

# Adult Programming

## Summer 2020

### July 6 - August 13



908-889-8800 • [www.jccnj.org](http://www.jccnj.org)

While summer will certainly look different this year, we will have the same wonderful programming you've come to expect.

**ALL WILL BE VIRTUAL...**

exciting entertainers, interesting lectures and important wellness sessions. In addition, we will continue with our daily exercise before the program each day.

**ALL PROGRAMS INCLUDING EXERCISE WILL USE THE SAME ZOOM LINK AND DETAILS EXCEPT WHERE NOTED.**

**<https://us02web.zoom.us/j/81767662001?pwd=MHNMU0pSN3BMSlNWUmozamt3TEtSUT09>**

**Meeting ID: 817 6766 2001**

**Password: 877294**

**+1 929 205 6099 US (New York)**

If you need any help including how to use Zoom, please contact Alison Rivlin at [arivlin@jccnj.org](mailto:arivlin@jccnj.org) or 908-889-8800 x260.

If you are in a position during this time to make a donation to ensure the continuity of the JCC, our community would be grateful. Donate online to the Senior Adult program at [www.jccnj.org](http://www.jccnj.org) or mail your donation to JCC of Central NJ, Attn: Barbara Weisbart, 1391 Martine Ave, Scotch Plains, NJ 07076. Thank you for your support.



## Senior Exercise

**Mondays with Yasmin Ofek**  
**Tuesdays with Helene Baum**  
**Wednesdays with Colby Sheppard**  
**10:30 – 11:15 a.m.**

Boost energy and improve balance while strengthening muscles and halting or reversing bone loss. Stretching, strength training, range-of-motion and endurance work.

**Chair Yoga with Karen Rosen**  
**Thursdays • 10:30 – 11:15 a.m.**

Chair yoga increases flexibility, strength and body awareness. When standing poses are included in a chair yoga class, the chair is used to help with and improve balance. Chair yoga also includes pranayama breathing techniques and meditation to promote focus, mental clarity and relaxation.

## Other Ongoing Programs

### Art Club

#### Summer Art Class

**July 7 – August 13 • Tuesdays and Thursdays**  
**2:00 - 3:00 p.m.**

Art making enthusiasts and novices alike, if you are seeking inspiration, Art Club is the place for you.

This weekly get together is a wonderful way to spend time with friends and share ideas. In this class, we'll be exploring drawing, collage, paper mosaic, watercolor, still life, landscapes and portraits. This is a 6-week class. Materials will be supplied. All skill levels are welcome. Registration required. Please contact [arivlin@jccnj.org](mailto:arivlin@jccnj.org) to register.

#### Tuesday Art Classes:

<https://us02web.zoom.us/j/85050455085?pwd=Z3BTTGNkcN2Z1U1dVRyZlJNU2NUUT09>

Meeting ID: 850 5045 5085

Password: 812089

#### Thursday Art Classes:

<https://us02web.zoom.us/j/84082255029?pwd=YlVwSlUwY1h5SWFKWko0UGU5c1NEUT09>

Meeting ID: 840 8225 5029

Password: 674513



July

## Summer Social Worker – Natalie Ross

### 12 Ways To Keep Your Brain Young

**Wednesday, July 15 • 2:00 - 3:00 p.m.**

[https://us02web.zoom.us/j/89552089224?pwd=](https://us02web.zoom.us/j/89552089224?pwd=ZmpaL3RnM1pTb0hzbzZlekduT2VlUT09)

ZmpaL3RnM1pTb0hzbzZlekduT2VlUT09

Meeting ID: 895 5208 9224

Password: 883947

+1 929 205 6099 US (New York)

### Meaningful Connections and Conversations

**Wednesday, July 29 • 2:00 - 3:00 p.m.**

[https://us02web.zoom.us/j/89826143323?pwd=](https://us02web.zoom.us/j/89826143323?pwd=NFdKYWlpUm5vYzNGamQrbkxNY0lnZz09)

NFdKYWlpUm5vYzNGamQrbkxNY0lnZz09

Meeting ID: 898 2614 3323

Password: 336511

+1 929 205 6099 US (New York)

### Coping with Grief and Loss

**Wednesday, August 12 • 2:00 - 3:00 p.m.**

[https://us02web.zoom.us/j/81382224566?pwd=](https://us02web.zoom.us/j/81382224566?pwd=b3J3RkxTZitoTFh6bEp6RHROcFVOZz09)

b3J3RkxTZitoTFh6bEp6RHROcFVOZz09

Meeting ID: 813 8222 4566

Password: 045646

+1 929 205 6099 US (New York)

Sponsored by the Healthcare Foundation of NJ and the Jewish Community Foundation.

Please contact Alison Rivlin at [arivlin@jccnj.org](mailto:arivlin@jccnj.org) to arrange a meeting if you'd like to talk to Natalie privately.

## Reminisce with Vocalist Jeff Dunston

**Monday, July 6 • 11:15 a.m. – 12:15 p.m.**

Jeff, one of our favorite vocalists, will entertain us with his beautiful voice – singing many wonderful songs from our past. This arts program is made possible in part by a 2019 HEART (History, Education, Arts Reaching Thousands) Grant from the Union County Board of Chosen Freeholders.

## Drama Class with Professor and Theater Director

**Hannah Fujiki-Dvorkin – *Death of a Salesman***

**Tuesday, July 7 • 11:15 a.m. – 12:15 p.m.**

Explore the impact and meaning of Arthur Miller's classic play *Death of a Salesman*. Who is the protagonist? In this classic tale of the failure of the American dream, many people argue over who the play is actually about? Is it Willy Loman or his son, Biff Loman? In this talk, we'll explore how either could be the lead character and discuss which one you think holds the central, final message. This arts program is made possible in part by a 2019 HEART (History, Education, Arts Reaching Thousands) Grant from the Union County Board of Chosen Freeholders.

## Armchair Tour of the Bronx with

**Licensed New York City Tour Guide Marty Schneit**

**Wednesday, July 8 • 11:15 a.m. – 12:15 p.m.**

Marty was raised and lived in the Bronx. He presents a nostalgic look back at the Bronx and how it impacted his life growing up. This lecture will bring you back to a simpler time. In his lecture, Marty will discuss Egg Cream, Stickball, Dion and the Belmonts, Grand Concourse, Paradise Theater, Jahn's, Orchard Beach, Charlotte Russe, Transistor Radio, The Seltzer Man, Alexanders and Krums. This arts program is made possible in part by a 2019 HEART (History, Education, Arts Reaching Thousands) Grant from the Union County Board of Chosen Freeholders.



### **Short Stories and More with Barbara Buettner**

**Thursday, July 9 • 11:15 a.m. – 12:15 p.m.**

Read and discuss short stories, poems and original pieces with retired college professor Barbara Buettner.

### **Check. Change. Control Cholesterol with Dr. Fishberg from Atlantic Health System**

**Monday, July 13 • 11:15 a.m. – 12:15 p.m.**

The American Heart Association launched Check. Change. Control Cholesterol to improve the identification and management of cholesterol across the nation. This national initiative aims to reduce the number of Americans who have heart attacks and strokes by urging medical practices, health service organizations and patients to screen and treat this important risk factor.

### **Cine Files with Jennifer Harrison**

**Tuesday, July 14 • 11:15 a.m. – 12:15 p.m.**

Watch and discuss interesting movie clips with a screenwriter and true film buff!

### **John Kenrick: *The Dearest Things I Know Are What You Are* about Composer Jerome Kern**

**Wednesday, July 15 • 11:15 a.m. – 12:15 p.m.**

Jerome Kern composed the first American stage musicals to become international favorites and redefined the sound of Broadway and Hollywood. John Kenrick uses backstage stories and delightful film clips (ranging from Astaire and Rogers to Beverly Sills) to contrast Kern's quiet private life with his glamorous career. Sponsored by Unicity Homecare and Spring Grove Rehabilitation & Healthcare Center.

### **Crossword Coach TV with Steven Manin**

**Thursday, July 16 • 11:15 a.m. – 12:15 p.m.**

As a group over Zoom, we will complete a difficult *NY Times* crossword puzzle with the guidance of Steven Manin, an expert who goes from JCC to JCC completing crossword puzzles!

### **Singer/Songwriter/Guitarist Laura Wetzler**

**Monday, July 20 • 11:15 a.m. – 12:15 p.m.**

We are so lucky to have Laura back again! Laura tours internationally in over 100 concerts each year. This summer, Laura will welcome you into her living room to share diverse songs from her enormous repertoire featuring Jewish favorites, critically-acclaimed originals and great tunes from three generations of America's best songwriters.

### **Book Talk with Librarian Debbie Abrams**

**Tuesday, July 21 • 11:15 a.m. – 12:15 p.m.**

Join us for a lively discussion as Debbie takes us through selected bestsellers, popular good summer book choices and all things pop culture. Always with enjoyable conversation!

### **Broadway and Cabaret Duo JoAnn Roberts and Louis Vanaria**

**Wednesday, July 22 • 11:15 a.m. – 12:15 p.m.**

Join us for a fun musical duo who will entertain us with Broadway songs, oldies-but-goodies, Sinatra favorites and more. You may recognize this duo as they have appeared in many films. Sponsored by Diane and Jerry Forman in honor of their mother Trudy Garshofsky's birthday.



### **The Golden Age of Radio with Evan Weiner**

**Thursday, July 23 • 11:15 a.m. – 12:15 p.m.**

Radio is a 117-year-old medium, but it was not until the sinking of the Titanic that radio became important. Come and learn more interesting facts about The Golden Age of Radio. This arts program is made possible in part by a 2019 HEART (History, Education, Arts Reaching Thousands) Grant from the Union County Board of Chosen Freeholders.

### **Meghan Cary**

**Monday, July 27 • 11:15 a.m. – 12:15 p.m.**

Meghan's unabashed willingness to connect with her audience brings listeners to their feet and at times to tears with high energy tunes, masterful storytelling and personal lyrics that resonate universally. Sponsored by Lennie Liebes in honor of his birthday.

### **Cultural Historian Barbara Tomlinson on Titian**

**Tuesday, July 28 • 11:15 a.m. – 12:15 p.m.**

Titian's Poesie: In the mid 1500s Titian was acknowledged the greatest painter in Europe. Phillip II of Spain commissioned from Titian a series of "history paintings" that inspired other artists from Rubens to Velazquez and which ultimately led to the artistic revolution of the Impressionists. This talk will trace this profound artistic link that stretched for 300 years. Sponsored by the Van Winkle Foundation.

### **Landmarks, Memorials and Cool Places in New Jersey with Paul White**

**Wednesday, July 29 • 11:15 a.m. – 12:15 p.m.**

There are many fascinating sites, places and monuments to past and present activity in New Jersey that most people are unaware of. Paul will take us on an armchair tour of lesser-known New Jersey spots. Sponsored by Phyllis and Bob Rivlin and Myrna Gordon.

### **How to Keep Your Immune System Strong with Kathleen Malkiewicz, Senior Nutrition Program Director of the Union County Division of Aging**

**Thursday, July 30 • 11:15 a.m. – 12:15 p.m.**  
During this time of global pandemic, how can you help keep your immune system strong with nutrition, exercise and lifestyle? Come join the discussion with Kathleen and learn some important steps to take on the path to healthy living.

## **August**

### **From Bach to Sinatra with Thomas Elefant: Spring, Summer and Nature**

**Monday, August 3 • 11:15 a.m. – 12:15 p.m.**

After this long lockdown, be pampered by inspirational and uplifting music. Sponsored by the Elinor and Leonard Goldman Memorial Fund.



### **Linda Kenyon Portrays Eleanor Roosevelt**

**Tuesday, August 4 • 11:15 a.m. – 12:15 p.m.**

Actress Linda Kenyon performs *A Life of My Own: Meeting Eleanor Roosevelt*, a one woman show written by Stephen LaRocque. The show will focus on Eleanor Roosevelt, former First Lady and wife to FDR, who became an inspiration to people all around the world. Her life and work has made our country and our world a better place to live. This play illuminates some steps along her journey. This arts program is made possible in part by a 2019 HEART (History, Education, Arts Reaching Thousands) Grant from the Union County Board of Chosen Freeholders.

### **Singer/Guitarist Phyllis Chapell**

**Wednesday, August 5 • 11:15 a.m. – 12:15 p.m.**

Phyllis performs an eclectic mix including standards from many decades, Broadway classics, songs in many languages and favorite Jewish music. Sponsored by Sylvia and Howard Cohen in memory of their beloved mother Helen Cohen.

### **Cultural Historian Barbara Tomlinson on Lesser-Known Female Painters**

**Thursday, August 6 • 11:15 a.m. – 12:15 p.m.**

Sofonisba Anguissola and Lavinia Fontana were two females who became serious professional artists in the 16th century. So why have we never heard of them? Their work was quite different and looking at them together illuminates many of the difficulties faced by female artists and encourages us to appreciate how differently we view art today. You may wind up loving one of these women! Sponsored by the Van Winkle Foundation.

### **Bone Health with Dr. Tiffany Toliver, Atlantic Medical Group**

**Monday, August 10 • 11:15 a.m. – 12:15 p.m.**

Discussion about osteoporosis and osteoarthritis, the top two conditions affecting bone health in the older adult population. Program will provide a brief overview including diagnosis and treatment.

### **From Bach to Sinatra with Thomas Elefant: Comparing Performances**

**Tuesday, August 11 • 11:15 a.m. – 12:15 p.m.**

Listen to artists singing or playing the same work yet eliciting very different emotional reactions from you, the audience, and judge for yourselves. Sponsored by the Elinor and Leonard Goldman Memorial Fund.

### **Kern & Hammerstein's Show Boat: It Keeps on Rolling Along with John Kenrick**

**Wednesday, August 12 • 11:15 a.m. – 12:15 p.m.**

Kern & Hammerstein's epic masterpiece changed musical theatre by dramatizing racism, a family shattered by gambling, and a woman ravaged by alcoholism. John Kenrick offers a multimedia exploration of what has made this powerful musical a worldwide favorite for 93 years. Sponsored by Unicity Homecare and Spring Grove Rehabilitation & Healthcare Center.

### **Peter Small Portrays George Washington**

**Thursday, August 13 • 11:15 a.m. – 12:15 p.m.**

Peter Small believes that it is people who make history happen. Meet the Father of our Country as he separates fact from myth about his life from the cherry tree to crossing the Delaware River. Sponsored by the family of Hansy Meyer in loving memory of their mother.