

**marlene  
meyerson jcc**

**manhattan** THE WECHSLER CENTER FOR MODERN AGING



**THE WECHSLER CENTER  
FOR MODERN AGING**

FALL 2023



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## A KEY TO THE WECHSLER CENTER ICONS



**Healthy Aging Research**



**Technology Education**



**Volunteer Engagement**



**Cognition Module**



**Caring Initiatives**



**Fitness + Wellness**



**Outings + Trips**

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

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](http://mmjccm.org/wechsler), email [boxoffice@mmjccm.org](mailto:boxoffice@mmjccm.org), or call 646.505.5708.

## 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](http://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.*



## ARTS + CULTURE

### **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](mailto: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**

### **Knitting Club**

*In Person.* Exchange patterns and meet new friends while you work on your projects. For knitters and crocheters at all levels. *In memory of Shelli Kwiat, club founder. Registration is ongoing. The group will meet virtually in inclement weather.*

**16 Thursdays, Sep 7-Dec 28\*,  
4-6 pm, Pay what you wish**





## **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

## **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.

11 Wednesdays, Oct 4-Dec 20\*, 4:15-5:45 pm, \$20/\$25

## **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

### **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

## **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

### **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! 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 *shlichah* (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](https://mmjccm.org/wechsler) OR EMAIL [BOXOFFICE@MMJCCM.ORG](mailto: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@mjmjccm.org](mailto:jcinclair@mjmjccm.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**

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

### **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.*



THE WECHSLER CENTER  
**ENGAGE**  
JEWISH SERVICE CORPS

Through Engage@Wechsler, 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](mailto:bfink@mmjccm.org).*

### 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.

### Individual Volunteering

*In Person + Virtual.* Assist partner agencies throughout NYC in a variety of possible roles as an individual one-time or ongoing volunteer.

### [Learn About Engage New Volunteer Orientations](#)

Virtual. Meet one-on-one or in a small group with a volunteer leader who will help you learn more about the Engage@Wechsler volunteer program.

**3 Mondays, Oct 2, Nov 6 + Dec 4, 6-7 pm, Free**

### [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](mailto:seniortechNYC@mmjccm.org) or visit [mmjccm.org/SeniorTechNYC](http://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](mailto: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](mailto:caringcommittee@mmjccm.org).*



### [Improve Your Quality of Life with Technology](#)

**MARK SURABIAN, ASSISTIVE TECHNOLOGY CONSULTANT**

*In Person + Virtual.* This technology class will focus on accessibility. Discover built-in features to all personal technologies that allow us to operate them more easily or access the world around us more readily. Discover tools for supporting all levels of hearing, vision, and memory.

**TBA, Free**

### [Ask and Learn PC + MAC Sessions](#)

**BARRY ELKINS + ABBY RICH**

*Virtual.* Each session will focus on a specific topic, covering both operating systems. Topics include system security, email programs, browser choice and organization, and use of streaming devices.

**Second + fourth Mondays, Sep–Dec, 2:30–4 pm, Free**

### [App Art](#)

**LINDA SCHLEIDER**

*In Person.* Explore apps that turn iPhone and iPad photos into works of art. Please download them prior to class and ensure your iOS software is up to date. Select a few favorite photos on your device to work with. Bazaar (\$6.99) and Brushstroke (free) apps will be featured.

**Thu, Sep 7, 11 am–12:30 pm, \$20/\$25**

### [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**

### [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.

**Wed, Oct 11, 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

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## **Here to Help**

Need one-on-one assistance with any device or computer issue?

Email [techsoup1on1@mmjiccm.org](mailto:techsoup1on1@mmjiccm.org) for information.

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### **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](https://mmjccm.org/wechsler) OR EMAIL [BOXOFFICE@MMJCCM.ORG](mailto:BOXOFFICE@MMJCCM.ORG).





## HEALTH, LEGAL + SAFETY MATTERS

### **Medicare 2024**

**ERIC HAUSMAN, NYC DEPT. FOR  
THE AGING, HIICAP**

*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@jbfc.org](mailto:mherscher@jbfc.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.*



### 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.

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





## **📍 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](http://MMJCCM.ORG/WECHSLER) OR EMAIL [BOXOFFICE@MMJCCM.ORG](mailto: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](http://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](mailto: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](mailto:lri@mmjccm.org) or call 212.873.9042.*

### **Massage: Relax. Release. Unwind.**

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](http://mmjccm.org/massage) to schedule an appointment.*







TO REGISTER FOR PROGRAMS, VISIT [MMJCCM.ORG/WECHSLER](https://mmjccm.org/wechsler) OR EMAIL [BOXOFFICE@MMJCCM.ORG](mailto:BOXOFFICE@MMJCCM.ORG).





TO REGISTER FOR PROGRAMS, VISIT [MMJCCM.ORG/WECHSLER](https://www.mmjccm.org/wechsler) OR EMAIL [BOXOFFICE@MMJCCM.ORG](mailto: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](http://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](http://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**

**Walking/Gait Mechanics + Balance: Oct 19-Nov 9**

**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**

## 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\***

### 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**

### Eating for Skin Health + Anti-Aging

**JESSICA KRANT, M.D.**

*In Person.* Explore how gut and skin health are deeply interconnected, how diet affects common skin conditions, and how a plant-based diet and a healthy lifestyle can slow aging. *Free for those being tested or treated for cancer.*

**Tue, Oct 24, 7–8:15 pm, \$10**

### **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.*









## 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](https://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](mailto:wchapman@mmjccm.org) or visit [mmjccm.org/parkinsons](https://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 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.

**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 OSTEOPOROSIS 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.*



## 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**



### **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.



## 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.

**Wednesdays, 10–11 am**

**9 Wednesdays, Sep 13–Nov 8, \$216/\$243**

**8 Wednesdays, Nov 15–Jan 10\*, \$192/\$216**

## 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**



**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

### 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” KELEN, 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

Intermediate: 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

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\*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](http://mmjccm.org/hebrew) or contact Anila Sole at [asole@mmjccm.org](mailto:asole@mmjccm.org) for more information.

**Fall classes beginning mid-September**

### **The Healing Shofar: A Night of Remembrance**

**RABBI MIRIAM HERSCHER +  
RABBI ADAM HUTTEL**

*Virtual.* Come together with others who are grieving the loss of a loved one as we explore ways of finding meaning and comfort through the themes of the High Holidays, especially renewal and return.

**Tue, Sep 12, 5:30–7 pm, Free**

### **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](http://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**





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MARLENE MEYERSON JCC MANHATTAN  
334 AMSTERDAM AVENUE | 76TH STREET  
NEW YORK, NY 10023

PROUD PARTNER UJA FEDERATION NEW YORK

# THE WECHSLER CENTER FOR MODERN AGING

## FALL 2023

### **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](https://mmjccm.org/symposium) to register.

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

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