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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. Throughout the guide you will find icons 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
Technology Education
Volunteer Engagement
Cognition Module
Caring Initiatives
Fitness + Wellness
Outings + Trips

All programs listed are subject to change. Visit our website for up-to-date details. To ensure your spot and to receive updates, pre-registration is strongly recommended. To register or for more info, visit mmjccm.org/wechsler, email boxoffice@mmjccm.org, or call 646.505.5708.

Photos: Jennifer Weisbord, Roshni Khatri
SOCIAL EVENTS

**Week of Wechsler!**
Join us for the Week of Wechsler, featuring programs and special events curated for modern agers and culminating in our very first Wechsler Wellness Fair. Cosponsored with our partners at the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine, Mount Sinai. Visit mmjccm.org/week-of-wechsler or scan the QR code for more info.

**New Member Reception**
Wed, May 10, 2:30–4 pm, Free

**Wechsler Wellness Fair**
Thu, May 11, 10 am–2 pm, Free

**Fun + Games on the Roof**
*In Person.* Bring your competitive spirit and enjoy festive outdoor games, or just hang out for conversation in the shade. We’ll provide iced tea and water; BYOB if you prefer something stronger. Join us for one session or both!
2 Thursdays, May 18 + Jun 15, 4:30–6:30 pm,
$8/$10 per session

**Older Adult Lounge**
*In Person + Virtual.* Drop by our Lounge to meet new friends, socialize, and connect with community members. Sessions are facilitator-moderated and will feature new topics each week.
6 Mondays, Jun 5–Jul 31*, Pay what you wish
Virtual: 1–2:30 pm
In Person: 2:30–4 pm

**Worldwide Knit in Public Day**
*In Person.* Whether you knit, crochet, or practice another fiber art, bring your latest project and join us in the JCC lobby for the largest knitter-run event in the world, now celebrated in over 50 countries.
Fri, Jun 9, 10 am–noon, Free

**Crafting Satisfaction**
University College London researchers report that older adults who participate in cultural events and community arts groups or pursue hobbies regularly experience increased life satisfaction and an ability to achieve desired outcomes.

**In Memoriam Tree Dedication**
In September, join us as we plant a Tree of Life in the JCC Rooftop Garden to celebrate those members of the Wechsler Center who are no longer with us. A brief reception will follow.
Check website for date and time

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.*
NEW! Join Our Culture Club
In Person. Socialize before JCC Film, Dance, and Conversation programs. Wine and coffee will be served, with occasional visits from performers and speakers. Visit mmjccm.org/culture-club or scan the QR code for more info.

60+ Drama Group
SCOTT KLAVAN
In Person. Through prepared scenes and monologues, improvisations and theater games, and original student work, you will increase creative skills, improve memory and concentration, boost self-confidence, and enjoy a positive group experience.
10 Mondays, Jun 5–Aug 28*, $110/$120
Section 1: 10 am–noon
Section 2: 1–3 pm

Between the Lines Readers Club
In Person. Discuss short pieces of literature representing a range of genres—stories, poems, plays, and songs. Learn from each other while diving deep into new readings each week. Register in advance to receive the readings.
10 Mondays, Jun 5–Aug 28*, noon–1 pm, Pay what you wish

Rooftop Herb + Vegetable Garden Club
In Person. Join us for a weekly meet-up to tend to our rooftop community garden and enjoy conversation in the sunshine. Plan as a group what we will grow, and take home a share of the harvest.
12 Tuesdays, Jun 6–Aug 29*, 3–4 pm, Pay what you wish

The Songs + Stories of Broadway Divas
ELLEN RATNER, JCC CHORUS DIRECTOR
Virtual. “I wouldn’t trust any man as far as you can throw a piano.” “When I sing, people shut up.” Discover the sources of these quotes and others on this journey into the world of Broadway divas.
Wed, Jun 21, 4–5:30 pm, $5/$7

Rock n Roll: Songs of the ’60s
DAVID CHENey
In Person. The tumultuous political and social changes of the ’60s were reflected in its music—expressive, creative, and complex. We remember a decade that introduced some of rock’s most memorable and bittersweet music.
3 Mondays, Jul 17–31*, 11 am–noon, $45/$55

NEW! Exploring Your Accomplishments
JANET R. KIRCHHEIMER, AUTHOR, CLAL TEACHING FELLOW
Virtual. We all have stories about experiences that wouldn’t fit a traditional résumé. Whether you’ve written before or haven’t, join us to share your stories in a new, imaginative, easygoing way.
Tue, Jul 18, 6–7:30 pm, $18/$22

Studio Arts at the JCC
In Person. From watercolors to mosaics to oil painting and so much more, take any of our studio arts classes happening in the daytime and evenings, on both weekdays and weekends! All levels welcome. Visit mmjccm.org/studio-arts for more information.
Classes starting in May + June

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.
DISCUSSION GROUPS + LEARNING

Social + Political Issues
Virtual. Engage in thought-provoking discussions about controversial issues. Identify and dissect social and political hot topics with an intellectually stimulating group.

Wednesdays through Aug 30, 10:30 am–noon, Pay what you wish

Informal Discussion + Lunch Group
Virtual. Subjects may cover everything and anything, including social issues, politics, life experiences, and more. Bring your own lunch.

Fridays through Aug 25*, 12:15–1:30 pm, Pay what you wish

Foreign Affairs Discussion Group
DAVID M. CHENEY
In Person + Virtual. Join this challenging, intellectually oriented, peer-led discussion group focusing on world affairs. Prorating available; fee includes reading material.

Fridays through Aug 25*, 10:30 am–noon, $95/$117

Israel Update: A Current Affairs Discussion Group
Virtual. Interested in Israel’s politics and current events? Join this lively discussion led by Gali Rabin, the Jewish Agency’s shlicha (emissary) from Israel to the UWS. Join us for one session or all.

3 Tuesdays, May 30, Jun 13 + Jul 11, 10-11 am, Pay what you wish

Ulpan: Hebrew Lessons at the JCC
In Person + Virtual. Ulpan is an Israeli method for teaching and improving all conversational Hebrew language skills—speaking, comprehension, reading, and writing. JCC Ulpan classes are taught by experienced teachers. Find small, interactive classes from absolute beginner to highly advanced levels, in both the daytime and evening. Visit mmjccm.org/hebrew or contact Anila Sola at asola@mmjccm.org for more information.

Summer sessions beginning in July

HEALTH, LEGAL + SAFETY MATTERS

Understanding the New Hearing Aid Guidelines
LOUISE LEVY, AUDIOLOGIST
In Person. Now that the FDA allows sale of over-the-counter hearing aids, learn more about these readily available options, how they can be beneficial, and which may be right for you.

Mon, May 8, 11 am–noon, Free

Honest Aging
ROSANNE M. LEIPZIG, M.D., GERIATRICS AND PALLIATIVE MEDICINE, ICAHN SCHOOL OF MEDICINE, MOUNT SINAI
In Person. Gain insights into the physical, psychological, functional, and emotional changes that occur with aging, how to adapt, and how to keep your eye on the prize: an engaged and meaningful old age.

Mon, Jun 5, 4-5 pm, Pay what you wish

Medicare 2024
ERIC HAUSMAN, NYC DEPT. FOR THE AGING, HIICAP
Virtual. Learn the latest Medicare information. We’ll discuss Medicare Parts A and B, Medigap/Medicare Supplement Insurance, Medicare Advantage/Medicare Health Plans, and Medicare Part D.

Wed, Aug 9, 1-2:30 pm, Pay what you wish
Chess Club
WERNER BUHRER

In Person. Exercise those brain cells at the JCC Chess Club! Learn strategies, develop techniques, and engage in informal chess play. All levels welcome. Pre-registration required.
11 Sundays, May 7–Jul 30*, 11:30 am–1:30 pm, $60/$75

Mah Jongg: Supervised Play
JULIE AZOUS

In Person. Perfect for those who have taken our beginner mah jongg class, know the basics, or have played the game in the past. Sharpen your skills, learn to pick hands, and play to win. Space is limited.
4 Thursdays, Jun 1–22, 2–4 pm, $150/$165

Mah Jongg Club

In Person. Enjoy the game and the community in our popular Mah Jongg Club. New to the club? Please contact Jennifer Cinclair at jcinclair@mmjccm.org for an introduction to other members.
5 Tuesdays, 1–4 pm, $55/$65
Section 1: Jun 6–Jul 11*
Section 2: Jul 18–Aug 15
Section 3: Aug 22–Sep 19

Beginner Mah Jongg
JULIE AZOUS

In Person. Discover the exciting game of mah jongg. Learn the tiles, how to read the mah jongg card, basic rules, etiquette, and strategy. Space is limited.
4 Thursdays, Jul 13–Aug 3, 2–4 pm, $150/$165

Canasta Club: Supervised Play
MICHELLE MARX

In Person. These informal, supervised sessions will enable you to hone your skills and work on strategy while meeting new friends or spending time with your canasta community.
5 Thursdays, 2–4 pm, $75/$85
Section 1: May 11–Jun 15*;
Section 2: Jun 22–Aug 17*

Beginner Canasta
MICHELLE MARX

In Person. This class focuses on a four-person game of American canasta using two decks of cards. Upon completion of the class, you will have the skills to join a game of canasta at Supervised Play.
4 Thursdays, Jun 1–22, 11 am–1:30 pm, $150/$165

Canasta Club: Supervised Play

These informal, supervised sessions will enable you to hone your skills and work on strategy while meeting new friends or spending time with your canasta community.
5 Thursdays, 2–4 pm, $75/$85
Section 1: May 11–Jun 15*;
Section 2: Jun 22–Aug 17*

Beginner Canasta

This class focuses on a four-person game of American canasta using two decks of cards. Upon completion of the class, you will have the skills to join a game of canasta at Supervised Play.
4 Thursdays, Jun 1–22, 11 am–1:30 pm, $150/$165

Bridge Supervised Play

In Person. Come with your favorite group or partner or alone. Peter Steinberg will provide advice as you play. All levels welcome.
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.
May–Aug, $165/$185
Tuesdays + Thursdays: 10 am–noon
Wednesdays: 1–3 pm

Virtual Classes:
For more information and to register, visit clubkinginc.com.

Bridge Club
Virtual. Comprehensive bridge lessons and supervised play sessions for all levels post beginner, via ClubKing. No partner required.
Ongoing Tuesdays, Wednesdays + Thursdays, $59.95 per month

Bridge Classes
Virtual. For the absolute beginner or those wanting a basic review.
8 Mondays, 6:30–8 pm, $90 per session

Puzzling the Way to Brain Health
Older adults who do digital crosswords have less brain shrinkage and greater daily functioning skills than those who play other digital brain games, according to researchers at Duke and Columbia universities.

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.
RESERVE YOUR SPOT! VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
Join Our Caring Calls Volunteers

Warming the heart of an older member of our community is as easy as picking up the phone. Through the JCC’s Caring Calls, volunteers have checked in with thousands of older adults in our community in a time that has been extremely solitary for many. Past participants have told us they benefit as much, if not more, from the calls than those they reach! To learn more or to sign up, email Sherri Lerner at caringcommittee@mmjccm.org.

RESERVE YOUR SPOT! VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
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 our volunteer programs, contact Rabbi Brian Fink at 646.505.4408 or bfink@mmjccm.org. Engage Jewish Service Corps is generously supported by UJA-Federation of New York.

**Group Volunteering**

*In Person + Virtual.* Come together with your peers to make a difference by participating in regular and one-time group volunteer opportunities with partner agencies throughout NYC.

**Civic Engagement-Related Opportunities**

*In Person + Virtual.* Through Engage and the JCC’s Joseph Stern Center for Social Responsibility, you’ll find many opportunities to learn about and take action to strengthen our democracy.

**SeniorTechNYC Classes**

Mobile device and social media classes for adults 60+ taught by knowledgeable volunteers. **To become a volunteer instructor, email seniortechNYC@mmjccm.org, or visit mmjccm.org/SeniortechNYC.**

**TechSoup**

TechSoup volunteers teach computer tutorials and provide one-on-one virtual and in-person tech assistance to other older adults with smartphones, tablets, PCs, and Mac devices, as well as Zoom and other video conferencing platforms. **To become a volunteer, email techsoup1on1@mmjccm.org.**

**English Overseas**

*Virtual.* English Overseas is a collaboration between the JCC and the Municipality of Jerusalem that connects Jerusalem high school students with older adults who are native English-language speakers. Israeli students enjoy an opportunity to practice their English speaking skills with someone who is interested in them and in sharing a unique, virtual, one-on-one intergenerational experience.

**Engage Women’s Group**

*In Person + Virtual.* Join other women involved with Engage to build supportive connections, and explore ways to give back to the community through volunteer projects.

Mon, May 15, 5:30–7 pm, Free

**Engage Men’s Group**

*In Person + Virtual.* Join other men involved with Engage to form community and take part in volunteer projects and social programs.

2 Mondays, May 22 + Jun 26, 5:30–6:30 pm, Free

**Engage Knitters**

*In Person + Virtual.* Knit or crochet the cold-weather project of your choice for donation to those in need. **Takes place in person and virtually on the first and third Wednesday of the month, virtually only on the remaining Wednesdays.**

Wednesdays through Aug 30, 10 am–noon, Free

**Learn About Engage New Volunteer Orientations**

*Virtual.* Learn about Engage and choose a volunteer project at this information session for new volunteers.

2 Mondays, May 1 + Jun 5, 6–7 pm, Free
TECHNOLOGY

Ask and Learn PC + Mac Sessions
BARRY ELKINS + ABBY RICH
Virtual. Each session will focus on a specific topic, with both operating systems covered. Topics include system security, email programs, browser choice and organization, and use of streaming devices.
Second + fourth Mondays, May–Jun, 2:30–4 pm, Free

Online Dating—Swiping Right?
MELANIE RADLEY + KAREN RADLEY
Virtual. Does internet dating leave you feeling hopeless, inadequate, and exhausted? Learn how to write a compelling profile, upload eye-catching photos, invest your time wisely, and have fun while staying safe.
Wed, May 17, 6–7:30 pm, $15/$20

Streaming TV—The Future Is Now
FRANK STRAUSS
Virtual. Explore how to move into the world of streaming via TV, phone, or tablet, in a home without cable TV boxes and wires.
Thu, May 18, 11 am–noon, $15/$20

iPhone Basics
ABBY RICH + MERYL LEWIS
In Person + Virtual. Learn the basics of iPhone navigation, personalization, and pre-installed apps. Some experience with Zoom is necessary. A device (computer or iPad) to Zoom on, in addition to an iPhone, is required.
2 Thursdays, May 18 + 25, 2–4 pm, $25/$35

What to Do in an Internet Outage or a Blackout
BARRY ELKINS + ABBY RICH
In Person. Learn how to stay connected to the internet when your service provider reports an outage, and how to keep your devices charged during an electrical outage or blackout.
Wed, May 24, 2–3 pm, $15/$20

Google Tools: Gmail, Google Docs, Sheets, Calendar + More
MERYL LEWIS
Virtual. Go beyond the basics of Gmail, Docs, and setting up Google calendar appointments. Gain a clear understanding of how each works so you can take full advantage of their features.
2 Tuesdays, Jun 6 + 13, 2–4 pm, $15/$20

Navigating with Maps + Apps
BARRY ELKINS + ABBY RICH
In Person. Whether you are driving, walking, or taking the subway, learn how to get around with maps from Google, the MTA subway and bus system, and Waze, the live traffic and road alerts map.
Wed, Jun 7, 2–4 pm, $15/$20

iPhone Photography
ABBY RICH
In Person + Virtual. Discover tips and tricks to control focus and exposure, plus suggestions to improve your portrait, landscape, travel, low-light, and macro photography.
Thu, Jul 13, 10–11:30 am, $15/$20

Here to Help
Need one-on-one assistance with any device or computer issue? Email techsoup1on1@mmjccm.org for information.
iPhone Photography Field Trip—Walking Tour of Central Park

ABBY RICH

In Person. Utilize the features learned in our iPhone Photography class to create great photos in our greatest park. This trip will include two miles of walking, but no stairs.

Thu, Jul 20, 10:30 am–noon, $20/$25
Rain date: Jul 27

RESERVE YOUR SPOT! VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
Intergenerational LGBTQIA+ Discussion Group
MYRON KALIN + FELICIA SOBEL
In Person. Join us for a facilitated conversation and open discussion group for LGBTQIA+ folks and allies of all ages, in which we’ll learn about each other’s stories and what connects us. Cosponsored with Out at the J.
Wednesdays through May 24, 6:30–8 pm, Pay what you wish

Women’s Groups
In Person. Join a women’s group offering friendly interaction and mutual support as we engage in lively conversation about life issues that matter to all of us.
Rima Starr, MA, CMT: Tuesdays through Jun 27, 3–4 pm, Free/$45
Sharon Samet, Ph.D., LCSW: Thursdays through Jun 29, 11 am–noon, Free/$45

Support Group for 80+
RABBI MIRIAM HERSCHER, BCC, LMSW
Virtual. Discuss issues including dealing with interests, relationships, and activities that are gone forever; being considered socially and economically irrelevant; and handling varying degrees of dementia in ourselves and others. Cosponsored with JBFCS.
Tuesdays through Aug 29*, 3–4 pm, Free

Life Transitions
ANITA LEIFER
In Person. A group for women in their 70s who are facing some of life’s most challenging and rewarding years. Share your thoughts and feelings with peers in a supportive setting.
9 Thursdays, May 4–Jun 29, 12:30–1:30 pm, Free/$45

What Matters Group Information Sessions
In Person + Virtual. Learn about advance care planning, and come together for meaningful conversations to help ensure that your health care wishes are known and honored.
Virtual: Tue, May 9 or Jul 25, 10 am–noon, Free
In Person: Mon, Jun 5, 2–4 pm, Free

Introduction to Living Well Together
In Person + Virtual. Learn about this community in which members share referrals for health professionals, assist each other at times of medical appointments, and form small groups for deeper community.
In Person: Mon, May 15, 2:30–4 pm, Free
Virtual: Thu, Jun 1, 5:30–7 pm, Free

Men’s Group
RABBI BRIAN FINK
In Person. Share your thoughts, hopes, and even your bucket lists. Connection and camaraderie have been proven to have beneficial side effects, including increased happiness, health, and overall wellness.
5 Thursdays, Jun 1–29, 2–3 pm, Free/$25

Bereavement Support Groups
Virtual. SPOP’s (Service Program for Older People) peer-led bereavement groups meet weekly for 10 sessions of discussion, shared feelings, and support. In partnership with SPOP.
For more info, contact Carola Chase at 212.787.7120, ext. 514.

The Memory Project
In Person. Join us in this 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 increase coping skills to maintain a family life in a Caregiver Support Group, while your loved one experiences an engaging recreational program with others. Groups take place concurrently.

The Memory Cafe
In Person. A social gathering for people with memory loss and their families in a supportive and stimulating environment. Each session includes open socialization as well as a group enrichment activity.
For more information, contact Judy Margolis at 646.505.4398.
OUTINGS + TRIPS

Chelsea Gallery Tour
RAFAEL RISEMBERG, PH.D., DIRECTOR, NEW YORK GALLERY TOURS

In Person. Join aficionados of the contemporary Chelsea art scene for our popular guided tour of the hottest galleries and most-talked-about shows in town.

Wed, May 10, 2–4 pm, $32/$37

Walking Tour of Two Bridges

In Person. Jewish history goes back to 1654 in this LES neighborhood. Join this historian-led tour, which includes visiting the oldest Jewish gravestone in North America.

Wed, Jun 7, 11 am–1 pm, $27/$32

Heaven on the Hudson—Talk + Tour

STEPHANIE AZZARONE

In Person. Join the author of Heaven on the Hudson: Mansions, Monuments, and Marvels of Riverside Park for a journey exploring neighborhood treasures. Week one is a lecture and conversation; week two is a walking tour.

2 Wednesdays, Jun 14 + 21, 10–11:30 am, $25/$30

Walking Tour Rain Date: Jun 28

The Skyscraper Museum

In Person. Celebrate the city’s rich architectural heritage and examine the historical forces and individuals that have shaped its skyline. Explore tall buildings as objects of design, products of technology, and places of work and residence.

Wed, Jul 12, 10:15–11:15 am, $10/$12

Jamaica Bay Park Wildlife Refuge—Horseshoe Crabs

In Person. Every year, horseshoe crabs emerge from the sea to lay their eggs on the beaches of Jamaica Bay Park. Join us for a private tour with a national park ranger.

Check website for date and time.
Join the JCC Health Club
Our discounted Senior Health Club Membership (62+) makes getting healthy and staying vital and strong easy and affordable. Enjoy the use of our spacious fitness center, two pools, pickleball games, daily group exercise classes, and discounts on JCC programs and classes. Call 646.505.4414 for more information or to take a tour today.

Class Passes for Seniors
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.

Senior 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.

Wellness Coaching for Seniors
One-on-one virtual or in-person sessions help you to 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 Iennaco at lridancefitness@aol.com, 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.
**THE DOCTOR IS IN**

**Ouch! My Feet Hurt: Foot Care Basics to Prevent Pain**  
MATTHEW BARKOFF, DPM  
*In Person.* Learn how to care for your feet, the pros and cons of going barefoot, how to prevent common foot problems, and when to seek treatment.  
Wed, May 31, 7–8:15 pm, Pay what you wish

**Pre- + Post-Menopause through the Ages**  
GILA LEITER, M.D., ASSOCIATE PROFESSOR, OBSTETRICS, GYNECOLOGY, AND REPRODUCTIVE SCIENCE, ICAHN SCHOOL OF MEDICINE, MOUNT SINAI  
*Virtual.* Perimenopause and menopause affect every aspect of a woman’s life, from mood and mental clarity to weight and body temperature. One study found that many women have symptoms into their 60s, 70s, and 80s. Followed by Q+A.  
Tue, Jun 6, 6:30–7:45 pm, Pay what you wish

**Brain Health Matters: Understanding Epilepsy across All Ages**  
PATRICIA DUGAN, M.D., DIRECTOR, EPILEPSY SPECIAL PROCEDURES, NYU COMPREHENSIVE EPILEPSY CENTER  
*Virtual.* Fainting, convulsions, and even seizures can be alarming experiences for anyone, but these symptoms don’t necessarily indicate epilepsy. Join us for an informative session on epilepsy to learn when to seek medical help.  
Thu, Jul 20, 7–8:15 pm, $5/$10
Rewire the Brain, Rebuild the Body
MIKE KALAJIAN
In Person. This series focuses on exercises and education to improve balance, walking, mobility, breathing, vision, coordination, and overall brain-body integration. All levels welcome.
4 Thursdays, 2–3 pm, $145/$190

The Vestibular System—Your Inner Ear + Balance:
Jun 22–Jul 13
Walking/Gait Mechanics + Balance: Jul 20–Aug 10
Breathing Skills + Building Respiratory Competency:
Aug 17–Sep 7

Restful Nights: Calm the Mind with Yoga + Qi Gong
MICHELE SAPANARO, RYT
Virtual. Looking for a way to calm your mind and get better sleep? Michele’s gentle guidance will help you release tension and soothe your mind, promoting better sleep and overall well-being.
Single Session: Mon Jul 10, 6–7:30 pm, $20/$25
Workshop: 3 Mondays, Aug 14–28, 1:30–2:45 pm, $20/$25 per class
Take All 3 Workshop Sessions and SAVE: $40/$50

Food for Thought—The MIND Diet
TALIA SEGAL FIDLER, MS, NUTRITIONIST
Virtual. Recent studies suggest that the MIND diet may help to support a healthy brain and reduce risk of developing dementia and Alzheimer’s disease. Learn the guidelines of this health-promoting diet.
Wed, Jul 12, 6:15–8 pm, $10/$15

Daily Facilitated Meditation
Virtual. Join our gifted meditation teachers every weekday morning and four weekday afternoons, either online or in our beautiful Makom space, for gentle instruction, sitting practice, and Q+A. No registration necessary. Daily meditation is virtual with select in-person dates. Visit mmjccm.org/daily-meditation for updates.
Mon–Fri (except holidays), 7:30–8:30 am, $5
Mon–Thu (except holidays), 5:45–6:45 pm, $5

Improv for Brain Health
MEGAN DUNLOP, TIGHTROPE IMPROV THEATRE
Discover how improvisation games and exercises can enhance brain health, memory, and social connections. Open to everyone, including those with memory issues, Parkinson’s Disease, caregivers, families, and friends. No experience necessary.
6 Fridays, May 19–Jun 30*, 10:30–noon, $90/$105

The Food/Brain Connection
Improved food security among adults age 50 and older can enhance nutritional intake and lead to better brain function, reducing the risk of cognitive decline and dementia, according to research from Columbia University’s Mailman School of Public Health.

Food for Thought—The MIND Diet
TALIA SEGAL FIDLER, MS, NUTRITIONIST
Virtual. Recent studies suggest that the MIND diet may help to support a healthy brain and reduce risk of developing dementia and Alzheimer’s disease. Learn the guidelines of this health-promoting diet.
Wed, Jul 12, 6:15–8 pm, $10/$15

The Food/Brain Connection
Improved food security among adults age 50 and older can enhance nutritional intake and lead to better brain function, reducing the risk of cognitive decline and dementia, according to research from Columbia University’s Mailman School of Public Health.
The Positive Psychology Hour  
**Virtual.** The JCC and Wholebeing Institute partner for lunch and learn conversations with experts in positive psychology, sharing skills to help you build inner strength. See [website for specific topics](#).

**Ongoing, first Tuesday of every month, noon–1 pm, Pay what you wish**

**Keep Your Voice Vibrant As You Age**  
**ELIZABETH COLE, SLP, NIA FIRST DEGREE BLACK BELT INSTRUCTOR**

**Virtual.** As we enter our 60s and 70s our voices naturally change and can start to sound breathy, wobbly, or hoarse. Discover how to keep your voice sounding vibrant and strong as you age.

3 Thursdays, 10:30–11:30 am, $20/$25 per session
Structure + Function of Breathing: May 18
Structure + Function of Swallowing: May 25
Structure + Function of Voicing: Jun 1
Take All 3 and SAVE: $40/$50

**Clutter Clearing 101**  
**MARILYN MARS, CLUTTER CLEARING EXPERT**

**Virtual.** Get to the underlying reasons of why you have clutter and how it’s affecting your life. Learn highly effective techniques, including how to decide what to keep and what to let go. *Free for those being tested or treated for cancer.*

4 Tuesdays, Jun 6–27, 6:30–8:30 pm, $200

**Clutter Clearing: Paper Series**  
**MARILYN MARS, CLUTTER CLEARING EXPERT**

**Virtual.** Identify what type of clutter you have, learn how to set up an organizational system, and how to go through the backlog of paper—books, cards, newspapers, magazine articles, and more. *Completion of Clutter Clearing 101 is recommended.* *Free for those being tested or treated for cancer.*

4 Thursdays, Jul 6–27, 6:30–8:30 pm, $200

**Ask an Expert: Lifestyle Management for Better Health**  
**JYOTHI LARSON, INTEGRATIVE THERAPIST, RYT, ANA LEON BELLA, RN + MARTHA EDDY, PH.D., DIRECTOR, MOVING FOR LIFE**

**Virtual.** Bring your questions, learn how the body works, and discover mind-body awareness. Share your experience and learn lifestyle management tips from the experts and one another. *Free for those being tested or treated for cancer.*

Change Your Posture, Relieve Your Pain:
*Wed, Jun 14, 6:30–7:30 pm, $10*

Mindful Movement to Combat Inflammation:
*Wed, Jul 12, 6:30–7:30 pm, $10*

Easing Joint Pain:
*Wed, Aug 2, 6:30–7:30 pm, $10*

**Forest Bathing: Talking to the Trees**  
**LORI KLAMNER, ASSOCIATION OF NATURE AND FOREST THERAPY**

**In Person.** Forest bathing involves taking a walk in the woods with a trained guide, who demonstrates how to open up space in your mind and body to connect with your surroundings.

2 Wednesdays, Jun 28 + Jul 26, 6:30–8 pm, $20/$25 per session

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**WECHSLER WELLNESS FAIR**

Part of our Week of Wechsler, our very first Wellness Fair will feature programs and special events curated for Modern Agers. Visit [mmjccm.org/week-of-wechsler](http://mmjccm.org/week-of-wechsler) or scan the QR code for more info.

*Thu, May 11, 10 am–2 pm, Free*
A partnership between the Marlene Meyerson JCC Manhattan and Alison Estabrook, M.D., a nationally recognized breast cancer surgeon, Cancer Care offers the latest in health and wellness programs and complementary care for those impacted by breast cancer. Visit mmjccm.org/cancer-care

Shirley Kohn Spa Day for Individuals Impacted by Breast or Ovarian Cancer

Virtual. This free day of pampering and renewal is designed to lift the spirits while pampering the body. Sessions include self-massage techniques, nutrition seminars, yoga, meditation, and Moving for Life, all designed for women living with cancer. Visit mmjccm.org/cancer-spa-day to register.
Sun, May 21, 10 am–4 pm, Free

This program has been named in loving memory of Shirley Kohn through the support of her friends and family. Cosponsored by the Marlene Meyerson JCC Manhattan and Dr. Alison Estabrook, along with SHARE, Sharsheret, The NIA Technique, and Moving for Life.

LIVING WELL WITH PARKINSON’S
THE EDMOND J. SAFRA PARKINSON’S WELLNESS PROGRAM

Our partnership with Northwell Health and a community grant from the Parkinson’s Foundation helps us keep people living with Parkinson’s—and their families—active, connected, and empowered through exercise, support, education, and medical/community collaboration.

New to the program? Contact Whitney Chapman at wchapman@mmjccm.org or visit mmjccm.org/parkinsons. Prior participants may call 646.505.5708 to register directly.
HEALTHY BONES AT ANY AGE

**Yoga: A Complementary Treatment for Scoliosis for All Ages**
LOREN FISHMAN, M.D.

*In Person.* Join Dr. Fishman for an enlightening lecture/demo on how yoga can help everyone with scoliosis. He will also discuss painless protocols that can be done at home, with no adverse side effects.

**Wed, Jun 7, 4:30–5:45 pm, $15/$18**

**Pilates for Buff Bones®**
LAURA ALTMAN, NCPT

*In Person + Virtual.* This medically endorsed workout 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: 6 Tuesdays, Jun 13–Jul 25*, $144/$162
Section 2: 6 Thursdays, Jun 15–Jul 27*, $144/$162
Section 3: 4 Tuesdays, Aug 1–22, $96/$108
Section 4: 4 Thursdays, Aug 3–24, $96/$108

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**Yoga for Bone Health + Osteoporosis**
CATHY LILLY, BSC MED TECH, E-RYT500, C-IAYT

*Virtual.* Improve balance, strength, and spinal alignment while encouraging healthy bone maintenance and growth; reduce risk of fractures and osteoporosis. **Class size limited to 12.**

**6 Wednesdays, Jun 14–Jul 19, 1:45–3 pm, $144/$162**

**5 Wednesdays, Aug 2–30, 1:45–3 pm, $120/$135**

**Balance and Bones Plus**
LINDA ROSE IENNACO,
OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL

*In Person + Virtual.* Learn how to prevent falls and boost bone health with exercises to increase the core stability and muscle strength needed to protect vulnerable wrists, hips, and lower back.

**4 Tuesdays, 11 am–noon, $68/$80/$92**

Section 1: Jun 13–Jul 11*
Section 2: Jul 18–Aug 8

**Balance and Bones™**
LINDA ROSE IENNACO,
OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL

*In Person + Virtual.* Practice safe, effective chair exercises to increase core stability and strengthen the muscles needed whether you are seated, standing, or walking.

**4 Thursdays, 11 am–noon, $68/$80/$92**

Section 1: Jun 15–Jul 6
Section 2: Jul 13–Aug 3

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May is Osteoporosis Awareness Month

Join us for these special programs focused on protecting your bones through good food, exercise, and activity.

**Osteoporosis Prevention + Treatment in Men + Women**
ALANA C. SEROTA, M.D., CCFP, CCD

*Virtual.* Discuss common bone diseases such as osteoporosis and osteopenia and what you can do to stave off these conditions.

**Mon, May 8, 7–8:15 pm, Pay what you wish**

**Eating for Bone Health**
JASON MACHOWSKY, RD, CSSD, RCEP, CSCS

*Virtual.* Learn how diet can promote healthy bones, and discover the foods that support a strong and healthy skeletal system. **Free for those being tested or treated for cancer.**

**Tue, May 16, 6:30–8 pm, $10**

**Functional Fitness for Bone Health + Injury Prevention**
LINDA ROSE IENNACO,
OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL

*Virtual.* A lecture and demonstration on exercises to maintain and regain bone health to stave off fractures of the spine and increase strength and mobility of the wrists, ankles, and hips. **Free for those being tested or treated for cancer.**

**Wed, May 24, 11 am–12:30 pm, $20/$25**

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.*
**FITNESS + WELLNESS WORKOUTS**

**Intro to Self-Defense for Older Adults**

**ANDRE MALDONADO, SENSEI**

*In Person.* An empowering self-defense class tailored for older adults. From simple, yet effective, moves to strategies for staying aware and alert, you’ll leave feeling confident and capable.

3 Mondays, May 8-22, 4:45-5:45 pm, $54/$62

**Tap Into Well-being**

**LINDA ROSE INNACO, OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL**

*In Person.* Combine the joy of tap dancing with the benefits of exercise, without worries about physical limitations, balance, or hip, knee, or foot challenges. Learn tap basics from a seated position, or standing when you’re ready.

3 Thursdays, May 11-May 25, $51/$60/$69
5 Thursdays, May 11-Jun 8, $85/$100/$115
4 Thursdays, Jun 15-Jul 6, $68/$80/$92
4 Thursdays, Jul 13-Aug 3, $68/$80/$92

**Beginner Pelvic Floor Workshop: Don’t Suffer in Silence (Women Only)**

**RANDI STONE, PELVIC FLOOR SPECIALIST**

*Virtual.* Many factors can weaken pelvic floor muscles, including pregnancy, childbirth, surgery, aging, and being overweight. Learn simple exercises to strengthen your pelvic floor.

2 Wednesdays, May 17 + 31, 11-11:45 am, $20 per session
Take Both and SAVE: $35

**Pelvic Power: Regain Control of Your Bladder and Your Life!**

**RANDI STONE, PELVIC FLOOR SPECIALIST**

*Virtual.* Learn how Kegels, Pilates, and related exercises can help prevent and treat incontinence. **Participants will have a 15-minute, one-on-one consultation with Randi at the beginning and end of the series.**

4 Wednesdays, Jun 7-28, 11 am–noon, $225/$250

**Walking Clinic**

**LINDA ROSE INNACO, OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL**

*In Person.* Improve gait, secure balance, and gain independence. Learn exercises to awaken the moving parts necessary to stand and walk upright without fear of falling.

3 Tuesdays, 3-4 pm, $120/$138
Section 1: Jun 6-20
Section 2: Jul 11-25

**Zumba® Gold for 60+**

**YVONNE + ROGER PUCKETT**

*In Person + Virtual.* This easy-to-follow program lets you move to the beat at your own speed with modified, low-impact moves for active older adults.

Thursdays, 12:15-1:15 pm
7 Thursdays, Jun 15-Jul 27, $119/$140/$161
5 Thursdays, Aug 3-31, $85/$100/$115

**Sculpt + Align**

**SARA BERG**

*In Person + Virtual.* Designed to help build body strength and muscle tone and work on balance and alignment.

Virtual: 8-9 am
7 Fridays, Jun 16-Jul 28, $119/$140/$161
5 Fridays, Aug 4-Sep 1, $85/$100/$115

In Person + Virtual: 9:30-10:30 am
7 Fridays, Jun 16-Jul 28, $119/$140/$161
5 Fridays, Aug 4-Sep 1, $85/$100/$115

**Exercise with Ease**

**LINDA ROSE INNACO, OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL**

*In Person.* Enjoy a moderately paced, rhythmic aerobic and strength-training workout to improve stamina, mobility, and balance.

4 Fridays, 11 am–noon, $54/$62
Section 1: Jun 16-Jul 7
Section 2: Jul 14-Aug 4

**Improve Your Mobility: An Alexander Technique Experience**

**MORGAN RYSDON + MELISSA BROWN, ALEXANDER TECHNIQUE PRACTITIONERS**

*In Person + Virtual.* Move with more ease using principles of the Alexander Technique. Gain skills to release tension and move more efficiently to improve your alignment. Each class is focused on a different topic.

Wednesdays through Jul 5, 6:15-7:30 pm, $20 per session
Yoga for Back Health
JESSICA METZ, CERTIFIED YOGA INSTRUCTOR
In Person + Virtual. Learn how to lengthen your spine, develop strength and mobility to maintain healthy functioning, and change habitual patterns. Designed for those with spinal issues including herniation, sciatica, and scoliosis.
6 Tuesdays, Jun 13–Jul 25*, $144/$162
5 Tuesdays, Aug 1–29, $120/$135

Gentle Yoga for Older Adults
KATHERINE BREWSTER, CSYT, RYT
In Person + Virtual. Foundational postures of Svaroopa® yoga gently relax and strengthen spinal muscles, quiet the mind, and rejuvenate the body. Participants must be able to get down to and up from the floor.
Wednesdays, 11:15 am–12:15 pm
7 Wednesdays, Jun 14–Jul 26, $119/$140/$161
5 Wednesdays, Aug 2–30, $85/$100/$115

Yin Yoga
MICHELE SPANARO, RYT500
Virtual. This gentle practice focuses on increasing circulation and deep release of the hips, hamstrings, and lower back, helping to ease tension and encourage a freer flow of energy throughout the body.
7 Wednesdays, Jun 14–Jul 26, 3:30–4:45 pm, $168/$189

Chair Yoga for Older Adults + Caregivers
JERRY SNEE, CERTIFIED YOGA INSTRUCTOR
In Person + Virtual. Learn modified versions of yoga moves to boost circulation and mood while reducing stress and improving sleep.
7 Thursdays, Jun 15–Jul 27, 1:30–2:30 pm, $119/$140/$161
5 Thursdays, Aug 3–31, 1:30–2:30 pm, $85/$100/$115

Tai Chi for 60+
Be gently guided through the ancient practice of tai chi.
Beginner: Roberto Sharpe
In Person + Virtual: Thursdays, 1:45–2:45 pm
7 Thursdays, Jun 15–Jul 27, $105/$126/$147
5 Thursdays, Aug 3–31, $75/$90/$105
Levels II + III: Karen “Aiki” Kelley
Virtual: Tuesdays, 1:45–2:45 pm
5 Tuesdays, Aug 1–29, $75/$90/$105

Tai Chi: Ultimate Conditioning for Your Nervous System—Summer Intensive
KAREN “AIKI” KELLEY
In Person + Virtual. Deepen your understanding of tai chi and its benefits, including finding your center; using deep, peaceful breathing; and improving balance. All levels welcome.
4 Wednesdays, Jul 5–26, 7–8:15 pm, $8

Small-Group Training: Essential Fitness Fundamentals for 60+
CLAYTON JAMES
In Person + Virtual. Join this small-group personal training program to build strength and stability, improve balance, increase stamina, and decrease the likelihood of falls.
In Person:
Mondays + Wednesdays, 12:15–1:15 pm, $256/$312/$376
Section 1: May 3–31*
Section 2: Jun 5–Jul 10*
Section 3: Jul 12–Aug 7
Section 4: Aug 9–Sep 6*
Tuesdays + Thursdays, 12:15–1:15 pm, $256/$312/$376
Section 1: May 9–Jun 1
Section 2: Jun 6–29
Section 3: Jul 6–Aug 1
Section 4: Aug 3–29
Virtual:
Mondays + Thursdays, 11 am–noon, $256/$312/$376
Section 1: May 8–Jun 5*
Section 2: Jun 8–Jul 13*
Section 3: Jul 17–Aug 10
Section 4: Aug 14–Sep 11*

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.
Fall Stop...MOVE STRONG™
CELESTE CARLUCCI, FOUNDER

In Person + Virtual. Prevent falls, increase strength and mobility, and improve balance with this joyful, doctor-recommended program. Check online for our Fall Stop…Move Strong Summer Intensive in August.

In Person + Virtual:
$119/$140/$161
7 Wednesdays, Jun 14–Jul 26
Introductory: 11:30 am–12:30 pm
Intermediate: 2:15–3:15 pm
Advanced: 1:15–2:15 pm

Virtual: $119/$140/$161
7 Fridays, Jun 16–Jul 28
Intermediate: 2:15–3:15 pm
Advanced: 1:15–2:15 pm

Virtual: $102/$120/$138
6 Mondays, Jun 26–Aug 7*
Introductory: 11:30 am–12:30 pm
Intermediate: 2:15–3:15 pm
Advanced: 1:15–2:15 pm

Take 2 and SAVE:
Mondays + Wednesdays OR
Mondays + Fridays (13 classes),
$195/$234/$273
Wednesdays + Fridays
(14 classes), $210/$252/$294

Take 3 and SAVE:
Mondays, Wednesdays +
Fridays (20 classes),
$260/$320/$380

All Together Now
Exercise among older adults has been tied to improved cognition, but a Japanese study found that those who exercise together experience half the cognitive decline of solo exercisers.
THE WECHSLER CENTER
FOR MODERN AGING
SUMMER 2023

and blessing.
Engagement, mutual support, community possibility, purpose, community setting as a time of expansive adulthood in a Jewish communal setting to reimagine older age.