



Mature Matters

Worcester Jewish Community Center
Senior Adult Newsletter

Dear Members and Friends:

As summer winds down, we're gearing up for a new season of programs here at the JCC! Check out all the upcoming programs within these pages! And a reminder, that you can always check the JCC's website to find out what's happening at: worcesterjcc.org

The JCC Author Series kicks off the new season with the authors of *Feed Me Bubbe*, Avrom Honig and Bubbe, on Wednesday, September 14 at 7 pm and Greg Myre and Jennifer Griffin, authors of *This Burning Land: Lessons from the Front Lines of the Transformed Israeli-Palestinian Conflict* on Tuesday, October 25 at 7:30 pm.

A special screening of the film, *The Yankles*, cosponsored by the JCC and the BI Brotherhood will be held at The Willows on Monday, September 19 at 7 pm. Don't miss this uplifting, feel good comedy!

An educational program entitled, Prevention of Jewish Genetic Diseases, featuring Dr. Jodi Hoffman, Director of the Victor Screening Program at Tufts Medical Center, will be held on Sunday, September 18 at 11 am at The Willows - see details within.

Join us for the annual Sukkot Harvest Luncheon on Tuesday, October 18, 12 noon at Bet Shalom Apartments. A great meal, among friends, followed by special entertainment!

We look forward to seeing you at one or all of the upcoming events!

Wishing you and your loved ones a sweet New Year filled with health and happiness.

Warm regards, Sue Granoff & Nancy Greenberg, Senior Adult Staff ... how to reach us: JCC phone 508-756-7109, Sue x 273, Nancy x 232

Email us: ngreenberg@worcesterjcc.org and sgranoff@worcesterjcc.org

PLEASE NOTE:

In observance of **Labor Day** the JCC will be closed Monday, September 5. Outdoor pool will be open 12 noon to 5:00 pm, weather permitting.
Rosh Hashanah the JCC will close at 3:00 pm Wednesday, September 28 and remain closed Thursday, September 29 (OPEN Friday, September 30).
Yom Kippur the JCC will close regular time (5:30 pm) Friday, October 7 and remain closed Saturday, October 8.
Sukkot the JCC will close at 5:30 pm Wednesday, October 12 and remain closed Thursday, October 13 (OPEN Friday, October 14).
Shemini Atzeret/Simchat Torah the JCC will close 7:00 pm Wednesday, October 19 & remain closed Thursday, October 20 (OPEN Friday, October 21).

Please mark your calendar for these UPCOMING EVENTS

JCC GALLERY HAPPENINGS, September/October: *Travels with Becky*, Watercolors by Becky Haletky.

JCC AUTHOR SERIES, *Feed Me Bubbe*, presentation and cooking demo by Bubbe and her grandson, Avrom Honig, Wednesday, September 14, 7 pm, at the JCC; Free.

FILM SCREENING OF THE YANKLES, cosponsored by the JCC and BI Brotherhood, showing at The Willows, Monday, September 19, 7 pm; General Admission \$5.

PREVENTION OF JEWISH GENETIC DISEASES, Sunday, September 18, 11 am, at The Willows; Dr. Jodi Hoffman will speak on the topic of genetic diseases most commonly found in the Ashkenazi population; sponsored by Hadassah, Congregation Beth Israel Sisterhood, and the Worcester JCC; Refreshments will be served; Free.

JCC AUTHOR SERIES, Greg Myre and Jennifer Griffin, authors of *This Burning Land: Lessons from the Front Lines of the Transformed Israeli-Palestinian Conflict*, Tuesday, October 25, 7:30 pm, at the JCC, Free.

DVD SERIES/BROWN BAG LUNCH, The United States and Middle East, 1914 to 9/11, Teaching Company DVD, featuring Professor Salim Yaqub, Ph. D., Yale University. Thursdays, 11:30 am, ongoing, drop-in, no fee, all are welcome. Starts September 15.

JCC BOOK CLUB, Monthly, 2nd Monday, 10:30 am
September 12, *Battle Hymn of the Tiger Mother*, by Amy Chua;
October 10, *The Birth of Venus*, by Sarah Dunant. November 14, *The Rembrandt Affair* by Daniel Silva;
January 9, *The Troubled Man* by Henning Mankell.

SUKKOT HARVEST LUNCHEON, Tuesday, October 18, 12 noon at Bet Shalom Apartments, 475 Chandler St., Worcester; \$4.

JCC AUTHOR SERIES, Paula Fredriksen, author of *Augustine and the Jews*; presented by the Worcester JCC and Holy Cross at Holy Cross, Wednesday, November 16, 7:30 pm.

JCC AUTHOR SERIES, Molly Birnbaum, author of *Season to Taste*, Monday, December 5, 7:30 pm at the Worcester JCC.

BRING ON THE BLING, Wednesday, November 2, 9 am to 6 pm. JCC Lobby, one day only; proceeds benefit JCC Cultural Arts programs.

MANTALK, every Tuesday, 9 - 10 am, light breakfast, great company, speaker or discussion, drop in, \$2. New members always welcome!

LUNCH-OUT - Don't feel like cooking? Join us Tuesdays and Thursdays at 12 noon at Bet Shalom Apartments, 475 Chandler St., Worcester. \$3. All are welcome to attend! Delicious food, homey atmosphere, great value!! All are welcome to attend! Give us a try - you'll be glad you did!! Reserve the day before by calling 508-756-7109 - Nancy x 232 or Sue x 273.



Nancy Greenberg,
Cultural Arts Director,
Adult/Senior Adult
Director, 508-756-7109
x 232

ngreenberg@worcesterjcc.org

BECOME A PATRON OF THE ARTS
AND SUPPORT
CULTURAL ARTS PROGRAMS
AT THE JCC!

Your contribution will ensure that the JCC can continue to:

- ◆ provide programs that create Jewish experiences
 - ◆ promote Jewish continuity
 - ◆ build Jewish community
 - ◆ bring the best of the arts to Worcester!
- Stop by the kiosk to make your donation or mail it in. Gifts of any amounts are appreciated.

jcc author series 2011-12

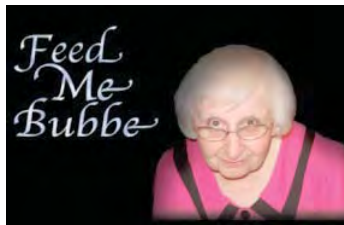
SPECIAL EVENT

AT THE WORCESTER JCC
Wednesday, September 14
7:00 pm No Fee

**Bubbe and grandson,
Avrom Honig**

authors of

Feed Me Bubbe: Recipes and Wisdom from America's Favorite Online Grandmother



Author Presentation & Cooking Demonstration

Two years ago, Bubbe didn't know from a website, "I didn't even know what an e-mail was," says the 83-year-old grandmother.

But that was before she became the star of "*Feed Me Bubbe*," her popular online kosher cooking show produced by her grandson Avrom Honig, 25, of Worcester.

Now she's inundated with e-mail - "without exaggeration, hundreds, even thousands" - from fans who want help roasting a chicken or stuffing cabbage, or to confide in her about their tsuris (troubles). She's even got a website (www.feedmebubbe.com) and a frequently updated Facebook page and has been featured on the The Today Show and Frontline!

And now Bubbe has a new cookbook: ***Feed me Bubbe: Recipes and Wisdom from America's Favorite Online Grandmother***, a collection of 100 of the best kosher recipes from Bubbe's kitchen! ***Feed me Bubbe*** is more than just a collection of recipes - it is like having your own personal Bubbe, right there in your kitchen, teaching you time-tested methods, that only a Bubbe could possibly know!

As an added bonus, Bubbe will cook up one of her specialties, revealing why she has become such an online sensation.

Free and open to the public
Dessert Reception and book signing follows lecture/cooking demo.

For more information contact Nancy Greenberg, Cultural Arts Director, 508-756-7109 x 232; ngreenberg@worcesterjcc.org

A program of Tapestry of Jewish Life funded by JFCM

jcc author series 2011-12 **Opening Night**

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



Greg Myre and Jennifer Griffin
authors of

This Burning Land: Lessons from the Front Lines of the Transformed Israeli-Palestinian Conflict

AT THE WORCESTER JCC
Tuesday, October 25
7:30 pm No Fee

No other conflict in the world has dragged on longer, engendered more bitterness or defied more attempts at resolution than the battle between the Israelis and the Palestinians. Over the past decade, Greg Myre covered this conflict for the New York Times, and his wife Jennifer Griffin covered it for Fox News. In their new book, *This Burning Land*, they address a fundamental paradox. Israel is stronger than it has been at any time in its history; it has a vibrant society, a thriving economy, and a powerful military that suppressed the most recent Palestinian uprising. Yet, it cannot find a way to end the feud with the Palestinians. In turn, most of the world supports the Palestinian goal of statehood. And come September, the world will be watching as the United Nations General Assembly is expected to vote on a resolution recognizing Palestinian statehood.

Join us, Tuesday, October 25, at 7:30 pm, as Myre and Griffin discuss how and why this long-running conflict has eluded traditional routes to peace.

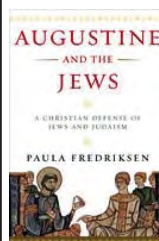
Free and open to the public. Dessert reception and book signing follows lecture.

This program is jointly sponsored by the Worcester JCC, the Greater Worcester Chapter of Hadassah, Congregation, Beth Israel, Beth Israel Sisterhood, Temple Emanuel, Temple Sinai, and the Jewish Federation of Central Mass.

For more information, Nancy Greenberg, Cultural Arts Director, Worcester JCC, 508-756-7109 x 232; ngreenberg@worcesterjcc.org



A program of Tapestry of Jewish Life funded by JFCM
Tapestry of Jewish Life - Judaic cultural outreach programming for Central Mass - is generously funded by the Jewish Federation of Central Mass.



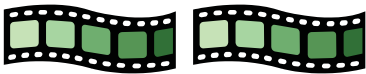
PAULA FREDRIKSEN author of
Augustine and the Jews

AT THE COLLEGE OF THE HOLY CROSS,
REHM LIBRARY in SMITH HALL
Wednesday, November 16, 2011
7:30 pm No Fee



MOLLY BIRNBAUM author of
Season to Taste

AT THE WORCESTER JCC
Monday, December 5, 2011
7:00 pm No Fee



SPECIAL FILM SCREENING

The Yankles

Cosponsored by The Worcester JCC and The Willows at Worcester

MONDAY, SEPTEMBER 19, 7:00 PM

Showing at THE WILLOWS at Worcester - Great Room, 101 Barry Road



Charlie, a washed-up former pro baseball player, is sentenced to community service following a drunk drinking conviction. The only group willing to give him a second chance at rebuilding his reputation and career is an equally desperate bunch of Yeshiva students on a quest to start their own baseball team. Charlie strives to lead "The Yankles" to victory and attempts to mend fences with those he has wronged in this uplifting, feel good comedy about overcoming bigotry and self-doubt.

Director: David R. Brooks
USA, English, 2009
Running Time: 115 minutes


General Admission: \$5 (great for both adults & kids!)

Tickets may be purchased in advance at the JCC front desk or at the door.

For more information call Nancy Greenberg at the JCC, 508-756-7109 x 232;
ngreenberg@worchesterjcc.org

Winner of Best Comedy, Audience Choice, 2010, Los Angeles Jewish Film Festival
Winner of Best Feature, Audience Choice, 2010 Palm Beach International Film Festival
Winner of Best Comedy, 2010 International Family Film Festival



 A program of Tapestry of Jewish Life funded by Jewish Federation of Central Mass.



Bring on the BLING!

FUN, FASHIONABLE JEWELRY AT FABULOUS PRICES

*JCC Lobby - Wednesday, November 2
9:00 am - 6:00 pm*

Earrings, Bracelets and Necklaces

*TREAT YOURSELF! GET YOUR HOLIDAY SHOPPING EARLY!!
Cash or Checks Accepted*

A portion of the sales will benefit JCC Cultural Arts programs

ATTENTION CHAIR EXERCISE PARTICIPANTS (and everyone else!)

Now that you've worked out, why not stay after Chair Exercise for a new class taught by Congregation Beth Israel's new rabbi, Steve Schwarzman, The Sexiest and Most Holy Books in The Bible: Five Megillot.

Mondays, 11:30 am - 12:30 pm
Bring a brown bag lunch; Free;
All are welcome!!

For more information call Nancy Greenberg 508-756-7109 x 232;
ngreenberg@worchesterjcc.org



Prevention of Jewish Genetic Diseases

Dr. Jodi Hoffman, Director of the Victor Outreach and Screening Program for Jewish Genetic Diseases at Tufts Medical Center, will speak on the topic of the genetic diseases seen most commonly in the Ashkenazi Jewish community...

**SUNDAY, SEPTEMBER 18, 11:00 AM
at THE WILLOWS, 101 BARRY ROAD, WORCESTER**

Did you know that 1 in 5 Ashkenazi Jews is a carrier for at least one of 18 preventable genetic diseases? It is essential that each person of reproductive age, with at least one Jewish grandparent be screened. And it is urgent that members of the community at large be educated about the importance of screening in order to be informed and to spread the word because these genetic diseases are preventable. www.tuftsmedicalcenter.org/ourservices/specialservicesandcenters/jewishgeneticdiseasescreening

A gift certificate for a free genetic screening at the Boston Victor Center will be raffled at the program.

This program is sponsored by Hadassah, Congregation Beth Israel, and the Worcester JCC.

FREE and open to the public. Refreshments will be served.

RSVP appreciated - call Nancy Greenberg at 508-756-7109 x 232, ngreenberg@worchesterjcc.org by Friday, September 9.

Some Questions:

Would you be interested in going to NYC to see The Book of Mormon in the spring?

Closer to home, Billy Elliot, The Musical, will be coming to Boston from August to September of 2012.

Please let Nancy know if you are interested in either or both!!



jcc gallery happening

Exhibit September/October 2011

Watercolors

by *Becky Haletky*

ARTIST STATEMENT

Travels with Becky is an exhibit of small watercolors from my recent travels; some as close as Cape Cod, some as far as Greece and Italy. My joy is in finding a unique subject and capturing it in unusual light. I call these smaller works "mini paintings". Whether painting on location or in my studio, I try to capture a quick feeling for the place and time. I want the viewer to share my reaction to the quality of light in these intimate scenes.

Becky Haletky has been painting in watercolor for over thirty years. She has won over 300 awards, most recently a First Prize and an Honorable Mention in Cape Cod Art Association's National Exhibit in Barnstable. She has served on the board of directors of the prestigious New England Watercolor Society since 1994, and recently served a two year term as president. She teaches at several south shore art centers, and leads watercolor and photography workshops in Ireland, Venice, Italy and Santorini, Greece. For more information please visit her website at www.artbecko.com.



dvd series & brown bag lunch:

THE UNITED STATES AND MIDDLE EAST, 1914 to 9/11
Teaching Company DVD, featuring Professor Salim Yaqub, Ph.D.
Yale University, 1999.

This DVD lecture series is a narrative history of U.S. political involvement in the Middle East from World War 1 to the present day. It is designed to strengthen your ability to place today's headlines into historical context, evaluate what is most likely to happen next, and understand those oncoming events when they do occur.

THE COURSE EXPLORES, OVER 90-YEAR SPAN:

- growing American involvement in the Middle East
- the ongoing quest for political independence and self-mastery by Middle Easterners
- the difficulty the U.S. has experienced in weighing diverse and conflicting objectives in the region
- the increased antagonism between Americans and Middle Easterners that came to such a shocking culmination on 9/11.

ALL ARE WELCOME! No problem if you miss a week - each week's viewing stands alone.

Bring your lunch, watch the DVD and discuss!
Thurs. 11:30am-12:30pm no fee drop in ongoing

Starts Thursday, September 19.

join the jcc book club

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

So, if you have been searching for a book club, look no further...

UPCOMING MEETINGS...10:30am:

Monday, September 12

Battle Hymn of the Tiger Mother, by Amy Chua

Monday, October 10... *The Birth of Venus*, by Sarah Dunant

Monday, November 14... *The Rembrandt Affair* by Daniel Silva

Monday, December 12... *The Three Weissmanns of Westport*,
by Cathleen Schine

Monday, January 9... *The Troubled Man*, by Henning Mankell

The JCC Book Club welcomes newcomers!! (must be JCC member)
No fee. For more information call Nancy Greenberg, Cultural Arts
Director, 508-756-7109, x 232.



Did you know that the art on display at the JCC Gallery is for sale and that a portion of the proceeds benefits the JCC Cultural Arts program!!

A PROGRAM OF THE WORCESTER JCC

WORCESTER'S BEST KEPT SECRET!

OPEN TO ANY ADULT 60+

"Lunch-Out"



Don't feel like cooking? Join us for a delicious, hot, home-style, kosher lunch every...

TUESDAY AND THURSDAY AT 12 NOON

AT BET SHALOM APARTMENTS, 475 CHANDLER ST., WORC.

For Adults 60+ - Suggested donation \$3 - Transportation available

A HOMEY ENVIRONMENT, GOOD COMPANY, A GREAT VALUE!

Please register by 12 noon the day before, by calling 508-756-7109 Nancy Greenberg x 232 or Sue Granoff x 273.

seniors - celebrate with us:

Sukkot Harvest Luncheon...



TUESDAY, OCTOBER 18

12 Noon

at...Bet Shalom Apartment

475 Chandler St., Worcester

Enjoy a great meal among friends ...
followed by special entertainment. \$4.

RSVP to... Sue x 273 or Nancy x 232 by Tuesday, October 11

senior adult:

***ManTalk*: FOR MEN 65 AND BETTER!!!**

THE JCC'S VERY OWN RETIRED MEN'S CLUB!!

Join us on Tuesday mornings, from 9:00 - 10:00 am for a light breakfast, lively discussion, guest speakers, and camaraderie!

\$2.00/week

For more information call Nancy, 508-756-7109, x 232,
ngreenberg@worcesterjcc.org

Did you know??

If your friends, or family would like to travel to destinations other than those being offered, please be sure to contact Nancy Greenberg at 508-756-7109 x 232. Through Collette Vacations, we are able to offer ANY TRIP, ANYWHERE, in the world, at a discounted price, if you make the connection through the Worcester JCC.

Collette and the JCC present Family Vacations! Explore the World Together

Collette Family Vacations bring travelers of all ages (including children, ages 4-14) together to experience the world's greatest destinations! These specially-crafted packages offer engaging cultural experiences, family oriented hotels and immersive activities at a tremendous value. Imagine your family cruising down the River Seine; zip-lining over a Costa Rican rainforest; exploring the magical cities of Rome, Florence, and Venice; stargazing aboard a ship in the Galapagos; or watching Yellowstone's Old Faithful erupt. Spending time together is the most important gift you can give your children and grandchildren ... the amazing destinations and exciting activities are just a bonus!

Contact Nancy Greenberg, Cultural Arts Director, to learn more about the amazing destinations and value-packed itineraries available for family travel from Collette and the JCC, 508-756-7109, x 232 or ngreenberg@worcesterjcc.org

Discover the French Riviera

Presented by
Worcester JCC and Collette Vacations

Sunday, April 22 - Sunday, April 29, 2012



HIGHLIGHTS: Whisper Headsets • Nice • Ventimiglia • San Remo • Grasse • Perfumerie • St. Paul De Vence • Flower Market
St. Jean-Cap-Ferret • Rothschild Villa and Gardens • Monaco • Oceanographic Museum

8 Days with 10 Meals : 6 Breakfasts and 4 Dinners

Per Person Rates*: Double/\$2899, Single/\$3399, Triple/\$2869

*Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges of \$200 (subject to increase until paid in full), Cancellation Waiver and insurance of \$175 per person, Hotel Transfers.

Day 1 - Overnight Flight, Day 2 - 7 / Hotel Ellington, Nice or Holiday Inn Hotel, Nice

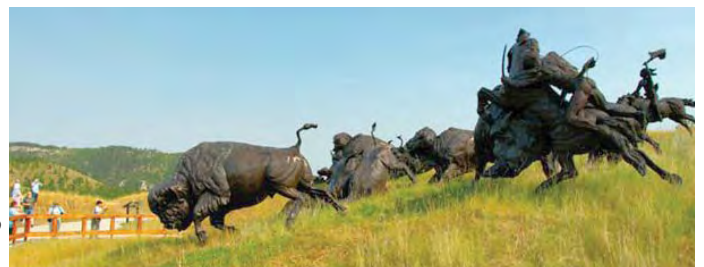
- Please Note:**
- To complete your vacation, we **include** round-trip airport-to-hotel transfers when purchasing Collette airfare with your tour. If you have arranged for **your own air**, we are pleased to provide you the option of **purchasing** these transfers. Please note that all transfers will leave at pre-scheduled times.
 - Please note that single accommodations are limited and are available on a first come, first served basis. This tour requires average physical activity. You should be in good health, able to climb stairs and walk reasonable distances, possibly over uneven grounds and cobblestone streets.
 - Passport **IS** required.

South Dakota

the Black Hills & Badlands

Presented by
Worcester JCC and Collette Vacations

Tuesday, September 4 - Monday, September 10, 2012



HIGHLIGHTS: 1880 Steam Train • Mt. Rushmore • Crazy Horse Memorial • Custer State Park • Deadwood • Hot Springs
• Badlands National Park • Wall Drug Store

7 Days with 10 Meals : 6 Breakfasts and 4 Dinners

Per Person Rates*: Double/\$2239, Single/\$2739, Triple/\$2209

*Included in Price: Round Trip Air from Logan Intl. Airport, Air Taxes and Fees/Surcharges of \$50 (subject to increase until paid in full), Cancellation Waiver and insurance of \$165 per person, Hotel Transfers.

- Collette Experiences:
- Travel back in time aboard the 1880 steam locomotive train as it winds through the forest and beautiful scenery.
 - See Crazy Horse memorial, the world's largest sculpture still in progress.
 - Discover the vibrant colors and rock formations in Badlands National Park.
 - Explore the legends in the city of Deadwood, home to Wild Bill Hickok and Calamity Jane.

Development



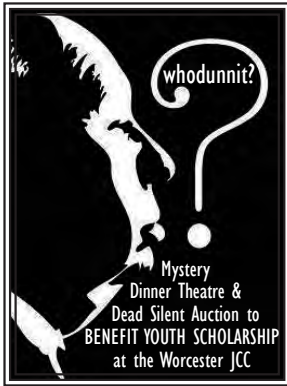
Pam Cherkas,
Special Projects
Director, x 252
pcherkas@worcesterjcc.org

2012 Calendar Ad Book. . . . Every year the JCC sends a complimentary Calendar/Directory book to our members. Not only is the book a great way to keep track of the JCC closings, holidays and appointments, it is also an easy way to find services and products provided by businesses that support the JCC. The Calendar/Directory is one of the biggest fundraisers of the year; all advertising proceeds are used to support JCC programs.

Our advertisers also have the opportunity to post their web banners on our web site. Please support those who also help to support us.

worcesterjcc.org, scroll down on the left to: [Visit our Sponsors](#)

There's still time. . . . to submit an Ad for the 2012 Calendar Ad Book. Promote your business and help the JCC - what a great gift. Please submit your Ad by Friday, November 4, 2011.



SAVE
THE
DATE

MYSTERY DINNER THEATRE

Mechanics Hall

Saturday, February 11, 2012

5:30 - 10:30 pm

Tickets: Until December 31, \$75/pp, \$750/table of ten
After December 31, \$85/pp, \$850/table of ten

To reserve your tickets now contact Pam Cherkas, x 252, pcherkas@worcesterjcc.org

Sumptuous 3 Course Dinner by Struck Catering. All of your local celebrities are suspects! For sponsorship opportunity information or to join a committee, please contact Event Co-Chairs, Carolyn & Howard Stempler howardandcarolyn@yahoo.com

Membership



Kelly Whalen
Membership Director, x 236
kwhalen@worcesterjcc.org



Upgrade your
membership
in October and
November

Upgrade to Spa/Fitness
or
from Individual Membership
to
Family or Couple Membership

Bring a friend to the JCC

Take advantage of this opportunity to refer friends and family to the JCC and receive a \$50 credit, for each 12 month referral, toward your annual membership renewal or \$25 credit, for each 6 month membership referral. (no limit).
(Refer-a-friend credit is given on 12 & 6 month paid-in-full memberships)

Worcester JCC ... "Try it you'll like it"

1 Free Week - All-access Guest Pass

Guest Name: _____

Address: _____

Phone: _____ Email: _____

Member Name: _____

Membership #: _____ Date Redeemed: _____

Please accompany all guests to the JCC. Register guest at front desk upon arrival. Use by 12/31/11.

We reserve the right to correct typographical errors

**Everyone is a Member
in November!
Enjoy these great passes!**

Members ... Sunday, November 20 to Saturday, November 26, 2011

Worcester JCC ... "Try it you'll like it"

Sunday, November 20 to Saturday, November 26

1 Free Week - Fitness Center Pass

Please present this coupon at the front desk to receive your complimentary pass.

Members only. Coupon must be used by Saturday, November 26, 2011. Must be over 15 years old. Limit one coupon per member.

We reserve the right to correct typographical errors

Worcester JCC ... "Try it you'll like it"

Sunday, November 20 to Saturday, November 26

1 Free Week - Spa Pass

Please present this coupon at the front desk to receive your complimentary pass.

Members only. Coupon must be used by Saturday, November 26, 2011. Must be over 18 years old. Limit one coupon per member.

We reserve the right to correct typographical errors

volunteer services:

Join the JCC Volunteer Program *Love Corps* - "League of Volunteers for the Elderly"



Sue Granoff,
Director of Volunteer
Services, x 273
sgranoff@worcesterjcc.org

Joyful Singers...The Joyful Singers, the volunteer choral group at the JCC will begin the fall season on Thursday, September 15 in the Senior Adult Lounge at 10:00 am.

Anyone interested in joining the group is welcome to attend. The program for this year will be a medley of Broadway tunes.

The group entertains at nursing homes and at other functions over the year. Our director, Christine Bergquist, is a multi-talented musician who teaches and directs a choir. The Joyful Singers meet on the 3rd Thursday of the month. For more information contact Sue Granoff at x 273.

3rd thurs. of month 10:00 - 11:15 am no fee ongoing

Volunteer Drivers...to supplement the Eisenberg van. Drivers would fill-in depending on their availability to drive people to appointments as needed. Volunteers will NOT have to commit to a particular day & time.

Project linus...Providing security through blankets. Your help is needed! 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 Sue, x 273. These blankets will be used as a source of security to children facing trauma or serious illness.

Hostesses & Hosts...are needed to serve at the Lunch-Out Program every Tuesday and Thursday at Bet Shalom. Volunteers work every other Tuesday or Thursday from 10:30am to 1:30pm to set tables, serve, clean up & have lunch. Please contact Sue x 273, sgranoff@worcesterjcc.org.

MONDAY

- *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.
- MASTER SWIM CLASS - 11:00 am - 12 noon - Monday & Wednesday, Fee.
- *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 - 6:30 - 7:15 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.

WATCH FOR NEW SCHEDULES @ KIOSK

TUESDAY

- *BODYFLOW - 6 am... No fee - *must be a full basic member.
- *DEEP WATER - 8:00 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.
- POTTERY/SCULPTURE - Clay, handbuild, wheel throwing, sculpture w/ Rosalie Olds, 9:30am-12:30pm. Fee.
- 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 - 7:15 - 8:15 pm...No fee - *must be a full basic member.

WEDNESDAY

- *BODYVIVE - 8 - 8:45 am....No fee - *must be a full basic member.
- *WATER WORKS - 8 - 8:45 am...No fee - *must be a full basic member.
- *WATER IN MOTION - 9:00 am...No fee- *must be a full basic member.
- *BODYFLOW - 10 am...No fee - In the Auditorium *must be a full basic member.
- MASTER SWIM CLASS - 11:00 am - 12 noon - Monday & Wednesday, Fee
- *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.
- *YOGA - 6:30 pm...No fee *must be a full basic member.

THURSDAY

- *WATER IN MOTION - 8:00 am...No fee- *must be a full basic member.
- *TAI CHI - 9:00 am...No fee - *must be a full basic member.
- *CHAIR EXERCISE - 10:15 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
- LUNCH-OUT AT BET SHALOM - 12:00 - 2 pm - See Tuesday description.
- DVD SERIES & BROWN BAG LUNCH, Great World Religions, The U.S. & Middle East, 1914-9/11, meets on Th. 11:30m, no fee, bring lunch
- *SENIOR SWIM - 1 - 2 pm...No fee - *must be a full basic member.
- *BODYVIVE - 5:30 pm...No fee - *must be a full basic member.
- *BODYFLOW - 6:30 pm..No fee - *must be a full basic member.
- *WATER IN MOTION - 7:15 pm...No fee - *must be a full basic member.

FRIDAY

- *WATER IN MOTION - 8:00 am...No Fee - *must be a full basic member.
- *ZUMBA - 9:00 am...No Fee - *must be a full basic member.
- *WATERWORKS - 9:00 am...No fee - *must be a full basic member.
- *BODYFLOW - 10:00 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.



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A Bimonthly Worcester Jewish Community Center Publication

Mature Matters

America's Favorite Online Grandmother
Feed Me Bubbe: Recipes and Wisdom from

authors of

Avrom Honig

Bubbe and grandson,

AT THE WORCESTER JCC
Wednesday, September 14
7:00 pm
No Fee



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