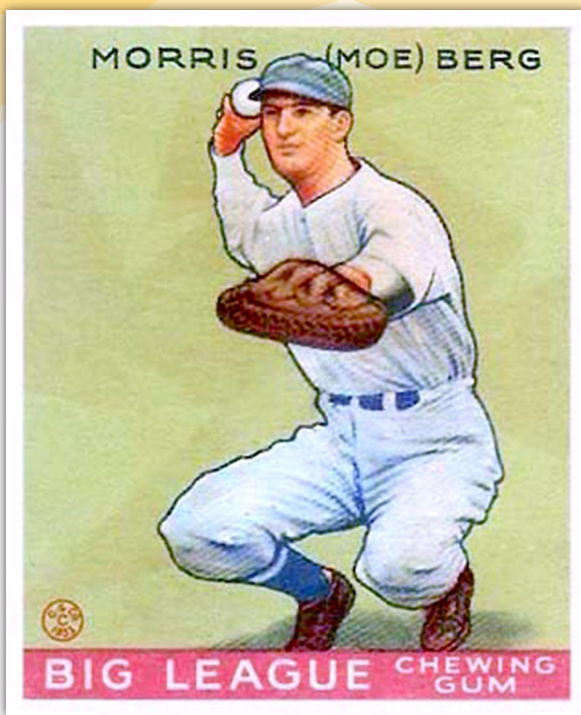


Gems

At The 

COMMUNITY, LEARNING & WELLBEING



Gems Kaiserman JCC
Philly 

WINTER 2025 PROGRAM

WINTER PROGRAM 2025

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OPEN HOUSE: BRUNCH AND COURSE REGISTRATION

Tuesday, January 7th 10-11:30AM | FREE

Come and register for upcoming GEMS programs while enjoying some fun and healthy brunch fare! 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

ART IN FLIGHT: BIRDS, ANGELS & FLYING MACHINES

3 Tuesdays, February 18-March 4 11-12:15 PM | COST \$36

Instructor: Lynn Berkowitz, MFA, BFA

From the dawn of art to the here & now, flying figures have captured the imagination of artists and viewers alike. Consider soaring Cupids and angels, birds and planes, even time can fly as Frida Kahlo shows us. We will contemplate the sublime, mechanical, and futuristic devices that populate paintings by artists as different as Audubon, Chagall, Ringgold, Delauney, and Leonardo da Vinci. Stories abound filled with symbolism, a sense of hope and freedom, as well as concern about change. Our conversation includes historic to contemporary images, a diversity of artists, and enlightening videos.



Visual Arts

(continued)

WINTER "GIVE BACK" HANDS-ON ART CLASS

Wednesday, January 15 10:30-11:45 AM | FREE

Instructor: Gavi Kestenbaum, Art Instructor



The Hamsa is a symbol of protection from evil



forces and is also believed to bring good luck. Used in many cultures, the word "Hamsa" comes from the Arabic word for five referring to the five fingers of the hand. We will use air dry clay to create decorative, hanging Hamsas. Learn to roll a clay slab, cut from a stencil, and add texture to ceramic pieces. We will finish the Hamsas with acrylic paints

so they are ready for hanging. Dress for mess! Please bring a donation of nonperishable or canned foods or feminine hygiene products which will be dropped off at the Ardmore Food Pantry.

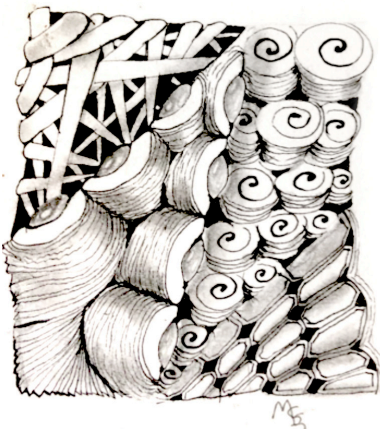
THE ART OF ZENTANGLE

Thursday February 13 11-12:30 PM | COST \$15

Instructor: Mindy Shapiro, Zentangle Instructor



Zentangle® has been described as a spiritual art



practice which enhances mindfulness and self-awareness, decreases stress and calms the mind. In this relaxing, creative, meditative and fun workshop, where no talent or experience is needed, you will learn 4-6 basic Zentangle patterns. Each structured pattern will be broken down into small steps and what results are beautiful creative and unique images.

Cinema

FUNNY JEWISH MEN

3 Wednesdays, February 19-March 5

1-2:15 PM | COST: \$36

Instructor: Irv Slifkin, Film and Communications Instructor, Temple University

Quick with one-liners! Precise with physical comedy! Able to tell hilarious stories in a single routine! Look! Up on the stage! It's a funny Jewish man! Actually, there have been a lot of them out there making us laugh over the years, and in this three-week class you'll meet The Marx Brothers, Jack Benny, The Three Stooges, George Burns, Milton Berle, Jerry Seinfeld and Larry David, Rodney Dangerfield and many others. Presented by Temple University journalism professor and failed standup comic Irv Slifkin.

FUNNY JEWISH WOMEN

3 Wednesdays, March 12-26

1-2:15 PM | COST: \$36

Instructor: Irv Slifkin, Film and Communications Instructor, Temple University

The world's most inventive and daring women are saluted in this three-week class salute to the funniest female sin the world. They came from stage, radio, television and movies to dazzle you with their inventiveness and make you laugh. Put a smile on your face we look into the likes of Fanny Brice, Gertrude Berg, Totie Fields, Joan Rivers, Gilda Radner, Amy Schumer and many other not-always-so gentlewomen. Presented by Temple University journalism professor and failed standup comic Irv Slifkin.



Cultural Arts

BROADWAY WITH LEILA

3 Tuesdays, January 21-February 4

11-12 PM | COST: \$36

Instructor: Leila Joffe, MFA American Conservatory Theater, AFTRA, SAG, Actors Equity



We will take an in depth look at Richard Rodgers and Oscar Hammerstein. They were one of the most successful teams in musical theater. We will learn about the beginning of their careers and what led them to their very first show, Oklahoma. Richard Rodgers and Oscar Hammerstein transformed the landscape of musical theater, elevating it to a new level of artistry and storytelling. Their influence can still be felt today, as their works continue to be celebrated and performed around the world.

INTRODUCTION TO UKELELE

4 Tuesdays, every other week, Feb. 4-March 18

2:45-3:30 PM | COST \$48

Instructor: Carl Carbtree, Musician & Music Teacher



Whether you're a beginner or have some musical experience, the ukulele is easy to pick up and fun to play. We will learn about the history of ukeleles and the family of instruments that they belong to, plus have the opportunity to learn chord shapes and tablature, and even a song or two! No prior knowledge is needed—just bring curiosity and a love for learning! Ukeleles will be provided per participant.

WISE FOOLS: A Journey Through Jewish Clowning

4 Wednesdays, January 8-29

2-3 PM | COST \$48

Instructor: Danielle Levsky, Clown, Writer, Educator & Producer



Explore the rich tradition of fools, jesters, and clowns within Jewish history through an engaging lecture and hands-on movement activities. This class will blend stories, historical context, and physical expression, allowing participants to learn while experiencing the art of clowning firsthand. Perfect for those interested in both the history and the playful spirit of clowning, with a focus on its Jewish significance.

History & Geography

TOWERING GENIUS: Abraham Lincoln, His Life, Assassination, and Lineage **4 Thursdays, January 9-30**

10-11 AM | COST: \$48

**Herb Kaufman Adjunct Professor, Manor College,
Editorial Staff, The Civil War News**



Abraham Lincoln's political views were deeply rooted in the principles of the Declaration of Independence, a sentiment he shared with the nation's founders. Born into modest circumstances, Lincoln worked his way up from riverboat laborer to attorney, state legislator, U.S. Congressman, and eventually President. His stepmother, Sarah Bush Lincoln, fostered his love for reading by giving him a Bible, helping make him one of the most biblically literate U.S. presidents. This course explores Lincoln's Constitution, his political philosophy, his relationships with both the political and Jewish communities, and his life's story, including his assassination.

TRAVEL TO 3 CONTINENTS FROM YOUR CHAIR **3 Mondays, February 24-March 10**

10:30-11:30 AM | COST: \$36



Nature's Eye

Instructor: Nature's Eye

Come for the travel of a lifetime! We will be partnering with Nature's Eye, as we take a tour by DRONE to Africa, Iceland and Peru! Local guides from each region will lead us through a tour highlighting wildlife and natural land formations of interest. Examples include elephants, Hverfjall Volcano and Cloud Forest. (depending on weather, destinations might change). No need to worry about packing, jetlag or waiting in a TSA line! In-flight beverages and snacks will be provided!

MOE BERG' STORY

Monday, March 17

11-12:30 PM | COST \$18

Instructor: Steve Mandel, Baseball Coach



Let's get ready to play ball!!! Steven Mandel will be presenting the life and legacy of Moe Berg, the Jewish spy baseball player! We will enjoy a sponsored baseball-themed brunch by Right at Home.

Judaism and Israel

CHOLENT & CONVERSATIONS

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

January 10 - Rabbi Claire Green, Community Rabbi

Feb 7 - Rabbi Yonah Gross, Congregation Beth Hamedrosh

March 7 - Rabbi Lilli Shvartsman, Temple Beth Hillel Beth El

April 5 - Cantor Emeritus Eliot Vogel, Har Zion Temple

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. Cholent will be served.

AN INSIDER LOOK AT ISRAEL

3 Wednesdays, Jan. 15-29 12:15-1 PM | COST \$18

Instructor: Niv Sadeh, JAFI Emissary to the JCC

Come ask your questions about Israel and learn about the history and culture of the Israeli people with our Jewish emissary Niv Sadah.



BEGINNERS ISRAELI DANCING

3 Wednesdays, January 8, February 5, March 12

12:30-1:30 PM | COST: \$10, \$5 with insurance

Instructor: Don Schillinger, RAKDAN Entertainment & Israeli Dance Leader

Israeli dancing is a fun way to move at a slow to moderate pace while enjoying traditional Israeli music, socializing with others, and utilizing your brainpower to remember steps. No prior dance experience expected. You can choose to participate in the dance lessons, or come to listen to the music and watch the dancing if you prefer. Even after the class is done, you will be smiling and singing the songs!

This gems-sponsored class is open to adults of all ages.



KNOCK, KNOCK... JEWS THERE?

A Talmudic Take on Comedy

Thursday, March 6

4:30 PM-6 PM | COST \$18

Instructor: Sharon Geller, comedian

Join us for some pre-Purim laughter with Sharon Geller! We will be serving seasonal appetizers and desserts!



A Talmudic Take on Comedy

Politics

THE CONSTITUTION & CURRENT EVENTS

6 Thursdays, February 20-March 27

11-12:15 PM | COST: \$72

Instructor: Jules Mermelstein, Esq.



Learn, discuss, and ask questions about the history and structure of the Constitution, current events that relate to the Constitution, and what the Constitution means in 13 words.

POLITIC AFFAIRS

3 Tuesdays, March 11-25

11-12 PM | COST \$36

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



Come hear about the latest in politics and a variety of viewpoints and perspectives Dr. Rosenberg brings to the foreground.

Wellness

A GRANDPARENT'S LEGACY

4 Tuesdays, March 4-April 1 (No class on March 18)

12:30-2:30 PM | \$48

Instructors: Jaci Tusman, Programmer & Bubbie



Being a grandparent is like no other experience. We love our grandchildren so deeply and so fully and want nothing more than to have them take this love into their future.

In this program, we will explore ways to help you express your thoughts about your own life and your grandchild's life still to come. How do you want to be remembered? What nuggets of yourself and your own family's heritage do you want to leave for them? Each grandparent will be given the framework to compile a written legacy to share with their grandchildren. All materials will be provided to create this tangible memoir. Please bring your favorite photo of you with your grandchild/ren.

Wellness

(continued)



SAFETY TIPS FOR YOUR HOME

Monday, January 13 10:30-12 PM | Free

Instructor: Community Resource Officer Daren Swain, LMPD

Join the The Lower Merion Village and the LM Police Department for a brief presentation on keeping your home and family safe. Learn about free programs for seniors, including the *Lock for Life* home security program, car seat check-ups for grandparents, and safe disposal of old prescription medications. We'll also touch on how seniors can protect themselves from fraud and scams. Don't miss this chance to get practical tips and ask questions!

INTRODUCTION TO CHESS

6 Thursdays, January 16-February 20

3-4 PM | COST \$60

Instructor: Jessica Regam, Chess Master

Interactive beginner chess classes are designed to enhance cognitive wellness by teaching the fundamental strategies of the game, including checkmates, tactics, and opening principles. Through engaging problem-solving activities, participants will develop critical thinking skills and mental agility. These classes not only help participants understand all the rules of chess but also promote mental clarity and the ability to play a complete game.



LEARN AND LITE BITES WITH MAIN LINE HEALTH

12-1:30 PM | FREE

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



January 14 - Stepping into the New Year with Healthy Feet

February 18 - Celebrate Heart Month with all things Heart Health

March 18 - Sleep Well, Be Well

April 8 - Topic: Vision and Eye Health



Main Line Health®

Well ahead.®

Wellness

(continued)

ROCK STEADY BOXING

Every Monday and Wednesday

9:30-10:30 AM

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

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. For more details including exact dates, class descriptions, and pricing, go to: www.phillyjcc.com/pickleball.



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.

CANASTA CLUB

Every Monday - Except for Holidays 1-3 PM | 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 Holidays 1-3 PM | 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.



BOOK CLUB

Last Wednesday of the Month 3-4 PM | FREE

suggested donation of \$36 for the year

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.



Save the Dates

MLK DAY PROJECT & MOVIE

Monday, January 20



KLEZMER JAM WITH EZEKIEL'S WHEELS

Sunday, March 2



SHALOM SUMMER CONCERT

Sunday, June 22

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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