hour of laughter set to pure genius!

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 _____ Date of Birth ____/____/____

Address _____ Apt. # _____

City _____ State _____ Zip Code _____

Phone # _____

Email _____

Exploring Show Tunes [Wed.;11:00am]

Code: 15489 Amount \$ _____

Ceramics [Wed.;10:00 am]

Code: 15488 Amount \$ _____

Ceramics Materials Fee

Code: 15529 Amount \$ _____

Computer Class [Thurs.;3:30pm]

Code: 15908 Amount \$ _____

Writing Your Story @ JCC [Wed.;1:00pm]

Code: 15491 Amount \$ _____

Writing Your Story @ LW [Thurs.;1:00pm]

Code: 15872 Amount \$ _____

Livewell: [Wed.;7:30pm]

Code: 15503 Amount \$ _____

Exploring Ultra-Orthodox Life @JCC [Wed.;10:30am]

Code: 15547 Amount \$ _____

Exploring Ultra-Orthodox Life @LW [Thurs.;10:30am]

Code: 15530 Amount \$ _____

Method of Payment (check one; NO CASH)

Check - Payable to JCCGW Total Amount Paid \$ _____

VISA MasterCard AmEx Discover

Credit Card # _____ Exp. Date: _____



Exploring Ultra-Orthodox Life in Israel Part II

Thursdays, Oct. 20 – Dec. 1 (skip 11/24)
10:30 a.m. – 12:00 p.m.

Instructor: Ira Weiss, PhD

\$30 Leisure World Residents [Code 15530]

The second season of the highly acclaimed Israeli television series “Shtisel” is here! Ira will precede each episode with a discussion of this unique perspective of life in Israel and then follow the episode with Q & A.

Writing and Sharing Your Life Story

Thursdays, Oct. 20 – Nov. 17
1:00 – 2:00pm

Instructor: Roberta Benor

\$25 Leisure World Residents [Code 15872]

Have you ever thought about sharing your family history with the generations to come? Have you started more than once but put down the pen? Join Roberta Benor as she provides specific questions and guidelines to follow as you share your legacy! By the end of the course you will be well on your way to finishing writing your life story.

Sol Azteca Restaurant

New Game!: “Older Than Dirt”

Wednesday, September 21 ♦ 12:30 - 3:00 PM RSVP 9/14
18129 Town Center Dr, Olney, MD 20832 Cost:
Cost: \$22/Lunch & Program

Back by popular demand!

Welcome to **Sol Azteca Restaurant**, home of authentic Mexican flavor. This restaurant is committed to serving great Mexican food. As usual, you’ll have your choice of fish, meat or a vegetarian option. You’ll love our friendly and attentive service in fun and casual surroundings.

Customer reviews:

“Wait staff is attentive and charming. The food is hot, fast, and delicious. Large portions that are nicely seasoned and plated. Nothing is too spicy and there is an AMAZING variety.”

*Wishing you a Happy &
Healthy New Year!!*



SEPTEMBER EXCURSION

LONGWOOD GARDENS

HIGHLIGHT: “NightScape”-
a Light & Sound Experience!!!

1001 Longwood Road, Kennett Square, PA 19348

Thursday, September 15 RSVP 9/6

Depart JCC ~2:30 PM; Leisure World ~3:00 PM

Return ~11 PM

Cost:\$55 [Transportation & Entrance fees]

Longwood Gardens is one of the world’s great horticultural displays, including gardens, meadows, fountains, and a Conservatory. Stroll along the wide, paved garden paths amid Autumn’s colorful foliage. Check out the Open Air Theatre Fountain Show- 550 jets of water come alive with a 5 minute show set to music. There is live music in the Beer Garden to enjoy as well! * Dinner is on your own. Enjoy good food and a lovely view. As it gets dark, join us for a nighttime adventure across a magical landscape transformed by light, movement and color, set to music. The gardens and Conservatory will be transformed!

NOTE: This trip requires a significant amount of walking, with some of it at night. Please call us with any questions or to discuss your needs & concerns. **301-348-3832.**



ALL (Adult Living & Learning) Program

RIDE SMART

Go Where Life Takes You!



Wednesday, Sept. 14 AND

Thursday, Sept. 15

10:00 a.m. – 2:00 p.m. (Lunch is included on 9/14)

Perhaps you are transitioning from driving, or maybe you do not like driving in heavy traffic anymore. Have you considered what other options are available? Are you aware of discounts and special services offered when using public transit? The training workshops are specially designed to help adults, age 50+, and navigate the transit systems in Montgomery County and the DC Metropolitan region.

► Please register through Connect-A-Ride: 301.738.3252

AARP Safe Driver Refresher Course

Wednesday, Oct. 19 * 10:00am – 2:30pm

Jerry Hulman, Certified AARP Volunteer Instructor

\$15/AARP Members; \$20/Non-members

This class is designed to sharpen your skills behind the wheels and make you a safer and better driver. The class and curriculum were created by AARP. Many insurance companies will give a discount for successfully completing the class.

► Reservations and payment are required before the start of the class.

Please call **Debbie Sokobin** at **301.348.3760** to make your reservation and receive payment details.

ALL (Adult Living & Learning) Program

Writing and Sharing Your Life Story (JCC)

Wednesdays, Oct. 19 – Nov 16 ♦ 1:00 – 2:00 p.m.

Instructor: Roberta Benor

\$25/members; \$35/general public [Code 15491]

Have you ever thought about sharing your family history with the generations to come? Have you started more than once but put down the pen? Join Roberta Benor as she provides specific questions and guidelines to follow as you share your legacy! By the end of the course you will be well on your way to finishing writing your life story.

Exploring Show Tunes from the 50s to the Present (JCC)

Wednesdays, Sept. 7 - 28 ♦ 11:00 a.m. – 12 p.m.

Instructor: Nancy Brownstein

\$20 members/\$30 general public [15489]

Do you love singing show tunes from the '50's and '60's? Hum a song all day once you've heard it? Then join us as we sing and discuss the "greats"—Oklahoma, South Pacific, Fiddler—all the way to *Les Miz*, *Phantom* & *Kinky Boots*.

Nancy Naden Brownstein will take you on the journey. She has been performing and teaching in DC for 35 years.

Ceramics

Wednesdays, Sept. 21 – Nov. 9 (skip 10/12)

10:00 a.m. – 12:30 p.m.

Instructor: Debra Vardon

\$80/members; \$95/general public [Code: 15488]

\$25 materials fee [Code: 15529]

Join this class for lots of instruction both on and off the pottery wheel with our expert instructor.

CoA @ Shaare Tefila! - Cost: \$7 16620 Georgia Ave., Olney

Near 'Roots' grocery store, only 5 min. from LW
(LEFT at Emory Church Rd., Cross Georgia Ave.,
LEFT on Service Road)

The Broadway Musical 1980-1990" "The British Invasion - at High Prices It Had to be Big!"

Steve Friedman, Broadway Musical Historian

Thursday, **September 8**, 1:30-3:00 PM

RSVP 9/1

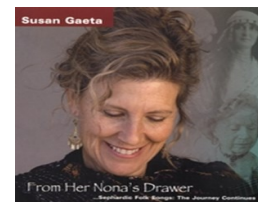
♥ Refreshments will be served.

With the rise and success of Sondheim and the development of a chorus line, the musical had changed from being plot driven to now being almost totally sung and having a story line based upon one idea. Let trained classical tenor **Steve Friedman** takes us on a journey from "42nd Street" to "Les Miz" and "Phantom" through Broadway's changing tastes of the 1980s. Live song is a part of the lecture!

"Ladino Love Songs" Concert: Susan Gaeta

Thursday, **October 27**, 1:30 - 3:00 PM

RSVP 10/20



Join us for a magical musical performance! Susan's Ladino music and stories will fill your hearts with joy and laughter! Susan apprenticed for world-renowned Sephardic singer, Flory Jagoda and now performs as a soloist both nationally and internationally.

As a vocalist and guitarist, Susan plays the lilting melodies that exiled Jews carried with them from Spain during the Inquisition. Her performance will include Ladino love songs which explore the rich traditions and culture of the Jews of Spain in music.

ALL (Adult Living & Learning) Program

Intergenerational Computer Class

Begins on Thursday, October 6 and runs weekly

Time: 3:30 – 4:30pm

Are you interested in learning new computer skills? Honing the skills you already have? Bring your laptop, smartphone, ipad, etc. and be paired with a teenage computer expert. Potential topics include: send/receive emails, open documents, view, share, and post photos, using Social Media including Facebook and Twitter. **SPACE IS LIMITED!**

FREE, but registration required [Code: 15908]

Live Well: How to Remain Healthy and Happy Through the Years

Wednesdays, Oct. 19 – Nov. 9 ♦ 7:30 – 8:30 p.m.

Instructor: Lori Fish Bard, HHC, AADP

\$40/mem; \$50/gen public [Code 15503]

This four-week class will empower you to take control of your health, improve the quality of your life, and help you understand the key to healthy aging. Learn what foods and lifestyle habits are key to longevity and will keep you feeling energized. Discover how to reduce your risk for physical and mental disability as you age while enhancing overall health and well-being.

Exploring Ultra-Orthodox Life in Israel Part II

Wednesdays, Oct. 19 – Nov. 30 (skip 11/23)

10:30 a.m.– 12:00 p.m.

Instructor: Ira Weiss, PhD

\$30 members/\$40 general public [Code 15547]

The second season of the highly acclaimed Israeli television series “Shtisel” is here! Join us for discussion and Q & A on this unique slice of Israeli society.

SOUNDS OF MUSIC @ THE J!

Welcome back to Tuesdays @ the J!

The fun starts at 10:00am!

Join us for a fun day of light exercise, informative speakers, and music, not to mention a delicious kosher lunch with friends!

Chorus/Sing-Along and Yiddish Conversation follows lunch. The delicious Kosher meal is provided by the Hebrew Academy. (Suggested lunch donation of \$5)

Questions? Call Stacy: 301-348-3889

SONG CIRCLE!

**Tuesdays, September 6,20;
November 1, 15; December 6, 20
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 fenoeh@jccgw.org

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

Polinger Artists of Excellence Concerts: 2016 Artists of Excellence Season

Sunday evenings at 7:30 PM

September 25, 2016

November 13, 2016

December 11, 2016

Stephen Hough, Piano

Pacifica Quartet, String Quartet

Benjamin Beilman &

Haochen Zhang, Violin + Piano