

To register or for a complete listing of JCC programs

visit jccmanhattan.org
or call **646.505.5708**

the **jcc** in manhattan

the samuel priest rose building
334 amsterdam ave at 76th st
new york, ny 10023

a beneficiary of UJA-Federation

 Find us on Facebook

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winter/
spring
2012

city life

new york writers
workshop

20's + 30's

40's + 50's

lgbtq

adaptations

generation Я

seniors

makom

support

ma'yan

social action

adults

the jcc in manhattan | schedule of programs

10 YEARS *and Counting!*

*It's The JCC in Manhattan's 10th Anniversary on 76th and Amsterdam!
The JCC is proud to be a home to families and individuals of all walks of life—
fostering an inclusive, engaged community rooted in Jewish values.*

Come celebrate with us!



10 YEARS
building community



city life

Whatever your age or stage, take advantage of programs that can educate, de-stress, organize, calm, and uplift you.

LIFE STAGES AND PHASES

Sibling Strife: When Adult Brothers and Sisters Cannot Be Friends

Not getting along with brothers and sisters can be one of the most painful realities of life. Sibling expert and psychotherapist Dr. Jeanne Safer brings a fresh perspective to problems siblings face—dealing with aging parents and their wills, childhood rivalries that continue to haunt us and distort our relationships, and how to determine if reconciliation is possible or desirable.

Wed, Feb 29, 7 pm, \$10/\$12 ACFSTB00W2

Healthy Parents, Healthy You Help Keep Your Parents (and Yourself) Healthy and Living Well as They Age

Join a multi-disciplinary panel of older adult specialists as they discuss ways for you to be proactive with your parents as you improve communication, build a consistent care and wellness plan, and coordinate shared ideals for living well now to avoid crisis later. Discover ways to help your parents age gracefully while you keep your sanity. *In collaboration with the Center for Health and Wellness. See the Health + Wellness brochure for other related programs.*

Thu, Mar 22, 7-9 pm, \$10/\$15 JFOPAR00W2

TAKING CARE OF THOSE PRACTICAL MATTERS

Estate Planning: Revocable Trusts and Wills

Attorney Clifford Meirowitz will compare the strengths and weaknesses of a last will and testament and a revocable trust, and explain the importance of power of attorney, health care proxies, and living wills. A question and answer period will follow. *Pre-registration suggested.*

Thu, Feb 23, 6:30-8 pm,
Free/\$10 ACFLAW00W2

AARP Driver Safety

For adults of all ages, this class reviews rules of the road, special challenges for older drivers, and license renewal requirements. Upon completion of the eight-hour class, insurance companies will give a ten percent discount and the Department of Motor Vehicles will offer point reduction. Facilitated by Sandra Robbins. *Co-sponsored with AARP.*

Section 1: Sun, Feb 26, 10-6 pm,
\$19 for all OCLDRV01W2

Section 2: Sun, Apr 29, 10 am-10 pm,
\$19 for all OCLDRV02W2

The Rights of Tenants

Protect yourself by understanding your rights. Topics will include passing a rent-controlled or rent-stabilized apartment to children or grandchildren, subletting, and causes for eviction. Find out how much income you can have before your apartment is deregulated and how to get repairs if your landlord refuses to do them. With attorney Justin Brasch. *Pre-registration required.*

Thu, Mar 29, 6:30-8 pm,
Free/\$10 ACFTNT00W2

TAKING CARE OF BUSINESS



How To Start, Grow, and Manage Your Own Business

SCORE is an organization created to assist small business entrepreneurs by providing former business owners, retired executives, and professionals in New York City as mentors. If you're interested in starting your own business, or if you need money to make it happen, take advantage of one-on-one confidential business counseling with experts in the field! *To arrange for a free private consultation with a SCORE representative, please call 212.264.4507.*

SCORE programs held in memory of Ray Phillips.

Excel with Excel!

Let the computer do the work! Use Excel to create a spreadsheet to manage your address book, other big lists, your budget, and your investments. Learn how to create formulas, sort and extract information, and generate graphs. *Co-sponsored with SeniorNet.*

5 Sundays, Jan 29-Feb 26, 3-5 pm,
\$80/\$90 OACEXC00W2



RECREATION

Mah Jongg Classes

Join the fun! Learn to play this fascinating game, or hone your skills. One course is enough to get you started; a second will set you on the road to mastery. With Linda Feinstein, Mah Jongg master teacher. *Space is limited; pre-registration required.*

Beginners: 4 Thursdays, Mar 15-Apr 5, 1:30-3:30 pm, \$130/\$150 OCLMJN00WZ

BRIDGE CLASSES



All of our classes are taught by Peter Steinberg, one of America's most popular bridge teachers. All materials will be provided, including pre-typed notes. *New students can try one class before registering.*

Daytime Beginner Bridge

Play bridge with little or no memorization! Peter Steinberg, one of America's most popular bridge teachers, will have you playing out hands from the very first lesson.

8 Tuesdays, Feb 7-Mar 27, 10 am-noon, \$150/\$170 OCLBRG01WZ

Free Class:

Tue, Jan 31, 10 am-noon, OCLBRG02WZ

Daytime Intermediate Bridge

Learn to recognize and solve problems in your declarer play! Also, how to bid with logic taught through patented participation Drills—ABSOLUTELY the best way to learn! Review a few targeted conventions, and enjoy some insight on defense and opening lead strategy.

8 Tuesdays, Feb 7-Mar 27, 1-3 pm, \$150/\$170 OCLBRG03WZ

Evening Intermediate through Advanced Bridge

Bid and play like a maven: when to draw trump, and when not to; when to ruff in the long hand; and the right time to lose tricks. Also, using logic to solve bidding problems, and a look at common defensive techniques.

8 Thursdays, Feb 2-Mar 29 (except Mar 8), 7-9 pm, \$150/\$170 OCLBRG04WZ

Supervised Play Labs

Come with your favorite group, or partner, or even alone. Peter Steinberg will find you a game, and provide advice as you play. Punch cards (good for one year, so missed sessions can be made up) will be issued at your first session.

8 Thursdays, Feb 2-Mar 29 (except Mar 8), 10 am-noon, \$130/\$150 OCLBRG05WZ

the marti ann meyerson center for health and wellness

These programs are in collaboration with the Marti Ann Meyerson Center for Health + Wellness. See the Health + Wellness brochure for other related programs, or visit jccmanhattan.org/healthwellness.

Improve Your Memory with Food

with Nutritionist Marcia Berry

Are you starting to forget things? This talk discusses all-natural, safe ways to strengthen your memory, sharpen your thinking, and improve your focus. Learn the two worst foods for your memory, and which foods and lifestyle practices can improve your memory and cut your risk of developing memory loss later in life. This is one workshop you'll never forget! *Part of The Center for Health + Wellness Mind Matters series.*

Thu, Feb 16, 7 pm, \$10/\$15 ACFIMF00WZ



Unclutter Your Life: An Organizing Intensive

Overwhelmed by paper piles? Join intuitive organizer, coach, and author Jennifer Zwiebel for a one-day intensive to help you get organized. Receive your own organizing toolkit and individual feedback on creating a system that works for you. *Bring 1-2 bags of papers and files you need to organize. Part of The Center for Health + Wellness Stress Free Living series.*

Sun, Feb 12, 10 am-4 pm, \$120/\$140 ACFCLU01WZ

Manage Clutter: Action and Support Group

Intuitive organizer Jennifer Zwiebel leads this weekly action and support group. Learn how to organize clutter and let go of objects you don't love or use so you can think more clearly and feel more confident. *Ideal for past participants and for those embarking on the process. Space is limited.*

6 Tuesdays, Feb 28-Apr 3, 6:30-8 pm, \$150/\$175 ACFCLU02WZ

Becoming Your Own Best Friend: Self Parenting 101

What you say to yourself when no one else is listening shapes your life. Proper self-parenting is a skill that many people need to learn. Discover the benefits of being on your own side and how to life treat yourself as if you were someone you loved. *Part of the Center for Health + Wellness Open Your Heart series.*

Wed, Mar 14, 6:30-8 pm, \$20/\$25 ACFPAR00WZ

Bare Bones of Anatomy

Knowing how the muscles and joints of your feet, knees, hips, shoulders, back, and neck interact will help you move more comfortably, feel better able to talk with your healthcare professionals, and function pain-free with Linda Rose Iennaco.

Tue, Apr 17, 7-8:30 pm, \$7/\$12 ACFBBA00WZ



Design Your Life with Feng Shui



Nicole Citrin, certified feng shui consultant and designer, will show you how this ancient art can create balance and harmony

in your home, help achieve your personal goals in the workplace, and add positive energy to your life. *Part of The Center for Health + Wellness East Meets West series.*

Tue, Apr 24, 7:30-9 pm, \$20/\$25 ACFFG00WZ

The new Meyerson Center for Health + Wellness at the JCC is committed to helping the community at large to live healthy lives at every life stage. From prenatal to toddlers, teens, to seniors, and everyone in between, our comprehensive center features classes and workshops on healthy cooking, fitness, athletics, meditation, and more. To learn more please visit jccmanhattan.org/healthwellness.

Unless otherwise noted, all programs are held at the JCC. The first price listed is for JCC members; the second price is for nonmembers.

new york writers workshop at the JCC (NYWW)

In-class and at-home assignments, and in depth workshopping of student works help novice writers develop the technique and structure for good writing habits. More advanced workshops deal with craft, style, revision, clarification, and getting published.



For more information, and to register, please visit jccmanhattan.org/nyww.

NONFICTION

Advanced Nonfiction

Charles Salzberg

Prepare your work for publication, whether memoir, personal essay, op-ed piece, magazine article, or nonfiction book. Fiction techniques of narration, description, dialogue, and structure discussed. *Instructor's approval required. E-mail a 3-5 page writing sample to hoke5@aol.com.*

Session 1: 10 Mondays, Jan 23-Mar 26, 6:30-8:30 pm, \$350/\$400

Session 2: 10 Thursdays, Jan 26-Apr 5 (except Mar 8), 6:30-8:30 pm, \$350/\$400

Writing Our Stories

Laura Zinn Fromm

Both fiction and creative nonfiction involve strong story lines, memorable characters, and lively dialogue. We will migrate between the two genres. Students can submit short stories, portions of novels, essays and/or sections of memoirs. *Instructor's approval required prior to registering. E-mail 3-5 page writing sample to zinnfromm@gmail.com.*

10 Thursdays, Jan 26-Apr 5 (except Mar 8), noon-2 pm, \$350/\$400

Intermediate Nonfiction

Martha E. Hughes

Develop and expand your ideas into first drafts of personal essays, memoirs, magazine articles, and nonfiction books through instructor's exercises and peer feedback.

10 Wednesdays, Jan 25-Apr 4 (except Mar 7), noon-2 pm, \$350/\$400

FICTION

Today You Will Fly: Writing for Children in the 21st Century

Allison Estes

Come with just an idea, a few pages, or a whole novel and leave with a manuscript for a children's book and a vision of where to go with it next.

8 Tuesdays, Jan 24-Mar 13, noon-2:30 pm, \$350/\$400

Getting Started

Alix Strauss

You know you're creative, but you just don't know how to get started. Through assignments, group exercises, and class discussions, you'll gain an understanding of the components that go into creating and finishing a successful story.

8 Tuesdays, Jan 24-Mar 13, 6:30-9 pm, \$350/\$400

Intermediate/Advanced Fiction

Rachel Sherman

Do you have a novel or short story still in the beginning stages? Or do you need help finishing something you've started? This class focuses on weekly workshops for writers with some experience. You'll receive constructive criticism from your peers, and individual critiques from the teacher.

10 Tuesdays, Jan 24-Mar 27, 7-9 pm, \$350/\$400

How To Write a Novel

Jennifer Belle

This all-levels workshop provides an unintimidating approach to the seemingly insurmountable task of writing a novel or memoir. We start in the middle instead of the beginning, and build our books in short, manageable sections.

8 Mondays, Jan 23-Mar 12, 7-9:30 pm, \$350/\$400

Advanced Fiction

Maureen Brady

Working on a novel or series of short stories? Rigorous yet sensitive critique; every other week deadlines; lively discussions about the elements of fiction—these are the features of this workshop. *Instructor approval required. E-mail a 3-5 page writing sample to meb4444@gmail.com.*

10 Wednesdays, Jan 25-Apr 4 (except Mar 7), 6:30-8:30 pm, \$350/\$400

Chick Lit without Apology

Susan Breen

This workshop is for those who love and are writing chick lit. Geared toward writers at all levels, this class focuses on respectful critiques of manuscripts.

10 Tuesdays, Jan 24-Mar 27, 1-3 pm, \$350/\$400

Polished + Published: Readying a Novel for a Changing Industry

Jenny Milchman

This class is aimed at what happens once a book is complete. There will be critiques of finished pages, we'll learn what 'saleable' means, plus how to sell a novel. Agents, traditional publishing paths, and alternate routes will all be explored. *Instructor approval required. Send 3-5 pages to jenny@wednesdayyull.com.*

8 Thursdays, Jan 26-Mar 22 (except Mar 8), 5-7:30 pm, \$350/\$400

POETRY + SCREENWRITING + HUMOR

The Soul of a Poem

Hermine Meinhard

Learn to draw on the elusive aspects of experience that give a poem depth and mystery. Using in-class exercises, objects, outside texts, and personal journals, connect to your deepest material, shaping your poems into finished works.

8 Wednesdays, Jan 25-Mar 21 (except Mar 7), 6:30-9 pm, \$350/\$400

Instant Gratification Screenwriting

Helen Kaplan

Learn the art and craft of screenwriting, completing two short scripts in just eight weeks. Shoot it, upload to YouTube, and watch it go viral!

8 Tuesdays, Jan 24-Mar 13, 6:30-9 pm, \$350/\$400

Humorous Memoir: Transforming Tragic into Funny

Kimberlee Auerbach Berlin

You don't have to be a comedian to write a humorous memoir; all you have to be is honest. Learn classic creative writing and concrete humor writing techniques and discover which stories you would like to explore more.

8 Tuesdays, Jan 24-Mar 13, 2:30-4:30 pm, \$350/\$400

BOOK CLUBS

Find out which books are being discussed by checking online at jccmanhattan.org/bookclubs.

Strictly Fiction Book Club

Explore some of today's best new fiction, and meet other book lovers at the JCC. Join anytime and come as often as you'd like. Led by Andrea Balinson. *No registration required.*

4 Mondays, Jan 2, Feb 6, Mar 5, Apr 2, 7:30 pm, Free

Stranger Than Fiction: The JCC's Nonfiction Book Club

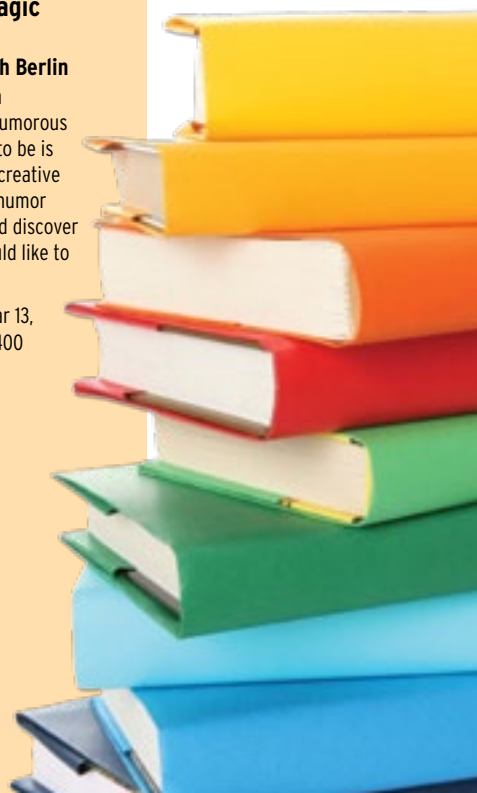
Facilitator Lorraine Aronowitz Danzig is less interested in whether you've read the book than in your participation in this stimulating, breezy discussion about the issues the book might raise. Don't miss one of the best conversations on the Upper West Side! *No registration required.*

4 Mondays, Jan 9, Feb 13, Mar 12, Apr 9, 7:30 pm, Free

Sefer v'Sefel: Hebrew Book Club

Celebrate Israeli literature with The JCC in Manhattan's Israeli Book Club. *This is a free monthly event; no registration required. Discussion and books are in Hebrew.*

4 Saturdays, Jan 14, Feb 11, Mar 10, Apr 14, 3-5 pm, Free





JCC Conversations offers thought-provoking discussions and rare opportunities to hear from today's most notable minds. Check jccmanhattan.org/conversations for updates!



Abigail Pogrebin, author of *Stars of David: Prominent Jews Talk about Being Jewish and One and the Same*, unpacks the controversies, headlines, and careers with fascinating guests. Pogrebin's interviews have included the inimitable **Nora Ephron**, chef super star **Mario Batali**, journalism heavyweight **David Remnick** and acclaimed author **Jonathan Safran Foer**.

ZABARS This series is made possible with generous funding from Zabar's and zabars.com.

All events at 7:30 pm; \$10/\$15 per event
3 Wednesdays, Jan 25, Apr 11, May 9



After 25 years as the founding financial editor and economic commentator for CNN, **Myron Kanedel** brings his expertise to the JCC! Myron's past interviews include Nobel Prize winner **Paul Krugman**, chairman and CEO of Forbes Media, **Steve Forbes**, Nobel Prize winner **Joseph Stiglitz**, and *New York Times* reporter **Diana B. Henriques**.

\$10/\$15 per event
2 Wednesdays, Feb 1, 7 pm & Apr 4, 7:30 pm

LEARNING MATTERS

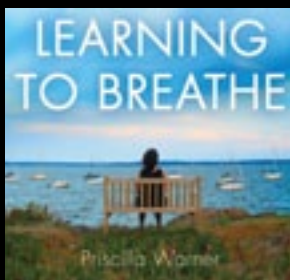


A veteran reporter for PBS and NPR, John Merrow brings his in-depth understanding of America's schools to this interview series featuring education's most incisive minds. Past guests include Teach For America Founder, **Wendy Kopp** and charter school leaders **Eva Moskowitz** and **Dave Levin**.

This series is made possible by a generous gift from Margaret and Daniel Loeb.

All events at 7:30 pm; \$10/\$15 per event
2 Wednesdays, Feb 15 & May 2

SPECIAL EVENT



A Conversation with Meredith Vieira and Priscilla Warner

Former *Today Show* host Meredith Vieira joins long-time friend and author Priscilla Warner (*The Faith Club*) for a night of reflection as they discuss their personal quests to living peaceful, meaningful lives. Warner will sign copies of her latest book following the event.

Sun, Apr 15, 7 pm, \$10/15

JCC Conversations events are available by podcast! Download, stream, or subscribe: jccdigital.org/podcast.

Want to join the conversation? Like us on Facebook, post your questions and learn about upcoming events with notable guests!



Programs Especially for Taglit-Birthright Israel Alumni (and Their Friends!)

Your trip may be over, but your journey continues... right here at The JCC in Manhattan. The Birthright Israel Passport program is generously funded by the Segal family and The Goldhirsh Foundation, Inc., with additional support provided by The Steinhardt Foundation for Jewish Life, and they are delighted to offer all Birthright alumni a very special passport, providing access to hundreds of FREE JCC program options. This Birthright Israel Passport is valid for JCC programs and services (with certain exceptions*) up to a monetary limit of \$500 per person. *E-mail passport@jccmanhattan.org to sign up for this unique passport.*

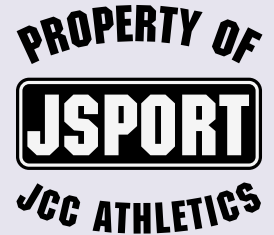
Thanks again to the generosity and creativity of our donors, the JCC is also presenting a new **Lecture Series for Birthright Alumni and Their Friends**—that is, for all of you in your 20's + 30's. Some of the fall events included a talk by the hedge fund manager Dan Loeb, and a cooking lesson and dinner with cookbook authors and bloggers (biggirlsmallkitchen.com) Cara Eisenpress and Phoebe Lapine. Look for more free monthly programs at jccmanhattan.org/birthright-israel-passport!

*The Birthright Passport is non transferable and not valid for children's programs, JCC memberships, personal training, massage, private swim lessons, or merchandise.



KEEP IT REAL! BE A PART OF A WELCOMING COMMUNITY WHERE YOU CAN BE YOURSELF, HAVE FUN AND ENJOY THE COMPANY OF YOUR PEERS!

What's got the "it" factor, all the cool kids, and will score you brownie points with your Bubbe? For information on all 20's + 30's winter programs, go to jccmanhattan.org/20s30s or call Adina Schwartz, director of 20's + 30's programs, at 646.505.5727.



The New Social, Coed Sports League for 20's + 30's

Sign up with your friends or register individually to meet new young professionals in a social and active setting. Following each game, players are welcome to come together at a local bar for a post-game happy hour.

For more information and to register, visit jccmanhattan.org/jsport

"Like" us on Facebook.com/jcc20s30s for event info, special deals, and more!

"Tweet" us at @jcc20s30s

Have a question or suggestion for a program? E-mail the new director of 20's + 30's programming, Adina, at aschwartz@jccmanhattan.org.

40's + 50's

THESE PROGRAMS ARE
DESIGNED ESPECIALLY
FOR 40'S + 50'S!

Jewish and Single in New York?

A monthly get together for sharing life stories, discovering what might be missing in your social life, providing support for each other, and having fun. With volunteer leaders coordinated by Sonny Greenwald, you are sure to learn something new!

4 Wednesdays, Jan 18, Feb 15,
Mar 21, Apr 18, 7:30-9 pm,
\$5/\$10 per meeting JFOJNSN01-04W2

Navigating the Difficult Aftermath of Divorce

The time after a divorce or separation is filled with feelings of loss, anger, and depression. Join marriage and family therapist, **Juliana Neiman, MA**, to discuss the immediate aftermath of a divorce or separation and what steps you can take to move on and reconstruct your life.

Sun, Jan 22, 3 pm, \$10/\$15 SDSJUL00W2



Inspiration on the Streets with Wooster Collective

Join us for an overview of the street art movement that will explain the motivation of the artists and why street art is so addictive. This dynamic talk by the definitive voice on street art the Wooster Collective will address the differences between graffiti and street art and its relationship with advertising and public space. woostercollective.com. *Registration required.*

Wed, Jan 18, 7:30 pm, Free
Exhibit runs Jan 9-Mar 2



New Composers Workshop for All Ages

In the first hour of this session, JCC Artist-in-Residence **Daniel Bernard Roumain (DBR)** will teach you how to turn numbers, words, and symbols into notational devices to score your own composition. In the second hour, all participants, along with DBR, will perform the new works. *No experience needed. (In fact, the less experience the better!)*

Sat, Feb 4, 3 pm, Free

40's + 50's Shabbat Dinner

End the week with a relaxing Shabbat meal at the JCC. Delicious food, wine, engaging conversation, and good company will get your weekend off to a great start. Socialize with friends, old and new, while enjoying a warm Shabbat experience. *Please register by Wednesday, February 15. If you require a vegetarian option, call 646.505.4458 after you register. Space is limited; no walk-ins permitted.*

Fri, Feb 17, 7 pm, \$30/\$35 JFOSHA00W2

Sibling Strife: When Adult Brothers and Sisters Cannot Be Friends

Not getting along with brothers and sisters can be one of the most painful realities of life. Sibling expert and psychotherapist **Dr. Jeanne Safer** brings a fresh perspective to problems siblings face—dealing with aging parents and their wills, childhood rivalries that continue to haunt us and distort our relationships, and how to determine if reconciliation is possible or desirable.

Wed, Feb 29, 7 pm, \$10/\$12 ACF5IB00W2



Meet the Authors: He Said What? Women Write about Moments When Everything Changed

I love you. The meeting ran late. I'm gay. I want a divorce. I was a terrible father. Share devastating, tender, and hilarious moments when a man in our lives said something that changed us forever. Join author and editor **Victoria Zackheim** (*The Bone Weaver, The Other Women*) as she discusses her newest anthology of stories along with **Amy Ferris** (*Marrying George Clooney*) and three more fabulous female contributors to the anthology: **Caroline Leavitt, Christine O'Hagen, and Maxinne Leighton.**

Wed, Feb 29, 7 pm,
\$15/\$20 JFOHSW00W2

50's + 60's Cook + Chat: A Cooking Class and Discussion for the Mature Adventuress

Irene Yager

new! Stir, sauté, and and share stories and advice about how to travel solo—safely and affordably. While sipping on Hawaiian Mai Tai's, create savory Italian bread soup, vegetarian paella, Thai spring rolls, sesame noodles, Greek salad in phyllo cups, and sweet French crepes for dessert.

Mon, Mar 5, 7-9:30 pm,
\$65/\$75 ESUCAC00W2

Healthy Parents, Healthy You Help Keep Your Parents (and Yourself) Healthy and Living Well as They Age

Join a multi-disciplinary panel of older adult specialists as they discuss ways for you to be proactive with your parents as you improve communication, build a consistent care and wellness plan, and coordinate shared ideals for living well now to avoid crisis later. Discover ways to help your parents age gracefully while you keep your sanity. *In collaboration with the Center for Health and Wellness. See the Health + Wellness brochure for other related programs.*

Thu, Mar 22, 7-9 pm, \$10/\$15 JFOPAR00W2

40's + 50's Spring Cocktail Party with Amazing Journeys

This April, join our travel partners and get ready for warm weather at our first ever Spring Cocktail Party! Chat with friends and meet new people while sipping refreshing cocktails and hearing great travel stories!

Check jccmanhattan.org/40s50s for details and updates.



Pizza and a Movie

Back by popular demand, join your 40's + 50's peers for pizza and a movie! Enjoy a slice (or two) before or during the screening and share your reviews afterwards.

Wed, Apr 4, 7:30 pm,
\$15/\$20 JFOMOV00W2

Journey to Spain with Amazing Journeys—Vacations for Jewish Singles in their 30's, 40's + 50's!

Spain conjures up lots of images—a warm and sunny climate, busy cities filled with great art, Jewish heritage, and incredible architecture. From the beaches of the Costa del Sol to the charming cities of the Andalucía region, this is a vacation you won't want to miss.

Apr 19-29
Call 646.505.4458 for more information.



Find us on Facebook:
**40s & 50s at
The JCC in Manhattan**

SPECIAL EVENTS

Behind the Scenes at the Creation of *Round Midlife: Songs from the Threshold*

Join us for a production of *Round Midlife*, a beautifully funny and compelling musical about art, life, and growing up. Co-presented with Out Professionals, our audience will meet the creative team behind this incredible show while experiencing key scenes from the production.

Visit jccmanhattan.org/igbtq for date and time. GLSMID00WZ

LGBTQ Senior Game Night (60+)

Feeling a bit competitive? Love Scrabble success? Are you a chess champion? Join us for a great night of board games and light snacks for our LGBTQ seniors!

Wed, Jan 25, 6:30 pm, Free GLSAGE00WZ

RecordSetter LIVE! Variety Show

Hosted by RecordSetter co-founders Dan Rollman and Corey Henderson (as seen on *Late Night with Jimmy Fallon*), this spectacular variety show will feature over 10 world record attempts live onstage—including one by the entire audience. With music by Michael Winograd's Infection. Come discover what *New York Magazine* calls "New York's Best Oddball Night."

Thu, Jan 26, 8 pm, \$15/\$20 EAYRSL00WZ

The Big Bupkis! A Complete Gentile's Guide to Yiddish Vaudeville

Written and performed by Shane Baker

An evening of cheap jokes, magic, ukulele music, hypnotism, ventriloquism, transvestism, unpleasant stories about Sophie Tucker, and a Yiddish bullfight poem. Giving nothing away, the show ends with Mr. Baker attempting to behead a volunteer from the audience. *In English and Yiddish (mostly English) with English supertitles.*

Sat, Feb 18, 8 pm, \$15/\$20 EAYBIG01WZ

LGBTQ Purim Bash

Join 250 friends for our Fifth Annual Purim Party. The night begins with a special egalitarian, transdenominational, queer-positive Megillah reading. The festivities continue with delicious hors d'oeuvres, an open bar, fun dancing, and a prize for best costume! Megillah at 7 pm; party at 8 pm. *Costumes optional.*

Wed, Mar 7, 7 pm, \$12 for all GLSPUR00WZ

Panel Discussion: Perspectives on Sex Education

How can feminist and queer perspectives inform our thinking about sex education in the Jewish community? Join us to hear a range of voices discuss their insights. *Co-sponsored by Ma'yan.*

Wed, Mar 14, 6:30 pm, Free GLSPSE00WZ

Girls in Trouble

Brooklyn poet and multi-instrumentalist Alicia Jo Rabin's "hauntingly lovely melodies" explore dark stories of biblical women and the hidden places where their complicated lives overlap with her own. In this one-time-only event, the JCC curates a live performance of real bat mitzvah speeches performed in musical conversation with Girls in Trouble's songs. Followed by a gallery wine reception. *Presented in conjunction with The Laurie M. Tisch Gallery exhibit, The Bat Mitzvah Comes of Age.*

Thu, Mar 15, 8 pm, \$15/\$20 EAYGIT01WZ

Keshet Training Institute for Jewish Educators and Communal Professionals

This intensive, two-day training will provide you with tools to respond to homophobic, transphobic, and sexist behavior, explore strategies for countering bullying and intolerant language in Jewish schools and youth programs, and teach specific skills and techniques to create LGBT inclusive Jewish environments. *Co-sponsored by Ma'yan and other community supporters. To register, visit KeshetOnline.org.*

Mar 27 & 28, 8:30 am-6 pm

Deeper Dating: A Wiser Approach to the Search for Love

For singles committed to deeper values, these groundbreaking programs include illuminating mini-lectures on dating and intimacy and exercises enabling people to meet many new friends in a meaningful and pleasurable way. We will have one session for men seeking men and one for women seeking women. Visit jccmanhattan.org/igbtq for details.

IT'S COMING!

LGBTQ Prom + Coming Out Party
May 2012

NICHE GROUPS

PFLAG New York City Support Group Meeting

This group offers support groups for parents, families, and friends of LGBTQ people, as well as LGBTQ people themselves. PFLAG offers a safe place to share experiences and connect in the continuing process of learning, acceptance, and celebration.

4 Mondays, Jan 23, Feb 27, Mar 26, April 23, 7 pm, Free GLOPFL01-04WZ

Trans Parents Support Group

Issues of gender identity are distinct from sexual orientation, and PFLAG NYC's Trans Parents Group is an environment that addresses the topics specific to parents of Trans individuals. *This group meets quarterly. Questions? Please contact group moderator Judy Sennesh through PFLAG NYC at info@pflagnyc.org.*

Ma'agal: The Nehirim Women's Group

A support group for Jewish women facing questions of sexuality, gender, and religion. The group is oriented toward lesbians, but all women are welcome. Each meeting is facilitated, and includes sharing and discussion. Most meetings will also feature a guest speaker. Confidentiality, support, and compassionate listening are central values.

4 Tuesdays, Jan 3, Feb 7, March 6, April 3, 7:30 pm, Free GLSNWG01-04WZ

JQYouth

A dynamic, fun, and thought-provoking social group for Jews from traditional backgrounds, ages 18-30. Come for discussion and a chance to meet new people. *For more information visit www.jqyouth.org.*

3 Thursdays, Jan 12, Feb 9, Apr 12, 8:30 pm, Free GLSJQY01-04WZ



Cometfire: Tween + Teen Group
Sexuality-questioning or LGBTQ-identifying 11-14-year-olds will have the opportunity to discuss sexuality, youth empowerment, confusion, and self esteem with our wonderful facilitator in a safe and private space. *Snacks served. For questions or schedule, e-mail Dr. Scott Quasha at scottquasha@mac.com.*

Support for LGBTQ programs is provided, in part, by the Rudin Foundation, Inc. and Madeleine Rudin Johnson.



Find us on Facebook!

adaptations

PART OF THE JACK AND SHIRLEY SILVER
CENTER FOR SPECIAL NEEDS

To register for an Adaptations group, please call the JCC
Member Registration Office at 646.505.5708.

If you are not already a participant of Adaptations, please contact Dorsey Massey, adaptations coordinator, at 646.505.4447 or dmassey@jccmanhattan.org to set up an intake appointment and learn more about our program.

For a wealth of resources, links, and information, and to see our program schedule, please visit adaptationsonline.org.

SOCIAL SCENE

Social Skills

Social Skills training is a comprehensive program designed to provide participants with an opportunity to learn basic social cues, gain skills to decrease anxiety in social situations, and make new friends. Social Skills is created and led by a partnership with the Seaver Center at Mount Sinai and uses a skills-based focus to direct individuals on targeted learning. Topics include: boundaries, nonverbal cues, assertiveness, making plans, dating, family relationships, budgeting, and more.

Chat 'n' Chew

Find a place where you can enjoy the company of your peers. Join us for dinner and socialization.

Adaptations Lounge

Join your friends and fellow Adaptations participants on Sunday afternoons at the JCC. Play games, do art and other fun activities, engage in great conversation, and take local trips around the Manhattan area.

Shabbat Dinner

Join fellow Adaptations participants for a festive Friday night dinner and entertainment.

Speed Dating for 20's + 30's

Speed dating is a matchmaking process whose purpose is to encourage people to meet a large number of new people. Come find your match!

Guys + Ladies Night Out

Have a suggestion for something to do or somewhere to go with friends on a Saturday night? Let Adaptations staff know about it and you can help plan the evening (plus your ticket is free).

Saturday Night Cafe

Dim the lights! Turn on the music! Bring out the refreshments! Check out Saturday Night Cafe, an evening that will combine café style snacks, conversation with friends, and entertainment.

MatchKonnection Sunday Evenings

Meet new people through MatchKonnection—a not-for-profit organization created by parents for high functioning young adults who have LD, ADHD, autism, and Aspergers. *For more information, visit matchkonnection.com.*

Connections

new! A social and recreational pilot program in a community setting for non-college bound adults in their twenties, designed to complement their vocational and volunteer experiences. *For more info, please contact Allison Kleinman at 646.505.4367 or akleinman@jccmanhattan.org.*



ACTIVITIES

Creative Alternatives of New York (CANY)

Licensed drama therapists and trained theater artists lead group members through an engaging, interactive six-week session that inspires creativity, confidence, and a sense of community. Through the practice of theater skills using theater games, improvisation, poetry, and art, members explore their creative abilities, improve communication skills, and increase self-esteem.

Literary Club

Take some time and space to create what writer Virginia Woolf has called *A Room of One's Own*. Join fellow Adaptations participants and educator Beth Rosenberg for an hour of writing, sharing, and playing fun writing games to help get your thoughts down on paper or on the computer. Literary works will be showcased at our special Lit Night.

Gallery Goings

Become familiar with the unique art in the JCC lobby with an evening of exploring, discussing, and creating. Lobby viewings are followed by a wine and cheese reception and an art project as an outlet for your creativity.

Circuit Training

Come once or twice each week to learn how to train your body into the shape you want. Sign up by yourself or with other Adaptations participants to work out with Joey Zimet, a terrific and talented certified trainer in the JCC Fitness Center.

Art and Design

Join us for our Adaptations art program where you'll sketch, design, photograph, collage, and help beautify the JCC.

Methods and Materials

This class stresses creativity, intuition, and expressiveness. In the art studio, the students learn to explore techniques and are encouraged to develop their own style. Projects include printmaking, painting, drawing, collage, constructions, and mixed media works. Students experiment with various media to discover their tactile, manipulative, and creative possibilities.

Cooking 101

Join food expert Irene Yager in the JCC kitchen to talk about what should be in your refrigerator and learn easy recipes to make for you and a friend.

Team Adaptations

Have fun and get some exercise while playing basketball and teambuilding in the JCC's gym.

SUPPORT

Employment Support

Adaptations employment services are provided through a partnership with JobPath, Inc. Services include resume and cover letter writing, employee etiquette, mock interviewing, job search and support groups, vocational development advice, assistance/instruction on Internet job searches, and customized employment services.

Job Search Group

Join us in the JCC's tech lab to get JobPath's expert eye on creating your resume and conducting your ultimate job search.

Job Support Group

Make new friends and brainstorm together about how to deal with those difficult work situations. *Groups are led and facilitated by JobPath.*

Parent Support Group

This group provides an opportunity for parents of Adaptations participants to come together in a small group format to share resources, problem solve, gain support from one another, and build community.

Sibling Support Group

This group provides support for adult siblings who grew up in families where a brother or sister has special needs. Emotional support, insight, strategies, and community will be fostered.

Groups are run by Hannah Kaplan-Cohen, life skills coach and parenting expert, skilled at working with young adults and families.

Additional groups are available for fathers only and for grandparents. For more information, please call 646.505.3460 or e-mail hcohen@jccmanhattan.org.

Adaptations is funded through the generosity of donors to UJA-Federation of New York.



adaptations

generation Я

Created for Russian Jews by Russian Jews. Sharing similar childhood and immigration experiences, Russian-speaking Jews in their 20's, 30's + 40's experience programs that explore the dual nature of their identities as American Jews from Russian-speaking families.



The Internationale

Detroit-born, Berlin-based singer-songwriter Daniel Kahn and legendary Moscow avant-garde song bard Psoy Korolenko perform original songs and translations that draw on obscure Russian folk tunes, Hasidic niggunim, and Yiddish workers' marches. In a cabaret setting with an abundance of tea and vodka. *In English, Russian, and Yiddish. Sponsored, in part, by Genesis Philanthropy Group.*

Thu, Jan 12, 8 pm,
\$15/\$20 EAYUNT00WZ



The Greatest Jewish Achievements in Modern Art

Presented by
The Art Story Foundation

Tobi Kahn, internationally recognized artist and lecturer, takes the audience through the most significant achievements in modern Jewish art focusing on the second half of the 20th century. Well-known artists and works will be discussed from historical, Jewish, and artistic perspectives. A wine and cheese reception will follow. *For further information, please visit TheArtStory.org. This event was made possible by a BLUEPRINT Fellowship grant, a program of COJECO.*

Tue, Feb 7, 8 pm, \$15/\$20 EGRAS00WZ

Lost + Found Project

An experimental theater piece created by Russian-Jewish actors born in the USSR in the 70's & 80's, who immigrated to the US with their families. The play explores the actors' personal family narratives, incorporating events pre- and post-immigration and the transformation of their lives throughout that time. The production reflects a series of snapshots and intertwines dialogues between the past and the present. Sophia Romma, writer. Ben Sargent, director. Anna Zicer, founder/producer. Marina Reydlar, co-producer. *Funded in part by a grant from The Center Without Walls, a project of COJECO, a UJA-Fed agency.*

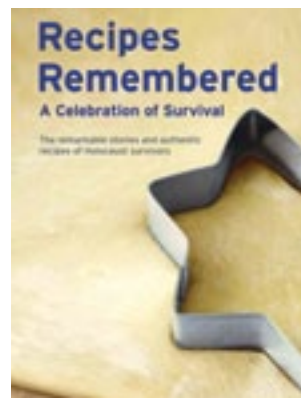
Thu, Mar 8, 8 pm, \$10/\$15 EGRLAF00WZ



Russian Literature: Alive and Well and Thriving in New York City

Josh Ellison, editor of *Habitus—A Diaspora Journal*, sits down with several of the Russian-Jewish writers in New York—émigrés and second generation in the States—to discuss the Russian-Jewish literary tradition, immigration in the American imagination, the post-Soviet legacy, generational divides, and other critical themes that connect the work of this diverse group of writers.

Thu, Jan 19, 7 pm, \$10/\$15



Food for Thought: Recipes Remembered, A Celebration of Survival Book Presentation by Author June Hersh

More than just a cookbook, *Recipes Remembered* is a treasury of stories from 80 Holocaust survivors recounting their origins, what and who they lost, and how he or she created a new life in America. Many of the contributors came to this country with little else but remembered recipes or memories of food that they had eaten before their childhood was shattered. *Post-event book signing. All proceeds from book sales will go to the Museum of Jewish Heritage, a Living Memorial to the Holocaust.*

Mon, Apr 16, 7 pm, \$7/\$10 EGRHOL00WZ

For a full listing of programs for Yom HaShoah, visit jccmanhattan.org/holidays.



Shadow Puppet Theater PurimSpiel

Presented in Russian for
Children and Families
Artistic Director
Leonid Khanin

Come participate in a Purim holiday celebration with friends, parents and grandparents in the JCC's state-of-the-art theater. Cheer Queen Esther and drown out Haman with groggers in this unique children's puppetry production of the Purim story, sung and spoken in Russian by professional musicians. *Made possible, in part, with generous support from The Genesis Philanthropy Group.*

Sun, Mar 11, \$10/\$15 EGRPPT00WZ
Show 1: 11 am
Show 2: noon

RUSSIAN LANGUAGE PROGRAMS FOR YOUNG FAMILIES

Russian Tots Sundays Class For Children 2-6 Years from Russian-speaking Families*

Children will enjoy Generation Я's once-a-month Sunday class. Learn about the joys of the Jewish holidays, traditions, and customs through crafts activities, storytelling, songs, and more. Themes will include Tu B'Shevat, Purim, Passover, and Shabbat. *Taught in Russian by professional Russian-speaking early childhood educators.*

4 Sundays, Feb 5-May 6, 10-11:30 am,
\$160 EGRHS00WZ

**This a drop-off class intended for children who are comfortable with separation from their parents. Parents are invited to mingle over coffee in an adjacent room.*

Russian Language Toddler Shabbat For Children 2+ Years from Russian-speaking Families

Have your toddler experience the joys of Shabbat with other Russian-speaking children in a warm, friendly environment with native Russian-speaking early childhood educators. Children will sing, listen to stories, and become acquainted greeting Shabbat each week.

14 Fridays, Jan 27-May 11,
4:30-5:30 pm, \$490 EGRRTS00WZ

Russian Language Shabbat Club 3-5 Years

Now in its fourth year, join this highly acclaimed Shabbat program that explores the major Jewish holidays and concludes each week with candlelighting, challah, and grapejuice in celebration of Shabbat! The class is taught in Russian by experienced teachers and features storytelling, dramatic play, Judaica creation, games, and more!

14 Fridays, Jan 27-May 11,
4:30-5:30 pm, \$490 EGRRLS00WZ

The Zshuk Art Initiative at Russian Shabbat Club: Jewish Learning through the Arts 3-6 Years

Children connect to beautiful Jewish texts, stories, and concepts through multidisciplinary experiences in drama, the visual arts, and music, concluding with a celebration of Shabbat each week. At semester's end, children will participate in a theatrical performance for the entire family! *Taught in Russian by experienced teaching specialists in the arts. Visit zshuk.com/about for more information.*

14 Fridays, Jan 27-May 11,
4:30-5:30 pm, \$510 EGRZHU00WZ

SPECIAL ANNOUNCEMENTS

Come Schmooze

with other Senior members, and learn more about the JCC and our programs. Refreshments will be served.

Wed, Feb 15, noon

Mon, Mar 26, 3 pm

TECHNOLOGY

SeniorNet

Bringing Wisdom to the Information Age.

Become Computer Savvy

SeniorNet is an international non-profit volunteer organization offering adults age 50+ computer learning opportunities in a friendly environment. All classes are taught on a PC, unless otherwise indicated, by knowledgeable SeniorNet volunteers. Each student has his/her own computer station; teachers use modern visual instruction aids. *Courses meet once or twice a week and are held in the state-of-the-art Andy Kates Multi-Media Room at the JCC. For more information on courses, schedules, registration, or to ask about becoming a SeniorNet volunteer, please call 646.505.4390, go to www.seniornetny.org, or see the SeniorNet brochure.*

In-person registration

Thu, Jan 5, 11:30 am-1 pm

SeniorNet Programs

SeniorNet Offerings (subject to change) include: Basic Mouse and Keyboard Skills; Computer Made Easy; Word Processing; E-mail; The Internet; File Management; All about Google; Facebook; Skype, and a number of one-day workshops in basic skills.

Excel with Excel!

Let the computer do the work! Use Excel to create a spreadsheet to manage your address book, important lists, your budget, and investments. Learn how to create formulas, sort and extract information, and generate graphs. *Co-sponsored with SeniorNet.*

5 Sundays, Jan 29-Feb 26, 3-5 pm, \$80/\$90 OACEXC00W2

The Rachel and Joseph Nash Older Adult Center

is open to JCC Senior members every Thursday afternoon from 1-4 pm.

seniors

RECREATION

Card + Game Room

Look forward to Mondays in the Card + Game Room. Play bridge, Scrabble, and canasta.

17 Mondays, Jan 2-Apr 30 (except Jan 16), 1-4 pm, Free/\$50 OASCRD00W2

Mah Jongg Club

For newly minted Mah Jongg aficionados, as well as long time players. Come with a friend or on your own, and enjoy the game and community in our popular Mah Jongg Club.

7 Tuesdays, Jan 10-Feb 21, 1-4 pm, \$56/\$63 OASMJCC01W2

7 Tuesdays, Mar 7-Apr 24 (except Apr 10), 1-4 pm, \$56/\$63 OASMJCC02W2

Mah Jongg Classes

Join the fun and learn to play this fascinating game. One course will get you started; a second will set you on the road to mastery. With **Linda Feinstein**, Mah Jongg master teacher. *Space is limited; pre-registration required.*

Beginners: 4 Thursdays, Mar 15-Apr 5, 1:30-3:30 pm, \$130/\$150 OCLMJN00W2

Mah Jongg Tournament

Spend the day competing in a fun-filled Mah Jongg competition. Prizes will be awarded. *Light lunch will be served.*

Tue, Feb 28, 10 am-4:30 pm, \$36 for all OASMJT00W2

Bridge Classes

All of our classes are taught by **Peter Steinberg**, one of America's most popular bridge teachers. *All materials will be provided, including pre-typed notes. New students can try one class before registering.*

Daytime Beginner Bridge

Play bridge with little or no memorization! **Peter Steinberg**, one of America's most popular bridge teachers, will have you playing out hands from the very first lesson.

8 Tuesdays, Feb 7-Mar 27, 10 am-noon, \$150/\$170 OCLBRG01W2

Free Class:

Tue, Jan 31, 10 am-noon, OCLBRG02W2

The JCC is pleased to offer complimentary tickets for JCC Senior members to select JCC events, including lectures, performances, and films.

Call the **JCC Phyllis Schatsky Seniors Ticket Hotline** at **646.505.4478** for more information.

Daytime Intermediate Bridge

Learn to recognize and solve problems in your declarer play! Also, how to bid with logic taught through patented participation Drills—ABSOLUTELY the best way to learn! Review a few targeted conventions, and enjoy some insight on defense and opening lead strategy.

8 Tuesdays, Feb 7-Mar 27, 1-3 pm, \$150/\$170 OCLBRG03W2

Evening Intermediate through Advanced Bridge

Bid and play like a maven: when to draw trump, and when not to; when to ruff in the long hand; and the right time to lose tricks. Also, using logic to solve bidding problems, and a look at common defensive techniques.

8 Thursdays, Feb 2-Mar 29 (except Mar 8), 7-9 pm, \$150/\$170 OCLBRG04W2

Supervised Play Labs

All Levels

Come with your favorite group, or partner, or even alone. **Peter Steinberg** will find you a game, and provide advice as you play. Punch cards (good for one year, so missed sessions can be made up) will be issued at your first session.

8 Thursdays, Feb 2-Mar 29 (except Mar 8), 10 am-noon, \$130/\$150 OCLBRG05W2

Cheess

Keep your mind active and exercise those brain cells at the JCC Chess Club! Learn strategies, develop techniques, and engage in informal chess play. With **Renee Yarzig**. *All levels welcome.*

8 Sundays, Feb 5-Mar 26, 11:30 am-1:30 pm, \$48/\$64 OCLCHS00W2

LGBTQ Senior Game Night (60+)

Feeling a bit competitive? Love Scrabble success? Are you a chess champion? Join us for a great night of board games and light snacks for our LGBTQ seniors!

Wed, Jan 25, 6:30 pm, Free GLSAGE00W2

DISCUSSION GROUPS

Discussion groups are made possible by the generosity of anonymous donors.

Social + Political Issues

Engage in thought-provoking discussions about controversial issues. Identify and dissect social and political 'hot topics' with an intellectually stimulating group.

Section 1: 17 Tuesdays, Jan 3-Apr 24, 7-8:30 pm, Free OCLSPI01W2

Section 2: 17 Wednesdays, Jan 4-Apr 25, 10:30 am-noon, Free OCLSPI02W2

Foreign Affairs Discussion Group

Join this challenging, intellectually oriented, peer-led discussion group focusing on world affairs. *Fee includes reading materials.*

17 Fridays, Jan 6-Apr 27, 10:30 am-noon, \$80/\$110 OCLFAD00W2

Great Decisions: International Relations

Join the Foreign Policy Association and hundreds of people across America to explore eight exigent foreign policy challenges featured in Great Decisions 2012, including the Persian Gulf, organized crime, Russia, and the global financial crisis. *Limited space. Fee includes reading materials.*

8 Tuesdays, Feb 7-Mar 27, 1:30-3 pm, \$140/\$165 OCLGRD00W2

Keeping Kosher on Air Force One and Other Stories from the White House!

Join **David Meyers**, former communications project director and assistant staff secretary in the White House from 2006-2009 as he discusses day-to-day life in the White House, shares personal insights about President Bush and work in the West Wing, along with stories about traveling to Israel with the President and keeping kosher!

Wed, Apr 25, 2:30 pm, \$5/\$8 OALAF000W2

the marti ann meyersson center for health and wellness

These programs are in collaboration with The Marti Ann Meyerson Center for Health + Wellness. See the Health + Wellness brochure for other related programs, or visit jccmanhattan.org/healthwellness.

The JCC offers seniors 62+ years young a chance to join our health club at a substantial discount. Call membership at 646.505.5700 for more information.

Protect Your Bones through Exercise and Activity

Linda Rose Iennaco

new! This participatory lecture/demo will teach you how weight-bearing exercises with or without equipment can increase bone strength, stave of bone loss, and prevent falls. Please wear loose fitting clothing.

Section 1: Tue, Jan 17, 11:30 am-12:30 pm, \$20/\$25/\$28 KMAVBHH01W2

Section 2: Thu, Jan 19, 10:30-11:30 am, \$20/\$25/\$28 KMAVBHH02W2

Fall Stop...Move Strong™

Julie Kardachi, OT, and Celeste Carlucci, Fitness Expert

Prevent falls and improve balance with this doctor-recommended program.

14 Mondays, Jan 23-May 7 (except Feb 20 & Apr 9), \$165/\$216/\$252

Intermediate: 2:15-3:15 pm KSF5NB01W2
Advanced: 1:15-2:15 pm KSF5NB02W2

15 Wednesdays, Jan 18-May 2 (except Apr 11), \$176/\$231/\$270

Intermediate: 2:15-3:15 pm KSF5NB03W2
Advanced: 1:15-2:15 pm KSF5NB04W2

15 Fridays, Jan 20-May 11 (except Apr 6 & 13), \$176/\$231/\$270

Advanced: 2:15-3:15 pm KSF5NB05W2
Introductory: 3:15-4:15 pm KSF5NB06W2

Take more and SAVE!

Take 2 Intermediate sections or 29 classes \$290/\$377/\$464 KSF5NB07W2

Take 2 Advanced sections or 30 classes \$300/\$390/\$480 KSF5NB08W2

Take 3 Advanced sections or 44 classes \$396/\$484/\$572 KSF5NB09W2



Photo: Nancy Adler

Circuit Training for Seniors

Always wanted to work with a personal trainer but were hesitant or could not afford it? In small groups, under the watchful eye of JCC CHEK exercise coach Travis Brown, learn the ins and outs of fitness machines and exercise. *Must be 62+ years young to participate.*

8 Tuesdays & Thursdays, noon-1 pm, \$245/\$302/\$360 KSF5CW01-04W2

Session 1: Jan 10-Feb 2

Session 2: Feb 7-Mar 1

Session 3: Mar 6-Mar 29

Session 4: Apr 3-May 3 (except Apr 10 & 12)

Exercise with Ease

Linda Rose Iennaco

This moderately paced aerobic and strength training workout is designed to reduce stiffness and increase strength and mobility. Learn basic techniques to keep your body flexible, fit, and moving.

Section 1: 6 Fridays, Jan 20-Mar 2 (except Feb 24), 11 am-noon, \$74/\$96/\$113 KSF5AW01W2

Section 2: 6 Fridays, Mar 9-Apr 20 (except Apr 13), 11 am-noon, \$74/\$96/\$113 KSF5AW02W2

Gentle Yoga for Seniors

Yoga expert Katherine Brewster shows how simple yoga postures can gently relax and strengthen muscles at the core of the body, creating a sense of ease and rejuvenation in life.

Section 1: 8 Wednesdays, Jan 25-Mar 14, 11:15 am-12:15 pm, \$99/\$128/\$151 KSF5Y001W2

Section 2: 7 Wednesdays, Mar 21-May 16 (except Apr 11), 11:15 am-12:15 pm, \$86/\$112/\$132 KSF5Y002W2

Pilates for Seniors

Karin Fantus

new! Strengthen and tone your core with this Pilates workout exclusively for seniors.

Morning Session: 8 Thursdays, Mar 1-Apr 26 (except Apr 12), 9:30-10:30 am, \$100/\$130/\$150 KSF5PTB01W2

Afternoon Session: 8 Wednesdays, Jan 18-Mar 7, 2-3 pm, \$100/\$130/\$150 KSF5PTB02W2



Photo: Nancy Adler

Balance and Bones™

Linda Rose Iennaco

Maintain and regain bone density while improving posture and balance. Exercise and stretch to music while you stimulate the aerobic system, heighten energy, and improve daily function pain-free.

Section 1: 8 Tuesdays, Jan 24-Mar 20 (except Feb 21), 11:30 am-12:30 pm, \$99/\$128/\$151 KSF5AB01W2

Section 2: 8 Thursdays, Jan 26-Mar 22 (except Feb 23), 10:30-11:30 am, \$99/\$128/\$151 KSF5AB02W2

Section 3: 8 Tuesdays, Mar 27-May 22 (except Apr 10), 11:30 am-12:30 pm, \$99/\$128/\$151 KSF5AB03W2

Section 4: 8 Thursdays, Mar 29-May 24 (except Apr 12), 10:30-11:30 am, \$99/\$128/\$151 KSF5AB04W2

Joint Movement for Seniors

Join Katherine Brewster, RYT, seniors yoga expert, to learn how to ease mobility in every joint. Follow a simple series of movements to open the joints of your body while releasing and improving circulation.

Wed, Jan 18, 11:15 am-1:15 pm, \$20/\$25/\$28 KSF5JM00W2

Nia 101 for Seniors

Yvonne Puckett

Increase your stamina and strength and find the joy of movement with Nia. Experience the basics of this delightful blend of dance, martial arts, and yoga.

Section 1: 8 Fridays, Jan 20-Mar 9, 12:15-1:15 pm, \$99/\$128/\$151 KSF5NIS01W2

Section 2: 8 Fridays, Mar 16-May 18 (except Apr 6 & 13), 12:15-1:15 pm, \$99/\$128/\$151 KSF5NIS02W2

Pricing is as follows: Pool and Health Club members/Community members/nonmembers

Tai Chi for Seniors

Karen 'Aiki' Kelly gently guides seniors through the ancient practice of Tai Chi.

16 Tuesdays, Jan 24-May 15 (except Apr 10), \$160/\$240/\$265

Beginner: 10:30-11:45 am KSF5NC01W2

Intermediate: 1:20-2:35 pm KSF5NC02W2

Advanced: 11:50 am-1:20 pm KSF5NC03W2

Taking Care of Your Eyes

What is glaucoma and how do you find out if you have it? What is age-related macular degeneration and what can you do to prevent or halt it? What is a cataract and when is it time for surgery? For answers to these questions and more, join **Dr. Hilla Steinberg**, ophthalmologist, for an informational session.

Wed, Mar 21, 2:30 pm, Free OALEYE00W2

Memory Matters: How to Improve Your Memory

This practical workshop will provide useful ideas and insights. Discover how to slow down, remember more, recall names and faces, and remember where you put your keys! With **Connie Gensen**, LMSW.

2 Tuesdays, Mar 6 & 13, 10 am-noon, \$20/\$30, OALMEM00W2

Bare Bones of Anatomy

Knowing how the muscles and joints of your feet, knees, hips, shoulders, back and neck interact will help you move more comfortably, feel better able to talk with your healthcare professionals, and function pain-free with **Linda Rose Iennaco**.

Tue, Apr 17, 7-8:30 pm, \$7/\$12 ACFBBA00W2

THE ARTS

Knitting Club

A club for all levels of knitting and crocheting. Exchange patterns, use your skills to help others, meet new friends, and schmooze while you work on your projects. Bring a friend, grandchild or relative, or come on your own. Facilitated by **Shelli Kwiat**. *Beginners bring size 10 knitting needles or size H crochet hook and yarn. Registration is ongoing, and walk-ins are welcome.*

17 Thursdays, Jan 5-Apr 26, 4-6 pm,
Free/\$28 OAAKNT00W2

Write Yourself

Each of us has a story to tell. Through a wide variety of creative writing exercises, begin to compose short stories, a memoir, poems, or a novel. Or just come and explore yourself through writing. *No experience is necessary.* Join **Janet R. Kirchheimer**, author of *How To Spot One of Us*, for these exciting sessions.

6 Thursdays, Feb 2-Mar 15 (except
Mar 8), 2:30-4 pm, \$90/\$110 OAAJAN00W2

New Composers Workshop

JCC Artist-in-Residence **Daniel Bernard Roumain** (known as DBR), Haitian-American innovative composer, performer, violinist, and band leader will teach participants of all ages how to turn numbers, words, and symbols into notational devices to score and perform your own composition. *No experience needed. (In fact, the less experience the better!)*

Sat, Feb 4, 3 pm, Free

Drama Group

Through prepared scenes and monologues, improvisations and theater games, and original writing, enhance creative skills, improve memory and concentration, boost self-confidence, and provide a positive group experience. With instructor **Scott Klavan**. *No prior theatrical experience required.*

10 Mondays, Feb 6-Apr 16
(except Apr 9), 10:30 am-noon,
\$85/\$95 OAADRM00W2



PREformances with Allison Charney: An Insider's First Listen to Great Music

Hear outstanding classical musicians as they prepare for upcoming performances around the world, in venues from Carnegie Hall to La Scala. Their first stop will be the JCC on the second Tuesday of every month for these welcoming and approachable concerts. Each event includes an array of singers, instrumentalists, and repertoire. *Visit jccmanhattan.org/performances for program details two weeks before each concert.*

3 Tuesdays, Feb 14, Mar 13, Apr 10,
12:30 pm, \$10/\$15/\$5 adults 60+,
per performance EAYPRE01-03W2

The Big Bupkis! A Complete Gentile's Guide to Yiddish Vaudeville

An evening of cheap jokes, magic, ukulele music, hypnotism, ventriloquism, transvestism, and a Yiddish bullfight poem. Giving nothing away, the show ends with an attempt to behead a volunteer from the audience. *In English and Yiddish (mostly English) with English supertitles.*

Sat, Feb 18, 8 pm or Sun, Feb 19, 3 pm,
\$15/\$20 EAYBIG01-02W2

The Grandeur of Grand Opera

Join **Tom Lewy** as he presents the grandest of the grand operatic tradition. Begin with Mozart's *Abduction from the Seraglio*, follow with Verdi's portrayal of the Spanish heroic troubadour in his *Il Trovatore*. Continue with Massenet's tragic heroine *Manon* and conclude with Puccini's masterpiece, *Tosca*. As always, stories and recordings of the composers and artists will be featured.

4 Tuesdays, Mar 6-27, 2-4 pm,
\$40/\$60 OAAOPR00W2

Concert with Commentary and Sing-along: This Is the Army Mister Jones! Songs of World War II

Welcome to WWII—food and fuel rations, Victory Gardens, the smell of creosote, the Andrew Sisters, Tokyo Rose—and some of the songs that were heard every day on the radio from this unique time of tearful farewells and happy homecomings. You might even want to go out and buy war bonds! With pianist and retired music professor **Shelli Kwiat**, PhD.

Thu, Mar 29, 1:30-3:30 pm,
\$8/\$12 OAA SHE00W2

ART OUTINGS AND TRIPS

Jerusalem: Land of Light and Promise at the Museum of Biblical Art

Known as the "Painter of Jerusalem," Ludwig Blum (1891-1974) immigrated to Palestine in 1923 from his native Moravia. A veteran of World War I and an academically-trained painter, Blum was a staunch Zionist who readily embraced Jerusalem as his new home and he portrayed Israel with an intimacy borne of love for his adopted homeland. Blum painted Jewish, Christian, and Muslim sites alike, largely devoid of religious overtones. *Meet at MOBIA, 1865 Broadway at 61st Street for a guided tour. Pre-registration required.*

Tue, Jan 10, 10:15 am, Free OATMOB00W2

Visit to the United Nations

Join us for a private behind-the-scenes tour of the UN including a visit to the General Assembly. We'll also view current art exhibitions as well as the collection of gifts from member nations. *Go through security and meet at the information desk in the lobby of the UN on First Avenue and 46th Street. Pre-registration required.*

Thu, Jan 26, 10 am,
\$20/\$25 OATUNN00W2

Hats: An Anthology by Stephen Jones at the Bard Graduate Center

This exhibit—a collaboration between the Victoria and Albert Museum in London and Stephen Jones, the world's foremost hat designer—features more than 250 historic and couture hats chosen with the expert eye of the master milliner. The curators have added an array of distinctive American hats and work by contemporary New York milliners. *Meet at the Bard, 18 West 86th Street, between CPW and Columbus. Pre-registration required.*

Thu, Feb 9, 11 am-noon,
\$10/\$12 OATBAR00W2

Next Stop: Grand Central Terminal!

In recent years, Grand Central has undergone a tremendous \$300 million dollar restoration and renovation. Learn the history and lore of this great landmark on a special guided tour and rediscover parts of Grand Central that have been lost for decades. Discover for yourself the legendary mysteries of the Whispering Gallery! *Meet inside the atrium at 120 Park Avenue across from Grand Central Station. Pre-registration required.*

Wed, Feb 29, 10:15 am-noon,
\$20/\$25 OATGCT00W2

Guided Tour of Central Synagogue

This congregation, renowned for its great beauty including 12 two-story stained-glass windows, dates to 1839. The original synagogue, was built in 1870, devastated by fire in 1998, then rebuilt and reopened in 2011. Don't miss this tour of one of the great synagogue sanctuaries in the world! *Meet at Central Synagogue, 123 East 55th Street. Pre-registration required.*

Tue, Mar 13, 2 pm, \$5/\$7, OATCEN00W2

SAVE THE DATE!

Bird Watching Tour in Central Park

Spring is an ideal time to see the variety of birds that are heading north after the winter. Come to bird watch in Central Park with an expert guide from the Audubon Society leading the way. *Meet at the entrance to the park on Central Park West and 72nd Street on the northeast corner. Pre-registration required.*

Tue, May 1 (Rain date: Tue, May 15),
8-10 am, \$20/\$25 OATAUD00W2



LEGAL + SAFETY MATTERS

Estate Planning: Revocable Trusts and Wills

Attorney **Clifford Meirowitz** will compare the strengths and weaknesses of a last will and testament and a revocable trust, and will explain the importance of power of attorney, health care proxies, and living wills. A question and answer period will follow. *Pre-registration is suggested.*

Thu, Feb 23, 6:30-8 pm,
Free/\$10 ACFLAW00W2

AARP Driver Safety

For adults of all ages, this class reviews rules of the road, special challenges for older drivers, and license renewal requirements. On completion of the class, insurance companies will give a 10% discount and the Department of Motor Vehicles will offer point reduction. Facilitated by **Sandra Robbins**. *Co-sponsored with AARP.*

Section 1: Sun, Feb 26, 10 am-6 pm,
\$19 for all OCLDRV01W2

Section 2: Sun, Apr 29, 10 am-10 pm,
\$19 for all OCLDRV02W2

The Rights of Tenants

Understand your rights for passing a rent-controlled or rent-stabilized apartment to children or grandchildren, subletting, and causes for eviction. Find out how much income you can have before your apartment is deregulated and how to get repairs if your landlord refuses to do them. With attorney **Justin Brasch**. *Pre-registration required.*

Thu, Mar 29, 6:30-8 pm,
Free/\$10 ACFTNT00W2

SUPPORT

Single Living

A group for seniors living on their own that focuses on life issues such as the challenges of aging, staying active, forming new relationships, socializing, and other topics of interest. Facilitated by **Dan Wallack**.

8 Wednesdays, Jan 11 & 25;
Feb 8 & 22; Mar 7 & 21; Apr 4 & 18,
2-4 pm, Free OAUWNG00W2

Women's Group

Daytime: Meet with other women to discuss issues of family, growing older, and other subjects of interest. Facilitated by **Hannah Kates, MA**. *Pre-registration required.*

10 Thursdays, Feb 2-Apr 5,
11 am-12:30 pm, Free/\$50 OAUWMN01W2

Evening: Meet with women who are considering retirement and dealing with important life changes as they approach this next stage of life.

10 Wednesdays, Feb 15-Apr 25 (except
Apr 11), 7-8 pm, \$50/\$60 OAUWMN02W2

Healthy Parents, Healthy You

Help Keep Your Parents (and Yourself) Healthy and Living Well as They Age

Join a multi-disciplinary panel of older adult specialists as they discuss ways for you to be proactive with your parents as you improve communication, build a consistent care and wellness plan, and coordinate shared ideals for living well now to avoid crisis later. Discover ways to help your parents age gracefully while you keep your sanity. *In collaboration with the Center for Health and Wellness. See the Health + Wellness brochure for other related programs.*

Thu, Mar 22, 7-9 pm, \$10/\$15 JFOPAR00W2

Next Steps

Bereavement Group

A peer support group for bereaved men and women who have been widowed for one year or more. Facilitated by counselors from the Widowed Persons Service. *A pre-group interview is required; contact Carola Chase at 212.787.7120, ext. 520. Co-sponsored with SPOP Inc.*

Date & Time TBD, Free OAUWPT00W2

Support Group for Grandparents with Grandchildren with Special Needs

Learn to deal constructively with the challenges that face families when a grandchild has special needs. Share with other grandparents the range of feelings and stressors that make up this unexpected journey. *Please note that this group is not limited to a grandchild of any specific age or diagnosis. For additional information contact Hannah Cohen at 646.505.4460 or hcohen@jccmanhattan.org.*

Dates and Times TBA,
\$125/\$130, HSRGSC00W2



DAYTIME LEARNING:

CLASSES GUARANTEED TO EDUCATE, STIMULATE, AND INSPIRE

What the Bible Says and What It Doesn't

Join **Rabbi Jeremy Rosen** as he continues his trek through that most challenging and fascinating book of Leviticus. You'll come away with a good foundation in ancient Judaism and a mind bending experience. Rabbi Rosen is a Cambridge grad, a PhD in philosophy, and ordained at the traditional Mir Yeshiva. *No previous knowledge of Bible or Hebrew required.*

10 Mondays, Jan 23-Mar 26, 1:30-3 pm,
\$150/\$175 JLSBIB00W2

Women Read the Bible and Other Texts

Enjoy this participatory learning environment where women study biblical and rabbinic texts guided by **Rabbi Dianne Cohler-Esses**, master teacher and formerly scholar-in-residence at UJA-Federation. Newcomers always welcome!

10 Thursdays, Jan 26-Mar 29,
9:30-11 am, \$140/\$150 JLSWOM00W2

Divine Presence Hidden and Revealed: The Books of Ruth and Jonah

Ruth and Jonah are lively stories yielding multiple interpretations. Ruth depicts women struggling to survive in a world dominated by men and God does not speak, while in Jonah, God controls events through words and deeds, moving from defiance to compliance to anger, with no resolution. Wrestle with the differences in these stories with **Phyllis Tribble**, renowned Bible scholar, professor emerita at Union Theological Seminary and professor of biblical studies at Wake Forest University School of Divinity.

6 Wednesdays, Jan 25-Feb 29,
2-3:30 pm, \$90/\$100 JLSTRI00W2

From the Headlines: Conversations about Current Jewish Issues

Join a lively discussion on compelling subjects in contemporary Jewish life including bio-ethics; evolution and creationism; gender and sexuality; workers' rights and the slave trade; identity and continuity, and more! Led by **Renée Septimus**, social worker and experienced educator, who blogs for kveller.com, and whose work has been featured in various publications.

6 Thursdays, Feb 2-Mar 8, 1:30-3 pm,
\$50/\$60 JLSSTOP00W2

American Stories: A Class for Lovers of Literature

During the period of heightened industrialization from the late 19th through the mid-20th century, WWI, immigration, urbanization, the women's movement, and the Harlem Renaissance, the nature of American life was utterly changed. Join **Dr. Ann Schwarz**, one of the JCC's most admired teachers, to explore depictions of "modern" America. Film excerpts will enhance reading. Authors may include Bernard Malamud, Harper Lee, Maya Angelou, Toni Morrison and Willa Cather. *Please read Nella Larsen's Passing for the first class.*

6 Thursdays, Mar 15 & 29,
Apr 12 & 26, May 10 & 24, 11:15 am-1 pm,
\$90/\$100 JLSANN00W2

makom

the center for meditation + spirituality

Discover a remedy for stress in Makom, our seventh-floor meditation space. Come to the JCC and meditate, contemplate, or explore your spiritual self with Makom's classes and workshops.

SPECIAL MAKOM MEDITATION HOURS for JCC members

Makom is open every Monday and Wednesday from 1-2 pm, just for you.



SPECIAL EVENT

Annual Day of Kabbalah!

The Zohar: Words To Live By

Our featured speaker this year will be Daniel Matt. Danny was chosen to translate and annotate the Zohar into English and so far has completed six volumes of *The Zohar: Pritzker Edition*, which has been called "a monumental contribution to the history of Jewish thought." Co-sponsored by Rabbi Naftali Citron and *the Carlebach Shul* and Mark Pearlman of *JInsider.com*.

Sun, Jan 29, 9:30 am-5 pm, \$45 in advance/\$60 at the door MAKDAY00W2

Finding the Queen Within A Pre-Purim Program for Women

An exciting opportunity for women to discover how to access their inner beauty and let it shine! This is a multi-dimensional creative experience of art, song, movement, and meditation. *For women of all ages and stages. Light food included!*

Thu, Mar 1, 6-9 pm, \$18 for all MAKPUR00W2



Haggada-thon: A "Spirited" Pre-Passover Experience!

Make this year different from all other years! Learn about wonderful haggadahs and meet the authors, taste yummy samples of special seder foods, see beautiful ritual objects to adorn your table, and learn ways to prepare yourself spiritually for the experience! *Part of the JCC Pre-Passover Preparation series.* Co-sponsored by *JInsider.com*.

Sun, Mar 25, 10 am-1 pm, Free MAKHAG00W2

10 YEARS

The Jew in the Lotus A View of Contemplative Practice in Jewish Life

In 1990, a group of Jewish leaders went to India to spend time with the Dalai Lama. What emerged was a best selling book, a film, and a sea change in the landscape of contemporary Jewish life. The film will be shown, followed by a conversation about what has emerged. *In collaboration with the Center for Health + Wellness.*

Date TBA, 7 pm,
\$12/\$15 for all MAKJIL00W2



Meditation: A Tool for Awakening Courage, Faith, and Compassion with Sharon Salzberg

Focus on practical techniques that help us go beyond constricting habitual patterns like fear and denial, and transform our worldview from one of isolation and confusion to one of connection, clarity, and compassion. Learn to open to a power of faith and courage based on seeing things just as they are.

Thu, Apr 19, 7 pm, \$15 for all MAKSHA00W2

EVERYDAY MEDITATION

Bring meditation into all aspects of your life. Discover a healthier, calmer, less stressed, and more caring you! *If you have questions about starting a meditation practice, call Susie Kessler at 646.505.5726.*

Learn To Meditate!

Join members of the Makom faculty to learn the basics of meditation, understand what it means to develop a practice, and still have time for questions. *Part of the Mind Matters series in collaboration with The Center for Health + Wellness. See the Health + Wellness brochure for other related programs.*

Session 1: Introduction to Mindfulness-Based Stress Reduction, Thu, Feb 2

Session 2: Introduction to Mindfulness Meditation, Tue, Mar 13

7-9 pm, \$12/\$15 per session
MAKINT01-02W2

Daily Drop-in Facilitated Meditation

Join our gifted meditation teachers every weekday morning and four afternoons a week in our beautiful Makom space for gentle instruction, sitting practice, and Q&A. *No registration necessary. Free for all, but contributions suggested.*

Faculty: Jon Aaron, Rachel Cowan, Linda Thal, Shalom Gorewitz, Sheila Lewis, Larry Schwartz, Jonathan Slater, and Bernice Todres.

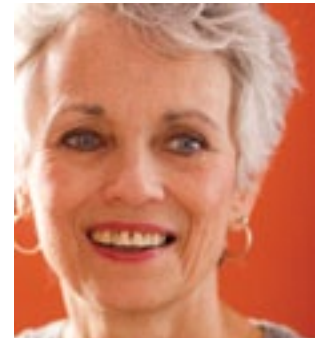
Mon-Fri, ongoing (except holidays), 7:30-8:30 am

Mon-Thu, ongoing (except holidays), 5:45-6:45 pm

More on Mindfulness with Bernice Todres

Mindfulness is about being fully awake in our lives. Continue the journey of learning to transform your everyday life from moment to moment.

4 Tuesdays, Jan 10-31, 9-10:30 am,
\$105/\$110 MAKBER00W2



The Zen of Building and Maintaining a Meditation Practice

with Nancy O'Hara

Join this author, teacher, and Zen life coach to learn how to establish and maintain a daily practice—your key to serenity. Sitting in silence, walking meditation, mindful listening, spiritual literature, and sharing experience are all part of the sessions. Beginners or experienced meditators, everyone is welcome. *Part of the East Meets West series in collaboration with The Center for Health + Wellness. See the Health + Wellness brochure for other related programs.*

Session 1: 4 Mondays, Jan 30-Feb 27 (except Feb 20), 7:30-9 pm, \$75/\$85
MAKNAN00W2

STRESS FREE LIVING

These programs are designed to bring peace and mindfulness into your everyday life and are in collaboration with The Marti Ann Meyerson Center for Health and Wellness. See the *Health + Wellness brochure* for other related programs.



Surviving the Rollercoaster of Life

A Book Event with Allan Lokos
Living through the ups and downs of life requires a substantial depth of patience. Allan Lokos, the guiding teacher of the Community Meditation Center, and author of *Pocket Peace*, now brings ancient and modern wisdom together for a practical approach to cultivating patience in our lives. *His new book, Patience: The Art of Peaceful Living, will be for sale.*

Tue, Jan 31, 7 pm, \$10/\$12 MAKLOK00WZ

Peaceful Parenting: Mindfulness Meditation for Parents

Drop off the kids and join us! Try starting your week meditating with a group—a truly powerful and bonding experience. Includes discussion about meditation, a guided meditation, and time for Q&A. Beginners to more experienced meditators—all are welcome. *Sponsored by the JCC Keshet group, JCC nursery parents and alumni. No registration required.*

6 Mondays, Jan 23–Mar 5
(except Feb 20), 9:15–10 am,
\$5 suggested donation per class
MAKPAR01-06WZ

Bringing Mindfulness and Compassion to Chronic Pain With Elaine Retholtz, MS, L.Ac.

With chronic pain we are often living and struggling with the pain of the condition as well as the suffering caused by the way we think about and react to the discomfort. Learn basic, simple skills for meeting our pain with mindfulness, kindness, and compassion, offering the potential to transform our experience.

Sun, Mar 11, 10 am–1 pm, \$25/\$30

Mindfulness-Based Stress Reduction (MBSR)

**Full 8-week Course with
Elaine Retholtz**

Instruction in mindfulness meditation, gentle yoga, group dialogue, and daily practice support materials to help deal with stress, chronic illness, or pain. Based on the renowned program developed by Jon Kabat-Zinn at the University of Massachusetts Medical Center. *For more information, call 646.505.5726. Co-sponsored by NY Insight Meditation Center.*

Evening Session: 8 Wednesdays,
Jan 25–Mar 21 (except Mar 7), 7–9:30 pm

Evening Orientation (required):
Wed, Jan 18, 7 pm MAKMSR01WZ

Morning Session: 8 Thursdays,
Jan 26–Mar 22 (except Mar 8),
9:30 am–noon

Morning Orientation (required):
Thu, Jan 19, 9:30 am MAKMSR02WZ

All-Day Class (included for
participants of both sections):
Sun, Mar 4, 10 am–5 pm

\$350 JCC and NY Insight members/
\$375 nonmembers

MBSR for Performers with Jon Aaron

new! Musicians, dancers, and actors are presented with a unique set of conditions that can lead to stress and anxiety. Through practices learned in this class, students will develop an awareness of options available when these stressors present themselves.

8 Tuesdays, Feb 28–Apr 24, 1:30–3 pm,
\$350/\$375 MAKMSJ00WZ

Required Orientation:
Tue, Feb 21, 1 pm

All-Day Class (included):
Sun, Apr 1, 10 am–5 pm

Monthly Mindfulness- Based Stress Reduction Practice Group

**led by members of the
NYC MBSR Teachers' Collaborative**

new! Get support in reconnecting, maintaining, or deepening your mindfulness practice, and explore opportunities to cultivate mindfulness in everyday life. *For alumni of any MBSR program.*

4 Sundays, Jan 15, Feb 19, Mar 18,
Apr 15, 5:30–7:30 pm, \$20 per session
MAKREF01-04WZ

Get a Good Night's Sleep! with Bernice Todres

Getting a night of restful sleep can be difficult for many of us, particularly in these difficult times. Bernice Todres has been helping people use the techniques of mindfulness meditation to address this challenging issue for many years.

Thu, Mar 1, 7–9 pm, \$15/\$18 MAKSLP00WZ

An Evening of Lovingkindness Meditation

Learn this simple and beautiful practice and use it daily to open your heart, reduce stress, increase your sense of security, and cultivate a connection to all beings. *Part of the Open Your Heart series in collaboration with the Center for Health and Wellness. See the Health + Wellness brochure for other related programs.*

Mon, Feb 13, 7–9 pm,
\$12/\$15 MAKLOV00WZ



Reiki and Self Care: A Monthly Reiki Clinic with Pamela Miles

Reiki is a gentle, balancing, spiritual healing practice offered through light touch to a fully clothed recipient. Experience a 30-minute Reiki session at 7 or 7:30 pm. *(Please call 646.505.5726 to schedule your time). If you are a Reiki student/practitioner interested in sharing and receiving Reiki, please arrive at 6:20 pm and stay until 9.*

3 Thursdays, Jan 5, Feb 2, Mar 1,
7–8:30 pm (6:20 pm arrival for
practitioners), \$20 for all per session
MAKREI01-04WZ

Refresh, Balance and Manage Your Energy with Sheila Lewis

Experience wisdom traditions and healing meditations that cultivate an awareness of mind and body. Learn to set health and healing goals and explore techniques that will refresh, balance, and manage your energy so that you can build an ongoing self-healing practice.

4 Thursdays Jan 26, Feb 23, Mar 22,
Apr 26, 7–8:30 pm, \$15 per session
MAKHEA01-04WZ

NURTURE YOUR SPIRIT

Programs designed to increase your awareness and expand your consciousness. In collaboration with The Marti Ann Meyerson Center for Health and Wellness. See the *Health + Wellness brochure* for other related programs.

Conscious Awareness: The Teachings of Yemima Avital

Acquire tools to allow a shift in perspective, an expansion of thought, and an ongoing process of personal growth. Yemima's teachings are popular in Israel and around the world. *Class is taught in Hebrew by Smadar Taub.*

10 Tuesdays, Jan 24–Apr 3
(except Feb 21), 9:30–10:45 am,
\$200/\$210 MAKYEM00WZ

Conscious Awareness in English!

6 Mondays, Jan 23–Mar 5
(except Feb 20), 9:30–10:45 am,
\$120/\$130 MAKYEM00WZ

JCC Drum Circle with Shoshana Jedwab

Play in the 'soundbox' and join in the pure fun! Enjoy sharing rhythm with others, and discover the enchantment of percussion with facilitator and educator Shoshana Jedwab. *For all ages. No experience necessary!*

4 Thursdays, Jan 19, Feb 16, Mar 15,
Apr 19, 8 pm, \$10/\$12 per session
MAKDRM01-04WZ

A Dreamwork Group for Women

Learn to remember dreams, understand their healing capacities, and uncover aspects of your emotional and spiritual life. Enhance your understanding by using art and other modalities. *With Smadar Taub, LMHC, MA. No artistic skill necessary, only a willingness to be playful and explore!*

8 Tuesdays, Jan 31–Mar 27
(except Feb 21), 11:30 am–1 pm,
\$200/\$210 MAK SMA00WZ



Sing Your Soul!

Monthly Jewish Chant Circle

new! Chanting is the melodic and rhythmic repetition of a sacred phrase. For many, Jewish chanting has become an important method of opening the heart, quieting the mind, awakening inner wisdom, and viscerally embodying the words of our tradition. Led by Eva Sax-Bolder and Rabbi Susan Mitrani-Knapp (students of Shefa Gold).

3 Sundays, Feb 12, Mar 11, Apr 22,
4-6 pm, \$10 per session MAKEVA01-3W2

Yoga for the Jewish Spirit with Shelley Levine

Connect body, breath, and heart to the spiritual dimension of the Jewish calendar. Through teachings, yoga poses, chanting, and breath techniques, we'll explore and deeply experience the themes of Tu B'Shevat, Purim, and Passover. *Geared toward those with yoga experience but all are welcome. Wear loose clothing.*

3 Thursdays, Feb 16, Mar 15, Apr 19,
7:15-8:30 pm, \$10/\$12 per session
MAKSHL01-03W2

Jewish Prayer Dance: Pray with Your Body

Led by Rabbi Neal Kauner
Begin the new week by expressing Jewish prayer through dance. Learn simple prayerdance movements to prepare for free style dancing, inspired by spiritually elevating recorded Havdallah Jewish prayer music, both meditative and ecstatic.

Sat, Mar 24, 8:30-10:30 pm, \$10/\$12
MAKJPD00W2

Makom appreciates your involvement and encourages your support—both spiritual and financial. Your contributions will help sustain our daily free meditation program. Please call Susie Kessler at 646.505.5726 to discuss.

JEWISH MEDITATION AND MYSTICISM



Monthly Jewish Meditation

with Rabbi Naftali Citron
Join us once a month as Rabbi Citron from the Carlebach shul leads us in various types of Kabbalistic and Hassidic meditation. Using chant, visualizations, and guided meditations, discover a profound path to your own soul's alignment and to cultivating a connection to the power of Divine love and compassion.

4 Mondays, Jan 23, Feb 27, Mar 19,
Apr 23, 7:30-9 pm, \$15 per evening
MAKNAF01-4W2

Soul Expansion: A Jewish Meditation Workshop with Neria Cohen

Using guided meditation, explore and expand the five levels of your soul. Begin with expansion of consciousness through the body (*nefesh*); awaken compassion in your emotions (*ruach*); focus your thoughts through Torah-based mantras (*neshamah*); travel to the level of desire and unity (*chayah* and *yechidah*) where we are all one. *In collaboration with The Center for Health and Wellness. See the Health + Wellness brochure for other related programs.*

Sun, Feb 26, 10 am-1 pm, \$25/\$30
MAKNER00W2



The Path to Inner Freedom with Rabbi Yoel Glick

An evening of spiritual

preparation for Passover with this amazing spiritual teacher who is visiting the US from Israel.

Tue, Mar 20, 7 pm,
\$15 for all MAKYOE00W2

Support for Makom programs is provided, in part, by the Pareto Pearlman Family Foundation and other friends of Makom.

support



There is no need to struggle alone with life's major challenges, especially during these difficult times. We're here to support you and help you find the resources you need.



Our partner, the Jewish Board of Family and Children's Services (JBFCs), is a diverse network of a wide range of social service programs for people of all religious, ethnic, and economic backgrounds. Visit jbfc.org or call 212.582.9100 for more information.

SPECIAL EVENTS



I'm Not Alone A Documentary Film for Breast Cancer Awareness

When CUNY TV producer Sara Porath was diagnosed with breast cancer, her thoughts were filled with confusion, helplessness, and fear. She dealt with the news the way she knows best—by using film to turn her private journey into public education. *Screening followed by a discussion with Sara and others. Co-sponsored by St. Luke's Roosevelt Breast Center and the Marti Ann Meyerson Center for Health and Wellness.*

Wed, Feb 15, 7 pm, Free SSBSAR00W2



Facing the Unthinkable: Coping with the Terminal Illness of your Animal Companion

While intellectually we all know that life is finite, accepting this truth can be unbearably difficult, and the varied emotions that inevitably arise hard to manage. April Moser will offer guidance, support, and information to help you make the best decisions for your animals and yourselves at this time.

Wed, Feb 15, 6:30-8 pm, Free
SSBPET00W2

Healthy Parents, Healthy You

Help Keep Your Parents (and Yourself) Healthy and Living Well as They Age

Join a multi-disciplinary panel of older adult specialists as they discuss ways for you to be proactive with your parents as you improve communication, build a consistent care and wellness plan, and coordinate shared ideals for living well now to avoid crisis later. Discover ways to help your parents age gracefully while you keep your sanity. *In collaboration with the Center for Health and Wellness. See the Health and Wellness brochure for other related programs.*

Thu, Mar 22, 7 pm, \$10/\$15 JFOPAR00W2



Sibling Strife: When Adult Brothers and Sisters Cannot Be Friends

Sibling expert and psychotherapist Dr. Jeanne Safer brings a fresh perspective to problems siblings face, including dealing with aging parents, how childhood rivalries continue to haunt us, as well as how to determine if reconciliation is possible or desirable.

Wed, Feb 29, 7 pm, \$10/\$12 ACFsIB00W2



BEREAVEMENT

If you have recently lost a parent, spouse/life-partner, sibling, or child, please call our colleagues at The Shira Ruskay Center of JBFCs at 212.632.4608. Their trained professionals will help you join an 8-week Jewish bereavement support group or tell you about ongoing monthly support groups, depending on your needs. These groups provide comfort, emotional and spiritual support, as well as practical coping strategies for those suffering from loss. Calling this number will also provide you with all location and cost information as well as any additional referral information that might be helpful.

M'kom Shalom: A Place of Peace

Monthly meetings for Jewish survivors of a close one's suicide. For information and location, call Rabbi Simkha Y. Weintraub, CSW, at 212.632.4770. Co-sponsored by The NY Jewish Healing Center.

4 Wednesdays, Jan 11, Feb 8, Mar 14, Apr 11, 6:30-8 pm, Free

Empty Chair at the Seder: A Night of Remembrance and Renewal

Holidays are difficult times for those who are missing their loved ones. Join other bereaved Jews as we find meaning and comfort together. Please RSVP to Kristen Smith at 212.632.4608. Co-sponsored by The Shira Ruskay Center of JBFCs.

Tue, Mar 20, 6:30-8 pm, Free

DEALING WITH ILLNESS

Ongoing groups for those who are ill, support groups for caregivers and family members, and special fitness and wellness programs for those with cancer and chronic illness.

Sustaining Our Spirits

A group for Jews living with chronic physical illnesses. Draw on each other and on Judaism's spiritual resources and traditions for strength, guidance, hope, and solace. Please call Rabbi Simkha Y. Weintraub, LCSW, at 212.632.4770 to register and for location information. Sponsored by JBFCs.

8 Mondays, Jan 2 & 16, Feb 6 & 20, Mar 5 & 19, Apr 2 & 16, 3:30-5 pm,

Suggested contribution:
\$18 per meeting

If a Relative Has Alzheimer's: Support Groups for Family Caregivers

Adapting to the deterioration of a family member's ability to remember, reason, and relate becomes more bearable when shared with others experiencing the same loss. You must call 347.227.7635 or 646.823.6324 to join. Co-sponsored by the NYC chapter of the Alzheimer's Association.

6 Thursdays, Jan 5 & 19, Feb 2 & 16, Mar 5 & 19, Apr 2 & 16, 6:30-8 pm, Free

Reiki and Self-Care A Monthly Clinic with Pamela Miles

Reiki is a gentle, balancing, spiritual healing practice offered through light touch to a fully clothed recipient. Experience a 30-minute Reiki session at 7 or 7:30 pm. Call 646.505.5726 to schedule your time. If you are a Reiki student or practitioner join us to both share and receive Reiki in this supervised clinical setting. Plan to arrive at 6:20 and stay until 9 pm.

3 Thursdays, Jan 5, Feb 2, Mar 5, 7-8:30 pm, \$20 per session for all MAKREI01-04W2

8-Week Course in Mindfulness-Based Stress Reduction (MBSR*)

Instruction in mindfulness meditation, gentle yoga, group dialogue and inquiry, along with daily practice support materials to help deal with stress, chronic illness, or pain. With Elaine Retholtz, MBSR teacher and acupuncturist in private practice. For more information, call 646.505.5726. Co-sponsored by NY Insight Meditation Center.

Evening Session: 8 Wednesdays, Jan 25-Mar 21 (except Mar 7), 7-9:30 pm, MAKMSR01W2

Orientation (required):
Wed, Mar 18, 7 pm

Morning Session: 8 Thursdays, Jan 26-Mar 22 (except Mar 8), 9:30 am-noon, MAKMSR02W2

Orientation (required):
Thu, Mar 19, 9:30 am

All-Day Class (included for participants of both sections):
Sun, Mar 4, 10 am-5 pm

\$350 JCC and NY Insight members/
\$375 nonmembers

Overwhelmed by Stress?

Check pages 26-30 for classes in meditation at Makom (the JCC program for meditation and spirituality) and other stress-reducing programs at The new Marti Ann Meyerson Center for Health + Wellness.

*What is MBSR?

Becoming more 'stress-hardy' can lead to better life-long health. The MBSR program, developed at the University of Massachusetts Medical center by Jon Kabat-Zinn, integrates mindfulness meditation (moment-to-moment, non-judgmental awareness) with a profound level of inquiry into its relevance to daily life. MBSR can bring changes in physical and psychological symptoms, greater energy, improved self-esteem, and increased ability to cope with pain and stress.

FREE Exercise Classes at the JCC for Those with Cancer

Healing Yoga for Women with Breast or Ovarian Cancer; Yoga Moves-Yoga for Women with Cancer; Movin' On Aerobics for Women with Breast Cancer; Renewal: A Water Exercise Program for Women with Breast Cancer; Yoga for Men Who Are Cancer Survivors; Therapeutic Yoga for Cancer and Chronic Illness. Co-sponsored by The Comprehensive Breast Center of St. Luke's Roosevelt Hospitals. To register, call 212.523.7275. For more information, see the JCC Health + Wellness program brochure.

Have you or a family member been recently diagnosed with Parkinson's Disease?

See details of our wonderful partnership program with NYU in the JCC Health + Wellness program brochure.

OTHER ADULT GROUPS

For Parents of Estranged Adult Children

Receive support from others, gain understanding, and share strategies for coping and seeking ways to resolve a painful family rupture. With Elma Denham, CSW, senior consultant at JBFCs.

6 Wednesdays, Mar 14-Apr 25 (except Apr 11), 6:30-8 pm, \$60/\$70 SSOESP00W2

Support Groups for Parents, Families and Friends of LGBTQ People

See page 13 for more information.

RECENTLY SEPARATED OR DIVORCED

The following programs are co-sponsored by the Jewish Board of Family and Children's Services. For additional resources for those recently separated/divorced or single parents, call 212.632.4732.

Divorce Support Groups

Professionally facilitated 7-session groups forming regularly to discuss steps in mourning, rebuilding self-esteem, handling stress and depression, moving away from disappointment, dealing with family members, and dating again. Call 212.632.4732 to join a newly forming group. Co-sponsored with the congregations on the Upper West Side.

\$125 JCC & Upper West Side congregation members/
\$150 nonmembers



For other wonderful family programs and events, parenting classes and workshops, and information on programs and support for special needs children and their parents, see our *Children + Families program brochure*.

Navigating the Difficult Aftermath of Divorce

An Evening for 40's + 50's

The time after a divorce or separation is filled with feeling of loss, anger and depression. Join marriage and family therapist Juliana Neiman, MA, to discuss the initial stages and painful feelings in the immediate aftermath of a divorce or separation and what steps you can take to move on and reconstruct your life.

Sun, Jan 22, 3 pm, \$10/\$15 SDSJUL00W2

Talking to Kids about Divorce

Join a discussion with Dr. Sharon Kozberg, child psychologist and expert on children and divorce. Learn good ways to talk to the kids and answer their tough questions in ways that are both honest and comforting.

Thu, Feb 9, 7 pm, \$12/\$15 SDSKID00W2

GPAC: THE GENESIS PROJECT FOR SINGLE-PARENT FAMILIES

Share common concerns with other single-parent families at GPAC meetings. Meetings start at 6:30 pm sharp. *Childcare available for children over 3. Dinner provided for all. Pre-registration is required for all GPAC programs by calling 212.632.4732.*

GPAC Meeting: Communicating with the Kids

Discuss the challenges and share strategies with other single parents for helping the kids talk about their feelings in a constructive way. Learn skills to help the kids say what's on their minds, ways to encourage their questions, and special techniques for answering the tough ones.

Mon, Feb 6, 6 pm drop-off; 6:30 pm parent meeting, \$10 per family SSPGPC01W2

GPAC Meeting: Health and Fitness for the Single Parent

Learn new ideas for staying fit, getting more energy, and looking good when you have limited time and money to spend on yourself. Followed by our annual Purim parade and party!

Wed, Mar 5, 6 pm drop-off; 6:30 pm parent meeting, \$10 per family SSPGPC02W2

GPAC Baby: For Single Moms with Children under 3

Bring your baby with his/her blanket and a favorite toy. Meet other single moms and have an informal discussion about parenting and child development. *Light dinner provided.*

Wed, Feb 15, 6-7:30 pm, \$10 per family SSPGPB00W2

Sunday with the GMEN!

Single parents are invited to bring their kids for an afternoon with the GMEN, our wonderful JBFCs/UJA/JCC volunteers and staff. The children play games and have pizza while parents take advantage of some well deserved free time. *Space is limited; RSVP is required; call 212.632.4732.*

Date TBA 3-5 pm, \$10 per family SSPMGN00W1

Mental Health Counseling at the JCC

Individual, family, and group counseling during daytime and evening hours through the auspices of JBFCs. *Call 646.505.4488 for an appointment.*

Adaptations and Connections: The Life Skills Network at the JCC

For young adults needing special support to achieve their goals.

See pages 14-15.

Support programs are made possible by a generous gift celebrating the lives of Ethel and Paul Diamond and Etta and Hy Peckeroff. Additional support is provided by the NYC Department of Community and Youth Development and City Council Member Gale Brewer.

Additional Resources

JBFCs Support

Mental Health Services

Manhattan West/Greenberg Counseling Center offers comprehensive evaluations, short- and long-term treatment for children, adults, and group treatment. *Call 212.632.4700.*

Learning Resource Network (LRN)

Guidance, consultation, and referral services for parents, educators, and therapists about learning and child development. *Call 212.632.4665 or e-mail lrn@jbfc.org.*

Loss and Bereavement for Children and Adolescents

Professionally run groups and opportunities to deal with the impact of the loss in a supportive, structured setting. *Call 212.632.4692.*

Shira Ruskay Center: Care for the Seriously Ill

Our social workers and chaplains offer guidance and counseling, information and referral, and practical help to individuals and families. *Call 212.632.4608 or visit www.shiraruskay.org.*

Doula To Accompany and Comfort

Training volunteers who provide companionship, comfort and practical support for those whose life expectancy is 18 months or less. *To become a doula, or to request a doula, call 212.632.4768.*

Caregiver Support

If you are a spouse, sibling, or adult child caring for an older person with a serious illness or physical/cognitive limitations, we can help you find supportive programs or services that you need. *Call Rabbi Stephanie Dickstein of the Shira Ruskay Center, 212.632.4726.*

JACS: Support for Jews in Recovery and Confronting Substance Abuse

Group meetings, spiritual days and retreats, teen programs, and training and consultation for clergy and lay leaders. *Call 212.632.4600.*

NYC Self-Help Center

Free, confidential telephone information and referral to people seeking self-help/mutual support groups that meet for a wide variety of concerns throughout the five boroughs. *Call 212.632.4709.*

Community Resources

J11-The UJA-Federation of New York Resource Line

For information about the health and human service agencies in the Federation network providing assistance to the community. *Call 1.877.UJ.NYJ11 (1.877.852.6951).*

Interfaith Relationship?

Looking for information, advice, referrals, or counseling, call Rabbi Carol Levithan at 646.505.4405.

Visiting Chaplain Service (VCS)

Dealing with illness, loneliness, isolation or loss? Schedule a confidential visit in your home, hospital room, hospice, or assisted living facility. *Call Rabbi Schreiber at 212.362.3537.*

Mollie and Jack Zicklin Jewish Residential Hospice

Warm and comprehensive end-of-life care in a Jewish setting. Affiliated with UJA-Federation of New York and operated by Metropolitan Jewish Health Systems. *Call 212.420.3370, ext. 300.*

Family Violence Hotline

Abuse can be emotional, physical, or sexual. You don't have to live with it. Callers can remain anonymous. *Call 718.237.1337.*

Pregnancy Loss Support Program: Telephone Counseling

Telephone counseling and facilitated 6-session support groups with others who have 'been there.' Support services for those pregnant after a loss. National Council of Jewish Women-New York Section, 820 Second Avenue. *Call 212.687.5030, ext. 28.*

Ametz Adoption Program: Jewish Child Care Association

For those adopting privately (domestically or internationally). *Call 212.558.9949.*

Compassion and Choices of New York

Information, support and advocacy to terminally ill patients and their families. *Call 212.561.9175 or visit www.compassionandchoicesofny.org.*

Plaza Jewish Community Funeral Chapel

A not-for-profit chapel located on the Upper West Side representing all streams of Jewish life and practice. *Call 212.769.4400.*

Ackerman Institute for the Family

Family therapy for a wide variety of concerns. *Call 212.879.4900.*

Westchester Jewish Community Services

Workshops, support groups, events, healing services, and more. *Call Rabbi Pamela Wax, 914.949.7699, ext. 321, or e-mail pwax@wjcs.com.*

The JCC is privileged to participate in Connect to Care, UJA-Federation of NY's community-wide response to those affected by the recent economic downturn. The JCC hosts a number of free programs in partnership with the Jewish Board of Family and Children's Services, a lead agency of the Connect to Care initiative. **To get individual free assistance, and for information on free workshops at other locations, consultation, counseling, and referral, call the Manhattan Connect to Care Center at 212.632.4602, or visit jbfcs.org/connect-to-care.**

**Why You in 30 Seconds:
 Refining Your Pitch for
 Career Transition**

With Robyn Barsky

Practical strategies for communicating why you should be hired, retained or promoted.

2 Mondays, Feb 6 & 13, 7-8:15 pm

 **The New Economy:
 The Ins and Outs of
 Budget Management**

Learn the basics of monthly budget preparation as well as preparing for emergencies.

Thu, Feb 16, 6:30-8 pm

 **3rd Annual Job Fair**

Access recruiters with actual job openings. There will be opportunities to network and some additional workshops.

Wed, Mar 21, 9:30 am-1:30 pm

 **From Oppression
 to Freedom:**

**Passover Themes to Support Our
 Journey toward Re-employment**

Discover tools for sustaining hope and building resilience. With Rabbi Simkha Y. Weintraub, LCSW.

Tue, Apr 3, 2:30-4 pm

 **Support Group for
 Women Impacted by
 the Economic Downturn**


For mutual support, brainstorming, inspiration and more, as you work on next steps. Call 212.632.4602 or e-mail connect-to-care@jbfcs.org.

 **Job Buddies**

For information about a new group that is forming, call 212.632.4602 or e-mail connect-to-care@jbfcs.org.

 Jewish Board of Family and
 Children's Services

 Employment & Career
 Transition Services

 New York Legal Assistance
 Group's Legal and Financial
 Counselors

To secure a free space in the following JCC classes you must pre-register by calling 212.632.4602.

Excel with Excel!

Learn to design a spreadsheet to manage your address book, your budget, and your investments.

6 Sundays, Jan 29-Feb 26, 3-5 pm

**Surviving the
 Rollercoaster of Life**

Ancient and modern wisdom come together for a practical approach to cultivating the art of patience.

Tue, Jan 31, 7 pm

Get a Good Night's Sleep

Learn to use mindfulness meditation for better sleep.

Thu, Mar 1, 7-9 pm

The Rights of Tenants

Passing an apartment to family, causes for eviction, laws around deregulation, repairs/issues, and more.

Tue, Mar 6, 6:30-8 pm

Self Parenting 101

What would your life be like if you treated yourself as if you were someone you loved?

2 Wednesdays, Mar 14 & 21, 6:30-8 pm

**Estate Planning:
 Revocable Trusts and Wills**

Compare the strengths and weaknesses of both; understand power of attorney, health care proxies, and living wills.

Tue, Mar 27, 6:30-8 pm

**Design Your Life
 with Feng Shui**

Simple, inexpensive solutions to improve your space, cultivate who you are, and receive positive energy.

Tue, Apr 24, 7:30-9 pm

Lovingkindness Meditation

Learn this simple practice. Use it daily to open your heart, reduce stress, and cultivate compassion.

Mon, Feb 13, 7-9 pm



Listen for a change

ma'yan

Ma'yan is a nonprofit research and education incubator focused on the cultural challenges and identity issues facing Jewish girls in contemporary society. Through research, innovative programming, and community events, we work with these girls, their parents, and their educators to provide resources that help all youth grow into critical, curious, and committed global citizens.

**Panel Discussion:
 Perspectives on
 Sex Education**

How can feminist and queer perspectives inform our thinking about sex education in the Jewish community? Join us to hear a range of voices discuss their insights.

Co-sponsored by Ma'yan and The JCC in Manhattan's LGBTQ program department.

Wed, Mar 14, 6:30 pm, Free

**Ethical Discipline
 Pippi Kessler,
 Program Director, Ma'yan**

Learn how to modify behavior and set limits using techniques that encourage self-moderation and cooperation between adults and young people. Discipline doesn't need to be a struggle. Whether you interact with young people as a parent or educator, you'll learn concrete strategies to help them grow to be successful adults.

Thu, Jan 12, 6:30 pm, Free

This spring, Ma'yan's Research Training Interns will present the findings of their research project, "Who is Served by our Community Service?" Watch for updates on Mayan.org!

Ma'yan is made possible by a generous donation from The Dobkin Family Foundation.

**Keshet Training Institute
 for Jewish Educators and
 Communal Professionals**

This intensive, two-day training will provide you with tools to respond to homophobic, transphobic, and sexist behavior, explore strategies for countering bullying and intolerant language in Jewish schools and youth programs, and teach specific skills and techniques to create LGBT inclusive Jewish environments. To register, visit KeshetOnline.org. Co-sponsored by Ma'yan and other community supporters.

Tue & Wed, Mar 27 & 28, 8:30 am-6 pm, \$180 per attendee
 Bring additional staff from your organization and each additional person receives a 20% discount.

**From the Margin to the
 Mainstream: Researchers
 Look at Bat Mitzvah Today**

In less than a century, the ritual Bat Mitzvah has grown from a radical experiment to a near-universal rite of passage for Jewish girls in America. An exhibit presented in March and April at The JCC in Manhattan by Moving Traditions examines this rich history. But what do we know about Bat Mitzvah as it exists for the tens of thousands of girls who experience it today? Join Ma'yan and other researchers, as they examine the contemporary Bat Mitzvah from multiple perspectives, including findings from Ma'yan's project studying Bat Mitzvah with our high-school Research Training Interns!

Tue, Apr 24, 7 pm, Free

For more Ma'yan news, resources, and program updates, visit mayan.org, follow us on Twitter at @Listen4aChange or "Like" us on Facebook!

social action

tikkun olam



SPECIAL EVENTS

Martin Luther King, Jr. National Day of Service

Please join JCC staff, members and neighbors by participating in organized community service activities in and outside of our building as we celebrate Dr. King's legacy by turning community concerns into citizen action. *Breakfast will be served. To register, please contact Judy Gross at 646.505.4450 or jgross@jccmanhattan.org and choose your project on the morning of the event.*

Mon, Jan 16, 10 am, Free

Blood Drive

The NY Blood Center needs close to 2,000 people a day to roll up their sleeves and give the gift of life. Please donate blood at the JCC during the Martin Luther King, Jr. National Day of Service.

Mon, Jan 16, 10 am-3 pm, Free

Project Cicero Book Sort

Project Cicero creates and expands libraries in underserved NYC public schools. Join hundreds of volunteer students, parents, and teachers as we unpack, sort, and organize this year's donations at the Hotel Pennsylvania, 401 Seventh Avenue, between 32nd and 33rd Streets (Gold Ballroom). *To learn more about Project Cicero, please visit projectcicero.org.*

Fri, Mar 9, 4-9 pm
Sat, Mar 10, 10 am-6 pm
Sun, Mar 11, 10 am-6 pm
Free

DONOR DRIVES

Donation bin is located in the JCC Lobby.

Project Cicero Book Drive

Donate new or gently used children's and young adults' books for Project Cicero's delivery to public school libraries. *To learn more about Project Cicero, please visit projectcicero.org.*

Throughout February

Children's and Maternity Clothing Drive

Please drop off your new or gently used maternity and children's clothing and the What To Expect Foundation Thrift Shop will turn them into funds to provide the health and literacy support necessary to ensure successful pregnancies, safer deliveries, and healthier babies for low income women. *To learn more about the What To Expect Foundation, please visit whattoexpect.org.*

Throughout March

Volunteer Programs are supported, in part, by a grant from The M & T Charitable Foundation.



JCC LITERACY + MATH PROGRAMS

JCC reading specialist Judy Gross and JCC math specialist Greg David train and supervise an ever-expanding corps of volunteers dedicated to making a difference for hundreds of at-risk schoolchildren in our community. Demonstrate your commitment to the education of the children of New York by becoming a literacy or math volunteer. New volunteers are welcome year-round.

The Lambert Family Partners for Literacy Program

The Lambert Family Partners for Literacy Program pairs trained literacy volunteers with K-12th grade students who are at risk for reading failure. Programs include the Early Bird Program (before school), Lunchtime Reading Buddies, Great Leaps Partners, After School Academic Tutors and Evening Homework Helpers.

Gift of Literacy Program

This intensive after school program is an early intervention program for struggling readers. Students are matched one-to-one with volunteers who follow specific lesson plans created by a reading specialist. Students chosen for the program are second graders who read significantly below grade level.

The JCC in Manhattan is an affiliate of the National Jewish Coalition for Literacy. Generous support for JCC literacy programs is provided, in part, by the Lambert Family, The Louis and Anne Abrons Foundation, Inc., The Frederick P. & Sandra P. Rose Foundation, The New-Land Foundation, Laura Lemle Family Foundation, Deutsche Bank, Sy Syms Foundaton, and Morgan Stanley Foundation.

*To learn more about Literacy and Math Programs at the JCC, or to schedule a training session and get started, please contact **Judy Gross at 646.505.4450** or jgross@jccmanhattan.org or visit jccmanhattan.org/socialaction.*

Partners for Math: Lunchtime Math Buddies Program

The Partners for Math Program matches trained math volunteers with two second grade students who are at risk for math failure. Math Buddies will play math games during lunch/recess time once a week in order to reinforce the skills the student is learning in the JCC's after school Gift of Math Program.

Gift of Math Program

This early intervention after school program matches students one-to-one with volunteers who follow specific lesson plans and receive supervision and support from the JCC's onsite math specialist. Students chosen for the program are second graders who perform significantly below grade level.

Funding for the math literacy programs is provided in loving memory from the estate of Robert V. Tishman.

"The tutors this year have been fantastic...what an addition to our school. We've developed certain programs around their skills and talents. Our school is absolutely blessed to have these gifted, talented, skilled adults working with us." -Celeste Miller, Tutoring Coordinator/Learning Center Director, Professional Performing Arts School

SATURDAY MORNING COMMUNITY PARTNERS

Since our doors opened in 2002, each Shabbat we share the JCC with underserved children from all over New York City as part of our commitment to those who do not have access to the kind of facilities that we enjoy every day. Our partners include Homes for the Homeless, the Children's Aid Society, Achilles Kids, Baby Basics NYC, New Heights NYC, The Urban Dove, Daniel's Music Foundation, and New York Cares. We value the relationships that have been nurtured with these important organizations that serve the most vulnerable in our community.

Saturday Morning Community Partners is generously funded by an anonymous donor. The swimming portion of this program is funded by The Douglas B. Gardner Foundation.

For additional volunteer opportunities available for families with young children, tweens or teens, please refer to the relevant sections in the Children & Families program brochure.