## 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.PhillyJCC.com

**Program Sponsor: Weinberg Family Fund of the** Jewish Federation of Greater Philadelphia For sponsorship opportunities email GEMS@PhillyJCC.com

#### **Director of Health & Wellness**

**Gems Program Manager** Jamie Feinstein Rachel Sakofs

JFeinstein@PhillyJCC.com RSakofs@PhillyJCC.com

Office: 610.896.7770 x130



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



A CELEBRATION OF CULTURAL EVENTS



Kaiserman JCC **Philly** 

**SPRING 2024 PROGRAM** 



# **SPRING PROGRAM 2024**



### TABLE OF CONTENTS

Art Appreciation
Music
History
Judaism and Israel
Politics
Wellness
Fitness9
Clubs9
Registration Form11

## **OPEN HOUSE: Spring Registration Brunch**

**Monday, March 25** 10-11:30AM | FREE

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.

## **Art Appreciation**

### WOMEN ARTISTS FROM PHILLY

**3 Wednesdays**, **April 3-17** 10-11:30AM | COST \$30

Instructor: Lynn Berkowitz, MFA, BFA

Philadelphia has and continues to offer exceptional academic training in art, as well as opportunities for exhibiting and viewing art. From painting and sculpture to illustration and design, Philly has been a hotbed of arts learning and leading on the national and international stage. We will explore an array of 19th to 21st century women artists working in myriad styles ranging from Realism and Pennsylvania Impressionism to exhilarating Contemporary art.

# PAINTED REFLECTIONS: Mirrors, Metal, Bubbles, Glass

4 Wednesdays, May 1-22

2-3:30PM | COST \$40

Instructor: Lynn Berkowitz, MFA, BFA



Reflections in art—seen within mirrors or glancing off shiny metal, bubbles, and glass—provide an exciting interplay of meaning and interpretation. Mirrors and shiny metals can boost the illusion of space or make compelling connections to the artist. Bubbles can speak of moments of delight while glass, that holds and shields, can shatter and distort. Reflections can also act as a way of looking inwards; a way to grapple with identity and the very ideas of 'seeing' and 'being seen.' Each conversational-style class includes short videos to enrich the discussion.

# HANDS ON ART WORKSHOPS WITH GAVI KESTENBAUM: Art for Play; Serious Fun with Mixed Media

April Workshop: Monday, April 8

1:45-3:15PM

Pay as you wish, suggested \$10 for supplies

According to the experts, play increases one's happiness and health. We will experiment together with all manner of paper craft including 3-D construction and paper sculpture. Expect the unexpected. Come with an open mind ready to embrace the magic of play. DRESS FOR MESS!

## Art for Connecting with Nature; Botanical Watercolors

May Workshop: Monday, May 6

10:45-12:15PM

Pay as you wish, suggested \$10 for supplies

Flowers are blooming and summer is right around the corner! In this workshop, participants will learn how to translate their favorite flowers and leaves into simple illustrations using a few line-drawing techniques followed by an introduction to watercolor painting. Imaginations can run wild and the final masterpieces are sure to bring some summer vibes.



### JUKEBOX MUSICAL I

**3 Tuesdays, April 2-16** 11-12PM | COST: \$30

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

Jukebox Musical I is in April continued by Jukebox Musical II in May. However, each session is unique if you are unavailable to take both. The course will take a very in-depth look at the Jukebox Musical. The Jukebox Musical is a musical with well-known songs as opposed to original music composed for the show. We will delve into musicals including Mamma Mia, Jersey Boys, Moulin Rouge, Beautiful, Tina, Motown the Musical, On Your Feet, The Cher Show, Ain't Too Proud, Summer, and Juliet.

#### JUKEBOX MUSICAL II

**3 Wednesdays, May 1-15** 11-12PM | COST: \$30

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

This course is a continuation of April's course. However, each course is unique. The course will take a very in-depth look at the Jukebox Musical. The Jukebox musical is a musical with well-known songs as opposed to original music composed for the show. Some of the Musicals we will delve into are Mamma Mia, Jersey Boys, Moulin Rouge, Beautiful, Tina, Motown the Musical, On Your Feet, The Cher Show, Ain't Too Proud, Summer, and Juliet.

## WATER FOR ELEPHANTS: Trip to Broadway NYC

**Sunday, May 5** 10AM-8PM | COST \$200

The critically acclaimed bestselling novel WATER FOR ELEPHANTS comes to vivid life on Broadway in a unique, spectacle-filled new musical.

Join us for a fun day in New York City. Price includes round trip transportation, orchestra seats, and gratuities. Does not include lunch. Book your own reservation for your favorite restaurant around the theater district.



# EGYPT AS A TOURIST DESTINATION IN THE VICTORIAN ERA

3 Tuesdays, May 7-21

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

Instructor: Dr. Stephen Phillips, Curatorial Research Coordinator. Penn Museum

Egypt is one of the world's oldest countries; it is also one of the world's top travel destinations – Egypt's ancient temples, tombs, pyramids, and mysterious hieroglyphic writing system have enthralled visitors for millennia. We will explore the legendary hotels of Egypt, including San Stephano Hotel, the Majestic Hotel, and the Cecil Hotel, plus the use of the Nile for cruising!

## Judaism and Israel

## REFLECTIONS ON THE STATE OF ISRAEL THROUGH THE WORKS OF THREE ISRAELI POETS: Alterman, Goldberg and Biton

3 Mondays, April 1-15

10-11AM | COST: \$30

Instructor: Dr. Yechiel Schur, Keholet Yeshivah

Middle School

As we approach Israel's 76th anniversary, it is pertinent to reflect on the significance of the Jewish state while also considering some of its intrinsic challenges. We will consider this issue through the writings of three prominent Israeli poets: Nathan Alterman, Leah Goldberg, and Erez Biton. Each week, we will show how each of these writers in their own unique way reflected on the state and its complexities through the lens of Hebrew poetry.



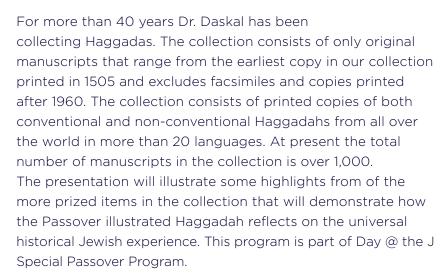
### THE ILLUSTRATED PASSOVER HAGGADAH:

# A Spiritual, Historical and Cultural Biography of the Jewish People

Sunday, April 14

12:30-1:30PM | FREE

Presenter: Dr. Ierachmiel Daskal



### BEING A TEEN IN ISRAEL TODAY

# Special Intergenerational Program with visiting Diller program teens

Tuesday, April 16

10-11AM | FREE

Come and meet our visiting Israeli students from Herzliya as part of the Diller program. We will engage in a conversation accompanied by some light food.



### SIDEWALKS OF NEW YORK:

20th Century Films of the Jewish East Side 3 Mondays, May 6-20

12:30-2:30PM | COST: \$36

Instructor: Dr. Ruth Anolik, English Department, Vilanova University

This film series will present three charming and fascinating American films made during the course of the twentieth-century about the Jewish experience in the lower East Side of New York. Each film presents a unique and engagingly human tale, together creating a mosaic of the life shared by many of our ancestors. We will go back in time from the most recent film (1988) to the oldest (1922) uncovering some gripping stories from our collective past.



11-12PM | COST: \$30

Instructor: Rabbi Eric Yanoff, Adath Israel

This year, our community looks to Noa Tishby's book *Israel:* A Simple Guide to the Most Misunderstood Country on Earth for a reassuring voice of sanity, that, through her own family story, personalizes the frustrating misinformation that plagues our connection with the Jewish Homeland. Especially in such a fraught time, the idea of our community coming together to read one excellent book is a much-needed unifying gesture. Rabbi Eric Yanoff will guide us through Tishby's guide, in a way to re-connect with Israel at this critical time.





## Politics &

### **POLITICAL AFFAIRS**

4 Thursdays, May 2-30 (No class on May 9)

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.



# LEARN & LIGHT BITES Monday, April 8 and Monday, May 6

12-1:30PM | FREE Pay as you wish

Lecture topics coming soon!

# CAFÉ CONVERSATION: a Collaboration with Folkshul — A Jewish Sunday School & Community

**Tuesday, April 16** 1-2:30PM | FREE Pay as you wish

Instructor: 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. Limited to 10 participants.

#### MINDFUL MEDITATION FOR EVERYDAY PRACTICE

**3 Thursdays, April 4-18** 10-11AM | COURSE FEE \$30

Instructor: Dr. Beth Rosenwasser, Judith Creed Horizons for Achieving Independence, JCHAI.ORG

Mindful meditation, like daily movement and exercise, is critical to a healthy lifestyle. Learn the ideas behind and experience several methods of mindful meditation. See how it can change your stress and mood. Find the best one for you!

### **SENIOR FAIR**

## Thursday, May 9 10-12PM | FREE

Save the date for our community senior fair.



We offer a variety of classes to choose from every day. For class descriptions, pricing information, and new specialty classes, please visit the website at www.phillyjcc.com/gems/gemsfitness. Website is updated frequently!



## Clubs 94

# CANASTA CLUB Every Monday, Except for Holidays

3-5PM | FREE 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!

## MAHJONG OPEN PLAY Every Thursday, Except for Holidays

1-3PM | FREE pay as you wish

Facilitators: Helene Rosenfeldt and Sharon Dunoff

For beginners and seasoned players alike. Facilitators will be available to assist beginner players. Veteran players can join peers familiar with the game.



# LUNCH BUNCH Thursdays in April & May 12-1PM | FREE

Catch up with your friends or make some new ones. Bring your own lunch and if you want, also bring something to share.



# VIRTUAL BOOK CLUB ON ZOOM Last Wednesday of the month 3-4PM | COST \$5

The GEMS book club offers stimulating discussion on a variety of genres that are relatable to many. This is a reoccurring group the meets the last Wednesday of every month. Join us as we discuss *Blue Mountain* by Meir Shalev on May 29. No meeting in April due to Passover.



## SNEAK PEEK 🌭

## INTO OUR SUMMER **PROGRAM**

## LET'S GO DOWN MEMORY LANE **Summer Camp Experience**

Wednesday, June 5 10:30AM-1:30PM

## SHAVUOT COOKING CLASS

Do it Dairy, Cheesecake and More

Tuesday, June 11 12-1:30PM

## SHALOM SUMMER CONCERT

**Featuring Nefesh Mountain Band** and honoring 6 Over 60!

> Sunday, June 30 4-6PM

## YOU'VE GOT A FRIEND IN ME

**Celebrating the Music of Randy Newman** with Ron Schaumburg and Paul Mamolou

> Thursday, July 18 5-7PM

SPECIAL JULY 4TH HISTORY LECTURE

TRIPS AND MORE TO COME

# Mail-In or Bring Registration Form with You



## **GEMS SPRING PROGRAM 2024**

NAME:			
ADDRESS:			
CITY:	STATE:	ZIP:	
PHONE:	EMAIL:		
☐ Spring Registration Brunch			Free
■ Women Artists from Philly			\$30
☐ Painted Reflections: Mirrors, M	latal Rubbles Glass		\$40
☐ Hands on Art - Art for Play; Se Pay as you wish. Suggested \$	rious Fun with Mixed	d Media	\$
☐ Hands on Art - Art for Connec Watercolors. Pay as you wish.			\$
Jukebox Musical I			\$30
☐ Jukebox Musical II			\$30
☐ Water to Elephants: Trip to Br	oadway		\$200
lacksquare Egypt as a Tourist Destination	in the Victorian Era		\$30
☐ Reflections on the State of Isra Through the Works of Three Is			\$30
☐ Day @ the J - Passover Lectur	re		Free
☐ Being a Teen in Israel Today			Free
☐ Sidewalks of New York: 20th Century Films of the Jew	vish East Side		\$36
☐ One Book One Jewish Commu	unity		\$30
☐ Political Affairs			\$30
☐ Learn & Light Bites - April 8th	l		\$
☐ Learn & Light Bites - May 6th			\$
☐ Café Conversation			\$
☐ Mindful Meditation for Everyd	ay Practice		\$30
☐ Book Club - May			\$5
PAYMENT (Total Amount End	closed)	\$	

Mail completed form with payment to: Kaiserman JCC 45 Haverford Road, Wynnewood, PA 19096

Please make checks payable to: Kaiserman JCC/Gems Or register online at: GEMS@PhillyJCC.com