

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 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

**Program Sponsor: Weinberg Family Fund of the
Jewish Federation of Greater Philadelphia**
For sponsorship opportunities email GEMS@PhillyJCC.com

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Gems Kaiserman JCC
Philly 

45 HAVERFORD ROAD, WYNNEWOOD, PA 19096

Gems At The

COMMUNITY, LEARNING & WELLBEING



Gems Kaiserman JCC
Philly 

FALL 2024 PROGRAM

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OPEN HOUSE: BRUNCH AND COURSE REGISTRATION

Wednesday, September 4 10-11:30AM | FREE

Come and register for upcoming GEMS programs while enjoying some fun and healthy brunch fare! Our friends from the **Penn Wynne Library** will be joining us to share information about their amazing resources for the community.

Please bring your curiosity, calendar, and enthusiasm, plus your insurance card so we can make sure you are getting the most out of your benefits.

Visual Arts

PAINTED RHYTHM, MUSIC AND DANCE

3 Thursdays, Sept. 12-26 2-3:15PM | COST \$32

Instructor: Lynn Berkowitz, MFA, BFA

Let the rhythm take you into and through a painting with a toe-tapping tempo! During the class's fast-paced, fun, and artful conversations, we will look at how different artists use rhythm to activate a painting with accented elements just like musicians and dancers use beats, pattern, and cadence. Through the lens of different 'isms, we will take a focused look at paintings that feature dance, acquaint ourselves with music of their time and place, and see the element of rhythm in dynamic compositions.



CAVES TO SKYSCRAPERS FROM AROUND THE WORLD

3 Mondays, November 4-18

11-12PM | COST \$32

Instructor: Dr. Kenneth Jacobs, Tyler School of Art and Architecture, Temple University



Explore the evolution of human habitat from ancient caves to modern skyscrapers. Trace the historical, architectural, and technological advancements that have shaped our built over millennia. Join us for a journey from the dawn of civilization to the present day as we unravel the story of human shelter.

HANDS ON ART WORKSHOP

With Gavi Kestenbaum, Art Instructor

Monday, September 30

11-12:30PM | FREE



Bring can of tuna or a jar of peanut butter for a donation. Come create a piece of art for yourself and do a Mitzvah (good deed) by creating something to be given to a community member in need. More information coming soon.

ZENTANGLE® FOR THE SEASONS

Third Tuesday of the Month

COST \$40, \$15 per session

Instructor: Mindy Shapiro, Zentangle Instructor



Zentangle® has been described as a spiritual art practice that enhances mindfulness and self-awareness, decreases stress, and calms the mind. In this relaxing, creative, meditative and quite fun workshop, where no talent or experience is needed. Each session will focus on a different season.

October 15, 10:30-12PM

Zentangle on a Pumpkin/Gourd

Tuesday, November 19, 1:30-3PM

Zentangle on a turkey centerpiece

Tuesday, December 17, 1:30-3PM

Zentangle a Holiday themed card

Cinema

GOING TO THE 'COUNTRY': Jews in the Catskill Mountains

4 Mondays, September 9-30

12:30-3PM | COST: \$50 for full series,
or \$15 per session

**Instructor: Dr. Ruth Anolik,
English Department Villanova University**



Let's hold on to summer with a film series set in the famous Jewish summer sanctuary, the Catskill Mountains. The resorts of the Catskills offered an escape from the various oppressive conditions of the city - the hot summer weather and the repressive social climate encountered by mid-century Jews. Paradoxically, for some young Jews, the Catskills also offered an opportunity to explore a less sheltered world, a world in which young Jewish performers and comedians flourished as they encountered non-Jewish peers. This series offers us an escape from our time and place, and insights into a lost world. Films will include (in order): *Welcome to Kutshers* (2015), *Dirty Dancing* (1987), *A Walk on the Moon* (1999) and *Four Seasons Lodge* (2008). There will be a discussion after each film.

Cultural Arts

THE MUSICAL THEATER OF ANDREW LLOYD WEBBER **4 Tuesdays, November 5-26** 11-12PM | COST: \$44 **Instructor: Leila Joffe, MFA American Conservatory Theater.** **AFTRA, SAG, Actors Equity**

Delve into the world of Andrew Lloyd Webber in this class that traces his work and life. From his groundbreaking musicals such as 'The Phantom of the Opera' and 'Cats' to his innovative contributions to the genre of musical theater, we will enjoy his music and stories.



FABULOUS FIFTIES – With Rick Spector, Radio Host **Tuesdays, October 8** 12-2PM | COST \$18 Including lunch Built around a hilarious sitcom episode called the "Honeymooners", the program chronicles the outstanding events of January 28, 1956.

SHIBE PARK / Connie Mack Stadium & Beyond – With Rick Spector, Radio Host

Tuesday, November 12 12-2PM | COST \$10
Includes lunch, Generously sponsored by Right at Home



The program revolves around the story of the famous ballpark and its influence on the lives of Philadelphians. Free for veterans in honor of Veterans Day. Thank you for your service. Veterans, please contact Rachel Sakofs rsakofs@phillyjcc.com to reserve your spot.

YIDDISH DANCE CLASSES WITH LIVE KLEZMER MUSIC **3 Sundays, Sept, 15-29** 5-6:30PM | COST \$90 **Instructor: Miryam Coppersmith, Philadelphia Dancer & Educator**

Yiddish dance offers many joyful and playful ways to dance to klezmer music: in a line, a circle, with a partner, or on your own. Join Miryam Coppersmith to learn about the history of "dancing Jewish," explore the different rhythms and dances of Eastern Europe, and get moving! Miryam is passionate about dancing being accessible for all and will offer modifications for mobility and accessibility needs. This class series is recommended for adults and teens. Miryam Coppersmith's Yiddish dance class is accompanied by klezmer's finest; Susan Watts on trumpet and Steve Rice on accordion. Together, live and in person, these dynamic klezmerim will lay down the klezmer grooves for the Yiddish dances you'll learn.



Judaism and Israel

PHILADELPHIA'S JEWS: A Journey Through History, Part Two

3 Mondays, Sept. 9-23 11-12PM | COST: \$32

Instructor: Dr. Reena Sigman Friedman, Gratz College

This three-week course continues our exploration of the Philadelphia Jewish community from the late nineteenth century to the present. Using primary source documents, photographs, and some video, we will capture highlights of this fascinating story! Participation in part 1 is not required to take the class.



GEMS SUSHI SHABBAT DINNER FUNDRAISER

Friday, September 27 5-7PM | COST: \$30, \$54 per couple.

All Proceeds support Gems at the J programming.

Join your Gems community to bring in Shabbat together, while enjoying a Kosher Sushi meal. There will be Shabbat prayers, chellah, candle lighting, and more. Event is BYOB. Sponsorships available. Spots are limited.

THE HISTORY OF THE NORTHERN BORDER OF ISRAEL – Special Zoom Program

3 Tuesdays, Sept. 17-Oct. 1 11-12PM | COST: \$32

Instructor: Gadi Ben Dov, Israeli Tour Guide

This three-part online series will provide a comprehensive understanding of how historical events and geopolitical factors have shaped and continue to influence Israel's northern border and its relationship with neighboring countries.



CHOLENT AND CONVERSATIONS

First Friday of the Month 11-12PM | COST \$36, \$10 per session

September 6 - Rabbi David Ackerman

September 27 - Rabbi Moriah SimonHazani

November 1 - Rabbi Lisa Malik, PhD

December 6 - Rabbi Shelly Barnathan

Each month we will meet a different Rabbi or Jewish educator from the community, who will share with us their wisdom about the Jewish connections in text impacting the world today. Vegetarian Kosher Cholent will be served.

CURRENT ISRAELI THEATER

Tuesday, October 22 11-12:30PM | COST \$18

Includes lunch in the Sukkah

Instructor: Deborah Baer Mozes, Founder & Former Artistic Director of Theater Ariel



Since the birth of the nation, theater has been part of Israel's vibrant world of Arts and Culture. The audience for theatre in Israel is one of the highest globally. Over the past year and a half, even with the political challenges and the long and difficult war, Israel's theatres are bringing new works to their audience from the major regional theatres such as Habima, fringe theatres and to/from the incredible theatre academies. We will read, discuss, and reflect on scenes from numerous plays including works that respond to October 7. You will connect with new plays that have moved Israeli audiences.

Politics

POLITICAL AFFAIRS

3 Thursdays, Sept. 12-26 11-12PM | COST: \$32

Instructor: David Brown, Producer of Unreasonable Podcast



Are you stressed about the state of our democracy? Join local grassroots organizer David Brown for a three-part course to set you on the path to making change. We will outline the political landscape in Pennsylvania, from the dynamics of our legislature to the political mechanisms by which our elections run. We will dive deep into the insidious rise of White Christian Nationalism and its far-reaching effects on our laws. Lastly, we will outfit attendees with accessible tools to stand up for democracy, pluralism, and freedom in the face of rising authoritarianism, disinformation, and antisemitism.

UPDATES ON THE PRESIDENTIAL RACE –

With Dr. Matt Kerbel

Thursday, October 10 11-12PM | COST \$12

Instructor: Dr. Matt Kerbel, Department of Political Science Villanova University



What's going on with the current Presidential Race? Come hear some important and informative insight from Dr. Matt Kerbel.

Politics *(continued)*

POLITICAL AFFAIRS

4 Thursdays, Oct. 31-Nov. 21

11-12PM | COST: \$44

Instructor: Dr. William Rosenberg, Political Science, Drexel University



Each session will be focused on a different political topic in the news. Dr. Rosenberg will present and analyze the various aspects of the current political sphere.

Technology

INTRODUCTION TO ARTIFICIAL INTELLIGENCE

3 Wednesdays, November 6-20

11-12PM | COST: \$32

Instructor: Boaz Ozery, Marketing Expert



Discover the fascinating world of Artificial Intelligence in this interactive and engaging course designed for seniors and adults. Led by Boaz Ozery, participants will explore AI's everyday applications, ethical considerations, and future trends through hands-on activities and lively discussions. No prior knowledge is required – just curiosity and a willingness to learn! Bring your smart phone or tablet.

Trips

SUFFS ON BROADWAY IN NYC

Wednesday, October 9 9-7PM | COST \$235

“Suffs” is a dynamic musical that brings the American women’s suffrage movement to life, with the struggles and triumphs of the suffragists as they fought for the right to vote. Blending history with humor and powerful performances, this Tony award-winning show a must-see!



Join us for a fun day in New York City! Price includes orchestra seats, round-trip transportation, and gratuities. The price does not include lunch. Book your own reservation for lunch near the theater district.

AMSTERDAM WITH THEATRE ARIEL

Thursday, November 21 11:30-5PM | COST \$36

Price includes show and transportation

Join us for a day in Philadelphia. Enjoy lunch (on your own) and see a production of *Amsterdam* by Theater Ariel. Four actors take us on the whirlwind, stream-of-consciousness journey of a Jewish woman living in Amsterdam who stumbles upon a long-forgotten gas bill from 1944. The bill’s implications send her on a riveting exploration of identity, legacy, and life in diaspora.



Wellness

AGING ALONE TOGETHER WITH DOROT NY on Zoom

6 Wednesdays, Oct. 30-Dec. 11 (No Class on November 27)

5-6:30PM | FREE

Instructors: DOROT Facilitators

Aging Alone Together is DOROT’s flagship program for those who identify as solo agers and are 60+. DOROT defines a solo ager broadly as an individual who, by choice or circumstance, function without the support system traditionally provided by family. DOROT offers strengths-based practical ways to help solo agers prepare for the future. Sessions are led by DOROT social workers, staff, and trained facilitators. If you are looking for information, strategies and a community of support as you age, this is for you.

CAREGIVER SUPPORT GROUP

6 Tuesdays, Sept. 10-October 22 (No class on October 8)

2:30-3:30PM | COST \$30

Generously sponsored by The Quadrangle

Instructor: Dana Rummery, LPC, ATR-BC

Throughout this group, you will connect with people over shared caregiving responsibilities while making art. Dana Rummery ATR-BC, LPC is a registered and board-certified Art Therapist and Licensed Professional Counselor with over 18 years of experience supporting patients and their families.



Wellness *(continued)*

REINVENTING YOURSELF AFTER RETIREMENT

3 Mondays, November 4-18 2-3PM | COST \$36
Instructor: Jessica Harrington, MPH



Join Jessica to learn about reinventing yourself after retirement. Topics include retirement and your new identity, phases of retirement, and creating new habits/hobbies during retirement. Jessica Harrington, MPH, is the owner of Journey to Yourself with the mission of bringing more peace and happiness to individuals while reducing stress.

LEARN AND LITE BITES WITH MAIN LINE HEALTH

Third Tuesday of the Month 12-1:30PM | FREE

Each month we will bring a different speaker to discuss health and wellness topics. Lunch co-sponsored by Tikvah AJMI

- **September 17**

Falls Prevention at Home and in the Community
Speaker: Maureen W. Krouse, MPH, MCHES

- **October 15**

Planting and Harvesting Herbs, and Their Health Benefits
Speaker: Shan Wichmann, Farmer

- **November 19**

Understanding your Genetics: The Relationship of Genetics to Cancer and Cardiac-related Illnesses
Speakers: Genetic Counseling Team: Jacqueline Neminski, MS, LCGC and Cristina Nixon, MS, LCGC

- **December 17**

Speaker: Dan van der Kwast, MBA, PT, DPT
Prevention and Management of Osteoporosis

ROCK STEADY BOXING

Every Monday and Wednesday 9:30-10:30AM

With Dynamic Home Therapy and NeuroFit at the JCC

Rock Steady Boxing is a program that aims to improve the quality of life of people with Parkinson's disease through a non-contact, boxing-based fitness curriculum. Join Jen Brown and her team of physical therapists to explore what boxing can do for you. An initial evaluation is required for participation. To set up an evaluation or learn more about pricing, call the Dynamic Home Therapy and NeuroFit office at (610) 225-2451 ext 4.

Fitness

We offer a variety of amazing classes to choose from every day. For class descriptions, pricing information, and new specialty classes, please visit the website at www.phillyjcc.com/gems/gemsfitness. The website is updated frequently! Have questions, email JFeinstein@phillyjcc.com.

Fall Specialty Fitness Class Highlights

WARRIOR FITNESS & MARTIAL ARTS FOR OLDER ADULTS

3 Wednesdays, Sept. 10-24, Mini-series

6 Wednesdays, Oct. 16-Nov. 20, Full-series

4:15-5PM | COST Mini-series \$54, Full-series \$108

Instructor: Abrielle Fuerst, Wandering Fighter, LLC



This blended exercise/self-defense course offers all the fitness benefits of traditional martial arts (increased strength, coordination, flexibility and cardiovascular health), while incorporating self-defense techniques. The program is designed to meet participants where they are and build from a place of strength. All levels are welcome; no experience is necessary. Abrielle holds a third-degree black belt in Taekwondo with belts in kung fu, kuk sool won and hapkido, and experience in krav maga, judo, karate and Brazilian jiu jitsu.

SHARQUÍ – The Bellydance Workout

8 Tuesdays, Sept. 3-October 29, no class 10/8

Instructor: Oreet JS, Founder of SharQuí

7-8PM | COST \$129 for full series;
Drop-in option available



Join our 8-week series of joy and self-celebration with SharQuí - The Bellydance Workout®! At SharQuí, we believe everyone can dance, even if you think you have two left feet! Our unique breakdown and build-up method will get you shaking and shimmying with confidence. And by the end of the series, you won't just feel fitter and more joyful - you'll also have learned an amazing routine that you can proudly show off to your friends and family. Register by downloading the SweatNow App onto your phone, and search for SharQuí's 8-week series. <https://www.sweatnow.com/>

Pickleball

PICKLEBALL WITH UNIVERSAL RACKETS

Universal Rackets is dedicated to fostering a sense of community, empowering individuals to embrace pickleball, and nurturing a lifelong love for the sport. Our Fall schedule includes classes for beginner and intermediate players on Fridays, Saturdays and Sundays. New for this year are junior classes on Tuesdays after school and Pickle Frenzy on Sundays! For more details including exact dates, class descriptions, and pricing, go to:

<https://www.phillyjcc.com/pickleball/>

SAVE THE DATE: Fall 2024 PicklePalooza hosted by Universal Rackets

Sunday, November 24 | COST \$25

2-4PM Beginner level & 4-6 PM All levels

Get ready for an epic day of pickleball action that's perfect for players of all ages and levels! Whether you're just starting out or consider yourself a pickleball pro, the event has something special in store for you. Beginners can dive into the game with expert instruction, while seasoned players can test their skills in a competitive format. It's more than a game; it's a chance to connect, compete, and have a blast with your Kaiserman JCC community.

100% of proceeds are donated to the Kaiserman JCC!



THANK YOU TO OUR GEMS PROGRAMING SPONSORS!

BLICK
art materials



**THE
QUADRANGLE**
MONOGRAM COLLECTION BY SUNRISE



**Right
at
Home**
In Home Care & Assistance



Main Line Health
Well ahead.

Clubs

The JCC is a place to gather and connect, whether through classes, programs or classes. Feel free to bring snacks and pay as you wish to support these programs. Donations appreciated.

CANASTA CLUB

Every Monday - Except for on holidays.

3-5PM | FREE

Come to the JCC and join friends to play Canasta. Knowledge of how to play the game is required - Canasta Club has no facilitators.



MAHJONG OPEN PLAY

Every Thursday - Except for on holidays.

1-3PM | FREE

**Facilitators: Helene Rosenfeldt
and Sharon Dunoff**

This playtime is for people who KNOW how to play, from beginner to advanced. If interested in learning how to play Mahjong for the first time, please email Rachel at rsakofs@phillyjcc.com.



LUNCH BUNCH

Every Thursday - Except for on holidays.

12-1PM | FREE

Catch up with your friends or make some new ones. Bring your own lunch and if you want, also bring something to share.



BOOK CLUB

Last Wednesday of the month

3-4PM | FREE

The GEMS book club offers stimulating discussions on a variety of genres that are relatable to many. This is a reoccurring group that meets on the last Wednesday of every month. 9/25, 10/30 and 12/4.



FREE EVENT
Suggested Donation \$18

JOIN US FOR A MUSICAL AFTERNOON AT THE

Kaiserman JCC Philly

Generous funding from the Weinberg Family Foundation administered by The Jewish Federation of Greater Philadelphia has helped make this program possible.

DECEMBER 2024 KLEZMER JAM

SUNDAY DECEMBER 8, 2024 | 4-6PM

DOORS OPEN AT 3:30PM

Internationally renowned klezmer violinist Alicia Svigals will teach workshop participants how to make the beautiful and deeply Jewish sounds which characterize authentic klezmer playing. All instruments welcome, no prior klezmer experience necessary, and readers and ear-learners will all find a place in the ensemble. By the end of the workshop, the instant klezmer orchestra will become a party band and we'll take turns dancing and playing. Come prepared for joy and fun!

Musicians and non-musicians are welcome.

Alicia Svigals

Led by Internationally renowned klezmer violinist **Alicia Svigals**, Founder of the Grammy winning band, **Klezmatiks**.



Learn more and register at: phillyjcc.com/klezmer

Gems Kaiserman JCC Philly
 phillyjcc.com (610) 896-7770
 45 Haverford Rd., Wynnewood, PA 19096
 Questions? Contact us! rachel@phillyjcc.com

Mail-In or Bring Registration Form with You GEMS FALL PROGRAM 2024

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 PHONE: _____ EMAIL: _____

- Opening Brunch and Library eventFree
- Painted Rhythm, Music and Dance \$32
- Caves to Skyscrapers from Around the World \$32
- Hands-on Art Workshops with Gavi KestenbaumFree
- Zentangle for the Seasons \$40
- Going to The 'Country': Jews in the Catskill Mountains \$50
- The Music of Andrew Lloyd Webber \$44
- Fabulous Fifties \$18
- Shibe Park/Connie Mack Stadium and Beyond \$10
- Yiddish Dance Classes \$90
- Philadelphia's Jews: A Journey Through History, Part Two \$32
- Shabbat Dinner Fundraiser \$30
- The History of the Northern Border of Israel \$32
- Current Israeli Theater \$18
- Cholent and Conversations \$36
- Political Affairs with David Brown \$32
- Updates on the Presidential Race with Dr Matt Kerbel \$12
- Political Affairs with Dr. Bill Rosenberg \$44
- Introduction to Artificial Intelligence \$32
- Suffs on Broadway in NYC \$235
- Amsterdam with Theater Ariel \$36
- Aging Alone Together with DOROT NY Free
- Caregiver Support Group \$30
- Reinventing Yourself After Retirement \$36
- Learn and Lite Bites Free
- Warrior Fitness and Martial Arts for Older Adults \$54/\$108
- Canasta Club Free
- Mah Jong Club Free
- Book Club Free

PAYMENT (Total Amount Enclosed) \$ _____

**Mail completed form with payment to: Kaiserman JCC
 45 Haverford Road, Wynnewood, PA 19096
 Please make checks payable to: Kaiserman JCC/Gems
 Or register online at: GEMS@PhillyJCC.com**