This fall, programs will include in-person, virtual (via Zoom video conferencing), and hybrid (combination of in-person and virtual) options. All program listings include information on the format as of the time of printing. Please visit mmjccm.org/wechsler for up-to-date details.

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A KEY TO THE WECHSLER CENTER ICONS

The Wechsler Center for Modern Aging seeks to emphasize particular areas of focus and expansion. To illustrate and highlight these areas within our program offerings, you will find icons throughout this guide reflecting these categories. Components of the Center will be designated with the icons below.

The Wechsler Center for Modern Aging is made possible through the generous support of Dana Wechsler Linden and Lawrence Linden.

Healthy Aging Research
Highlighting and implementing best practices in the field

Technology Education
Continued classes and tutorials to maintain a high level of technological fluency

Volunteer Engagement
A deepening of volunteer engagement and leadership

Cognition Module
Offerings designed to focus on memory enhancement and sharpening the brain

Caring Initiatives
Caring initiatives to foster connection and support aging in place

Fitness + Wellness
Staying active and taking care of yourself for optimal health

Outings + Trips
Expanding one’s knowledge of NYC and the wider world

SOCIAL EVENTS + HOLIDAY OBSERVANCES

[IN PERSON] Wechsler Coffee House
Sip ‘n chat with your community and Wechsler Center staff!
Stay all morning or stop by on your way to other programs.
No registration required.
3 Thursdays, Sep 8, Nov 10 + Dec 8, 9:30–11:30 am, Free

[IN PERSON] Preparing for the High Holidays
RABBI BRIAN FINK
Join us in exploring several well-known High Holiday prayers.
English translation of the text will be provided. The program will include time for discussion and reflection.
Thu, Sep 15, 2–3:30 pm, $5

[IN PERSON] Tashlich in Riverside Park
Tashlich is a High Holiday ritual in which people symbolically cast off their sins into a naturally flowing body of water. Celebrate Tashlich with singing and reflection in Riverside Park.
Thu, Sep 29, 11 am–1 pm, Free

[IN PERSON + VIRTUAL] Yom Kippur Yizkor Memorial Service
To honor those we have personally and communally lost in this Yizkor (remembrance) service via Zoom. The prayer booklet will be emailed beforehand.
Wed, Oct 5, 1:30–2:30 pm, Pay what you wish

[IN PERSON + VIRTUAL] Fall Cocktails + Conversation
Mingle and enjoy seasonal drinks with friends old and new.
Wed, Nov 9, 6–8 pm, $20/$23

[IN PERSON] Intergenerational LGBTQIA+ Cocktail Party
For friends of all ages.
Cosponsored with Out at the J
Wed, Dec 7, 6–8 pm, $18/$20

[IN PERSON] Wechsler Center Chanukah Party
Sing songs, spin a dreidel, and enjoy latkes and delicious treats for the Festival of Lights. Followed by our lobby candle lighting.
Mon, Dec 19, 3:30–5:30 pm, $22/$25

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RABBI BRIAN FINK
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Sing songs, spin a dreidel, and enjoy latkes and delicious treats for the Festival of Lights. Followed by our lobby candle lighting.
Mon, Dec 19, 3:30–5:30 pm, $22/$25
[IN PERSON] 60+ Drama Group
SCOTT KLAVAN
Increase creative skills, improve memory and concentration, and boost confidence through prepared scenes, improvisation, and more. No experience required.
10 Mondays, Sep 12-Dec 19 (except Sep 26, Oct 3, 10, 17 + 31), 10 am–noon, $110/$120

[IN PERSON] Artful Aging
JUDITH E. GREENWALD, PH.D.
Creativity, community, and novelty have all been associated with aging well. Cultivate these qualities through art-making, a life- and soul-enhancing endeavor. No art experience necessary.
11 Thursdays, Sep 15-Dec 8 (except Sep 29 + Nov 24), 10 am–1:30 pm, $440/$550

[IN PERSON] Challah Baking for the Holidays
CHEF IRENE YAGER
Learn to prepare challah for the High Holidays. Leave with a baked challah as well as dough to bake at home.
Fri, Sep 23, 10 am–1 pm, $30/$40

[IN PERSON] Cooking with Spices from Little India
CHEF IRENE YAGER
We’ll prepare a menu that includes mango chutney, spiced cauliflower and potatoes, and lentils, and enjoy our meal together. Join us the previous week for a walking tour of Manhattan’s Little India (see Outings + Trips section for more information).
Mon, Nov 14, 10 am–noon, $30/$40

[IN PERSON] Writing Our Mothers
JUDITH RUSKAY RABINOR + ESTHER COHEN
Co-led by a psychologist and an author, participants will explore their complex experience as daughters and/or mothers through meditative writing exercises.
Thu, Dec 1, 1–2:30 pm, $30/$40

[VIRTUAL] Yiddish: Things Your Bubbe and Zayde Never Told You
JEFFREY B. WEINSTOCK
A lighthearted look at the language’s history, how Yiddish expressions reflect a Jewish worldview, and how Jews incorporated it in their wanderings.
Thu, Nov 3, 7 pm, $15/$17

[VIRTUAL] In Progress: A Memoir-Writing Workshop
JANET R. KIRCHHEIMER, TEACHING FELLOW, CLAL
Whether you want to write for yourself or your family, a variety of writing exercises, music, and prompts will get you started.
5 Mondays, Nov 7-Dec 5, 4–5:30 pm, $90/$110

[IN PERSON] Memory-Booster Drama Class
SCOTT KLAVAN
Actors learn new material at an advanced age; why can’t you? Use exercises, scenes, monologues, and tricks trusted by actors to sharpen memory and cognition. No experience required.
9 Wednesdays, Oct 12-Dec 14 (except Nov 23), 2–3 pm, $135/$158

[IN PERSON] Rock and Roll: Songs of the ’50s
DAVID M. CHENEY
Trace the evolution of ’50s music in three sessions spanning the decade and share memories of a simpler time.
3 Wednesdays, Nov 2-16, 11 am–noon, $45/$65

[IN PERSON] 60+ Knitting Club
IN MEMORY OF SHELLI KWIAIT, CLUB FOUNDER
For adults of all ages. Beginners welcome. Registration is ongoing.
17 Thursdays, Sep 1–Dec 29 (except Nov 24), 4–6 pm, Free
Growing More than a Garden

A recent study of middle-aged women published in the Journal of the American Medical Association found that exposure to green spaces was associated with faster thinking skills and a better ability to concentrate.
Bridge Club

Advanced Bridge Classes and Supervised Play via ClubKing. Comprehensive bridge lessons and supervised play sessions for all levels post beginner. For more information, visit clubkinginc.com.

Ongoing, Tuesdays, Wednesdays + Thursdays, $49.95 per month (1st month prorated)

IN PERSON] Bridge Supervised Play
PETER STEINBERG
Come with your favorite group or partner or alone. Peter Steinberg will find you a game and provide advice as you play. When you pay for a class, you will receive an attendance card entitling you to eight sessions. Card is active for one year from the date of purchase and can be used for any other classes in the future.
Tuesdays + Thursdays, Sep 6–Dec 22, 10 am–noon, $165/$185

VIRTUAL] Beginner Bridge
PETER STEINBERG
For the absolute beginner or those wanting a basic review. ClubKing’s unique introduction to bridge requires little to no memorization. For more information, visit clubkinginc.com.
8 Mondays, Oct 24–Dec 12, 6:30–8 pm, $75

VIRTUAL] Beginner Mah Jongg
JULIE AZOUS
Learn the tiles, how to read the mah jongg card, basic rules, etiquette, and strategy. Space is limited.
4 Thursdays, Sep 15–Oct 6, 2–4 pm, $145/$160

VIRTUAL] Mah Jongg: Supervised Play
JULIE AZOUS
Sharpen your skills, learn to pick hands, gain confidence, and play to win. Space is limited.
4 Thursdays, Oct 27–Nov 17, 2–4 pm, $145/$160

IN PERSON] Chess Club
WERNER BUHRER
All levels welcome. Pre-registration required.
7 Sundays, Oct 23–Dec 4, 11:30 am–1:30 pm, $30/$35 Prorating available

IN PERSON] Board Game Night
Thu, Oct 27, 5:30–7:30 pm, $10/$12

RECREATION
Please visit mmjccm.org/wechsler for details about these programs.
VOLUNTEERING

THE WECHSLER CENTER

ENGAGE

JEWISH SERVICE CORPS

Through Engage at the Wechsler Center, find meaningful volunteer opportunities to use your skills, passion, and leadership to meet the needs of the JCC and help partner agencies in the community. Volunteers serve as peer leaders and join in regular community-building gatherings.

To learn more about any of the volunteer programs listed here, contact Rabbi Brian Fink at 646.505.4408 or bfink@mmjccm.org.

[VIRTUAL] English Overseas

This collaboration between the JCC and the Municipality of Jerusalem matches older adults with Jerusalem high school students who want to practice English conversation.

[IN PERSON] Individual + Group Volunteer Opportunities

Engage offers many in-person individual and group volunteer opportunities with partner agencies throughout NYC.

[IN PERSON + VIRTUAL] Civic Engagement + Elections-Related Opportunities

Through Engage and the JCC’s Joseph Stern Center for Social Responsibility, there are many opportunities to learn about and take action to strengthen our democracy.

[IN PERSON] 9/11 Day of Service

Join Repair the World in the JCC lobby to sort and package supplies to be donated to local nonprofits.

Sun, Sep 11, 1-3 pm, Pay what you wish

[IN PERSON] Volunteer Fall Kickoff

Meet other Wechsler Center volunteers and discover new volunteer opportunities as we come together to kick off the fall season.

Mon, Sep 12, 5:30-7 pm, Pay what you wish

[VIRTUAL] Learn About Engage New Volunteer Orientation

Learn about Engage and choose a volunteer project at these information sessions for new volunteers.

3 Mondays, Oct 3, Nov 14 + Dec 5, 6-7 pm, Free

[HYBRID] Engage Women’s Group

Build supportive connections and explore ways to give back to the community through Engage volunteer projects.

3 Mondays, Oct 24, Nov 28 + Dec 19, 5:30-7 pm, Pay what you wish

[IN PERSON] Thanksgiving Day of Service

Join Repair the World in the JCC lobby to sort and package supplies to be donated to local nonprofits.

Sun, Nov 20, 1-3 pm, Pay what you wish

[HYBRID] Engage Men’s Group

Join other men involved with Engage to form community and take part in volunteer projects and social programs.

2 Mondays, Nov 21 + Dec 12, 5:30-6:30 pm, Pay what you wish

[HYBRID] Engage Knitters

Knit or crochet the project of your choice for donation to those in need. Takes place in person and virtually on the first and third Wednesdays of the month, virtually only on the remaining Wednesdays.

Wednesdays through Dec 28 (except Oct 5), 10 am-noon, Pay what you wish

Help Others, Help Yourself

Volunteering as little as one hour a week has been linked to improved physical health, increased energy and motivation, and greater functional ability.

TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
SeniorTechNYC Classes
Mobile device and social media classes for adults 50+ taught by knowledgeable volunteers.
For info, or if you wish to be a volunteer instructor, email senioriotechNYC@mmjccm.org, or visit mmjccm.org/SeniorTechNYC.

[IN PERSON] What Happened to Cash + Checks?
JOAN KUSHINOFF
Explore how payment apps such as Apple Pay, Venmo, Zelle, and more work, plus the risks and benefits of each.
Mon, Oct 3, 11 am-12:30 pm, $10/$15

[HYBRID] iPhone Photography
ABBY RICH
Discover tips and tricks to control focus and exposure, plus suggestions to improve your portrait, landscape, travel, low light, and macro photography.
Thu, Oct 6, 10-11:30 am, $10/$15

[IN PERSON] iPhone Photography Field Trip—Walking Photo Tour of Central Park
ABBY RICH
Utilize the features learned in our iPhone Photography course to create great photos in our greatest park.
Thu, Oct 13, 10-11:30 am, $10/$15

[VIRTUAL] Photo Editing on iPad, iPhone, Android + Computer
MURIEL MANDELL
Learn to crop, correct, enhance, and remove blemishes.
Tue, Oct 19, 10 am-noon, $10/$15

[VIRTUAL] Investigating Your Ancestors with Ancestry.com
ABBY RICH
Using Ancestry.com or the Ancestry app, learn to create, edit, and validate your family tree.
Tue, Oct 25, 11:30 am-1:30 pm, $10/$15

[IN PERSON] How to Manage Your Passwords
JOAN KUSHINOFF
Explore the dos and don’ts of creating passwords and the pros and cons of managing them, including password manager apps.
Tue, Nov 1, 10-11:30 am, $10/$15

[HYBRID] iPhone Basics
ABBY RICH
Even if you’re already using your iPhone to make calls and text, this two-part course will fill in the gaps. Participants will need a device (computer or iPad) to connect virtually via Zoom, in addition to an iPhone.
2 Thursdays, Nov 10 + 17, 10 am-noon, $20/$30

[HYBRID] Using Apple’s Photos App for Editing + Organizing Photos
ABBY RICH
Explore editing tasks, auto adjust, and filters of the Apple Photos app and examine Albums, a powerful organization tool for Mac computers.
Thu, Dec 1, 1-3 pm, $10/$15

[VIRTUAL] Online Dating
MELANIE + KAREN RADLEY
Learn how to select the best internet dating site for you, elements of a compelling profile, why photos count, staying safe, and meeting that special someone.
Wed, Dec 7, 6-7 pm, $10/$15

[VIRTUAL] Streaming: Cutting the Cord
FRANK STRAUSS
One of the best ways to relax is by watching a film or series on streaming networks like Netflix and Amazon, among many others. Learn how to access a host of streaming networks.
Thu, Dec 15, 11 am-12:30 pm, $10/$15

TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.

The Next Best Thing to Being There
A recent study in The Gerontologist journal finds that social media communication is associated with higher levels of perceived social support and social contact, resulting in decreased loneliness among older adults.
OUTINGS + TRIPS

Please visit mmjccm.org/wechsler, for details about these and other trips. Pre-registration is required and meeting locations are often off-site.

[IN PERSON] Birdwatching Tour of Central Park: Three-Week Series
3 Thursdays, Sep 8–22, 9–11 am, $51/$63
(rain date: Thu, Sep 29)

[IN PERSON] Fort Tryon Park + The Cloisters
Mon, Sep 12, 9:45–11 am, $27/$30
(rain date: Tue, Sep 13)

[IN PERSON] New York Public Library Private Tour (Main Branch)
Wed, Sep 21, 10–11:30 am, $17/$21

[IN PERSON] Brooklyn Army Terminal Tour
Includes round trip East River Ferry ride.
Thu, Oct 6, Time TBD, $35/$40
(rain date: Wed, Oct 12)

[IN PERSON] Shopping Tour of Little India with Chef Irene Yager
Join us the following week for a cooking class using procured ingredients. (See page 5.)
Mon, Nov 7, 10 am–noon, $17/$21

[IN PERSON] Museum of Illustrations: Children’s Book Illustrations
Wed, Nov 9, 1–2 pm, $17/$21

[VIRTUAL] Ghost Army: The Combat Con Artists of World War II
Presented by the Illinois Holocaust Museum
Thu, Nov 17, 4–5 pm, $15/$17

[VIRTUAL] Threads of Power: Lace from the Textilmuseum St. Gallen, Organized by Bard Graduate Center
Tue, Dec 6, 1–2 pm, $17/$21

[VIRTUAL] Old Jaffa Tour: The Gateway to Zion
Thu, Dec 8, 7–8 pm, $20/$25

MAKE A FRIENDLY CONNECTION

Enjoy the company of a volunteer companion this fall.
Email Sherri Lerner at slerner@mmjccm.org for more information.

TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
HOLLY COHAN + SHARI EBERTS
Get an overview of hearing loss prevalence, related health issues, and ways to support people through communication best practices. Participants are encouraged to ask questions and share stories.
Wed, Oct 19, 2–3:30 pm, $10/$12

[VIRTUAL] Estate Planning: Revocable Trusts + Wills
CLIFFORD MEIROWITZ, ATTORNEY-AT-LAW
Compare the strengths and weaknesses of a last will and testament and a revocable trust; learn the importance of power of attorney, health care proxies, and living wills.
Wed, Nov 2, 3–4 pm, Free

ROBIN STRASHUN, PET COORDINATOR, SEARCH AND CARE
Consider the most important safety net you can provide your pet: an emergency contact. Co-sponsored with Search and Care.
Tue, Nov 15, 6–7:30 pm, Free

[VIRTUAL] Online Unclaimed Funds Workshop
LEAH SOLOMON, NEW YORK STATE COMPTROLLER’S OFFICE
Is there money with your name on it? Learn the history and facts of unclaimed funds, including search tips and how to collect.
Wed, Dec 7, 3–4 pm, Free

[VIRTUAL] Memory + Aging
JANE MARTIN, PH.D., DIRECTOR, NEUROPSYCHOLOGY CENTER, MOUNT SINAI MEDICAL CENTER
Changes in memory function are common with age. Learn the difference between normal changes in memory function versus those that can signal a need for evaluation.
Wed, Dec 14, 3–4 pm, Free

HEALTH, LEGAL + SAFETY MATTERS

TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.

Join the JCC’s Caring Initiative
Enrich the lives of your JCC peers as well as your own through one-time and ongoing caring call opportunities. Email Sherri Lerner at caringcommittee@mmjccm.org for details.
SUPPORT

For all support groups, a commitment to attend a majority of the sessions is requested.

IN PERSON The Memory Project
NEW! Join us for this new initiative for individuals struggling with early memory loss and their families. If you are worried about someone you love who is demonstrating a loss of cognitive ability, let us explore together how to maintain a family life in a Caregiver Support Group while your loved one experiences an engaging program. For more information contact Judy Margolis at 646.505.4398.
7 Wednesdays, Oct 26–Dec 14 (except Nov 23), 11 am–12:15 pm

VIRTUAL Support Group for 80+
RABBI MIRIAM HERSCHER, BCC, LMSW + TAYLOR BRITVAN, LMSW
9 Tuesdays, Sep 20–Dec 13 (except Sep 27, Oct 4, 11 + 18), 3–4 pm, Free

IN PERSON Women’s Group
Section 1:
Sharon Samet, Ph.D., LCSW
14 Thursdays, Sep 8–Dec 15 (except Nov 24), 11 am–noon, Free/$75
Section 2:
Rima Starr
8 Tuesdays, Oct 25–Dec 13, 3–4 pm, Free/$75

IN PERSON Life Transitions
ANITA LEIFER
14 Thursdays, Sep 8–Dec 15 (except Nov 24), 12:30–1:30 pm, Free/$75

VIRTUAL Introduction to Living Well Together
Learn about this community of peers, with members who share health care referrals, assist each other at medical appointments, and join small groups to form deeper community.
Mon, Sep 19, 5:30–7 pm, Free
Tue, Oct 25, 10:30 am–noon, Free
Thu, Nov 10, 5:30–7 pm, Free
Tue, Dec 13, 10:30 am–noon, Free

VIRTUAL Bereavement Group
Offered in partnership with SPOP. Contact Carola Chase at 212.787.7120, ext. S06 or S14, for more information.
10-week sessions, Free

Caring Calls
Would you enjoy receiving ongoing friendly phone calls? Our team of caring callers reach out on a regular basis to individuals in the community who have requested wellness check-ins or casual conversations. Several phone pairs have even formed lasting in-person relationships. If you could benefit from a call or just want to learn more, contact Sherri Lerner at caringcommittee@mmjccm.org.

"FOR ME, IT HAS BEEN A SPECTACULAR COMMUNITY OF HOPE AND HUMAN KINDNESS." —CARING CALL RECIPIENT

TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
What Matters Group Information Sessions
Learn more about advance care planning, and engage in meaningful conversations to help ensure that your health care wishes are known and honored.

[IN PERSON]
2 Fridays, Sep 23 + Nov 18, 9:30–11:30 am, Free

[VIRTUAL]
2 Tuesdays, Oct 25 + Dec 13, 2–4 pm, Free

Intergenerational LGBTQIA+ Discussion Group
MYRON KALIN + FELICIA SOBEL
A four-session, facilitated conversation and open discussion group for LGBTQIA+ folks and allies of all ages. Cosponsored with Out at the J.

4 Wednesdays, Oct 19–Nov 9, 6:30–8 pm, Pay what you wish

NEW! [VIRTUAL] Aging Alone, Together: Planning for Solo Agers
In partnership with DOROT
Designed for those seeking tools, strategies, and support to age more intentionally and plan for the future. Each session offers a topic-specific presentation on critical decision-making, conversation check-ins, and assignments.

6 Wednesdays, Nov 2–Dec 14 (except Nov 23), 10–11:30 am, Free

[VIRTUAL] Evolving Allyship
Learn and discuss how to best support LGBTQIA+ family and friends. Questions can be submitted anonymously in advance to help facilitate the conversation. Cosponsored with Out at the J and PFLAG NYC.

Wed, Nov 16, 7–8:30 pm, Free

[Introductions to Wise Aging]
JUDY MARGOLIS, MSW + RABBI BRIAN FINK
Learn more about our next Wise Aging class, which will be offered this winter.

Mon, Nov 21, 2:30–4 pm, Free

7th Annual Symposium on Positive Aging: Living Your Best Life!
Don’t miss Jane Brody, New York Times Personal Health columnist and bestselling author, and Abigail Pogrebin, author and host of the JCC’s What Everyone’s Talking About, in conversation on this year’s theme of How to Live Your Best Life. Plus: Movement segment, lunch, and screening of excerpts from the documentary Lives Well Lived, followed by a conversation with director Sky Bergman. Register early!

Mon, Oct 31, 10 am–3 pm, $36 (Virtual), $72 (In Person), $136 (Supporter)
Join the JCC Health Club
Our discounted Senior Health Club Membership (62+) makes getting healthy and staying vital and strong easy and affordable. Call 646.505.5700 for more information or to take a tour today.

Class Passes for Seniors
Seniors can purchase a Senior Class Pass at a 10% discount to take group exercise classes at our JCC Health Club on a space-available basis. Membership in the JCC Health Club is not required. Visit mmjccm.org/group-exercise for more information.

Seniors Personal Training Discount
Seniors receive a 10% discount on training. Membership in the JCC Health Club is not required. Email personalservice@mmjccm.org for more information.

[IN PERSON + VIRTUAL]
Wellness Coaching for Seniors
One-on-one sessions to help gain or regain vitality, strength, and well-being. Evaluation of postural alignment, balance, gait, mobility, flexibility, and strength leads to a plan of action. Membership in the JCC Health Club is not required. For more information or to book a session, email Linda Rose lennaco at lri@mmjccm.org, or call 212.873.9042.

Our team of licensed massage therapists offers a wide variety of Eastern and Western therapeutic modalities to relieve stress, decrease stiffness, and restore energy and vitality to your body. Call 646.505.5716 or visit mmjccm.org/massage to schedule an appointment.

Private + Semi-Private Swim Lessons
Specialized and intensive one-on-one or small group (two students) swim instruction and water exercise classes available. Call 646.505.4428 or email personalservice@mmjccm.org for more information.

[HYBRID] Fall Open House: Total Health for Your Body + Brain + Life
Join us for a free day of health and wellness. Sample fitness classes and hear from top experts. Visit mmjccm.org/open-house for more information.
Sun, Sep 18, 10 am–4 pm, Free
[HYBRID] Cardiac Health: Valvular Heart Disease
MARK REISMAN, M.D., DIRECTOR, STRUCTURAL HEART DISEASE, WEILL CORNELL MEDICINE
Learn how heart valve disease is diagnosed and treated and when to reach out to a medical professional for help.
Date TBA, 7-8 pm,
Pay what you wish

[VIRTUAL] Brain Health—Improve Cognitive Function
AMANDA L. SACKS, PH.D., ABPP-CN + MELINDA CORNWELL, M.D., DEPARTMENT OF NEUROLOGICAL SURGERY, WEILL CORNELL BRAIN + SPINE CENTER/NEW YORK-PRESBYTERIAN HOSPITAL
Whether it’s short-term memory loss or cognitive and emotional difficulties resulting from Alzheimer’s, stroke, Parkinson’s, MS, or traumatic brain injury, learn about assessment and treatment of neurological disorders.
Thu, Oct 27, 7-8 pm,
Pay what you wish

[VIRTUAL] How Fit Is Your Liver?
ROBERT S. BROWN, JR., M.D., MPH, MEDICAL DIRECTOR, CENTER FOR LIVER DISEASE, NEW YORK-PRESBYTERIAN HOSPITAL
The liver is the body’s most complex organ, and the primary defender against toxins. Learn how to keep your liver healthy and simple ways to check on liver health.
Tue, Dec 6, 7-8 pm,
Pay what you wish

[VIRTUAL] What’s New in Alzheimer’s Research?
MICHAEL T. LIN, M.D., ASSOCIATE PROFESSOR OF NEUROLOGY + NEUROSCIENCE, WEILL CORNELL MEDICAL COLLEGE
While we are living longer and healthier, we are also seeing someone diagnosed with Alzheimer’s disease every 70 seconds. Discover what research shows about prevention and treatment.
Tue, Dec 13, 7-8 pm,
Pay what you wish

IN PERSON] Forest Bathing in Central Park
LORI KLAMNER, ASSOCIATION OF NATURE + FOREST THERAPY
Forest bathing involves taking a walk in the woods with a trained guide; open your mind and body to connect with your surroundings. Meet in front of Tavern on the Green, 67th Street and Central Park West.
Thu, Sep 15, 8:30-10:30 am, $20/$25
(rain date: Fri, Sep 16)

IN PERSON] Z-Health: Body + Brain Connections
MIKE KALAJIAN, Z-HEALTH MASTER TRAINER
Train your brain using principles of neural plasticity and help improve your movement, perception, vision, hearing, and balance.
Lecture: Use the Brain to Improve Balance
Thu, Oct 20, 2-3 pm, $5/$10/$20
Workout: Improve Balance
3 Thursdays, Oct 27–Nov 10, 2-3 pm, $90/$120
Lecture: Use the Brain to Improve Gait + Stride
Thu, Dec 1, 2-3 pm, $5/$10/$20
Workout: Improve Gait + Stride
3 Thursdays, Dec 8–22, 2-3 pm, $90/$120

VIRTUAL] The Impact of Art on the Brain
VISUAL ARTIST NAOMI ANDRÉE CAMPBELL + FELICE GHILARDI, M.D.
Discover the impact of art on the brain and how it is being used in rehabilitative medicine in this conversation facilitated by Caroline Kohles, JCC senior program director of Health and Wellness.
Thu, Nov 10, noon-1:15 pm, $10

VIRTUAL] Get a Good Night’s Sleep
ANA KRIEGER, M.D., MEDICAL DIRECTOR, CENTER FOR SLEEP MEDICINE, WEILL CORNELL MEDICINE
Discover the best techniques to improve your sleep naturally and when to seek medical attention.
Tue, Nov 15, 7-8 pm, $10

VIRTUAL] Brain Boosters: Optimize Your Potential with Essential Oils
JANINE KAO, PAS, CPT
Essential oils distilled from plants can help relieve pain, improve mood, and promote a sense of relaxation.
Wed, Dec 7, 7-8 pm, $10/$15*

*Programs noted with an asterisk are FREE to those being tested or treated for cancer. Visit mmjccm.org/cancer-care for more information.
CANCER CARE
A partnership between the JCC and Alison Estabrook, M.D., a nationally recognized breast cancer surgeon, Cancer Care @ the JCC offers the latest in health and wellness programs and complementary care for those living with breast cancer. Visit mmjccm.org/cancer-care for more info.

[VIRTUAL] Introduction to Zentangle Therapeutic Doodling
KATHY SHAPIRO + SARAH READING, CERTIFIED ZENTANGLE TEACHERS
Drawing patterns, called tangles, allows the artist inside of you to get lost in repetition, focus, and relax. No art background required.
Free Trial: Thu, Sep 22, 1:30-2:45 pm
5 Thursdays, Sep 29–Oct 27, 1:30-2:45 pm, $15 per session* Take all 5 and SAVE: $50*

[VIRTUAL] Zentangle: Beyond the Basics
KATHY SHAPIRO + SARAH READING, CERTIFIED ZENTANGLE TEACHERS
Ongoing, Fridays, 11:30 am-12:30 pm, $10*

*Programs noted with an asterisk are FREE to those being tested or treated for cancer. Visit mmjccm.org/cancer-care for more information.

THE MICHELLE C. FEIG NUTRITION PROGRAM
Transform your relationship with food through healthy cooking classes, led by nutrition experts.

IN PERSON] The Magical MEND—A One-Day Retreat for Lifelong Vitality
VICTORIA MORAN
Look and feel vital and vibrant all your life with author Victoria Moran’s MEND (Mediation, Exercise, Nourishment, Detoxification) program.
Sun, Nov 13, 10 am-1 pm, $35/$45

IN PERSON] Permanent Weight Loss for Emotional Eaters
DIANE LYNN, CERTIFIED WEIGHT-LOSS COACH
Retrain your brain; learn a simple way to lose weight that’s healthy and sustainable, using methods based on cognitive behavior therapy.
Introduction: Sun, Sep 18, JCC Open House, 11 am-noon, Free
6 Thursdays, Sep 22-Oct 27, 7 pm, $275*, full course includes a free, 30-minute private coaching session

IN PERSON] Use Food, Not Medicine, to Prevent + Heal Acid Reflux
JONATHAN AVIV M.D., PROFESSOR OF OTOLARYNGOLOGY, MOUNT SINAI ICANN SCHOOL OF MEDICINE + SAMARA KAUFMANN AVIV
An enlightening discussion regarding acid reflux awareness and treatment, including some recipes from Dr. Aviv’s book The Acid Watcher Diet.
Thu, Oct 20, 7-9 pm, $15/$20

IN PERSON] Wholebeing Weekend of Positivity: The Collective Sparkle—Together We Shine Brighter
An enlightening weekend with positive psychology experts Megan McDonough, Maria Sirios, and Dan Tomasulo.
Learn to nourish hope, navigate healthy boundaries, strengthen connections, and create a more intentional, fulfilling future.
Sat, Oct 22, 6:30–8 pm + Sun, Oct 23, 9:30 am-7 pm
Early Bird Special: Register before Sep 6, $250; by Oct 16, $275; from Oct 17, $295

WELLNESS CLASSES

[IN PERSON] Building a New Career Later in Life
DANA HILMER + WENDY PERROTTI, CERTIFIED PROFESSIONAL COACHES + CO-FOUNDERS, CAMP REINVENTION™
In this career workshop, learn strategies to find clarity and purpose, identify your life experiences as assets, and take actionable steps towards a professional pivot.
Thu, Sep 29, 7-8 pm, $10*

[Virtual] Clutter Clearing 101
MARILYN MARS, CLUTTER CLEARING EXPERT
Learn how clutter affects your life and effective techniques to de-clutter, including how to decide what to keep and what to let go. Paper and digital clutter not included.
4 Sundays, Oct 30–Nov 20, 1-3 pm, $200*

[Virtual] Self-Hypnosis for Migraine Relief
LISA LUDOVICI, CERTIFIED MEDICAL SUPPORT HYPNOSIS PRACTITIONER
Harness the power of your mind with self-hypnosis to reduce and eliminate the physical and emotional suffering of migraines.
This workshop is for educational and self-improvement purposes. Release waiver required.
Introduction: Tue, Oct 25, 7-9 pm, $15/$20*
Intensive: 3 Tuesdays, Nov 1-15, 7-9 pm, $365*

TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
[IN PERSON + VIRTUAL]
Balance and Bones™
LINDA ROSE IENNACO, BONE HEALTH AND OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL
Practice safe, effective chair exercises to increase core stability and strengthen the muscles needed whether you are seated, standing, or walking.
8 Thursdays, 11 am–noon

Section 1:
Sep 8–Oct 27, $136/$160/$184
Section 2:
Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $136/$160/$184

[VIRTUAL]
Section 1:
Sep 8–Oct 27, $120/$144/$168
Section 2:
Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $120/$144/$168

**[IN PERSON + VIRTUAL]**
Pilates for Buff Bones®
LAURA ALTMAN, NCPT
This medically endorsed workout, created by Rebekah Rotstein, combines Pilates, functional movement, strength training, and therapeutic exercise with bone-strengthening and balance techniques for optimal bone and joint health.
Tuesdays + Thursdays, 9:30–10:30 am

Section 1: 7 Tuesdays, Sep 13–Nov 15 (except Sep 27, Oct 11 + 18), $168/$189
Section 2: 8 Thursdays, Sep 8–Oct 27, $192/$216

Section 3: 7 Tuesdays, Nov 22–Jan 10 (except Dec 27), $168/$189
Section 4: 8 Thursdays, Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $192/$216

[VIRTUAL]
Section 1: 7 Tuesdays, Sep 13–Nov 15 (except Sep 27, Oct 11 + 18), $154/$175
Section 2: 8 Thursdays, Sep 8–Oct 27, $176/$200
Section 3: 7 Tuesdays, Nov 22–Jan 10 (except Dec 27), $154/$175
Section 4: 8 Thursdays, Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $176/$200

**[VIRTUAL]** Yoga for Bone Health + Osteoporosis
CATHY LILLY, BSC MED TECH, E-RYT500, C-IAYT
Improve balance, strength, and spinal alignment while encouraging healthy bone maintenance and growth. Reduce risk of fractures and osteoporosis, based on Cathy’s yoga vs. osteoporosis study.
Class size limited to 12.
7 Wednesdays, 2–3:15 pm

Section 1:
Sep 14–Nov 2 (except Oct 5), $154/$175
Section 2:
Nov 9–Jan 11 (except Nov 23, Dec 21 + 28), $154/$175

Section 3: 7 Tuesdays, Nov 22–Jan 10 (except Dec 27), $119/$140/$161
Section 2: 8 Thursdays, Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $119/$140/$161

Section 1:
Sep 13–Nov 15 (except Sep 27, Oct 11 + 18), $105/$126/$147
Section 2:
Nov 22–Jan 10 (except Dec 27), $105/$126/$147

[IN PERSON + VIRTUAL]
Balance and Bones Plus
LINDA ROSE IENNACO, BONE HEALTH AND OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL
Learn how to prevent falls and boost bone health with exercises to increase core stability and muscle strength needed to protect vulnerable wrists, hips, and lower back.
7 Tuesdays, 11 am–noon

Section 1:
Sep 13–Nov 15 (except Sep 27, Oct 11 + 18), $154/$175
Section 2:
Nov 22–Jan 10 (except Dec 27), $119/$140/$161

Section 1:
Sep 13–Nov 15 (except Sep 27, Oct 11 + 18), $105/$126/$147
Section 2:
Nov 22–Jan 10 (except Dec 27), $105/$126/$147
FITNESS + WELLNESS WORKOUTS

[VIRTUAL] Maintain Your Mobility: A 10-Week Alexander Technique Experience
MORGAN RYSDON + MELISSA BROWN, ALEXANDER TECHNIQUE PRACTITIONERS
Learn how to move through life with more ease and less stress using principles of the Alexander Technique.
10 Wednesdays, Sep 7–Nov 16 (except Oct 5), 6:15–7:30 pm, $160/$20 per session

[IN PERSON + VIRTUAL] The Feldenkrais Method®
SONJA JOHANSSON, GUILD CERTIFIED FELDENKRAIS METHOD PRACTITIONER
Gentle Awareness Through Movement® lessons create relationships between movement, thought, and sensation that lead to increased mental acuity and creativity, as a complement to physical improvements.
8 Wednesdays, 10–11 am

[IN PERSON] Gentle Yoga for Seniors
KATHERINE BREWSTER, CSYT, RYT
Simple foundational postures of Svaroopa® yoga gently relax and strengthen spinal muscles, quiet the mind, and rejuvenate.
Participants must be able to get up and down to the floor.
8 Wednesdays, 11:15 am–12:15 pm

[VIRTUAL] Feldenkrais Through Movement®
SONJA JOHANSSON, GUILD CERTIFIED FELDENKRAIS METHOD PRACTITIONER
Develop physical and mental resilience through positive neuroplasticity; improve posture, reduce pain, and move with pleasure. The Feldenkrais Method offers practical ways to ease the body and calm the mind.
Sundays, 10–11 am

[VIRTUAL] Nia Jam Series
CAROLINE KOHLES, ROBYN FRANK + FRIENDS
Explore how to move from a place of joy and freedom by experiencing Nia—a beautiful blend of dance, martial arts, and yoga. No dance experience necessary.
Sun, Sep 18, JCC Open House, noon–1 pm, Free
Sat, Nov 19, 6–7:15 pm, Pay what you wish

[VIRTUAL] Yin Yoga
MICHELE SAPANARO, RYT500
A gentle practice focused on increasing circulation, deep release of the hips, hamstrings, and lower back to open connective tissue and encourage the flow of energy. All levels.
Wednesdays, 3:30–4:45 pm

[IN PERSON + VIRTUAL] Chair Yoga for Seniors + Caregivers
JERRY SNEE, CERTIFIED YOGA INSTRUCTOR
Learn how to do modified versions of yoga moves to boost circulation and mood while reducing stress and improving sleep.
8 Thursdays, 1:30–2:30 pm

[IN PERSON] Mindful Yoga + Meditation
MICHELE SAPANARO, RYT500
Gentle stretches are combined with basic alignment principles and Eastern practices in a breath-centered, mindful approach; designed to alleviate tightness, increase vitality, and prepare the mind for guided meditation.
Mondays, 9–10:15 am

[IN PERSON] Meditation
KATHERINE BREWSTER, CSYT, RYT
Explore the practice of meditation and its role in personal and spiritual growth.
Sundays, 10–11 am

TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
[IN PERSON] Tai Chi Chuan
EDGAR “Eddie” KELLEN, SIFU
Tai chi may be described as “meditation in motion,” with movements that are gentle on your body and joints. All levels.
Wednesdays, 7–8:15 pm
Section 1: 8 Wednesdays, Sep 7–Nov 2 (except Oct 5), $192/$216
Section 2: 7 Wednesdays, Nov 9–Jan 11 (except Nov 23, Dec 21 + 28), $168/$189

[IN PERSON + VIRTUAL] Tai Chi for Seniors—Beginner
ROBERTO SHARPE
Be gently guided through the ancient practice of tai chi.
Thursdays, 1:45–2:45 pm
[IN PERSON] Section 1: 8 Thursdays, Sep 8–Oct 27, $136/$160/$184
Section 2: 8 Thursdays, Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $136/$160/$184
[VIRTUAL] Section 1: Sep 8–Oct 27, $96/$120/$152
Section 2: Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $120/$144/$168

[VIRTUAL] Tai Chi for Seniors—Level II
KAREN “AIKI” KELLEY
Deepen your understanding of tai chi and explore the benefits, including finding center, using deep, peaceful breathing, and improving balance. All levels.
Tuesdays, 1:45–2:45 pm
Section 1: 7 Tuesdays, Sep 13–Nov 22 (except Sep 27, Oct 4, 11 + 18), $96/$120/$152
Section 2: 6 Tuesdays, Nov 29–Jan 10 (except Dec 27), $84/$105/$133

[VIRTUAL] Tai Chi for Seniors—Level III
KAREN “AIKI” KELLEY
Practice the traditional Yang long form and learn how to break down the more difficult postures to complete all the moves. Some previous experience recommended.
Tuesdays, 12:15–1:30 pm
Section 1: 7 Tuesdays, Sep 13–Nov 22 (except Sep 27, Oct 4, 11 + 18), $96/$120/$152
Section 2: 6 Tuesdays, Nov 29–Jan 10 (except Dec 27), $84/$105/$133

[VIRTUAL] Improve Energy + Balance with Tai Chi + Qi Gong
JACOB GLASSMEYER
This blend of tai chi and qi gong combines slow, graceful movements with deep breathing to improve health and boost your energy. All levels.
Sundays, 3–4 pm
Section 1: 8 Sundays, Sep 11–Oct 30, $120/$144/$168
Section 2: 7 Sundays, Nov 6–Jan 8 (except Nov 27, Dec 25 + Jan 1), $105/$126/$147

[VIRTUAL] Tai Chi for Seniors—Level II
KAREN “AIKI” KELLEY
Deepen your understanding of tai chi and explore the benefits, including finding center, using deep, peaceful breathing, and improving balance. All levels.
Tuesdays, 1:45–2:45 pm
Section 1: 7 Tuesdays, Sep 13–Nov 22 (except Sep 27, Oct 4, 11 + 18), $96/$120/$152
Section 2: 6 Tuesdays, Nov 29–Jan 10 (except Dec 27), $84/$105/$133

[VIRTUAL + VIRTUAL] Tai Chi for Seniors—Beginner
ROBERTO SHARPE
Be gently guided through the ancient practice of tai chi.
Thursdays, 1:45–2:45 pm
[IN PERSON] Section 1: 8 Thursdays, Sep 8–Oct 27, $136/$160/$184
Section 2: 8 Thursdays, Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $136/$160/$184
[VIRTUAL] Section 1: Sep 8–Oct 27, $225/$270/$315
Section 2: Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $120/$144/$168

[VIRTUAL ONLY]
16 Fridays, Sep 9–Jan 13 (except Nov 25, Dec 23 + 30), $240/$288/$336
Intermediate: 2:15–3:15 pm
Advanced: 1:15–2:15 pm

13 Mondays, Sep 12–Jan 9 (except Sep 26, Oct 10 + 17, Dec 26 + Jan 2), $195/$234/$273
Introductory: 11:30 am–12:30 pm
Intermediate: 2:15–3:15 pm
Advanced: 1:15–2:15 pm

Take 2 or more sections and SAVE:
2 Introductory, Intermediate, or Advanced sections, 28 classes, Mon + Wed: $336/$420/$532
2 Intermediate or Advanced sections, 29 classes, Mon + Fri: $348/$435/$551
2 Intermediate or Advanced sections, 31 classes, Wed + Fri: $372/$465/$589
3 Intermediate or Advanced sections, 44 classes, Mon, Wed + Fri: $484/$572/$660

[IN PERSON + VIRTUAL] Fall Stop...MOVE STRONG™
CELESTE CARLUCCI, FOUNDER
Prevent falls, increase strength and mobility, and improve balance with this joyful doctor-recommended program.
15 Wednesdays, Sep 7–Jan 11 (except Oct 5, Nov 23, Dec 21 + 28)
Introductory: 11:30 am–12:30 pm
Intermediate: 2:15–3:15 pm
Advanced: 1:15–2:15 pm

[IN PERSON] Section 1: Sep 8–Oct 27, $136/$160/$184
Section 2: Nov 3–Jan 12 (except Nov 24, Dec 22 + 29), $136/$160/$184
[VIRTUAL] $225/$270/$315

[IN PERSON] Arthritis Water Exercise—Beginner
Section 1: 13 Mondays, Sep 12–Jan 9 (except Sep 26, Oct 10 + 17, Dec 26 + Jan 2), 11:15–11:50 am, $182/$208
Section 2: 16 Wednesdays, Sep 7–Jan 11 (except Oct 5, Dec 12 + 28), 10–10:50 am, $224/$226
Section 3: 16 Fridays, Sep 9–Jan 13 (except Nov 25, Dec 23 + 30), 10–10:50 am, $224/$226

[IN PERSON + VIRTUAL] Sculpt + Align
YVONNE and ROGER PUCKETT
This easy-to-follow program lets you move to the beat at your own speed with modified, low-impact moves for active older adults.
8 Thursdays, 12:15–1:15 pm

[IN PERSON] Arthritis Water Exercise—Advanced
Section 1: 13 Mondays, Sep 12–Jan 9 (except Sep 26, Oct 10 + 17, Dec 26 + Jan 2), 11–11:50 am, $182/$208
Section 2: 16 Wednesdays, Sep 7–Jan 11 (except Oct 5, Dec 12 + 28), 10–10:50 am, $224/$226
Section 3: 16 Fridays, Sep 9–Jan 13 (except Nov 25, Dec 23 + 30), 11–11:50 am, $224/$226

[IN PERSON] Zumba® Gold for Seniors
YVONNE and ROGER PUCKETT
Sculpt + Align
Yvonne and Roger Puckett
This blend of tai chi and qi gong combines slow, graceful movements with deep breathing to improve health and boost your energy.

Zumba® Gold for Seniors
Sara Berg
Designed to help build body strength and muscle tone and work on balance and alignment.

November 2023
[IN PERSON + VIRTUAL] Exercise with Ease
LINDA ROSE IENNACO, BONE HEALTH AND OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL
Enjoy a moderately paced, rhythmic aerobic and strength-training workout to improve stamina, mobility, and balance.
8 Fridays, 11 am–noon

[IN PERSON]
Section 1: Sep 9–Oct 28, $136/$160/$184
Section 2: Nov 4–Jan 13 (except Nov 25, Dec 23 + 30), $136/$160/$184

[VIRTUAL]
Section 1: Sep 9–Oct 28, $120/$144/$168
Section 2: Nov 4–Jan 13 (except Nov 25, Dec 23 + 30), $120/$144/$168

[VIRTUAL] Small-Group Training: Essential Fitness Fundamentals for Seniors
CLAYTON JAMES
Build strength and stability, improve balance, increase stamina, and decrease the likelihood of falls.
Mondays + Thursdays, 11 am–noon, $256/$312/$376
Section 1: 3 Mondays + 5 Thursdays, Sep 19–Oct 24 (except Sep 26, Oct 10 + 17)
Section 2: 4 Mondays + 4 Thursdays, Oct 27–Nov 21
Section 3: 4 Mondays + 4 Thursdays, Nov 28–Dec 22

[VIRTUAL] Beginner Pelvic Floor Workshop 1: Don’t Suffer in Silence
RANDI STONE, PELVIC FLOOR SPECIALIST
Many factors can weaken pelvic floor muscles, including pregnancy, childbirth, surgery, aging, and being overweight. Discover simple exercises to strengthen your pelvic floor.
Women only.
2 Wednesdays, Sep 21 + Nov 16, 11 am–12:30 pm, $29 per session

[VIRTUAL] Beginner Pelvic Floor Workshop 2: Don’t Suffer in Silence
RANDI STONE, PELVIC FLOOR SPECIALIST
Delve deeper into breathing and how to access your diaphragm, abdominals, and further into the pelvic floor itself. For those who have taken the first pelvic floor workshop. Women only.
2 Wednesdays, Oct 26 + Dec 14, 11 am–12:30 pm, $29 per session
TAKE BOTH for $49

[IN PERSON] Stand Tall as You Age
LINDA ROSE IENNACO, BONE HEALTH AND OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL
Receive individual instruction in this small-group intensive to increase height and improve strength, posture, balance, and gait, and gain confidence as a result. Class size limited to six.
3 Thursdays, Nov 3–17, 3–4 pm, $120/$138

[IN PERSON] Walking Clinic
LINDA ROSE IENNACO, BONE HEALTH AND OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL
Improve gait, secure balance, and gain independence. Learn focused exercises to awaken the moving parts necessary to stand and walk upright without fear of falling. Class size limited to six.
3 Tuesdays, Nov 29–Dec 13, 3–4 pm, $120/$138

[IN PERSON] Salsa and Disco Dance Soirée
MANUEL ROJAS
Join us for a basic dance lesson and dance party. All levels. Come as you are or dress for the theme.
2 Thursdays, Oct 20 (Salsa), Dec 15 (Disco), 6:15–8:30 pm; dance floor opens, 6:15 pm; group dance lesson, 6:30–7:15 pm; open dancing, 7:30–8:30 pm, $10/$15* per session
TAKE BOTH for $49

LIVING WELL WITH PARKINSON’S
THE EDMOND J. SAFRA PARKINSON’S WELLNESS PROGRAM
Our partnership with Northwell Health and the Parkinson’s Foundation keeps people living with Parkinson’s—and their families—active, connected, and empowered through exercise, support, education, and medical/community collaboration. Visit mmjccm.org/parkinsons for more info.

SAVE THE DATE
Annual New Year’s Day Fitness for everyBODY Fair
Join us for a full day of health and wellness. Attend free fitness and cooking classes, seminars, and workshops.
Visit mmjccm.org for updates.
Sun, Jan 1, 10 am–4 pm, Free
7TH ANNUAL SYMPOSIUM ON POSITIVE AGING: LIVING YOUR BEST LIFE!


Register early!

Mon, Oct 31, 10 am–3 pm,
$36 (Virtual), $72 (In Person), $136 (Supporter)

Sky Bergman. Register early!


BEST LIFE!

POSITIVE AGING: LIVING YOUR BEST LIFE!

7TH ANNUAL SYMPOSIUM ON MODERN AGING

THE WECHSLER CENTER FOR MODERN AGING

FALL 2022