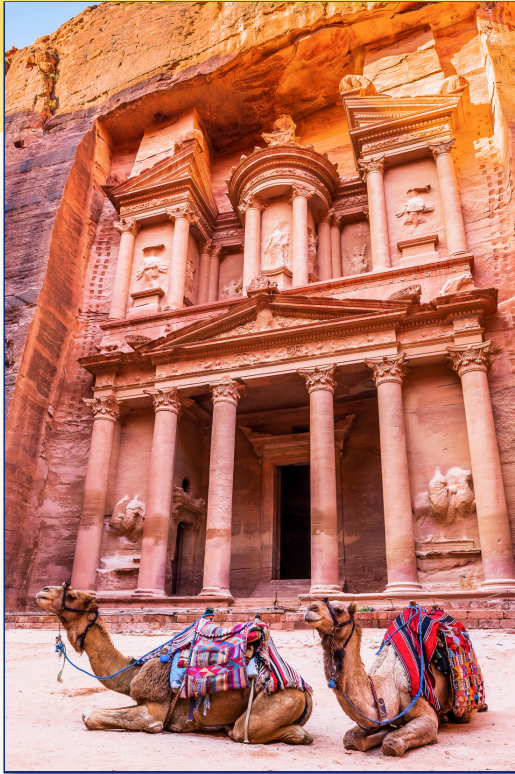


Gems

At The **J**

COMMUNITY, LEARNING & WELLBEING



Gems Kaiserman JCC
Philly **J**

Spring 2026 Program

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INFO SESSION



Open House & Registration Brunch

Tuesday, April 14 | 11:00AM - 1:30PM | Free

Enjoy light brunch while learning about the spring courses. Will have a special guest from the U.S. Securities and Exchange Commission.

Register online at phillyjcc.com/spring26info

CLUBS

Weekly clubs are free to join with a suggested yearly donation of \$36.
No meetings on holidays (4/2 and 5/25).



Open Play Canasta

Every Monday
1PM - 3PM



Open Play Mah Jong

Every Thursday
1PM - 3PM



Book Club

4/29 • 5/27 • 6/24
3PM - 4PM



Games Dinner Fundraiser

Wednesday, April 15 | 3:30PM - 6:00PM | \$36

Join us playing Mah Jong, Canasta, Rummikub, and Scrabble with dinner!

Register online at phillyjcc.com/games

TRIPS



Laurel Cemetery: Sweet Souls **INCLUDES TRANSPORTATION!**

Thursday, April 23 | 9:30AM - 12:30PM | \$30

Take a driving tour of Laurel Hill Cemetery, as we will be treated to the sweet knowledge of the individuals and families who invented delicious products we still consume today! Plus, a treat tasting after the tour.

Register online at phillyjcc.com/laurelsweets

TRIPS CONTINUED



Mural Arts Tour

INCLUDES TRANSPORTATION!

Wednesday, May 6 | 10:00AM - 2:00PM | \$42

Get to know Mural Arts Philadelphia's world-renowned collection along the Mural Mile. Explore Center City and its amazing public art.

Register online at phillyjcc.com/mural-arts



Laurel Cemetery: This Sporting Life

INCLUDES TRANSPORTATION!

Thursday, May 7 | 12:30PM - 3:00PM | \$30

Take a tour of Laurel Hill West and discover the sports legends buried here from Hall of Famers in baseball, tennis, golf, hockey, and more.

Register online at phillyjcc.com/laurelsports



Calder Gardens Trip

INCLUDES TRANSPORTATION!

Thursday, May 21 | 9:30AM - 12:30PM | \$36

Join us for a guided walking tour of the NEW Calder Garden Exhibition.

Register online at phillyjcc.com/calder



Jewish Philadelphia Tour

INCLUDES TRANSPORTATION!

Thursday, May 28 | 10:00AM - 2:30PM | \$36

Take a tour of Mikveh Israel, the oldest synagogue in Philadelphia followed by The Weitzman Museum, with time for lunch in between.

Register online at phillyjcc.com/jewishphillytour



Broadway Comes to Philly: The Outsiders

INCLUDES TRANSPORTATION!

Wednesday, June 3 | 12:30PM - 5:00PM | \$150

Join us for an afternoon performance of The Outsiders, a Tony Award winning coming-of-age musical at the Academy of Music in Philadelphia.

Register online at phillyjcc.com/outsiders



Trip to Woodmere

INCLUDES TRANSPORTATION!

Thursday, June 4 | 9:00AM - 2:00PM | \$68

We will head to Chestnut Hill and take a tour of the NEW wing of the Woodmere Art Museum. On our way, we will enjoy brunch at Cake.

Register online at phillyjcc.com/woodmereart



Trip to Penn Museum

INCLUDES TRANSPORTATION!

Wednesday, June 24 | 9:00AM - 1:00PM | \$68

Enjoy a guided tour of the Penn Museum's exhibit of ancient alcohol, additional time for self-guided gallery exploration and lunch at the cafe.

Register online at phillyjcc.com/penntrip

ARTS & CREATIVITY ★★★★★★★★★★★★★★★★★★



Zentangle With Mindy Shapiro

Thursday April 16 | 11:00AM - 12:30PM | \$15

Mindful meditation through doodling. We will be making a Hamsa
Register online at phillyjcc.com/aprilzen



Drawing Fundamentals With John Sappington

4 Tuesdays, April 21 - May 12 | 10:00AM - 11:00AM | \$48

Many of us have the experience of drawing and making art; but so many stop drawing altogether. Succeed with your creativity!
Register online at phillyjcc.com/gemsdraw



Women of Valor Film Series With Dr. Ruth Anolik

4 Mondays, April 27 - May 18 | 1:00PM - 3:00PM | \$36

Join us for a series of films that showcase powerful Jewish women, breaking molds and leaving impressions on our hearts. Films include *Governess*, *Yentl*, *The Goldbergs*, and *Between the Temples*.
Register online at phillyjcc.com/valorfilms



Broadway Showtunes With Leila Joffe

3 Tuesdays, May 5 - 26 | 11:00AM - 12:00PM | \$36

This course delves into the incredible Broadway Showtunes that leave an impression that is memorable for a lifetime. (no class 5/19)
Register online at phillyjcc.com/showtune



Zentangle With Mindy Shapiro

Tuesday May 26 | 12:30PM - 2:00PM | \$15

Mindful meditation through doodling. We will be making spring flowers.
Register online at phillyjcc.com/mayzen



Paul Newman & Robert Redford With Leila Joffe

3 Tuesdays, June 2 - June 16 | 11:00AM - 12:00PM | \$36

Take an in-depth look at the careers of Paul Newman and Robert Redford. Learn about their work as directors and philanthropists. Explore films like *Cat On A Hat Tin Roof*, *The Natural*, *Indecent Proposal* and more.
Register online at phillyjcc.com/newmanredford

MUSIC ★★★★★★★★★★★★★★★★★★



Opera 103 with Karen Kahn

2 Fridays, April 17 and May 15 | 12:30PM - 3:00PM | \$18

Watch the theatrical and lyrical performances of Nabucco (4/17) and Hollander (5/15). Feel free to bring your lunch and interest in opera!
Register online at phillyjcc.com/opera103

WELLNESS CONTINUED



Cognitive Decline Program - Shavuot

Thursday, May 21 | 10:30AM - 11:45AM | Free

For individuals experiencing cognitive decline and their caregiver, focusing on Shavuot, and incorporates simple activities that engage the senses, encourage gentle movement, and spark meaningful memories. Register online at phillyjcc.com/cognitive



Building Inclusive Community: Pride Month Allyship

Tuesday, June 2 | 12:15PM - 1:00PM | \$5

We will look at responses to coming out and how to work to a culture in which we can all bring our whole selves into our community. Register online at phillyjcc.com/allyship



Israeli Dancing

Every Wednesday until June 10 | 11:30AM - 12:30PM | \$15

A joyful, energetic weekly dance experience led by RakDan. Register online at phillyjcc.com/2025israelidance



Parkinsons Fitness

Rock Steady Boxing and Dynamic Neuro Moves

Two specialized classes designed to empower individuals living with Parkinson's. Fill out our interest forms to learn which class is right for you. Register online at phillyjcc.com/parkinsonsfitness



Pickleball

Clinics with Universal Rackets and Open Play Courts

We're thrilled to introduce our brand-new pickleball courts, a fresh and exciting way to stay active and connect with others. Register online at phillyjcc.com/pickleball

SUMMER SWIM

Join our outdoor pool open Memorial Day through Labor Day! Enjoy outdoor chairs and umbrellas, lap and rec swim, aqua fit classes, and a baby pool for the grandkids. **Memberships on sale in spring.**

Learn more online at phillyjcc.com/aquatics



FITNESS CLASS SCHEDULE

	TIME	CLASS	TEACHER
SUN	9:15AM - 10AM	DANCE FIT	Jessica E.
	10:15AM - 11AM	GEMS CIRCUIT STRONG 	Eric M.
MON	9AM - 9:45AM	STRENGTH FOUNDATIONS	Eric M.
	10AM - 10:45AM	PLYO JAM	Aviva L.
	11AM - 11:45AM	GEMS FIT STRENGTH 	Eric M.
	12PM - 12:50PM	BONE HEALTH PILATES	Caroline B.
TUES	9:30AM - 10:15AM	STRICTLY STRENGTH	Ali G.
	10:30AM - 11:15AM	BALLET BARRE LEVELS 1 & 2	Trina L.
	11:30AM - 12:15PM	GEMS CARDIO SCULPT 	Trina L.
WED	9:30AM - 10:15AM	COMPLETE CONDITIONING	Oreet J.S.
	10:30AM - 11:15AM	GEMS DANCE & STRETCH 	Oreet J.S.
THURS	10AM - 10:45AM	STEP REMIX	Oreet J.S.
	11AM - 11:45AM	GEMS CIRCUIT STRONG 	Eric M.
	12PM - 12:50PM	RESET AND RESTORE YOGA	Sarita P.
FRI	9:30AM - 10:15AM	MASTAH TEE CARDIO JAM	Trina L.
	10:30AM - 11:15AM	GEMS STRETCH & SCULPT  	Trina L.
	11:30AM - 12:15PM	IBX GENTLE CHAIR YOGA  FREE	Rivkah M.



Insurance Eligible:
Free with Insurance



Accessible Class:
No Stairs

Unlimited Class Pass: \$59 / Month
Drop-in per Class Rate: \$18 / Class

FOR THE MOST UP-TO-DATE SCHEDULE, PRICING, CLASS DESCRIPTIONS, INSTRUCTOR BIOS, & MORE VISIT: [PHILLYJCC.COM/FITNESS](https://phillyjcc.com/fitness)

NEW: Personal Training

Personal Training at the J offers customized, one-on-one sessions focused on functional movement and long-term wellness, giving you practical tools to feel stronger and move better in daily life.

Register online at phillyjcc.com/personaltraining

REGISTER

NAME _____

The best way to register is online. Use the links under each event in the booklet to register for our programs!

INFO SESSION

- Registration Brunch**
4/14 | 11AM - 1:30PM | Free

CLUBS

- Games Dinner Fundraiser**
4/15 | 3:30PM - 6PM | \$36

TRIPS

- Laurel Hill Cemetery: Sweets**
4/23 | 9:30AM - 12:30PM | \$30
- Mural Arts Tour**
5/6 | 10AM - 2PM | \$42
- Laurel Hill Cemetery: Sports**
5/7 | 12:30PM - 3PM | \$30
- Calder Gardens Trip**
5/21 | 9:30AM - 12:30PM | \$36
- Jewish Philadelphia Tour**
5/28 | 10AM - 2:30PM | \$36
- Philly Broadway: The Outsiders**
6/3 | 12:30PM - 5PM | \$150
- Trip to Cake & Woodmere**
6/4 | 9:00AM - 2PM | \$68
- Trip to Penn Museum**
6/24 | 9AM - 1PM | \$68

HISTORY

- Political Updates** with Matt Kerbel
4/14 | 10AM - 11AM | \$15
- Establishment of the Colonies**
4/15 - 5/6 | 10AM - 11AM | \$36
- Political Affairs**
4/23 - 6/11 | 11AM - 12PM | \$48
- Foundational Documents**
4/27 - 5/18 | 11:15AM - 12:15PM | \$48
- 1777 to 1783 Treaty to Nation**
5/20 - 6/3 | 10AM - 11AM | \$36
- The Deep Dig of Petra**
5/20 - 6/10 | 11:15AM - 12:15PM | \$48

ARTS & CREATIVITY

- Zentangle**
4/16 | 11AM - 12:30PM | \$15
- Drawing Fundamentals**
4/21 - 5/12 | 10AM - 11AM | \$48
- Women of Valor Film Series**
4/27 - 5/18 | 1PM - 3PM | \$36
- Broadway Ballads & Showtunes**
5/5 - 5/26 | 11AM - 12PM | \$36
- Zentangle**
5/26 | 12:30PM - 2PM | \$15
- Paul Newman & Robert Redford**
6/2 - 6/16 | 11AM - 12PM | \$36



EMAIL _____

If you are unable to register online, please fill-out and give these registration pages to Rachel with payment information so she can help you register!

MUSIC

- Klezmer Jam** with Alica Svigal
4/12 | 6PM - 8PM | \$18
- Yom Ha'atzmaut BBQ & Concert**
4/26 | 1PM - 4PM | \$18
- Klezmer Jam** with Ken Ulansey
5/31 | 3PM - 5PM | \$18
- Klezmer Jam** with Hankus Netsky
6/21 | 4PM - 6PM | \$18

JUDIASM

- OMG, Can You Believe?!**
4/22 - 5/27 | 12:30PM - 2PM | \$50
- Yom Ha'atzmaut Brunch**
4/22 | 11AM - 12PM | \$10
- Thou Shalt Journal**
4/27 - 5/11 | 10AM - 11AM | \$36
- Book Talk** with Maya Arad
4/26 | 7PM - 9PM | \$10
- Cholent & Conversations**
5/1 & 6/5 | 12:15PM - 1:15PM | \$18

WELLNESS

- Learn & Lite Bites**
4/21 | 12PM - 1:15PM | Free
- Learn & Lite Bites**
5/19 | 12PM - 1:15PM | Free
- Learn & Lite Bites**
6/16 | 12PM - 1:15PM | Free
- ARTZ Philly Side by Side**
4/23 | 11AM - 12PM | Free
- ARTZ Philly Side by Side**
5/14 | 11AM - 12PM | Free
- ARTZ Philly Side by Side**
6/4 | 11AM - 12PM | Free
- Tai Chi**
4/22-5/20 | 11:30AM - 12:30PM | \$60*
- Cognitive Decline Program**
5/21 | 10:30AM - 11:45AM | Free
- Building Inclusive Community**
6/2 | 12:15AM - 1PM | \$5



Our Gems 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.

No membership is required to join our programs.

Policies

Virtual Option

Many programs have a virtual option upon request. If you are homebound and would like to join via Zoom, please email us.

Registration

Registration is required for all programs. Register online by card or by calling the front desk at (610)896-7770. Email us to pay by check or cash.

Cancellation

If you are unable to attend a program, please contact us as soon as possible. When appropriate, Gems will issue a credit, not a refund.

Prorated Programs

Looking to come to just one or a few classes in a series? We may have options for you! Email us for a prorated rate.

Thank you to our sponsors!

**Weinberg Family Fund of the Jewish Federation
of Greater Philadelphia**

The Ginsburg Family Charitable Fund

For sponsorship opportunities email gems@phillyjcc.com

Questions? Contact us!

Gems Program Manager

Rachel Sakofs | rachel@phillyjcc.com
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Director of Health & Wellness

Jamie Feinstein | jamie@phillyjcc.com
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