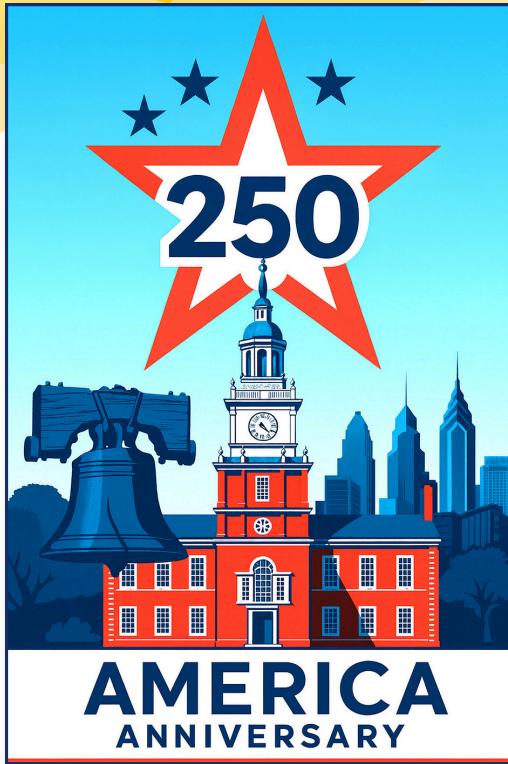


# Gems

At The J

COMMUNITY, LEARNING & WELLBEING



Gems Kaiserman JCC  
Philly J

WINTER 2026 PROGRAM



# WINTER PROGRAM 2026



## TABLE OF CONTENTS

Art & Creativity . . . . .	2-3
Music . . . . .	3
Trips & Travel . . . . .	4
Judaism & Jewish Learning . . . . .	5-6
History & America 250 . . . . .	6
Film . . . . .	7
Politics & Civic Life . . . . .	7
Wellness . . . . .	7-8
Fitness . . . . .	8-9
Clubs & Special Events . . . . .	9-10

## WINTER 2026 Kickoff Events

### WINTER 2026 KICKOFF BRUNCH & COURSE REGISTRATION

Tuesday, January 6 • 10-11:30AM • FREE

Join us for a festive Winter 2026 kickoff! Enjoy light brunch, and learn about new classes and programs . Plus, hear from JKidPhilly's Grandparent Ambassador, Nomi Shapiro, who will be there to share creative ways to connect with grandchildren both near and far . Register for all Winter 2026 programs on-site!

## Art & Creativity

### INTRO TO DRAWING

3 Tuesdays, January 13-27 • 11AM-12PM • \$36

Whether you are returning to art after years or beginning for the first time, this class guides you in rediscovering creativity, developing observational skills, and finding joy in drawing.

All skill levels welcome.

### ZENTANGLE WINTER SERIES

Tuesdays: Jan 20, Feb 17, Mar 17 • 1:30-3PM • \$30 series / \$15 drop-in

Discover mindful meditation through doodling with Zentangle instructor Mindy Shapiro . Learn patterns that promote focus, relaxation, and creativity . Join the full series or drop in .



### INTRO TO ORIGAMI

Monday, January 26 • 11:15AM-12:30PM • \$12

Challenge yourself with the art of Origami! Learn folding techniques with master instructor Faye Goldman. All supplies included .

## Art & Creativity

(continued)



### ARTS & CRAFTS OF THE 1776 ERA

4 Mondays, February 2-23 • 11AM-12PM • \$40

Travel back to the era of the American Revolution through hands-on crafting, with our own **Rachel Sakofs**. Learn traditional techniques such as tin punching, soap carving, and historical paper crafts. All materials provided.

### THREADS OF CONNECTION: Exploring Old and New

#### Relationships Through Art

3 Tuesdays, February 3-17 • 12:30-2:30PM • \$18

A 3-session art therapy group for older adults to reflect on relationships that have shaped their lives and explore possibilities for new connections. Through creativity and conversation, participants express the bonds that matter most, consider how relationships evolve, and imagine new ways to nurture connection in this stage of life. Sessions will be led by an **Art Therapist** and held in the JFCS Brodsky Center Art Studio.

## Music

### JANUARY KLEZMER JAM – MLK Edition

Sunday, January 18 • 3-5PM • \$20 (\$54 full series)

The series continues. A lively, inclusive Klezmer Jam session for players of all backgrounds. Bring your instrument and enthusiasm! Go to [www.jccphilly.com/klezmer](http://www.jccphilly.com/klezmer) for more info.

### BEAUTIFUL BROADWAY BALLADS WITH LEILA JOFFE

4 Tuesdays, February 3-24 • 11:15AM-12:15PM • \$48

Explore some of Broadway's greatest ballads from composers including Irving Berlin, George Gershwin, Cole Porter, Rodgers & Hammerstein, and more. Listen, learn, and discuss what makes these songs unforgettable.



Full class description can be found on our website:

[www.PhillyJCC.com](http://www.PhillyJCC.com)

## Trips & Travel

### WOODMERE FOR THE HOLIDAYS

Wednesday, January 7 • 9:30AM-2 PM • \$68

Experience Winters at Wanamaker's, featuring original sketches and renderings of the department store's iconic holiday windows . Trip includes lunch at CAKE and transportation .



### TRAVELING THE WORLD BY DRONE

3 Tuesdays, January 13-27 • 10-11AM • \$36

Back by popular demand . Visit global wonders, from Kenyan conservancies to Machu Picchu, without leaving the JCC!

### VISIT THE LAUREL HILL CEMETERY: Philly Famous Tours

3 Thursdays, Jan 29, Feb 12, Mar 9 • \$90/all 3, \$35 each

Enjoy bus-only tours at the cemetery (with warm beverages included) exploring:

- Confectioners of Philadelphia (Jan 29, 9:30AM-11:30AM)
- Record-Breaking Athletes (Feb 12, 9:30AM-11:30AM)
- Historical Women Trailblazers (Mar 9, 2PM-4PM)

### PHILADELPHIA FLOWER SHOW 2026

Wednesday, March 4 • 9AM-2PM • \$75



Theme: Rooted: Origins of American Gardening

Explore breathtaking floral installations celebrating the memories, traditions, and heritage that ground us in gardening . Ticket-only and ticket+transportation options available .

### PROOF AT ACT II PLAYHOUSE

Thursday, February 26 • 11AM-5PM • \$90

See the Pulitzer Prize-winning play Proof, exploring family, genius, and mental health . Lunch and transportation included .

### THEATER ARIEL - MARSHA BLOVOTNICK AND THE MARVELOUS, MAGICAL CHICKEN SOUP

Thursday, March 19 • 11AM-5PM • \$50

Join us at The Drake Theater for this humorous, heartfelt Jewish play exploring family, forgiveness, and the healing power of soup . Transportation included . Lunch on your own .

### NYC TRIP TO THE GREAT GATSBY ON BROADWAY

Thursday, April 30 • 8:30AM-7:30PM • \$210

Travel to NYC for a Broadway adaptation of the American classic . Transportation included . Lunch on your own .

# Judaism & Jewish Learning

## CHOLENT & CONVERSATION

Monthly Fridays • 12:15-1:15PM • \$18

Warm vegetarian cholent served monthly with teachings from local rabbis:

- Jan 9 - Rabbi Mosheh Brennan, Chabad of Penn Wynne
- Feb 6 - Rabbi Magen GoldMarche, Tribe 12
- Mar 6 - Rabbi Chaim Galfand, Perelman Jewish Day School

## INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

### SCREENING: 999: The Forgotten Girls

Tuesday, January 27 • 1-2:45PM • \$5



Mark Holocaust Remembrance Day with a screening of 999: The Forgotten Girls, followed by a talkback with Tammy Forstater, daughter of one of the survivors . The film highlights the courage and resilience of the teenage girls who forged a powerful bond of survival .

## TU BISHVAT SEDER

Monday, February 2 • 12-1PM • \$15

Celebrate the “New Year of the Trees” with a meaningful Tu Bishvat seder with Rabbi Moriah SimonHazani . Enjoy tasting symbolic fruits, exploring themes of growth and renewal, and sharing reflections rooted in Jewish tradition . Light lunch will be served .

## YOUNG JEWS UNCOVERING THE PAST – Film Series

5 Mondays, Feb 2-24 + Mar 2 • 1-3PM • \$45



A film series exploring young adults confronting European Jewish history, led by Dr. Ruth Anolik . Includes: Everything Illuminated, A Real Pain, Ida, The Unspoken, plus a bonus film White Bird.

## COOKING WITH JFCS (Volunteer Opportunity)

February 25 • 11AM-1PM • \$10 Contribution Towards Food

Do a Mitzvah! Prepare meals for community members in need . Program held at the teaching kitchen of JFCS .

## PURIM PARTY

Wednesday, February 25 • 3:30-5:30PM • \$18

Celebrate Purim with the Gems community through musical parodies, laughter, and entertainment by Noam Cohen . BYOB; appetizers and desserts provided .

## Judaism

(continued)

### JEWS AND THE AMERICAN REVOLUTION

3 Tuesdays, March 10-24 • 11:15AM-12:15PM • \$36



Explore the role of Jews, including Haym Solomon, in the Revolutionary War and in early Philadelphia with Rabbi Albert Gabbai, Rabbi Emeritus of Mikveh Israel Synagogue, the third-oldest synagogue in the US. Includes an April tour of historic Mikveh Israel Synagogue.

### FOUR CORNERS OF PASSOVER

Tuesday, March 24 • 12:30-2PM • \$10

Join Rabbi Moriah SimonHazani, and discover the rich variety of Passover traditions practiced in Jewish communities around the world. Together, we will explore how different regions, from the Middle East and North Africa to Europe and the Americas, shape their Seders, foods, melodies, and rituals. Through stories, history, and cultural examples, we will offer a welcoming space to deepen your understanding of how Jewish communities celebrate Passover's themes while sharing a global sense of connection. A themed light lunch will be provided as part of the program.

### OneTable Gems SHABBAT DINNER

Friday, March 27 • 5-7PM • \$10

**ONETABLE**



Enjoy a warm communal Shabbat dinner with fellow Gems members who share similar interests and hobbies. Sponsored by OneTable, this traditional kosher meal comes with a few fun added touches!

## History & America 250

### TZEDEK TZEDEK TIRDOF: American Jews & Social Justice

3 Thursdays, Jan 22-Feb 5 • 12:30-1:30PM • \$36

Dr. Reena Sigman Friedman examines Jewish involvement in American social justice movements through speeches, memoirs, and archival materials.



### AMERICAN JEWISHWOMEN & POLITICAL ACTIVISM

3 Mondays, March 9-23 • 10:00-11:00AM • \$36

Dr. Reena Sigman Friedman explores pivotal Jewish women whose political leadership shaped both American and Jewish communal life.

## Film

### MY MISSING SCREW - Film

Wednesday, Feb 4 • 7-9PM • \$12



Join the Kaiserman JCC, JFCSofGreater Philadelphia and Tikvah for a screening of the moving Israeli documentary *My Missing Screw*. Accompanying the screening, will be a discussion on creating positive mental practices for our lives.



NOTE:  
More film  
programs in the  
Jewish Learning  
section.



### MORE SUSPENSE & THRILLS!:

The Return of Alfred Hitchcock

4 Tuesdays, Mar 3-24 • 1-3:30PM • \$45



Irv Slifkin returns to the JCC to discuss Alfred Hitchcock's work.

## Politics & Civic Life

### POLITICAL AFFAIRS WITH DR. BILL ROSENBERG

5 Thursdays, Jan 8, Jan 15, Feb 5, Feb 19, and Mar 12

11:15AM-12:15PM • \$60

Engage with timely political topics, including election structures, leadership, primaries, and Supreme Court history. Topics may shift with current events.

## Wellness

### LEARN & LITE BITES WITH MAIN LINE HEALTH

Each session explores a different aspect of wellness, offering practical knowledge and resources to help you stay healthy, with a light lunch generously supported by **Tikvah AJMI**.

Tuesdays • 12-1:15PM • FREE

- Jan 20 - Eye Health
- Feb 17 - Heart Health
- Mar 17 - Sleep Health



### TAI CHI WINTER SERIES

5 Wednesdays, Jan 21-Feb 18 • 11-12PM • \$60

Learn the Eight Form Yang Style Tai Chi sequence through guided breathwork and movement, with Allyn Miner, a Student of Master Jingshan Tang. Class is appropriate for both returning and new participants. \$40 for unlimited pass holders.

## Wellness

(continued)



EAT WELL, BE WELL WITH RACHEL SAKOFS, RD

4 Fridays: Jan 23, Feb 27, Mar 27, Apr 24 • 12:15-1PM • \$5

Monthly themes include Whole Grains, Heart Health, Nutrition Month, and Eating the Rainbow .

## Fitness

OUR NEW WINTER SCHEDULE ARRIVES JANUARY 5!

### GENERAL FITNESS AT THE JCC

We offer a variety of fitness classes every day, including strength training, balance work, dance-based movement, yoga, and more . New specialty classes are added regularly .

For full class descriptions, pricing, and current schedules, visit: [www.phillyjcc.com/fitness](http://www.phillyjcc.com/fitness)

Have questions? Email [jamie@phillyjcc.com](mailto:jamie@phillyjcc.com)



### ISRAELI DANCING

Wednesdays, Jan 7–Jun 10 • 11:30AM–12:30PM

\$15 per class or \$180 weekly series

A joyful, energetic weekly dance experience led by RakDan .

## Pickleball

Learn more and register at [phillyjcc.com/pickleball](http://phillyjcc.com/pickleball)

### OPEN COURT TIME IS NOW AVAILABLE

Join us for Open PlayPickleball at the JCC, where players of all skill levels can enjoy friendly games in a welcoming community atmosphere for just \$10 per session .

### NEW WINTER PICKLEBALL CLINIC DATES ANNOUNCED

Get ready to play, our renovated gym now features six brand new courts! This winter, join our exciting pickleball clinics taught by the pros at Universal Rackets . With classes available for multiple age groups and skill levels, there's something for everyone .



## Parkinson's

Learn more about our Parkinson's programming at [www.phillyjcc.com/parkinsonsfitness](http://www.phillyjcc.com/parkinsonsfitness)

## ROCK STEADY BOXING WITH DYNAMIC HOME THERAPY AND NEUROFITATTHE JCC

Rock Steady Boxing classes combine strength, balance, agility, and coordination exercises to help manage Parkinson's symptoms in a safe and supportive environment .

An initial evaluation is required before joining the class . To schedule an evaluation or learn more about pricing, call the Dynamic Home Therapy and NeuroFit office at (610) 225-2451 ext. 4.



## DYNAMIC NEUROMOVES

Dynamic Neuromoves is a free specialty small group training program supported by the Parkinson's Foundation . Each session targets both motor symptoms (balance, walking, strength, posture) and non-motor symptoms (thinking skills, speech, mood) . Next series starts in January 2026.

## Clubs & Special Events

The JCC is a place to gather, connect, and enjoy community through programs, clubs, and classes . Feel free to bring snacks . All clubs are "pay what you wish" to help support program costs .

### NEW: MONTHLY STORYTIME WITH GEMS (VOLUNTEER)



Specific Mondays • 2-3PM • FREE

Read your favorite children's books to our preschoolers. For more information contact Rachel Sakofs: [rsakofs@phillyjcc.com](mailto:rsakofs@phillyjcc.com)



### CANASTACLUB

Every Monday (except holidays) • 1-3PM • FREE

Join fellow Canasta players at the JCC for open play . Participants must already know the rules . No facilitators are present, this is a friendly, self-guided play group .



## Clubs & Special Events

(continued)

### MAHJONG OPEN PLAY

Every Thursday (except holidays) • 1-3PM • FREE

Mahjong enthusiasts of all levels (from beginner to advanced players who already know the game) are welcome. If you are interested in learning Mahjong for the first time, please email Rachel at [rsakofs@phillyjcc.com](mailto:rsakofs@phillyjcc.com) for more information.



### MONTHLY BOOK CLUB

Wednesdays • 3-4PM • \$36

- Jan 28 - Snow Falling on Cedars
- Feb 25 - The House of Mirth
- Mar 25 - The Tea Girl of Hummingbird Lane



### MOCKTAIL MAKING CLASS

Stay Tuned for February Daytime Class Let's get into the Purim Spirit with our friends at Wallace Dry Goods! Transportation to and from the JCC will be provided, More details to come.

### CONVERSATION WITH ISRAELI TEENS

Thursday, March 26 • 10AM-11:00AM • FREE

Come share your insight as an American and learn about what growing up in Israel today means to this special group of visiting teenagers! Bring your own personal stories to share and your open mind as we see things through different eyes.

An advertisement for the 2026 PHS Philadelphia Flower Show. The title is '2026 PHS PHILADELPHIA FLOWER SHOW' in white. The main title 'ROOTED' is in large yellow letters. Below it is 'ORIGINS of AMERICAN GARDENING' in white. A blue banner below reads 'Trip to the Flower Show' and 'at the PENNSYLVANIA CONVENTION CENTER'. A green circle on the left says 'TRIP FEE \$75 PER PERSON'. A white flower is in the bottom left. A woman is in the bottom right. The PHS logo is in the bottom right. The date 'WEDNESDAY, MARCH 4TH' is in an orange box at the bottom.

ON BROADWAY IN NYC

# THE GREAT GATSBY

A NEW MUSICAL

TRIP FEE  
**\$210**  
PER PERSON

JOIN *Gems*  
IN NEW YORK CITY!



Thursday, April 30th

Bus leaves sharply at 8:30am  
from the Kaiserman JCC  
and returns around 7:30pm.

Questions? Contact us!  
[gems@phillyjcc.com](mailto:gems@phillyjcc.com)



Register online at  
[phillyjcc.com/greatgatsby](http://phillyjcc.com/greatgatsby)

*Gems*

Kaiserman JCC  
Philly   
[phillyjcc.com](http://phillyjcc.com)  
(610) 896-7770  
Wynnewood, PA

Book your own reservation  
for lunch near the theaterdistrict.

Step into the glitz and glamour of the Roaring Twenties with the Tony Award winning *The Great Gatsby* musical on Broadway. This, jazz-infused adaptation of F. Scott Fitzgerald's novel brings to life the story of eccentric millionaire Jay Gatsby and his tragic, lifelong pursuit of Daisy Buchanan, the woman he has loved since youth. Let the champagne bubble and the flappers dance the night away at this one-of-a-kind party at the Broadway Theatre

Price includes orchestra seats,  
round trip transportation,  
and gratuities. Price  
does not include lunch

# Gems at the J

This 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](http://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](http://www.PhillyJCC.com)

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

**The Ginsburg Family Charitable Fund**

**For sponsorship opportunities email [GEMS@PhillyJCC.com](mailto:GEMS@PhillyJCC.com)**

---

**Director of Health & Wellness** **Gems Program Manager**

Jamie Feinstein

[JFeinstein@PhillyJCC.com](mailto:JFeinstein@PhillyJCC.com)

Rachel Sakofs

[RSakofs@PhillyJCC.com](mailto:RSakofs@PhillyJCC.com)

Office: 610.896.7770 x130

**Gems** Kaiserman JCC  
**Philly** J

45 HAVERFORD ROAD, WYNNEWOOD, PA 19096