

Gems at the J

The new older adults hub at the Kaiserman JCC inspires older adults to live independently, actively and involved, through programs and activities that enhance wellbeing, promote engagement, and foster community.

Policies

Membership

No membership required to join our programs.

Virtual Option

Please contact us via email to learn more about Zoom options for those who are homebound.

Registration

Registration is required for all programs.

Please visit PhillyJCC.com to register via credit card. Checks may be mailed to our office, if preferred.

Cancellation

When appropriate, Gems at the J will issue a credit, not a refund.

Programs are held at The Kaiserman JCC

45 Haverford Road, Wynnewood, PA 19096

Learn more at www.PhilllyJCC.com

**Program Sponsor: Weinberg Family Fund of the
Jewish Federation of Greater Philadelphia**

For sponsorship opportunities email GEMS@PhillyJCC.com

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Gems Kaiserman JCC
Philly J

**JOIN US AT OUR NEW LOCATION!
45 HAVERFORD ROAD, WYNNEWOOD, PA 19096**

Gems At The J

A CELEBRATION OF CULTURAL EVENTS



Gems Kaiserman JCC
Philly J

LATE WINTER 2024 PROGRAM

LATE WINTER PROGRAM 2024

MONDAY February 5

9:30-11AM | Cost: FREE

OPEN HOUSE: BRUNCH AND COURSE REGISTRATION

Come and register for upcoming courses and classes in-person, while enjoying some fun and healthy brunch fare!

Please bring your curiosity, calendar, and enthusiasm, plus your insurance card so we can make sure you are getting the most out of your benefits.

2 MONDAYS February 12 & March 18

LEARN AND LITE BITES WITH MAIN LINE HEALTH: Healthy Heart Living



12-1:30PM | Pay as you wish

Instructor: Abby Riley, MSN from Main Line Health
February is American Heart Month and in order to celebrate, Abby Riley, MSN, will be at the JCC to discuss Healthy Heart Living.

March 18: Check our website for topic and speaker.

5 MONDAYS February 19 - March 18

GEMS COOKING STUDIO



12:30-2PM | COST: \$90

Instructor: Scott Noye, Owner, Chef Dad's Table

Each week we will focus on different themes around Heart Health & National Nutrition Months. We will explore new ways to incorporate healthy foods into our menus without losing flavor. Herbs, fruits and veggies and so much more! No matter your cooking experience, we guarantee you will love this class and learn something new!

5 TUESDAYS Feb 20 - March 26 (no class on March 5)

BROADWAY LEGACY



11-12PM | COST \$50

Instructor: Leila Joffe, MFA American Conservatory Theater. AFTRA, SAG, Actors Equity

This class will be divided into two. The first part is dedicated to finishing our story of the life and legacy of George Gershwin (*continued from the Fall*).

In the second part will explore the lives and work of Jason Robert Brown and Jonathan Larsen. Jason Robert Brown is a Tony Award-winning composer whose revival of *Parade* recently won the Tony award. Jonathan Larson is best known for *Rent* which won him the Pulitzer Prize for Drama posthumous. These two modern Broadway composers have changed Broadway as we know it today!

4 TUESDAYS February 27 - March 19 NEW!

THIS IS KEF: Shared Wisdom and Fun



2-3PM | COST: \$40

Instructor: Gari J Weilbacher, Life Coach

In this series of Shared Wisdom and Fun, we explore the relationships we have with our "stuff." Sometimes it's annoying clutter and sometimes our objects are precious heirlooms. Over four weeks, Life Coach Gari Weilbacher will share both decluttering tips and how we honor the special objects in our homes. Managing paper — including the critical ones that will be needed by our families — rounds out the four sessions.

Week 1 DeClutter to DeLight: Getting Started

Week 2 Fun: We'll Share Stories about the quirky objects that make you happy

Week 3 Accountability Session: Before + after pictures and in-depth Q+A

Week 4 Paper: Why is there so much of it and what will be needed by your family.

NEW!

2 TUESDAYS February 13 & March 26

CAFÉ CONVERSATIONS: A COLLABORATION WITH FOLKSHUL – A Jewish Sunday School & Community



2-3PM | Pay as you wish

Facilitator: Jennifer Greenfield

Café Conversations are open, hosted conversations with the goal of coming together to help make sense of the world we live in. There is no homework, just a process that helps to shift us from small talk to BIG talk, conversations that matter. Discussion topic coming soon. Limited to 10 participants.

2 WEDNESDAYS February 14 & March 13

MOVIE MATINÉE



12-2PM | COST \$12 per movie and talk

Instructor: David Greenberg, Associate Professor University of the Arts, Adjunct Assistant Professor Drexel University

In honor of Valentine's Day, we will watch *Enough Said*, a 2013 romantic comedy starring Julia Louis-Dreyfuss and James Gandolfini, about a divorced masseuse who begins a relationship with a man, only to discover that he is the former husband of her client and friend. In honor of Women's History Month, we will watch *On The Basis of Sex*, a biopic film from 2018 about Ruth Bader Ginsburg, starring Felicity Jones.

4 THURSDAYS February 15 & 29 and March 14 & 28

POLITICAL AFFAIRS



12-1PM | COST \$40

Instructor: Dr. William Rosenberg, Professor of Political Science, Drexel University

Each session will be focused on a different topic of the political news. Dr. Rosenberg will present and analyze the various aspects of the current political sphere. This class will meet every other week.

5 THURSDAYS February 22-March 21

ART APPRECIATION: Inspiration and Impact



2-3:30PM | COST \$50

Instructor: Lynn Berkowitz, MFA, BFA

Artists draw inspiration from many sources including nature, places, personal experiences, exotic lands, and other artists' work. Works of art are not created in a vacuum and the impact of new sights, sometimes drawn from the past, can bring exciting innovations. We will consider van Gogh and the artists he loved and many more thrilling connections. From historic to contemporary images, our conversation includes a diversity of artists and short enriching videos.

4 THURSDAYS February 8-29

LEARN HOW TO PLAY MAHJONG



3-4PM | COST \$80

Instructors: Helene Rosenfelt & Sharon Dunoff

This 4-week course will teach you how to play a beginner's game of Mahjong. You'll learn how to identify tiles, read a card and the rules of the game!

5 FRIDAYS February 23-March 22

THE ROAD TO REVOLUTION



10-11AM | COST \$50

Instructor: Steve Pollack, Performer and Lecturer

Liberty, Equality and Fraternity were not just the slogans for the French Revolution, but also the American Revolution. However, each revolution led into a different outcome. This class will trace the issues that led to those revolutions and explore its outcomes that influence us until today.

6 FRIDAYS February 23- March 29

Shabbat Conversation: Meet the Rabbi

11:30-12:30PM | COST \$60



Each week we will meet a different rabbi or Jewish educator from the community, who will share with us from their wisdom. Join us for a challah and a vibrant teaching and discussion.

In order of appearance:

Rabbanit Leah Sarna, faculty and Director of Teen Program at Drisha Institute for Jewish Education

Cantor Lauren Goodlev, Beth David Reform Congregation

Rabbi Geri Newburge, Main Line Reform Temple

Rabbi Moriah SimonHazani, Chief Programming Officer, KJCC

Rabbi Lisa Malik, PhD, Board of the Zionist Rabbinic Coalition

Rabbinic Intern Emma Fischer, Kaiserman JCC

2 MONDAYS March 11 & 25

WOMEN IN HISTORY

11-12:30PM | COST \$20



Instructor: Herb Kaufman, Adjunct Professor, Manor College, Editorial Staff The Civil War News

Learning the history of the American Revolution we traditionally focus on the group of men we term as the "Founding Fathers" of the United States. But often ignored are the significant and important roles played by many women in the War for Independence? Celebrate Woman's History Month as we learn with Herb about the woman who were fundraisers, menders and spies and how they impacted the history of our country!

3 WEDNESDAYS March 6-27 (No class on March 20)

ISRAELI DANCING

11-12PM | COST \$30



Instructor: Don Schillinger, Philadelphia area Israeli Dance Teacher

The pace of classes will be suitable for novices, people with limited experience, and even people with 2 left feet! This class will be filled with step-by-step dance steps and moving Israeli rhythms. Don't feel like dancing but love Israeli music, you can still come out and join the course!!

PURIM MUSIC AND MASQUERADE

Wednesday March 20 5-7PM
at the JCC

Come dressed up • Enjoy dancing music
• Light dinner will be served • More information to come

\$18 per person • Registration required

MARCH 3, 2024 | 2-4PM
45 Haverford Rd., Wynnewood, PA 19096
FREE EVENT Donations Appreciated

KLEZMER JAM
AT THE Kaiserman JCC
Philly

JOIN US FOR A MUSICAL AFTERNOON

Generous funding from the Weinberg Family Foundation administered by The Jewish Federation of Greater Philadelphia has helped make this program possible.

REGISTER ONLINE:

ONE-TIME PROGRAMS

MONDAY February 12

HANDS ON ART - Art for self-expression:



Working with Chalk Pastels

1:45-3PM | Pay as you wish, suggested \$10 for supplies

Instructor: Gavi Kestenbaum, Art Instructor

For centuries, artists have created self-portraits to give others a glimpse into who they are. In this workshop, participants will use chalk pastels to create an abstract self-portrait that communicates an important aspect of their identity. Learn to combine simple shapes and vibrant color to build an abstract portrait. PLEASE DRESS FOR MESS!

WEDNESDAY February 21 1-2:30PM | COST: \$12

HISTORY'S MYSTERIES OF AMERICAN PRESIDENTS



Instructor: Herb Kaufman, Adjunct Professor, Manor College, Editorial Staff The Civil War News

From elementary school through college we learn about the history of many of our American presidents. However, much of this is folklore and often myth. Much of presidential history is kept secret, made up of political creations, and rarely examined. This program delves into these stories.

MONDAY February 26 12-1:30PM | FREE

THE JEWISH TRADITION OF PREPARING AN ETHICAL WILL



Instructor: Robert A. Seltzer, Esquire, Jewish Community Development Expert

What's important to you to impart to your children and grandchildren? An ethical Jewish life, filled with the pursuit of joy and kindness? The pursuit of justice? Showing love and giving tzedakah? What are the lessons you have learned over your lifetime and what wisdom do you wish to share? Discover the joy of crafting your Ethical Will in an engaging workshop. This program is in collaboration with JFGP. Light lunch will be served.

SPECIAL CLASS

SUNDAY March 3 2-4PM | FREE | Donations Encouraged
Registration Required

KLEZMER JAM

Back by popular demand, we are excited to host a second Klezmer Jam at the JCC. Whether you want to listen to music, play along, or dance, there is something for everyone. David Brown and Marvin Weinberger will lead the group in playing many traditional Klezmer melodies. Musicians of all ages, origins, and ability levels are welcome to join; sheet music will be provided.

FRIDAY March 15

HANDS ON ART - Art for celebrating memories:



Mixed Media Collage

1-2:30PM | Pay as you wish, suggested \$10 for supplies

Instructor: Gavi Kestenbaum, Art Instructor

Collage is the art of creating an image by assembling different materials onto a two-dimensional surface. In this workshop, participants will use images from magazines, old postcards, and photographs along with paints and pastels and turn them into something meaningful of their own. Materials will be provided. However, participants are welcome to bring their own collections of imagery, photographs, found objects and mementos to add to their creations.

WEDNESDAY March 20

PURIM PARTY: Music and Masquerade 5-7PM | COST: \$18

Put on your dancing shoes it's time to move to music or just listen, all are welcome! Warm soup, mocktails and hamantaschen will be served!

THURSDAY March 21

SPECIAL CURRENT EVENTS CLASS



11-12PM | COST \$12

Instructor: Dr. Matt Kerbel, Dept. of Political Science, Villanova University

Back by demand, Dr. Kerbel will share his insight into the current political affairs, with a focus on the race to the presidency.

SPECIAL CLASS

WEDNESDAY March 27

JEWELRY WORKSHOP 1:30-3PM | COST \$10

Instructor: Nancy Tabas, Artist

Could that be a bead? We will learn how to string unique beads into a beautiful piece of wearable art with local community member and artist, Nancy Tabas.



FITNESS CLASSES

We offer a variety of classes to choose from every day. For class description and pricing information please visit the website at www.phillyjcc.com/gems/gemsfitness

SPECIAL FITNESS CLASSES - LIMITED SERIES

Try a new class, step out of your comfort zone, and reach your New Years goals.

6 TUESDAYS February 13 - March 19

TAI CHI 1-2PM | COST: \$75



Instructor: Allyn Miner, Yoga Instructor & Tai Chi Practitioner

Learn the Yang Family Style 8 Form art of Tai Chi practice. This class is open to all levels, whether you have practiced the art of Tai Chi before, or this is your first time. The instructor, Allyn Miner, trains at Oriental Fitness Institute in Roxborough. She has been a yoga teacher for over 10 years and has been practicing Tai Chi for 7 years.

4 WEDNESDAYS February 7-28

MOTION FITNESS & STRENGTH - A Seated Fitness Class

1:30-2:10PM | COST: \$40



Instructor: Oreet J. S., Fitness Instructor

Join us for a total body workout without leaving your chair! This session is a blend of cardio and strength that is gentle on your joints yet intense enough to see results. Whether you're seeking a low-impact option or want to explore new dimensions of strength and flexibility, this class is for you. This class is for ALL capabilities. *(There will be standing options as well.)*

6 TUESDAYS March 5-April 16 (no class March 26)

BALANCE AND STRENGTH FOR THE ACTIVE ADULT

9:30-10:30AM | COST \$150



Instructor: Danielle Ilfelder, PT, DPT

This class is for those who are concerned about falling and wish to improve their balance and strength in a safe and welcoming environment. The series will include a weekly focus on several topics that affect balance including posture, strength, vision, cognition, and sensation. The class size is limited to 6 participants.

CLUB CLASSES



EVERY MONDAY Except for Holidays

CANASTA CLUB 3-5PM | Pay as you wish
Come to the JCC and join friends to play Canasta. Knowledge of how to play the game is required - Canasta Club has no facilitators. Feel free to bring snacks!



EVERY THURSDAY Except for Holidays

MAHJONG OPEN PLAY 1-3PM | Pay as you wish
Facilitators: Helene Rosenfeldt and Sharon Dunoff
For beginners and seasoned players alike. Facilitators will be available to teach new players. Veteran players can join peers familiar with the game.



THURSDAYS in February & March

LUNCH BUNCH 12-1PM | FREE
Catch up with your friends or make some new ones, while you bring your own lunch, we will supply the tables and chairs!



WEDNESDAYS February 28 & March 28

VIRTUAL BOOK CLUB ON ZOOM
3-4PM | COST \$5

Join us as we discuss **Known World** by Edward P. Jones on February 28, and **MARCH BOOK TBD** on March 28th. The GEMS book club offers stimulating discussion on a variety of genres that are relatable to many. This is a reoccurring group that meets the last Wednesday of every month.

Pay as you wish option supports the JCC programs that take time and resources to develop.

We hope you appreciate our work and pay as you wish. No amount is too small. Thank you!