



Mature Matters

Worcester Jewish Community Center
Senior Adult Newsletter

Dear Members and Friends:

At long last a new issue of Mature Matters! For those of you who thought you were not receiving our mailings, no worries, we skipped the January/February issue!

Please take note of these special upcoming programs:

The Annual Senior Adult Passover Model Seder, Thursday, March 25th at 12 noon, led by Rabbi Matthew Berger of Temple Emanuel, at Bet Shalom Apartments. \$8 includes full course seder meal! All are welcome!

Yom Ha'atzmaut Concert...Celebrating Israel Independence Day...Sunday, April 8th, 2010, at 3 pm, featuring Seeds of Sun, the leading Israeli Jazz ensemble in North America. Enjoy all of your favorite Israeli songs along with a mix of Israeli jazz and world music! Free and open to the public.

And by popular demand, **THE JERSEY BOYS**, at the Providence Performing Arts Center, Thursday, May 13th. Bus departs the JCC at 5:45 pm and returns approximately 11:00 pm. Tickets, \$99/for JCC Members; \$104 for JCC Sr. Club Members; \$110 for Nonmembers.

Be happy it's Adar! Wishing everyone a happy, healthy, Passover!

Warm regards, Sue Granoff & Nancy Greenberg, Senior Adult Staff

How to reach us: JCC phone 508-756-7109, Sue x 273, Nancy x 232

in observance of... Passover the JCC will close at 6pm on Monday, March 29 & remain closed Tuesday, March 30 (OPEN Wednesday, March 31). Also closed Monday, April 5 (Open Tuesday, April 6).

Please mark your calendar for these UPCOMING EVENTS

JCC GALLERY HAPPENINGS, through April, "A World Tour" by Ron Rosenstock.

JCC AUTHOR SERIES, David Sax, author of, *Save the Deli*, Saturday, March 20th, 7:30 pm at Weintraub's, 126 Water St., Worcester, \$30 includes deli dinner.

SENIOR ADULT DEPARTMENT - ANNUAL MODEL SEDER, Thursday, March 25th, 12 noon at Bet Shalom Apartments, 475 Chandler Street, Worcester; led by Rabbi Matthew Berger; \$8.

JCC AUTHOR SERIES, Daniel Asa rose, -NEW DATE- Thursday, May 27th, 7pm, author of, *Larry's Kidney: Being the True Story of How I Found Myself in China with My Black Sheep Cousin...* no fee.

WOMEN'S DISCUSSION GROUP, (joint meeting with Red Hat Society), Wednesday, April 14, 10am, Kim McCarthy of Generations on the Move, will speak on "downsizing".

RED HAT SOCIETY, Lunch at The Chateau, Thursday, March 18th, 11:30 am; Wednesday, April 14th, 10 am, Kim McCarthy of Generations on the Move, will speak on "downsizing" (joint meeting with Women's Discussion Group).

JCC BOOK CLUB, Monday, April 12th, 10:30 am, *Hotel on the Corner of Bitter and Sweet*, by Jamie Ford; Monday, May 10th, 10:30 am, *Netherland*, by Joseph O'Neill; Monday, June 14th, 10:30 am, *Brooklyn*, by Colm Toibin.

YOM HA'ATZMAUT CONCERT, Celebrating Israel Independence Day, featuring Israeli Ensemble - Seeds of Sun, Sunday, April 18th, 3 pm at the Worcester JCC. Free and open to the public.

FREE FILM AT THE JCC, NEW DATE!! Rescheduled!! Please join us for the film *Kehillah: Rekindling Jewish Life in Ukraine*, Wednesday, April 21st, 1:00 pm, FREE.

DVD SERIES/BROWN BAG LUNCH, NEW!! From Yao to Mao, 5000 Years of Chinese History, Thursdays, 12 noon, ongoing, drop-in, no fee.

JERSEY BOYS, Theatre Trip, Thursday, May 13th, evening performance at the Providence Performing Art Center; Bus departs JCC at 5:45 pm. \$99/JCC members, \$104/JCC Sr. Club Members, \$110/nonmembers.

TANGLEWOOD TRIP 2010, Sunday, July 11th, BSO, Rafael Fruhbeck de Burgos, conductor, Pinchas Zukerman, violin; Seating in the Shed; Brunch at The Dakota; \$94/JCC members, \$98/JCC Sr. Club members, \$103/nonmembers.

SAVE THE DATE ---ANNUAL SHAVUOT BLINTZES LUNCHEON, Tuesday, May 18th, 12 noon, at Lunch-Out, Bet Shalom Apartments, 475 Chandler St., Call Nancy or Sue by Thursday, May 13th to register.

MANTALK, every Tuesday, 9-10 am, light breakfast, speaker or discussion, drop in, \$2.

JOYFUL SINGERS, This year we will be working on a Broadway show. New members always welcome! The group entertains at nursing homes, assisted livings, & other community organizations during June. Rehearsals are 3rd Thurs., of the month. Call Sue for information.

LUNCH-OUT, at Bet Shalom Apartments, 475 Chandler St., Worc., Tuesdays & Thursdays, 12 noon. Delicious kosher meal, only \$3. Reserve the day before, by calling Sue or Nancy.

cultural arts events:



Nancy Greenberg,
Cultural Arts Director,
Adult/Senior Adult
Director, x 232

Womens Discussion Group and JCC Red Hat Society!

WEDNESDAY, APRIL 14th, 10am

Kim McCarthy of Generations on the Move, will speak about the process of downsizing and making a smooth transition when moving out of a home you have lived in for a very long time. Even if you have no plans to move anywhere, any time soon, Kim is a great resource for friends, family, and/or neighbors! And if you have recently moved, come and share your stories! Please RSVP to Nancy x 232.

celebrate with us:

Annual Passover Model Seder

Thursday, March 25th, 12 noon at "Lunch-Out"

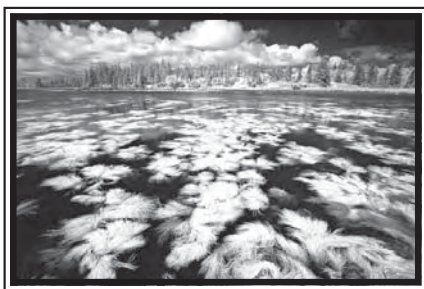
at Bet Shalom Apartments, 475 Chandler Street, Worcester

This year our annual Model Seder will be led by Rabbi Matthew Berger of Temple Emanuel. A full course typical seder meal will be served, from soup (matzah ball, of course) to nuts... gefilte fish, chicken, potato kugel, and sponge cake. Whether you are a "seder maven" or have never attended a seder, you will enjoy this special abridged version!!

Fee: \$8 (less than last year and well worth it!!)

Please RSVP by Thursday, March 18th by calling 508-756-7109, Nancy x 232 or Sue x 273.

jcc gallery happenings:



"A World Tour" by Ron Rosenstock

Exhibit...Through April 28th

Ron leads photo tours to many wonderful destinations. This exhibit will include his favorite recent work from Bhutan, Iceland, Ireland, Morocco, the Czech Republic, and Vinalhaven, Maine. All photographs are specially priced for JCC members.

Ron Rosenstock's photographs are in the permanent collections of the Fogg Art Museum at Harvard University, The Worcester Art Museum, and the International Center of Photography in NYC.

A quote from a curator at the Griffin Museum of Photography says it all: Ron Rosenstock is a caretaker of the planet.

He photographs the language of wind, rain, bird song, and the profound silence of the earth.

His photographs encourage us to reach into the transcendental to seek the source of that silence.



Join the JCC Book Club!

There's nothing better than getting together to discuss a good book!

UPCOMING MEETINGS:

Monday, April 12th...*Hotel on the Corner of Bitter and Sweet* by Jamie Ford

Monday May 10th...*Netherland* by Joseph O'Neill

Monday, June 14th...*Brooklyn* by Colm Toibin

Meetings take place at 10:30 am in the JCC Conference Room. Drop-in; Members; All are welcome! For more information call... Nancy Greenberg, Cultural Arts Director, 508-756-7109 x 232



DVD Series & Brown Bag Lunch

TEACHING COMPANY DVD

GREAT WORLD RELIGIONS...

NEW

5000 YEARS OF CHINESE HISTORY: FROM YAO TO MAO

THURSDAYS...12:00 noon...Note new time

Teaching Company DVD, featuring Professor Kenneth Hammond, Ph. D., Yale University.

Meets Thursdays 12:00 pm no fee drop in ongoing

This course encompasses the great dynasties that have ruled over China, the philosophical and religious foundations that have influenced Chinese thought, including Confucianism, Daoism, and Buddhism, and the personalities, from both inside and outside China's borders, who have shaped China's history. Professor Kenneth Hammond, Ph.D., studied and worked in Beijing in the 1980s, entering graduate school at Harvard University in 1987. He received his Ph.D. in History and East Asian Languages in 1994 and joined the faculty of New Mexico State University that same year.

ALL ARE WELCOME!

No problem if you miss a week - each week's viewing stands alone. Bring your lunch, watch the DVD & discuss!

Questions? Nancy Greenberg, x 232

JCC Chapter of the Red Hat Society

aka "The Red Snappers"...*cuz we dress so snappy!!*



Time to come out of hibernation!!

Let's celebrate spring's arrival a couple of days early!

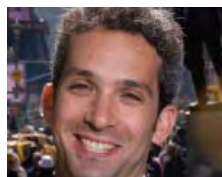
Join us for lunch...

**THURSDAY, MARCH 18th at 11:30 am at The Chateau
in Westboro - great Italian food at reasonable prices!**

Please RSVP to Nancy Greenberg, 508-756-7109 x 232 if you plan to attend and/or need a ride, by Thursday, March 11th.

Directions: 95 Turnpike Road (Route 9), Westboro.

Free and open to the public. Dessert reception follows lecture and book signing.
RSVP appreciated, by calling Nancy Greenberg, 508-756-7109, x 232.



david sax

Save the Deli: In Search of Perfect Pastrami, Crusty Rye, and the Heart of Jewish Delicatessen

Saturday, March 20, 2010 - 7:30 pm
Location: Deli Dinner (kosher style) and Lecture at Weintraub's, 126 Water Street, Worcester



Deli Dinner and Lecture \$30
Seating limited. Books available at the Worcester JCC at the discounted price of \$16.
Tickets online at: jewishcentralmass.org/filmsandauthors or at the Worcester JCC

As a journalist and lifelong deli aficionado, David Sax was understandably alarmed by the state of Jewish delicatessen. A cuisine that had once been at the very center of Jewish life has become endangered by assimilation, economic pressure, and health food trends. Sax spent three years eating his way through more than 150 Jewish delis to research *Save the Deli: In Search of Perfect Pastrami, Crusty Rye and the Heart of Jewish Delicatessen*. He investigates the deli's cherished past, its precarious present, and its current revival. He tells us about the food itself - how it's made, who makes it best, and where to go for particular dishes, from corned beef and salami to matzo balls and chopped liver.

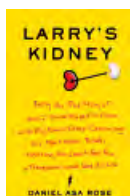
Children everywhere are growing up with sushi and pizza...but what about kasha, kreplach, kugel, knishes, and kishke?!! *Save the Deli* is a delicious romp through a fast-disappearing world.



daniel asa rose **NEW DATE**

Larry's Kidney: Being the True Story of How I Found Myself in China with my Black Sheep Cousin and His Mail-Order Bride, Skirting the Law to Get Him a Transplant - and Save His Life

Thursday, May 27, 2010, 7:00 pm
Location: The Worcester JCC



Larry's Kidney, chronicles the author's trip to Beijing to help his black-sheep cousin get an illegal kidney transplant, collect an (e-) mail-order bride, and restore East-West relations while they're at it. Sure, Chinese law forbids transplants to Westerners, but that didn't faze Larry Feldman. Frustrated at his lack of progress at getting a kidney transplant stateside (he was behind 74,000 other Americans on a transplant list), he was confident that he could shake out a single pre-loved kidney from China's 1.3 billion people. But he couldn't do it alone - he needed his cousin Daniel's help, even though they hadn't been on speaking terms for 15 years. So begins the quest of two cousins to rejuvenate Larry's failing body and ever-romantic heart, while avoiding getting tossed in a Chinese slammer. A dark comedy about medical tourism...hysterically funny and deeply moving.

free film at the jcc:

The Cultural Arts Department is pleased to present free Jewish Films, at the JCC. Most of these films have been shown in Jewish Film Festivals but have not been widely released for commercial viewing. **FREE ADMISSION!**

KEHILLAH: REKINDLING JEWISH LIFE IN UKRAINE

Wednesday, April 21st

1:00 pm

Free Admission at the JCC

**RESCHEDULED
NEW DATE!**

Filmmaker: Laura Bialis
50 minutes

After the collapse of the Soviet Union, Soviet Jewry activists in greater Boston wondered, "what now?" The answer emerged when members of Boston's Jewish Community Relations Council visited Dnepropetrovsk, then the fourth largest Jewish community in the former Soviet Union. A partnership was forged and the Dnepropetrovsk Kehilla Project has been thriving ever since, 18 years and counting! This documentary tells the story of the Boston-Dnepropetrovsk partnership that was created and the role it has played in the rebirth of the Jewish community in Dnepropetrovsk, Ukraine.

This is a new film by distinguished filmmaker Laura Bialis. It comes highly recommended as being truly inspirational by Fran Gordon's niece, Debby Goldberg. **FREE and OPEN TO ALL.**

YOM HA'ATZMAUT CONCERT...

Celebrating Israel Independence Day (A Bit Early!!)

Made possible by the William and Judith Yoffie Memorial Fund

featuring



**Sunday
April 18, 2010
3:00 pm at the
Worcester JCC**

FREE AND OPEN TO THE PUBLIC

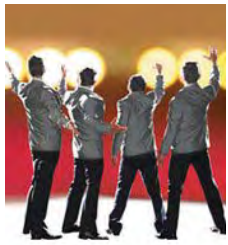
Enjoy all the crowd pleasing favorites along with a mix of Israeli Jazz and World Music!!

Seeds of Sun have established themselves as the leading Israeli-Jazz ensemble in North America. The band has played on prestigious stages such as the Kennedy Center in Washington and the 92nd Street Y in New York, and has traveled as far as Vietnam, Hong Kong and the Philippines, introducing a new and exciting sound of Israel to the world.

The ensemble also performs on the major stages of the American Jewish World, including the URJ Biennials and Jewish festivals nationwide. Compositions by Mattan Klein, flutist and bandleader, have earned Seeds of Sun prestigious awards at The John Lennon Songwriting Contest and the USA Songwriting Competition.

Refreshments will be served following the concert. RSVP appreciated to Nancy Greenberg at 508-756-1709 x 232.

icc day trippers: Providence
Performing Arts Center



JERSEY BOYS

Jersey Boys:

The Story of Frankie Valli and the Four Seasons

Thursday, May 13th
Evening Performance

Bus departs the JCC at 5:45 pm;
returns approximately 11:00 pm

How did four blue-collar kids become one of the greatest stories in pop music history? JERSEY BOYS takes you behind the music of Frankie Valli and The Four Seasons. Winner of the 2009 Olivier Award for Best New Musical. Experience electrifying performances of the golden greats: Sherry, Big Girls Don't Cry, Can't Take My Eyes Off of You, to name a few...which took these guys all the way to the Rock 'n Roll Hall of Fame! **"The crowd goes wild!!" - The New York Times**

Fee: \$99/member, \$104/senior club \$110 nonmem....45-0513-1

Please note that there has been an extraordinary amount of interest in this trip so please register immediately so you do not miss out!!

Please register by Friday, April 9th.

(Please call for availability after this date; often we can accommodate!)
For more information call Nancy Greenberg, x 232.



Tanglewood 2010!!

Boston Symphony Orchestra

Sunday, July 11 - Seating in the Shed

Rafael Fruhbeck de Burgos, conductor
Pinchas Zukerman, violin

MOZART Serenade No. 6 in D, *Serenata notturna*

MOZART Violin Concerto No. 5 in A

STRAUSS *Ein Heldenleben*

Brunch at "THE DAKOTA"!!

The Dakota buffet, considered the "best brunch in the Berkshires", features hot entrees, omelettes cooked to order, waffles, smoked fish, bagels, muffins, salad and dessert bars and MORE!

Bus departs the JCC at 8:30 am, returns approximately 6:45 pm

Fee: \$94/member, \$98/senior club, \$103/nonmem....

There is nothing like spending a summer afternoon at Tanglewood! Sit back, relax and leave the driving to us!!

Please register by Friday, June 18th.

(Please call for availability after this date; often we can accommodate!)
For more information call Nancy Greenberg, x 232.

travel with the jcc:...contact Nancy Greenberg x 232 for information on all trips

Northern National Parks with Collette Vacations

JUNE 18 - 25, 2010

HIGHLIGHTS INCLUDE:

- Salt Lake City • Idaho Falls
- Jackson Hole • Yellowstone
- Grand Tetons
- Craters of the Moon National Parks

8 Days, 11 Meals; \$2139 double occupancy;
\$2589 single occupancy

Beijing City Stay

with Collette Vacations

OCTOBER 26 - NOVEMBER 3, 2010

HIGHLIGHTS INCLUDE:

- Beijing Zoo • Peking Opera • The Great Wall
- Rickshaw Tour
- Optional tour to Xian to see the Terra Cotta Warriors Museum

9 Days, 15 Meals; \$2449 double occupancy;
\$2799 single occupancy
Deposit of \$250 by 05/20/10

"Meet me at the Kasbah"

Morocco, with Ron Rosenstock

on the Jewish Spirit of Morocco

TUESDAY, APRIL 27, 7:00 pm AT THE JCC

Come learn more about the CULTURAL TOUR OF MOROCCO, with tour leader and photographer, Ron Rosenstock, scheduled for FEBRUARY 6 - 15, 2011.

Ron will show slides, photos, artifacts from the many trips he has led to Morocco over the past 10 years. Discover the rich mix of Jewish, Arab, Berber, Spanish, and Roman influences contributing to the irresistible allure of Morocco.

Ron will talk about his experiences and discoveries while photographing in Morocco. Ron said, "It has been the most positive "Jewish" experience that I've had in over 40 years of leading photo groups to countries all over the world."

Please RSVP to Nancy Greenberg, 508-756-7109 x 232, by Friday, April 23rd, if you plan to attend.

NEW



Charleston & Savannah NOVEMBER 9 - 14, 2010

NEW

Presented by Greylock Discovery Tours for... Worcester JCC, Leventhal-Sidman JCC (Newton), and Springfield JCC.

Step back into the romance and splendor of the Old South. Enjoy gracious Southern hospitality, the diverse cultures and delectable cuisine of the Deep South, all through a Jewish lens. For full itinerary call Nancy Greenberg, 508-756-7109 x 232.

Price: \$1855 per person, double occupancy. Single supplement, \$410.

INCLUDES 5 nights at the historic Mill House Hotel in Charleston and Doubletree Hotel in Savannah; 4 dinners, 4 lunches, breakfast each morning, local tour guides, flights (including 1 checked bag), airport transfers, motorcoach transport throughout the tour, admissions to all attractions, and local tour guides, all taxes and gratuities.



Summer Escape to the White Mountains

Join the Leventhal-Sidman JCC (Newton) for a trip to Waterville Valley, NH

AUGUST 3 - 5, 2010

HIGHLIGHTS INCLUDE:

- Deluxe accommodations at the Valley Inn
- 2 breakfasts, 2 dinners
- Summer theater's production of Camelot
- Guided tour of Castle in the Clouds
- Cruise on "Golden Pond" (Squam Lake)
- Tanger Outlets (great discounts/tax free!)
- Motorcoach transportation

\$374 JCC Members; \$379 JCC Sr. Club Members

\$389 Nonmembers/ double occupancy;

Single room add \$70; Triple room subtract \$15.

Dinner at Hart's Turkey Farm: Turkey, Roast Beef, Broiled Haddock

Berkshires Overnight

Co-sponsored with the Leventhal-Sidman JCC (Newton)

WEDNESDAY, AUGUST 25th - THURSDAY, AUGUST 26th

FEATURING JACOB'S PILLOW AND BERKSHIRE THEATRE FESTIVAL

- **JACOB'S PILLOW** - *The Hubbard Street Chicago*...Adored by Pillow audiences and back by popular demand, this performance by Hubbard Street Chicago will include Bitter Suite by Finnish dancemaker Jorma Elo and Tabula Rasa by Batsheva's Ohad Naharin, set to music by Arvo Part.
- **BERKSHIRE THEATRE FESTIVAL** - *Babes in Arms*... "The Lady is a Tramp", "My Funny Valentine", "Johnny One Note" - the song list for this high spirited musical reads like a Greatest Hits for writers Rodgers and Hart. Babes in Arms, the original "Let's put on a musical" musical, tells the story of a few determined teens and their fight to keep their independence by producing their own show. Babes in Arms is packed with laughs, music, and youthful exuberance - pure entertainment with a heart so big, it sings.
- Tour of Jacob's Pillow • 3 meals-Wednesday night dinner through Thursday lunch
- One night at the Holiday Express in Great Barrington • Air Conditioned Coach transportation
- Per Person, double occupancy - \$349/JCC Members; \$359/JCC Club Members; \$369/Nonmembers. Single occupancy: add \$70

MONDAY

- MASTER SWIM CLASS - 10:45am - 12pm- M & W, \$85/M, \$125/NM, 8 wks.
- *BODYVIVE - 8 - 8:45 am ...No fee - *must be a full basic member
- *WATER WORKS - 9 - 9:45 am...No fee - *must be a full basic member.
- *BODYFLOW - 10 am...No fee - In Auditorium *must be a full basic member.
- *CHAIR EXERCISE - 10:15 am...No fee - in Auditorium * must be full basic member.
- *SENIOR FITNESS - 11:15 am - 12 pm.....No fee - *must be a full basic member.
- BINGO/POKENO - Mon. & Wed. - 12:30 - 3 pm - Play for pennies. No Fee.
- *SENIOR SWIM - 1 - 2 pm...No fee - *must be a full basic member.
- *ZUMBA TONING - 5:30 - 6:15 pm...No fee - *must be a full basic member.

NOTICE
*YOU MUST BE A FULL BASIC SENIOR MEMBER TO PARTICIPATE IN GROUP EXERCISE CLASSES AND SWIM IN THE POOL.

SENIOR CLUB MEMBERS ARE NOT ELIGIBLE TO PARTICIPATE IN GROUP FITNESS OR POOL ACTIVITIES.

TUESDAY

- MASTER SWIM CLASS - 6:15-7:15am...T & Th...Fee: \$85/M, \$125/NM...8 wks.
- *DEEP WATER - 8:15 am ...No fee - *must be a full basic member.
- MAN TALK - 9-10 am - Light breakfast, lively discussion, guest speakers, camaraderie; Staff Facilitator: Nancy Greenberg. Fee: \$2.
- *ZUMBA GOLD - 10 am - No fee - *must be full basic member.
- POTTERY/SCULPTURE - Clay, handbuild, wheel throwing, sculpture w/ Rosalie Olds, 9:30am-12:30pm. 11 wks., \$127/M, \$165/NM
- *BODYVIVE - 11:15 am - 12 pm.....No fee - *must be a full basic member.
- LUNCH-OUT AT BET SHALOM - 12-2 pm - A kosher lunch is served every Tues. & Thurs. Reserve by 10 am on Mon. for Tues. lunch & 10 am on Wed. for Thurs. lunch. Call 508-756-7109, Nancy x 232 or Sue x 273. Fee: \$3. Transportation available.
- *SENIOR SWIM - 1 - 2 pm...No fee - *must be a full basic member.
- *BODYVIVE - 5:30 -6:15 pm...No fee - *must be a full basic member.
- *AQUA CHALLENGE - 7:10 - 7:55 pm...No fee - *must be a full basic member.
- *CORE FLOW - 5:00 pm...No fee - *must be a full basic member.

WEDNESDAY

- MASTER SWIM CLASS - 11am - 12pm - M & W, \$85/M, \$125/NM, 8 wks.
- *BODYVIVE - 8 - 8:45 am...No fee - *must be a full basic member.
- *DEEP WATER - 8:15 am - No fee - *must be a full basic member.
- *WATER WORKS - 9 - 9:45 am...No fee - *must be a full basic member.
- *BODYFLOW - 10 am...No fee - In the Auditorium *must be a full basic member.
- *SENIOR FITNESS - 11:15 am - 12 pm...No Fee - *must be a full basic member.
- *SENIOR SWIM - 1 - 2 pm...No fee - *must be a full basic member.
- *CORE FLOW - 5:00 pm - No fee - *must be a full basic member.
- *ZUMBA - 5:30 pm...No fee - *must be a full basic member.
- *YOGA - 6:30 pm...No fee *must be a full basic member.

THURSDAY

- *BODYFLOW - 6:00 am...No fee - *must be full basic member
- MASTER SWIM CLASS - 6:15-7:15am - T & Th, \$85/M, \$125/NM, 8 wks.
- *DEEP WATER - 8:15 am...No fee - *must be a full basic member.
- *TAI CHI FOR BALANCE - 9:00 am ... No fee - *must be a full basic member.
- *TAI CHI - 10:15 am...No fee - *must be a full basic member.
- *CHAIR EXERCISE - 10:45 am...In Auditorium - No fee - *must be a full basic member.
- PLAY MAH JONGG - 11am-2 pm - Experienced players, No fee, ongoing, Reg. w/Nancy x232 or Sue x273
- MAH JONGG CLASS - 11am-noon, \$32/M, \$36/SCM, \$41/NM, 4 wks, April 8, 15, 22 and May 6.
- LUNCH-OUT AT BET SHALOM - 12:00 - 2 pm - See Tuesday description.
- DVD SERIES & BROWN BAG LUNCH, Great World Religions, 5000 Years of Chinese History, meets on Th. 12noon, no fee, bring lunch
- *SENIOR SWIM - 1 - 2 pm...No fee - *must be a full basic member.
- *BODYVIVE - 4:30 pm...No fee - *must be a full basic member.
- *BODYFLOW - 6:40 pm...No fee - *must be a full basic member.
- *DEEP WATER - 7:10 - 7:55 pm...No fee - *must be a full basic member.

FRIDAY

- *ZUMBA - 9:00 am...No Fee - *must be a full basic member.
- *WATER WORKS - 9:00 am...No fee - *must be a full basic member.
- *BODYFLOW - 10:00 am...No fee - *must be a full basic member.
- *ZUMBA - 9:00 am...No Fee - *must be a full basic member.
- *SENIOR FITNESS - 11:15 am - 12 pm...No fee - *must be a full basic member.
- *SENIOR SWIM - 1 - 2 pm...No fee - *must be a full basic member.
- DUPLICATE BRIDGE - Supervised Play/ 10-11 AM....Sanctioned game- 11AM-1:30 PM - ACBL Bridge Game with Irene Myers, Life Master, certified ACBL Director. Ongoing. No registration necessary. Bring a brown bag lunch! Fee: \$3/M, \$5/NM/per week

SENIOR ADULT VAN TRANSPORTATION: Is provided through the Gery and Emil Eisenberg Assisted Living Residence. Transportation is available during the week for medical, nutritional, and other appointments

- Reservations must be made at least 24 hrs. in advance between 8:30 am & 4 pm by calling 508-757-0981.
- The van operates within a 15 minute (not mile) radius of the JCC/Eisenberg Campus.
- One-way fee is \$5. (To attend Lunch-Out and/or a program at the JCC, one-way fee is \$3).
- You must have an affiliation with an organization or agency in the Jewish Community.
- **WEDNESDAY** Grocery Shopping is a free service, thanks to the Lorraine Fay Linder Grocery Shopping Fund. The shuttle currently runs several Wednesdays a month from 1-4 pm, to Price Chopper on Park Avenue or Shaws' on Gold Star Boulevard in Worcester. Schedule is subject to change. Reservations must be made by Friday.
- For schedule & further information, please call the Gery & Emil Eisenberg Assisted Living Residence at 508-757-0981. Limited assistance with transportation is also available through JCC volunteers. For more information call Sue Granoff at the JCC 508-756-7109 x 273.

PROJECT LINUS: If you are willing and able to provide one or more handmade blankets of washable material either knitted, crocheted, quilted or hand-tied, please contact me. These blankets will be used as a source of security to children facing trauma or serious illness. Contact Sue Granoff at the JCC 508-756-7109 x 273 or sgranoff@worcesterjcc.org

VOLUNTEER OPPORTUNITIES AT THE JCC...call Sue Granoff, Director of Volunteer Services, JCC 508-756-7109 x 273.

Friendly Visitor: Visit an isolated elderly person in his/her home for an hour each week.

Nursing Home Visitor: Visit Jewish residents in an area nursing home for an hour each week.

Phone Friend: Make daily reassurance phone call to an isolated elderly person.

Foster Grandparent: Visit a child or teenager for an hour each week.

Escort: Accompany a senior to an appointment.

Driver: Supplement the vans.

Senior Reader: Visit & read to kindergarten & first-grade students 1 hour each week.

Nursery School Aide: Visit & assist JCC & Temple Emanuel Nursery Schools for 3 hrs. each week.

Joyful Singers: Sing in a choral group led by Christine Bergquist. Scheduled performances.

Man Talk Volunteer: Tues. - Help set-up, serve & clean-up from breakfast for weekly men's group.

Mailings: Help stuff & label bulk mailings.

Hostess at Congregate Meals: Set-up, serve and clean-up from twice-weekly Congregate Lunch program at Bet Shalom.

The JCC is open to all regardless of race, color, religion, national origin, gender, sexual orientation, age, disability or economic condition.
The Center is handicapped-accessible. www.worcesterjcc.org



The Worcester JCC is a member agency of the Jewish Federation of Central Massachusetts, Inc.

Mature Matters

A Bimonthly Worcester Jewish Community Center Publication

Issued March & April 2010

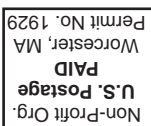
Volume 20 - Number 13



Sue Granoff,
Director of Volunteer
Services, x 273

The JCC Adult Department offers a wide variety of volunteer opportunities. If you have time to spare, we will match your talents to our needs! Volunteers are needed as phone friends, friendly visitors, nursing home visitors, drivers, foster grandparents, mailings, hostesses at congregare meals, nursery school aides and more. If you would like to be involved....call Sue Granoff, Director of Volunteer Services at 508-756-7109 x 273, she will be happy to match you with a meaningful volunteer job!

Address Service Requested



633 Salisbury Street
Worcester, Massachusetts 01609