

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

Director of Health & Wellness

Jamie Feinstein

JFeinstein@PhillyJCC.com

Gems Program Manager

Rachel Sakofs

RSakofs@PhillyJCC.com

Office: 610.896.7770 x130

Gems Kaiserman JCC
Philly 

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

Gems At The

A CELEBRATION OF CULTURAL EVENTS



By Nefesh Mountain Team - Own work, CC BY-SA 4.0, commons.wikimedia.org

Gems Kaiserman JCC
Philly 

SUMMER 2024 PROGRAM

SUMMER PROGRAM 2024

TABLE OF CONTENTS

Art Appreciation.....	2
Films.....	3
Music.....	3
Judaism.....	4
Contemporary.....	5
Trips.....	6
Wellness.....	7
Aquatics.....	7
Fitness.....	8
Clubs.....	8
Calendars.....	10

OPEN HOUSE: BRUNCH AND COURSE REGISTRATION

Tuesday, May 28 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

INTRODUCTION TO ZENTANGLE®

Tuesday, June 4 11-1PM | COST \$36

Instructor: Mindy Shapiro, Zentangle Instructor

Zentangle® has been described as a spiritual art practice which enhances mindfulness and self-awareness, decreases stress and calms the mind. In this relaxing, creative, meditative and fun workshop, where no talent or experience is needed, you will learn 4-6 basic Zentangle patterns. Each structured pattern will be broken down into small steps and what results are beautiful creative and unique images. Tangles are created on small paper tiles using a special black drawing pen. You will leave class confident in your unique, creative expression and with new skills to continue tangling on your own.



Supplies are included thanks to a generous donation from: **BLICK® art materials**

HANDS ON ART WORKSHOP WITH GAVI KESTENBAUM – Art for Relief: Tooling Foil

Monday, June 10 1:45-3:15PM

Pay as you wish, suggested \$10 for supplies

Artisans from all over the world have been manipulating metals to create works of art for centuries. In this workshop, we will use medium thick sheets of aluminum for etching and engraving. Learn to use stencils and simple drawings to create textured works of art.



Films

FILMS THAT OSCAR OVERLOOKED

4 Wednesdays, June 26-July 17

12:30-2:30PM | COST: \$50

Instructor: Irv Slifkin, Film historian and professor of journalism at Temple University.

Only one film is chosen each year to win the Academy Award for “Best Picture” leaving some terrific movies in the dust. In this series, we will watch and discuss films that didn’t receive the big award but deserve to be remembered for their accomplishments.



Music

THE MUSIC OF VIENNA

3 Mondays, July 22-August 5

11-12PM | COST: \$30

Instructor: Margaret Montet, Librarian and Author

Vienna, Austria, has been an irresistible destination for musicians and a center of musical activity for centuries. This course will explore the reasons for this attraction, the musical innovations which originated in this sophisticated city, and the superstar composers who are from here. We’ll travel virtually to Vienna on the blue Danube to learn about the creation of serious art music, lighter popular entertainment, dance, and the visual arts.



Music *(continued)*



SHALOM SUMMER CONCERT – Featuring Nefesh Mountain Band and honoring 6 Over 60!

Sunday, June 30 4-6PM | Suggested Donation \$36

Enjoy the music of the American/Folk/Bluegrass band Nefesh Mountain and celebrate with our six honorees: LewellynThoman; Neil and Lois Shander; Karen Rosenfeld; Neil Haimm; Na'ama Yarden; and Fran and Marvin Weinberger. This event s for the whole family. More information to come.

MUSICAL PERFORMANCE “You’ve Got a Friend in Me – Celebrating the Music of Randy Newman”

Thursday, July 18 5:30-7:30PM | COST \$18 including dinner

Paul Mamolou (vocals) and Ron Schaumburg on (keyboards) will be bringing back the tunes of Randy Newman! Randy’s songs range from the sweet to the sardonic, from the witty to the weepy. Most people know Randy from a handful of his recordings, like “Short People,” “I Love L.A.,” and “You’ve Got a Friend in Me” from Toy Story. He has also composed scores for more than 30 movies, including “Ragtime,” “Awakenings,” and “The Natural,” in addition to all 4 – soon to be 5 – Toy Story movies.

Judaism

HISTORY OF JEWISH PHILADELPHIA

4 Mondays, June 24-July 15 11-12PM | COST: \$40

Instructor: Dr. Reena Friedman, Gratz College

This four-part series highlights key moments in the history of the Philadelphia Jewish community from Colonial times through the twentieth century. Using drawings/photographs and documents, we will discuss important events, personalities and institutions that contributed to Philadelphia becoming an “ideal experimental center of American Jewish creativity.” ~Rabbi Bertram Korn



SHAVUOT COOKING CLASS – Do it Dairy, Cheesecake & More

Tuesday, June 11

12-1:30PM | COST: \$20

Instructor: Scott Noy, Chef Dad

Celebrate Shavuot with a traditional dairy lunch including blintze souffle, **cheesecakes** and more! During this hands-on cooking class, we will explore traditional recipes for cheesecake and add a few with a fresh, modern, and delicious twist. Lunch is included.



Contemporary

PRONOUNS DEFINED – In Honor of June Pride Month

Thursday, June 6

11-12PM | COST: Free, suggested \$10

**Instructor: Manda Gross, Diversity, Equity,
Inclusion, & Accessibility Learning Leader at Comcast**

While we’ve always used pronouns to refer to someone else in conversation, recently we’re hearing and seeing more discussion around pronouns. And yes, it can be confusing at first! They/them, he/him, she/her. But using someone’s correct pronouns and pronouncing their name correctly is a way of respecting them and referring to them in a way that’s true to who they are. In this session we’ll discuss the “why” behind pronouns, the impact of pronouns, and how being mindful about using the correct pronouns is a great way to show respect for your family members, friends, and acquaintances. With colorful snacks!



POLITICAL AFFAIRS WITH DR. MATT KERBEL

Wednesday, July 10

11-12PM | COST \$10

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

Back by demand, Dr. Kerbel will provide an analysis of the summer political map and the preparations for the November Elections.



🌿 Trips 🌿

AFRICAN AMERICAN MUSEUM IN PHILADELPHIA

Thursday, June 27 9-3PM | COST \$18

Honor Juneteenth by taking a guided tour of the African American Museum. We will meet at the Merion Train Station at 10am, be at the museum for an 11am tour, explore the museum for an additional hour and meet up for lunch.



MUSICAL BUS TOUR OF PHILADELPHIA WITH MUSICAL HISTORY TOUR COMPANY

Thursday, July 11 9:45-1:30PM | COST \$42 Lunch included

Join us for a mobile musical experience! We will teach you all about the talented musicians who were either born or raised in the Philadelphia area. Hop aboard our moving musical museum and prepare to be surprised and delighted to discover the great Philadelphians who revolutionized the music industry in Jazz, Classical, Gospel, Rock and Roll, Folk, R&B, Hip Hop and Country. Our signature sightseeing tour offers an indepth guide to the rich musical history of our city. Video clips and a great musical soundtrack will enhance your tour experience. We bet you will tell everyone it is one of the best things to do in Philadelphia!

After the tour we will enjoy lunch at the JCC, sponsored by Right at Home.

**There is a bathroom on the bus.
Bus will depart from the JCC.*



VISIT THE WOODMERE ART MUSEUM IN GERMANTOWN PHILADELPHIA

Thursday, August 8

10-2PM | COST \$15 for museum plus lunch TBD

Join us on a tour with a docent at the Woodmere Museum to see the latest collection, telling the story of Philadelphia's art and artists. We will then have the opportunity to enjoy lunch together. More details to come. Meet at the Museum or reserve a spot on the JCC van, leaving from the JCC at 9:30AM, for an additional cost. *Limited van space available.*

Museum address: 9201 Germantown Ave. Philadelphia, PA 19118



🌿 Wellness 🌿

LEARN & LIGHT BITES – Healthy Living for Your Brain

with Alzheimer's Association Delaware Vally Chapter

Monday, June 10

12-1PM | FREE



Healthy Living for Your Brain & Body. Learn about the latest research and get insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Use hands-on tools to help incorporate these recommendations into a plan for healthy aging. Lunch cosponsored by Tikvah AJMI.

BACK INTO MEMORY LANE – Summer Camp Experience

Wednesday, June 5 10:30-1:30PM | COST \$25

Instructor: Jennifer Greenfield



Indulge yourself in a trip down memory lane as we bring back the essence of your youth with fun-filled activities, nostalgic games and heartfelt conversations of Summer Camp. Lunch included.

🌿 Aquatics 🌿

Looking for a way to cool off this summer? Become a member of the JCC pool! Pool memberships are free if you have Silver Sneakers, Renew Active, or Silver and Fit benefits. If not, you can still join the pool at a discounted senior rate of \$300.00. Registration is required and will be on the website soon!

AQUA FIT

Every Wednesday starting June 5 3-3:45PM

Every Saturday starting June 8 12-12:45PM

Come and join our Aqua Fit pool exercise classes taught by Trina Lyons starting June 5. Both classes are insurance eligible, class pass eligible, or you can pay a \$15.00 drop-in rate.

POOL PARTY!

Wednesday, July 31 4-6PM | COST \$10

Join us for a relaxing afternoon at the pool, where we shmooze, enjoy music and lite refreshments. You can sign up for the aquatic class prior to the gathering.

Fitness

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/gemfitness. Website is updated frequently!



Clubs

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

Summer Mondays, June 24 - August 12

1-3PM | FREE pay as you wish

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



BOOK CLUB ON ZOOM AND IN PERSON

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:

Passing by *Nella Larsen* on June 26th

The Pallace Thief by *Ethan Canin* on July 31

Tomorrow, Tomorrow and Tomorrow by *G. Zevin* on August 28



Pay as you wish option supports the JCC programs which take time and resources to develop. We hope you appreciate our work to pay as you wish. No amount is too small. Thank you!

Mail-In or Bring Registration Form with You

GEMS SUMMER PROGRAM 2024

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

- Opening Registration Brunch..... Free
- Introduction to Zentangle®\$36
- Hands on Art Workshops: Art for Relief: Tooling Foil
Pay as you wish Suggested \$10
- Films That Oscar Overlooked\$50
- The Music of Vienna\$30
- Shalom Summer Concert.....\$36
- You've Got a Friend in Me:
Concert Celebrating the Music of Randy Newman..... \$18
- History of Jewish Philadelphia \$40
- Shavuot Cooking Class - Do it Dairy, Cheesecake and More\$20
- Pronouns Defined \$10
- Political Affairs - Matt Kerbel Suggested \$10
- Trip to African American Museum in Philadelphia \$18
- Musical Bus Tour of Philadelphia\$42
- Woodmere Art Museum..... \$15
- Learn & Light Bites - June..... Free
- Back into Memory Lane - Summer Camp Experience.....\$25
- Pool Party!.....\$10
- Book Club - June\$5
- Book Club - July\$5
- Book Club - August\$5

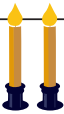


PAYMENT (Total Amount Enclosed) \$

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

Gems Kaiserman JCC Philly

Summer 2024 Schedule of Programs

JUNE

S	M	T	W	T	F	S
	MAY 27 Pool Opens!	28 Registration Brunch	29	30	31	1
2	3	4 Introduction To Zentangle	5 Back Into Memory Lane Aqua Fit	6 Pronouns Defined	7	8 Aqua Fit
9	10 Hands On Art Workshops Learn & Light Bites	11 Shavuot Cooking Class	12  Shavuot Holiday Aqua Fit	13  Shavuot Holiday	14	15 Aqua Fit
16	17	18	19 Aqua Fit	20	21	22 Aqua Fit
23	24 History of Jewish Philadelphia	25	26 Films Oscar Overlooked Book Club Aqua Fit	27  African American Museum In Philadelphia	28	29 Aqua Fit

Shalom Summer Concert

www.PhillyJCC.com/Gems
RSakofs@PhillyJCC.com
610.896.7770

Gems Kaiserman JCC Philly

Summer 2024 Schedule of Programs

JULY

S	M	T	W	T	F	S
JUNE 30 Shalom Summer Concert	1 History of Jewish Philadelphia	2	3 Films Oscar Overlooked Aqua Fit	4  HAPPY 4th!	5	6 Aqua Fit
7	8 History of Jewish Philadelphia	9	10 Political Affairs Films Oscar Overlooked Aqua Fit	11 Musical Bus Tour of Philadelphia	12	13 Aqua Fit
14	15 History of Jewish Philadelphia	16	17 Films Oscar Overlooked Aqua Fit	18 Concert Celebrating The Music of Randy Newman	19	20 Aqua Fit
21	22 The Music of Vienna	23	24 Aqua Fit	25	26	27 Aqua Fit
28	29 The Music of Vienna	30	31 Book Club Pool Party! Aqua Fit	AUGUST 1	2	3 Aqua Fit
4	5 The Music of Vienna	6	7 Aqua Fit	8  Woodmere Art Museum	9	10 Aqua Fit