DEAR FRIENDS,

We have a fabulous fall season planned and are very excited to share it with you.

And as the High Holidays are upon us, we also want to take the opportunity to wish you a happy, healthy, and sweet new year. Our Wechsler Center team looks forward to connecting with you through our programs, initiatives, caring calls, classes, outings, and volunteer experiences. Whether you join us virtually or in person, we are eager to greet you.

Your input and feedback are always important to us, so please reach out at any time.

See you soon!

Warmest Wishes,

The Wechsler Center for Modern Aging Team

Susan, Brian, Judy, Jen, Sherri, and Arienne

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 + HOLIDAY OBSERVANCES

The 8th Annual Symposium on Positive Aging: Connection and Community

*In Person + Virtual.* This signature event is geared toward inspiring older adults to live their lives to the fullest, embracing the challenges at this age and stage while pursuing the years ahead with purpose, meaning, and fulfillment. This year's symposium highlights the importance of friendship, connection, and community for modern agers. [Visit mmjccm.org/symposium or scan the QR code for more info.]

Mon, Oct 30, 10 am–3 pm, $40 (Virtual); $75 (In Person); $150 (Supporter)

Memorial Tree Dedication

*In Person.* 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.

**Date TBD**

Tashlich in Riverside Park

*In Person.* Tashlich is a Jewish ritual that traditionally takes place during the Days of Awe, when people symbolically cast off their sins into a naturally flowing body of water.

**Tue, Sep 19, 11 am–12:30 pm, Pay what you wish**

Yom Kippur Yizkor Memorial Service

*Virtual.* Yizkor, or “remembrance,” is a Jewish service and prayer to honor the deceased. Join us to remember those we have personally and communally lost.

**Mon, Sep 25, 2:30–3:30 pm, Pay what you wish**

Older Adult Lounge

*In Person + Virtual.* Drop by our Older Adult Lounge to meet new friends, socialize, and connect with community members. Sessions are facilitator-moderated and will feature new topics each week.

**Virtual:**
11 Mondays, Oct 2–Dec 18*, 1–2:30 pm, Pay what you wish

**In Person:**
11 Mondays, Oct 2–Dec 18*, 2:30–4 pm, Pay what you wish
11 Thursdays, Oct 5–Dec 21*, 1–2:30 pm, Pay what you wish

Wechsler Center Sweets in the Sukkah

*In Person.* Celebrate Sukkot, the Festival of Booths, by sharing coffee with friends in our beautiful rooftop sukkah. Learn about the origins of this holiday and why we still observe it today. [Cosponsored by DOROT.]

**Thu, Oct 5, 1–4 pm, Pay what you wish**

Fall Cocktails + Conversation

*In Person.* Mingle and enjoy seasonal drinks with friends.

**Wed, Nov 8, 5:30–7:30 pm, $25/$30**

Wisdom Through the Ages

*In Person.* Storytellers from our communities share life lessons, both big and small. [In partnership with The Selma and Lawrence Ruben Center for 20s + 30s.]

**Thu, Nov 30, 6:30–8:30 pm, $15/$20**

Wechsler Center Chanukah Party

*In Person.* Sing Chanukah songs, spin a dreidel, and share wine and delicious treats to celebrate the Festival of Lights. Join us afterwards for our lobby candle lighting.

**Thu, Dec 7, 3:30–5:30 pm, $30/$35**

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.*
NEW! Join Our Culture Club

In Person. Come together before Film, Dance, and Conversation programs to socialize before the show. Wine and coffee will be served, with occasional visits from performers and speakers. Email wechslercenter@mmjccm.org to learn more.

Rooftop Herb + Vegetable Garden Club

In Person. Join us for a weekly meetup to tend to our rooftop community garden and enjoy conversation in the sunshine. Plan what we will grow as a group and take home a share of the harvest.
7 Tuesdays, Sep 12–Nov 14*, 3–4 pm, Pay what you wish

NEW! Fiction Book Club

SYLVIA TOMASCH

In Person. Discuss novels focusing on the varied Jewish experiences in the U.S. and worldwide. Books will be chosen collectively as we engage and share with each other. September book: The Postcard, by Anne Berest.
4 Mondays, Sep 18, Oct 16, Nov 20 + Dec 18, 2–3 pm, $16/$20

Artful Aging

JUDITH E. GREENWALD, PH.D.

In Person. 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 is necessary.
12 Thursdays, Sep 21-Dec 14*, 10 am-1:30 pm, $480/$600
**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, Oct 2–Dec 11*, $110/$120  
Section 1: 10 am–noon  
Section 2: 1–3 pm

**Playreading Series:**  
**Mrs. Ted Bliss**  
DIRECTED BY SCOTT KLAVAN,  
WRITTEN BY LAURENCE KLAVAN  
*In Person.* Join us for a reading of a new play in development for production and featuring a cast of professional actors. The reading will be followed by a discussion with the playwright and director.  
Mon, Oct 16, 7–9:30 pm, $10/$15

**NEW! You’ve Got Something to Say**  
CAROLINE DONNOLA  
*In Person.* Everyone has something to say and a life story to tell! Tell your story to another participant you’ll be partnered with, then switch roles. Learn new things about yourself and each other in the process of oral storytelling and writing.  
4 Wednesdays, Nov 1–29*, 2–3:30 pm, $90/$110

**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.” Learn about the sources of these quotes and many others as you sing their songs and hear their stories.  
Mon, Nov 13, 4–5:30 pm, $7/$10

**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.  
11 Mondays, Oct 2–Dec 18*, noon–1 pm, $22/$33

**Modern Ager Chorus**  
ELLEN RATNER, JCC CHORUS DIRECTOR  
*In Person.* Led by a former NYC music teacher, our chorus creates camaraderie and the joy of sharing music with others. Being able to read music is not required, but a regular commitment and love for music is.  

**In Progress: A Memoir-Writing Workshop**  
JANET R. KIRCHHEIMER, TEACHING FELLOW, CLAL  
Virtual. Whether you want to write for yourself or your family, join us for a variety of writing exercises, music, and prompts that will get you started.  
5 Tuesdays, Nov 14–Dec 12, 6–7:30 pm, $90/$110

**NEW! Wechsler Improv Theater**  
EM LöWINGER  
*In Person.* Improv is a great way to loosen the mind; build community; and improve listening, critical thinking, public speaking, and stage presence skills. We’ll practice the art form through games, exercises, and prompts.  
3 Thursdays, Nov 2–16, 6–7:30 pm, $45/$55

**NEW! Storytelling Performance: Leveraging Up–Life in 4/4 Time**  
SUSAN LAUBACH  
*In Person.* Accompanied by William Ivor Fowkes on the piano, this performance explores the journey of one’s life experiences and celebrates the joys of reaching the fourth quarter in life.  
Thu, Nov 16, 4–5:30 pm, Pay what you wish

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

TO REGISTER FOR PROGRAMS, VISIT [MMJCCM.ORG/WECHSLER](http://MMJCCM.ORG/WECHSLER) OR EMAIL [BOXOFFICE@MMJCCM.ORG](mailto:BOXOFFICE@MMJCCM.ORG).
DISCUSSION GROUPS + LEARNING

**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._  
16 Fridays, Sep 1–Dec 15, 10:30 am–noon, $95/$117

**Informal Discussion + Lunch Group**  
_Virtual._ Subjects may cover everything and anything, including social issues, politics, life experiences, and more.  
16 Fridays, Sep 1–Dec 15, 12:15–1:30 pm, Pay what you wish

**Social and Political Issues**  
_Virtual + In Person._ Engage in thought-provoking discussions about controversial issues. Identify and dissect social and political hot topics with an intellectually stimulating group. _Takes place virtually, but meets in person on the second Wednesday of the month._  
16 Wednesdays, Sep 6–Dec 20, 10:30 am–noon, Pay what you wish

**Start-up Nation–Israel as a Tech Powerhouse**  
YUVAL ARIAV  
_In Person + Virtual._ How has Israel become the front-runner of the world’s most innovative technologies? You’ll get an overview of this growing ecosystem’s history, current structure, and emerging innovations in the pipeline, including exciting new tech for older adults.  
_Tue, Oct 10, 10–11 am, $5/$10

**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._  
5 Tuesdays, Oct 17 + 31, Nov 14 + 28, Dec 12, 10–11 am, Pay what you wish

**Exploring Our World: The Israeli Declaration of Independence**  
SUSAN ADDELSTON  
_In Person._ Why is this document so extraordinary? How did it help to create the State of Israel? Why isn’t this a major part of the Israeli educational curricula?  
_Wed, Oct 18, 1–3 pm, $17/$20

**Exploring Our World: 160th Anniversary of the Gettysburg Address**  
SUSAN ADDELSTON  
_In Person._ This speech marked a critical turning point in the Civil War. How has it influenced the history of our nation? What was its subsequent importance for New York City? Learn stories from the over 27,000 New York soldiers that fought at Gettysburg.  
_Wed, Nov 8, 1–3 pm, $17/$20

**Exploring Our World: Chanukah + Christmas**  
SUSAN ADDELSTON  
_In Person._ Join us to compare the origins, symbols, meanings, customs, and celebrations of these two holidays. Are they more alike? Or more dissimilar? What are their essential meanings today?  
_Wed, Dec 6, 1–3 pm, $17/$20

TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
Card + Game Room

*In Person.* Open, unfacilitated game room for players to enjoy together.

10 Mondays, Oct 2–Dec 11*, 1–4 pm, $40/$70
**Mah Jongg Club: Unsupervised**

*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: Sep 26–Oct 24
- Section 2: Oct 31–Nov 28
- Section 3: Dec 5–Jan 9*

**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, 2–4 pm, $145/$160
- Section 1: Sep 14–Oct 5
- Section 2: Nov 9–Dec 7*

**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.*

- Thursdays, 2–4 pm
- Section 1: 3 Thursdays, Oct 12–Nov 2*, $110/$120
- Section 2: 2 Thursdays, Dec 14 + 21, $72/$80

**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 Wednesdays, 2–4 pm, $115/$130
- Section 1: Sep 13–Oct 11
- Section 2: Oct 18–Nov 15
- Section 3: Nov 29–Dec 20

**Beginner Canasta**

*MICHELLE MARX*

*In Person.* This class focuses on a four-person game of American canasta using two decks of cards. Upon completion, you will have the skills to join a game of canasta at Supervised Play.

- 4 Tuesdays, 2–4 pm, $145/$160
- Section 1: Oct 3–24
- Section 2: Nov 28–Dec 19

**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.*

- 10 Sundays, Oct 15–Dec 17, 11:30 am–1:30 pm, $60/$75

*For Bridge information, please visit our website for details.*

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.*
Volunteer Fall Kickoff
*In Person.* Join other Engage@Wechsler volunteers to kick off the fall season. *Light refreshments will be served.*

Thu, Sep 21, 6–7:30 pm, Pay what you wish; $10 minimum

Engage Women’s Group
*In Person + Virtual.* Build supportive connections, explore ways to give back to the community through Engage@Wechsler volunteer projects, and take part in enriching conversations.

3 Mondays, Oct 16, Nov 13 + Dec 11, 5:30–7 pm, Pay what you wish; $10 minimum

Engage Men’s Group
*In Person + Virtual.* Join other men involved with Engage@Wechsler to form community and take part in volunteer projects and social programs.

3 Mondays, Oct 23, Nov 20 + Dec 18, 5:30–6:30 pm, Pay what you wish; $10 minimum

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 Dec 27, 10 am–noon, Free

Pursuing Justice: Walking Wholeheartedly in a Broken World
*RABBI BRIAN FINK*

*In Person.* How might Jewish tradition refract an ethos for the kinds of commitments we want to make and actions we want to take to improve our shared society? We’ll look to classical and contemporary Jewish wisdom as we work toward creating a more just world. *In partnership with IYUN.*

5 Tuesdays, Nov 14–Dec 12, 10:30 am–noon, $100/$120

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. See website for registration form.

Engage Community Brunches

In Person. Join others from the Engage@Wechsler community for learning and conversation that will deepen our connections to each other and supplement our volunteer activities. A light brunch will be served.

2 Sundays, Oct 15 + Dec 3, 11 am-1 pm, $30/$36 per session

Volunteer for Your Health

University of Toronto researchers exploring the correlation between social participation and successful aging found that middle-aged and older adults who perform volunteer work and recreational activities have better mental and physical health than those who don’t.

Join Our Caring Calls Volunteers

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.
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, Sep 13, 1-2 pm, $20/$25

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 Tuesdays, Sep 19 + 26, 2-4 pm, $30/$40

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.
Wed, Oct 4, 1-2:30 pm, $20/$25

OMNY Is Coming for Your Reduced-Fare MetroCard—Ready to Tap and Go?
MELANIE RADLEY + KAREN RADLEY
Virtual. By mid-2024, the MTA will be completely MetroCard-free. This seminar will break down how OMNY works, what it means for reduced-fare riders, and how to set up an account. Learn about the system’s flaws and what to do when you encounter them.
Thu, Oct 12, 6-7 pm, $20/$25

Google Tools: Gmail, Docs, Sheets, Calendar + More
MERYL LEWIS
Virtual. Go beyond the basics of Gmail, Google Docs, and setting up Google calendar appointments. Gain a clear understanding of how each works so you can take full advantage of their features.
3 Tuesdays, Oct 17-31, 2-4 pm, $45/$55

Streaming TV—The Future Is Now
FRANK STRAUSS
Virtual. Picture yourself buying a new TV and simply being able to plug it in to watch local stations as well as the numerous streaming channels. Not to mention watching all of this on your phone and tablet. Join this informative discussion on how to move into the world of streaming.
Thu, Oct 26, 11 am-12:30 pm, $20/$25
SeniorTechNYC: Online Dating—Swiping Right?
MELANIE RADLEY + KAREN RADLEY
Virtual. Learn how to write a compelling profile, upload eye-catching photos, invest your time wisely while figuring out your best site, and have fun while staying safe.
Wed, Nov 1, 6–7:30 pm, $20/$25

What Is Artificial Intelligence?
NORMAN REISS
Virtual. Artificial intelligence seems to be all anyone has been talking about since ChatGPT was released in 2022. Learn about the available products and their costs, how they compare to standard smart devices, and what we may see next. Includes a Chat GPT demo.
Mon, Nov 13, 6–8 pm, $20/$25

What Happened to Cash and Checks?
JOAN KUSHINOFF
In Person. Payment apps on your mobile devices offer an alternative to pay your bills, pay for purchases, and pay friends without carrying cash or writing a check. This session will look at popular apps such as Apple Pay, Google Pay, Venmo, and Zelle. Learn the pros and cons and how to protect yourself from increasing scams.
Wed, Nov 15, 10 am–noon, $20/$25

Using Apple’s Photo App for Editing Your Photos
ABBY RICH
Hybrid. The Apple Photos app is a powerful tool for your phone and computer. Learn about standard editing tasks. We will look at the albums that Apple makes for you and show you how to make your own.
Thu, Nov 30, 10 am–noon, $20/$25

How to Manage Your Passwords
JOAN KUSHINOFF
In Person. Do you have too many passwords to remember? Are password requirements getting more complicated? Learn about the dos and don’ts of creating passwords and the various ways to manage them.
Wed, Dec 6, 11 am–12:30 pm, $20/$25

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, Dec 13, 1–3 pm, $20/$25

Here to Help
Need one-on-one assistance with any device or computer issue? Email techsoup1on1@mmjccm.org for information.

Computer Use Can Be Good for Your Brain
Older adults who used the internet for two hours or less a day had a lower risk of dementia than those who don’t use it at all, says a study published in the Journal of the American Geriatrics Society.
TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
HEALTH, LEGAL + SAFETY MATTERS

Medicare 2024
ERIC HAUSMAN, NYC DEPT. FOR THE AGING, HICAP
Virtual. Learn the latest about Medicare, including Parts A, B, and D; Medigap/Medicare Supplement Insurance; and Medicare Advantage/Medicare Health Plans. We’ll discuss costs, programs that help with costs, and coverage options.
Wed, Oct 11, 2–3:30 pm, Pay what you wish

Unclaimed Funds Workshop
LEAH SOLOMON, NEW YORK STATE COMPTROLLER’S OFFICE
Virtual. Is there money with your name on it? Learn about the history and facts of unclaimed funds, including claim instruction, search tips, and how to collect.
Wed, Oct 25, 3–4 pm, Pay what you wish

Estate Planning: Revocable Trusts + Wills
CLIFFORD MEIROWITZ, ATTORNEY-AT-LAW
Virtual. Compare the strengths and weaknesses of a last will and testament and a revocable trust, and learn the importance of power of attorney, health care proxies, and living wills.
Wed, Nov 15, 3–4 pm, Pay what you wish

Ask the Geriatrician Lectures
Join us for curated health lectures from our friends at Mount Sinai.
Virtual: Pay what you wish
Nutrition for Older Adults
Tue, Sep 19, 4–5 pm
Falls and Fall Safety
Tue, Oct 24, 4–5 pm
Depression in Older Adults
Tue, Nov 14, 4–5 pm
In Person: Pay what you wish
Meet the Geriatricians
Tue, Dec 5, 3–4:30 pm
**Nosh + Stroll: Jewish Foods of the LES**
*In Person.* Enjoy learning the history and significance of several bakeries, markets, and specialty shops, as well as historic locations, with time to make purchases at each location.
Mon, Sep 18, 10:30 am–1 pm, $30/$35

**Private Tour of The Schomburg Center for Research in Black Culture**
*In Person.* Join us on this visit to a leading cultural institution in Harlem devoted to research, preservation, and exhibition of materials focused on African American, African Diaspora, and African experiences.
Wed, Sep 20, 10:15–11:30 am, $20/$25

**Day Trip to Kykuit, The Rockefeller Estate**
*In Person.* This Hudson Valley jewel and extraordinary landmark was home to four generations of the Rockefeller family. Now part of the National Trust for Historic Preservation, it has been continuously and meticulously maintained for over 100 years. *Transportation included.*
Wed, Oct 11, 9 am–4 pm, $120/$140

**“Frankfurt on the Hudson”—A Walking Tour of Jewish Washington Heights**
*In Person.* Join us for a walking tour to explore this unique Jewish community that is still thriving today. We’ll see landmarks and

---

**Birdwatching Tour of Central Park**
*In Person.* Come see the lovely birds migrating through Central Park. We hope to see warblers—small, tropical birds that come from their nesting grounds up north on their way back to the Caribbean and Central and South America, where they spend the winter.
3 Thursdays, 9–11 am, $51/$63
Section 1: Sep 7–21 (rain date: Sep 28)
Section 2: Oct 5–19 (rain date: Oct 26)
talk about legendary Jewish figures who have passed through this special neighborhood.

Thu, Oct 19, 10 am–12:30 pm, $30/$35

**Private Tour of the Ukrainian Museum**

*In Person.* Founded in 1976, this museum’s collection includes paintings, drawings, sculptures, graphic works, and items documenting the history and cultural legacy of Ukrainian immigration to the U.S. *Bus transportation to and from the JCC included.*

Thu, Oct 26, 12:45–2 pm, $20/$25

**Judy Chicago at the New Museum**

*In Person.* The *Herstory* exhibit spans Judy Chicago’s 60-year career to encompass the full breadth of the artist’s contributions across various mediums. Join us for a private tour of her amazing contribution to the arts.

Thu, Nov 9, 12:45–2 pm, $20/$25

**Private Tour of the Poster House**

*In Person.* Visit the first poster museum in the U.S., which provides a space of inquiry for all those interested in design, advertising, and public interventions.

Tue, Dec 5, 10:30–11:45 am, $20/$25

---

Precious Moment from The Wechsler Center
English Overseas Israel Trip!
Groups meet to contribute and share the joy as well as the challenges of their lives and for conversation and friendship. For all groups, a commitment to attend a majority of the sessions is requested.

**Women’s Groups**

*In Person + Virtual.* Join a women’s group offering friendly interaction and mutual support as we engage in lively conversations about life issues that matter to all of us.

- **In Person:**
  - Sharon Samet, Ph.D., LCSW: 15 Thursdays, Sep 7–Dec 14*, 11 am–noon, Free/$75

- **Virtual:**
  - Barbara Cooper, Ed.D.: 15 Thursdays, Sep 7–Dec 14*, noon-1 pm, Free/$75

**Life Transitions**

*Anita Leifer*

*In Person.* A group for women in their 70s facing some of life’s most challenging and rewarding years. Share your thoughts and feelings with peers in a nonjudgmental and supportive setting.

- 14 Thursdays, Sep 7–Dec 14*, 12:30–1:30 pm, Free/$70

**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.

- Thursdays, 2–3 pm
  - **Section 1:** 8 Thursdays, Sep 7–Oct 26, Free/$40
  - **Section 2:** 7 Thursdays, Nov 2–Dec 21*, Free/$35

**Support Group for 80+**

*Rabbi Miriam Herscher, BCC, LMSW*

*Virtual.* Discuss a range of subjects, including interests, books, movies, relationships, aging in place or not, activities that are now difficult, what it means to possibly be considered socially and economically irrelevant, and what we do for fun. *Cosponsored by JBFCS.*

To join, contact Rabbi Herscher at 917.664.1956 or mherscher@jbfcs.org.

- 14 Tuesdays, Sep 19–Dec 19, 3–4 pm, Free

**Introduction to Living Well Together**

*In Person + Virtual.* Learn about this community of peers in which members share referrals for health professionals, assist each other during medical appointments, and join small groups to form deeper community.

- **In Person:**
  - 2 Thursdays, Oct 5 + Nov 9, 5:30–7 pm, Free

- **Virtual:**
  - Fri, Dec 8, 10–11:30 am, Free

**JASA/JCC Senior Community Connection Project**

*In Person.* JASA and the JCC have created an initiative to meet the social, emotional, and medical needs of our older adult population. Services include case management, transportation to medical visits, nursing intervention, referrals to specialists, and home visits. There will be assistance with legal matters, securing benefits, and entitlements.

Onsite presence twice a month; see website for details

**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.

Contact Carola Chase at 212.787.7120, ext. 514, for more information.

---

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

---

**Shared Friends, Longer Lives**

Research out of Cornell University reveals that widowed spouses who shared friends with their late partner tend to live as much as 10 years longer than those without these relationships.
The Memory Project

*In Person.* In this initiative for individuals with early memory loss and their families, caregivers participate in a support group to increase their coping skills while partners enjoy an engaging recreational program.

- 7 Tuesdays, Sep 19–Oct 31, 11 am–noon OR 1–2 pm, $182/$217
- 6 Tuesdays, Nov 14–Dec 19, 11 am–noon OR 1–2 pm, $156/$186

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.

- 7 Thursdays, Sep 21, Oct 5 + 19, Nov 2, 16 + 30, Dec 14, 1–3 pm, $10/$15 per session
- Take All and SAVE: $55/$85

*For more information, contact Program Director Judy Margolis at 646.505.4398.*
TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
AGING WITH PURPOSE

**Walking on Eggshells: Relationships Between Parents + Adult Children**  
**Amira Kohn Trattner, L.C.S.W.**  
*In Person.* As family time approaches during the holidays, many issues arise in relationships between parents and adult children. These will be discussed in this interactive workshop.  
**Wed, Oct 11, 1-2:30 pm, $17/$20**

**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.  
*In Person:*  
2 Wednesdays, Sep 27 + Nov 29, 10 am–noon, Free  
*Virtual:*  
2 Fridays, Oct 27 + Dec 15, 10 am–noon, Free

**Wise Aging**  
**Judy Margolis, MSW, Rabbi Brian Fink + Susie Kessler**  
*In Person.* Discover new resources and support to live your later years with spirit, resilience, and wisdom. Topics include becoming our authentic selves, life review, our bodies, relationships, loss, and legacy. *Interview required before registration.*  
**6 Wednesdays, Oct 25–Dec 6*, 1-2:30 pm, $75/$90

**Growing and Aging Through the Lens of Literature: Let’s Talk!**  
**Deborah Briggs**  
*In Person.* The stories in this series explore questions about growing older, caring for aged loved ones, and finding satisfaction in later life. Books will be available to borrow.  
*This program is made possible by the generous support of Humanities New York.*  
**6 Tuesdays, Nov 14–Dec 19, 1:30–3 pm, $30/$60**

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.*
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
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 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.
TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
Fall Open House: Total Health for Your Body + Brain + Heart
In Person + Virtual. Join us for an open house focusing on the health of your body, brain, and heart. Find out why exercise is not only good for your heart but also for your mood and memory. Learn how mindfulness can change your brain. Sample fitness classes such as yoga, tai chi, Pilates, cardio sculpt, Nia, and more. For more info and to register, visit mmjccm.org/open-house.
Sun, Sep 10, 10:30 am-3:30 pm, Free

Train the Muscles, Train the Brain
Brazilian scientists report that resistance exercises strengthen your brain as well as your body. These workouts’ anti-inflammatory effects stave off the type of Alzheimer’s disease most associated with aging while aiding in bone density and preventing muscle loss.

Daily Facilitated Meditation
Virtual. Join our gifted meditation teachers every weekday morning and four weekday afternoons for gentle instruction, sitting practice, and Q+A.
No registration necessary. Visit mmjccm.org/daily-meditation for updates.
Mon–Fri (except holidays), 7:30–8:30 am
Mon–Thu (except holidays), 5:45–6:45 pm
$5 suggested donation

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.
Tuesdays, noon-1 pm, Pay what you wish
Sep 12: Embodied Resilience + Hope
Oct 10: Hope Amidst Conflict + Violence
Nov 7: Modern Science, Ancient Wisdom + a New Theory of Hope
Dec 12: Cultivating Aspiration In Your Life

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, 2:45–3:45 pm, $145/$190
The Vestibular System—Your Inner Ear + Balance: Sep 14–Oct 5
Breathing Skills + Building Respiratory Competency: Nov 16–Dec 14
Brain Health Matters: Understanding Seizures
Virtual. Join us for an informative session on brain health to learn what to do if you or someone you love experience fainting, seizures, or convulsions. Discover the signs and symptoms of epilepsy and when to seek medical help. Free for those being tested or treated for cancer.
Tue, Oct 17, 7–8:15 pm, $10
Clutter Clearing 101
Marilyn Mars, Clutter Clearing Expert
Virtual. Get to the underlying reasons 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 Thursdays, Sep 21–Oct 12, 6–8 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, Oct 26–Nov 16, 6–8 pm, $200

Sound Bowl Healing
Alison Leipzig or Christine Dimmick
In Person. Enjoy the gentle, soothing tones of singing bowls and experience how they open the flow of energy by touching every part of the body. Free for those being tested or treated for cancer.
2 Mondays, Oct 30 + Nov 27, 6:45–8 pm, $25/$27/$35 per session

WELLNESS CLASSES

Zentangle Therapeutic Doodling
Kathy Shapiro + Sarah Reading, Certified Zentangle Teachers
Virtual. Drawing patterns, called tangles, allows you to focus and get lost in repetition, all while creating beautiful Zentangle art. Relax your mind, relieve stress, and achieve a meditative state. No art background required. Free for those being tested or treated for cancer.
5 Tuesdays, Oct 17–Nov 14, 1:30–2:45 pm, $15 per session
Take All 5 and SAVE: $50

Zentangle: Beyond the Basics
Kathy Shapiro + Sarah Reading, Certified Zentangle Teachers
Virtual. Create easy-to-learn patterns in beautiful compositions through this unique rhythmic art form, suitable for artists at all levels. Free for those being tested or treated for cancer.
Ongoing, Thursdays, 11:30 am–12:30 pm, $10

Talking to the Trees: Forest Bathing
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. Free for those being tested or treated for cancer.
Wed, Sep 27, 6–8 pm, $20/$25*
Thu, Oct 26, noon–2 pm, $20/$25*

Ask an Expert Series
In Person. Learn how the body works and discover mind-body awareness. Share your experience and learn simple movement tips from experts to help relieve pain, bring your body into balance, and prevent falls.

Pain Relief with Pilates
R. Kim Jordan, Therapeutic Pilates Instructor
Previous experience with Pilates is a plus but not necessary.
3 Sundays, 4:30–5:45 pm, $25/$27/$35 per session
Relieve Your Sciatic Pain: Oct 15
Relieve Your Arthritis Pain: Nov 12
Relieve Your Hip Pain: Dec 10

Fall Prevention + Navigating the Streets of New York
Celeste Carlucci
Sun Oct 22, 2–3 pm, $10/$15/$18

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.
TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER OR EMAIL BOXOFFICE@MMJCCM.ORG.
CANCER CARE

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

LIVING WELL WITH PARKINSON’S

For 16 years, the JCC has offered an internationally recognized Wellness Program for people living with PD and their families. Staying active, connected, and empowered through exercise, education, and connection are pillars of our program.

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

**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:** 9 Tuesdays,  
Sep 12–Nov 7, $216/$243  
**Section 2:** 9 Thursdays,  
Sep 14–Nov 9, $216/$243  
**Section 3:** 8 Tuesdays,  
Nov 14–Jan 9*, $192/$216  
**Section 4:** 7 Thursdays,  
Nov 16–Jan 11*, $168/$189  

**Yoga for Bone Health + Osteoporosis**  
CATHY LILLY, BSC MED TECH, E–RYT500, C-IAYT  
*In Person + Virtual.* Improve balance, strength, and spinal alignment while encouraging healthy bone maintenance and growth; reduce risk of fractures and osteoporosis.  
**8 Wednesdays,** 1:45–3 pm,  
$192/$216  
**Section 1:** Sep 13–Nov 1  
**Section 2:** Nov 8–Jan 10*  

**Balance and Bones™ Plus**  
LINDA ROSE IENNACO, BONE HEALTH AND OSTEOPOOROSIS 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.  
**Tuesdays,** 11 am–noon  
**Section 1:** 8 Tuesdays,  
Sep 12–Oct 31, $168/$184  
**Section 2:** 9 Tuesdays,  
Nov 7–Jan 9*, $189/$207  

**Balance and Bones™**  
LINDA ROSE IENNACO, BONE HEALTH AND OSTEOPOOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL  
*In Person + Virtual.* Practice safe, effective chair exercises to increase core stability and strengthen the muscles needed, whether seated, standing, or walking.  
**8 Thursdays,** 11 am–noon,  
$168/$184  
**Section 1:** Sep 14–Nov 2  
**Section 2:** Nov 9–Jan 11*  

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

**Sculpt + Align**
SARA BERG

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

**Virtual:**
8 Fridays, 8-9 am

**In Person + Virtual:**
Fridays, 9:30-10:30 am
Section 1: Sep 8–Oct 27, $144/$168/$184
Section 2: Nov 3–Jan 12, $144/$168/$184

**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.
13 Mondays, Sep 11–Dec 11*, 4:50-5:50 pm, $252/$276

**Tap Into Well-being™ Intro + Basics Plus**
LINDA ROSE IENNACO, BONE HEALTH AND OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL

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

**Virtual Intro**
Tuesdays, 2:45–3:45 pm

**In Person + Virtual Basics Plus**
Tuesdays, 4:15–5:15 pm
Section 1: 8 Tuesdays, Sep 12–Oct 31, $168/$184
Section 2: 9 Tuesdays, Nov 7–Jan 9*, $189/$207

**Feldenkrais Awareness Through Movement®**
SONJA JOHANSSON, GUILD CERTIFIED FELDENKRAIS METHOD PRACTITIONER

*Virtual.* Develop physical and mental resilience through positive neuroplasticity and improve posture, reduce pain, feel better, and move with pleasure. More than just a movement practice, the Feldenkrais Method offers practical ways to ease the body and calm the mind.
10 Wednesdays, Sep 27–Dec 6*, 6:15–7:30 pm, $160; $25 per session

**Exercise with Ease**
LINDA ROSE IENNACO, BONE HEALTH AND OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL

*In Person + Virtual.* Enjoy a moderately paced, rhythmic aerobic and strength-training workout to improve stamina, mobility, and balance.
8 Fridays, 11 am–noon, $168/$184
Section 1: Sep 15–Nov 3
Section 2: Nov 10–Jan 12*

**Improve Your Mobility: An Alexander Technique Experience**
MORGAN RYSDON + MELISSA BROWN, ALEXANDER TECHNIQUE PRACTITIONERS

*Virtual.* Move with more ease using the 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.
10 Wednesdays, Sep 27–Dec 6*, 6:15–7:30 pm, $160; $25 per session

---

**The High Cost of Falls**
A University of Michigan study found that adults 65 and older experienced 100,000 additional falls over a recent three-year period than in the past. Training older adults how to recover from a fall or their caregivers how to help them stand are among the suggested measures.
Beginner Pelvic Floor Workshop: Don’t Suffer in Silence
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. Women only.
2 Wednesdays, Oct 18 + Nov 8, 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. Free for those being tested or treated for cancer.
4 Wednesdays, Nov 15–Dec 13*, 11 am–noon, $225/$250

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.
**Yoga for Back Health 101**

**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.

- **Tuesdays, 12:15–1:30 pm**
  - Section 1: 9 Tuesdays, Sep 12–Nov 7, $216/$243
  - Section 2: 8 Tuesdays, Nov 14–Jan 9*, $192/$216

**Intermediate Yoga for Back Health**

**Jessica Metz, Certified Yoga Instructor**

*Virtual.* Increase strength, endurance, body awareness, mobility, and stress regulation to support a healthy back. Specifically designed for those who have been cleared by their medical provider to participate in a yoga program and have attended Yoga for Back Health or have yoga experience. Not recommended for beginners.

- **7 Fridays, noon–1:15 pm,**
  - $168/$189
  - Section 1: Sep 22–Nov 3
  - Section 2: Nov 10–Jan 12*

**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**
  - Section 1: 8 Wednesdays, Sep 13–Nov 1, $168/$184
  - Section 2: 9 Wednesdays, Nov 8–Jan 10*, $189/$207

**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, 1:30–2:30 pm,**
  - $147/$161
  - Section 1: Sep 21–Nov 2
  - Section 2: Nov 9–Jan 11*

**Yin Yoga**

**Michele Sapanaro, 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.

- **Wednesdays, 3:30–4:45 pm**
  - Section 1: 7 Wednesdays, Oct 4–Nov 15, $168/$189
  - Section 2: 6 Wednesdays, Nov 29–Jan 10*, $144/$162

**Restful Nights: Calm the Mind with Yoga + Qi Gong**

**Michele Sapanaro, RYT500**

*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, Nov 13,**
  - 6–7:15 pm, $27
  - Workshop: 3 Mondays, Nov 27–Dec 11, 1:30–2:45 pm, $60/$75; $27 per class
TAI CHI

Tai Chi for 60+

In Person + Virtual. Be gently guided through the ancient practice of tai chi.

In Person + Virtual:
Beginner: Roberto Sharpe
8 Thursdays, 1:45-2:45 pm,
$144/$168/$184
Section 1: Sep 7–Oct 26
Section 2: Nov 2–Jan 11*

In Person:
Level II: Karen “Aiki” Kelley
7 Mondays, 1:45–2:45 pm,
$126/$147/$161
Section 1: Sep 11–Nov 6*
Section 2: Nov 13–Jan 8*
Level III: Karen “Aiki” Kelley
Tuesdays, 1:45–2:45 pm
Section 1: 8 Tuesdays,
Sep 12–Oct 31, $144/$168/$184
Section 2: 9 Tuesdays,
Nov 7–Jan 9*, $162/$189/$207

Tai Chi Chuan for Everyone

EDGAR “Eddie” KELLEN, SIFU

In Person. This low-impact, mind-body practice is appropriate for those of any age or physical condition. Experience how it can help your general health and well-being. Open to all ages and levels.

Wednesdays, 7:30–8:45 pm
9 Wednesdays, Sep 13–Nov 8,
$216/$243
7 Wednesdays, Nov 15–Jan 10*,
$168/$189

Small-Group Training:

Essential Fitness
Fundamentals for 60+

CLAYTON JAMES

Join this small-group personal training program to build strength and stability, improve balance, increase stamina, and decrease the likelihood of falls.

In Person:
8 Tuesdays + Thursdays,
12:15–1:15 pm, $264/$320/$384
Section 1: Sep 5–28
Section 2: Oct 3–26
Section 3: Oct 31–Nov 28*
Section 4: Nov 30–Jan 9*
8 Mondays + Wednesdays,
12:15–1:15 pm, $264/$320/$384
Section 1: Sep 6–Oct 4*
Section 2: Oct 11–Nov 6
Section 3: Nov 8–Dec 4
Section 4: Dec 6–Jan 17*
Virtual:
8 Mondays + Thursdays,
11 am–noon, $264/$320/$384
Section 1: Sep 7–Oct 5*
Section 2: Oct 9–Nov 2
Section 3: Nov 6–Dec 4*
Section 4: Dec 7–Jan 15*

Fall Stop...MOVE STRONG™
CELESTE CARLUCCI, FOUNDER

Prevent falls, increase strength and mobility, and improve balance with this joyful, doctor-recommended program.

In Person + Virtual:
14 Mondays, Sep 11–Jan 8*,
$252/$294/$322
Introductory: 11:30 am–12:30 pm
Intermediate: 2:30–3:30 pm
Advanced: 1:30–2:30 pm
16 Wednesdays, Sep 13–Jan 10,
$288/$336/$368
Introductory: 11:30 am–12:30 pm
Intermediate: 2:15–3:15 pm
Advanced: 1:15–2:15 pm

Virtual:
14 Fridays, Sep 22–Jan 12*,
$252/$294/$322
Introductory: 2:15–3:15 pm

Take 2 Same-level Sections + SAVE:
Mondays + Wednesdays,
$480/$570/$660
Mondays + Fridays,
$448/$532/$616
Wednesdays + Fridays,
$480/$570/$660
Take 3 Sections (Same or Mixed Level) + SAVE:
Mondays, Wednesdays + Fridays,
$704/$836/$968

*Programs noted with an asterisk have exception dates. Visit our website for detailed information.
MORE JCC PROGRAMS + CLASSES

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. Find small, interactive classes from absolute beginner to highly advanced levels in both the daytime and evening. Visit mmjccm.org/hebrew or contact Anila Sole at asole@mmjccm.org for more information.
Fall classes beginning mid-September

Making Sense of the Bible
RABBI JEREMY ROSEN
In Person. How are we to understand a document thousands of years old? Is it fact or fiction? Law or morality? We’ll start at the beginning and examine the original text in detail to see if it is relevant today. No Hebrew knowledge necessary.
6 Mondays, Oct 9–Nov 13, 1:30–2:30 pm, $165/$185

Meditative Fall Nature Walk:
From Breath to Bounty
SHEILA LEWIS + SHELDON LEWIS
In Person. Join us to contemplate fall’s harvest of wisdom teachings and natural beauty. We will start at the JCC with guided meditation and text study, then move to Central Park to focus on aesthetic elements. We will practice breath awareness, tap into inner stillness, and engage the senses.
Sun, Oct 15, 10 am–noon, $30/$36

Talmudic Stories: Teachings of Wonder, Wisdom + Values
JOE SEPTIMUS
In Person. We will explore selected text-based teachings from Talmud through the stories it chooses to tell and craft. Our texts and discussions will enhance and deepen our appreciation of life’s wisdom, our amazing universe, and Jewish values. All texts will be available in English. No text study experience required.
4 Thursdays, Oct 26–Nov 16, 10:30–11:45 am, $120/$140

17th Annual Other Israel Film Festival
This festival presents cinema that inspires conversation and takes an in-depth look into Israeli and Palestinian societies and underrepresented populations in Israel. Visit otherisrael.org for more information.
Nov 2–9

Bringing Light into the Darkness: A Chanukah Bereavement Program
RABBI MIRIAM HERSCHER + RABBI ADAM HUTTEL
Virtual. Come together with others who are grieving the loss of a loved one to learn about the healing potential of Chanukah. Bring your menorah to the virtual screen as we light the third candle, draw support and comfort from one another and our shared tradition, and explore ways to find meaning and connection.
Tue, Dec 12, 5:30–7 pm, Free
STUDIO ARTS CLASSES
We are thrilled to offer our popular ceramics, drawing, painting, and crafts classes this fall and to introduce some new teachers and mediums. Below are just a sampling of classes beginning in September. Visit mmjccm.org/studio-arts for more info.

Mixed-Level Painting: Exploring Oil Painting
10 Thursdays, Sep 7–Nov 9, 9:30 am–12:30 pm, $500

Mixed-Level Painting: Paint (Think) Like an Impressionist
10 Thursdays, Sep 7–Nov 9, 1:30–4:30 pm, $500

Mixed-Level Ancient + Modern Glass Mosaics
10 Thursdays, Sep 7–Nov 9, 2–5 pm, $650

Mixed-Level Watercolor + Illustration
10 Mondays, Sep 11–Nov 20, 2–5 pm or 6–9 pm, $500
The 8th Annual Symposium on Positive Aging: Connection and Community
In Person + Virtual

This year’s symposium highlights the importance of friendship, connection, and community for modern agers. This signature event is geared toward inspiring older adults to live their lives to the fullest, embracing the challenges at this age and stage while pursuing the years ahead with purpose, meaning, and fulfillment.

Visit mmjccm.org/symposium to register.

Mon, Oct 30, 10 am–3 pm

$150 (Supporter)
$40 (Virtual); $25 (In Person)

Fall 2023

The Wechslers Center

Non-Profit Organization
US Postage PAID
New York, NY
Permit No. 2042