

**marlene  
meyerson jcc**

**manhattan** THE WECHSLER CENTER FOR MODERN AGING



# THE WECHSLER CENTER FOR MODERN AGING

WINTER/SPRING 2024



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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.*



Members Save On Programs!

At the JCC, members get reduced pricing on programs. The first program price listed is for members, and the second price is for the general public.

Learn more about JCC memberships at [mmjccm.org/about-membership](http://mmjccm.org/about-membership)

Photos: Nancy Alder, Daniela Garza Maldonado, Roshni Khatri, Angelica Ciccone





## SOCIAL EVENTS + CELEBRATIONS

### Week of Wechsler

We invite you to join us for the Week of Wechsler, featuring highlighted programs and special events specially curated for Modern Ageds. This week will culminate in the 2nd Annual Wechsler Wellness Fair and 8th Annual Symposium on Positive Aging. *The Wellness Fair is cosponsored by our partners at the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai.*  
**May 14-20**

### Come Schmooze: 2024 Program Preview

*In Person.* Schmooze with other older adults and Wechsler Center staff while learning more about the JCC and upcoming winter programs.

**Wed, Jan 10, 11 am-12:30 pm,  
Pay what you wish**

### Older Adult Lounge

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:**

**13 Mondays, Jan 22-Apr 15,  
1-2:30 pm, Pay what you wish**

**In Person:**

**13 Mondays, Jan 22-Apr 15,  
2:30-4 pm, Pay what you wish**

**14 Wednesdays, Jan 17-Apr 17,  
1-2:30 pm, Pay what you wish**

### Tu B'Shevat Seder

**RABBI BRIAN FINK**

*In Person.* Come together as a community for this festive celebration of nature and learn more about the Tu B'Shevat holiday.

**Wed, Jan 24, 2-3 pm, \$15/\$20**

### Cocktails + Conversation

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

**Thu, Mar 14, 6-8 pm, \$25/\$30**

### Memorial Tree Dedication

*In Person.* Join us as we unveil 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.

**Tue, Apr 9, 4-5:30 pm,  
Pay what you wish**

**Rain Date: Wed, Apr 10**

### New Members Reception

*In Person.* An opportunity for new 60+ members to meet and mingle with volunteer leaders and staff. A great way to stay current on the JCC and our courses and programs.

**Wed, May 15, 2:30-4 pm, Free**

### Worldwide Knit In Public Day

*In Person.* Whether you knit, crochet, or practice another fiber art, we invite you to bring your latest project and join us in the JCC lobby for the largest knitter-run event in the world.

**Fri, Jun 7, 10 am-noon, Free**



## ARTS + CULTURE

### Knitting Club

*In Person.* For adult knitters and crocheters at all levels and of all ages. *In memory of club founder Shelli Kwiatt. Registration is ongoing. The group will meet on Zoom in inclement weather.*

**17 Thursdays, Jan 4–Apr 18,  
4–6 pm, Pay what you wish**

### 60+ Drama Group

SCOTT KLAVAN

*In Person.* Through prepared scenes, monologues, improvisations, theater games, and original student work, you will increase creative skills, improve memory and concentration, and boost self-confidence while making new friendships.

**9 Mondays, \$117/\$126**

**Section 1: Jan 8–Mar 11,\*  
10 am–noon**

**Section 2: Jan 8–Mar 11,\* 1–3 pm**

**Section 3: Mar 18–May 20,  
10 am–noon**

**Section 4: Mar 18–May 20,  
1–3 pm**

### Wechsler Center Fiction Book Club

SYLVIA TOMASCH

*In Person.* We will engage in group discussions about novels that explore diverse Jewish experiences both in the U.S. and around the world. *See website for book selections.*

**4 Mondays, Jan 8, Feb 12,  
Mar 11 + Apr 8, 2–3 pm,  
Pay what you wish**

### Artful Aging

JUDITH E. GREENWALD, PH.D.

*In Person.* Foster creativity, community, and a sense of novelty by joining our art class, a fulfilling endeavor that can enhance your well-being and soul. *No art experience is necessary.*

**17 Thursdays, Jan 11–May 23,\*  
10 am–1:30 pm, \$765/\$935**

### 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.

**6 Thursdays, 6–7:30 pm,  
\$80/\$95**

**Section 1: Jan 18–Feb 29\***

**Section 2: Mar 14–Apr 18**

### Rock 'n Roll: Songs of the '80s

DAVID CHENEY

*In Person.* Join us as we listen to the songs that not only mirrored the materialistic era of the 1980s but also left a lasting imprint on our musical memories.

**3 Wednesdays, Jan 24–Feb 7,  
11 am–noon, \$50/\$60**

### Modern Ager Chorus

ELLEN RATNER, JCC CHORUS  
DIRECTOR

*In Person.* Guided by a former NYC music teacher and the former director of the NYC Retired Teachers Chorus, our chorus fosters a sense of togetherness and the delight of sharing music.

**12 Wednesdays, Jan 31–May 22,\*  
4:15–5:45 pm, \$25/\$30**

### Love Songs of the '30s

ELLEN RATNER, JCC CHORUS  
DIRECTOR

*Virtual.* February is the month of love! Hear stories about love and sing along to some of the most romantic songs of the 1930s to fill your heart with joy.

**Mon, Feb 12, 4–5:30 pm, \$7/\$10**

### Between the Lines Readers Club

*In Person.* Discuss short pieces of literature representing a range of genres—including short stories, poems, and essays.

**8 Mondays, Feb 19–Apr 8,  
noon–1 pm, \$16/\$18**

### Rooftop Herb + Vegetable Garden Club

*In Person.* Join us weekly for a rooftop gathering where we come together to care for our community garden and take home a portion of the harvest.

**Tuesdays, 3–4 pm,  
Pay what you wish**

**Section 1: 6 Tuesdays,  
Mar 12–Apr 16**

**Section 2: 17 Tuesdays,  
May 7–Aug 27**



### **Mick, Paul + Twyla: Iconic Artists in Their 80s**

RENEÉ CHEROW-O'LEARY, PH.D.

*In Person.* What happens to iconic artists as they age? We will listen to and watch excerpts of works from Mick Jagger, Paul Simon, and others, and discuss how aging has deepened each artist's repertoire.

Wed, Mar 20, 2-3:30 pm,  
\$18/\$22

### **Writing Our Mothers**

JUDITH RUSKAY RABINOR,  
PSYCHOLOGIST + ESTHER COHEN,  
AUTHOR

*In Person.* This workshop examines the complexity of mothering and motherhood. Through readings and meditative writing exercises, participants explore and expand their own complex experiences as daughters and mothers.

Thu, May 2, 1-2:30 pm, \$30/\$40

### **Join the Culture Club**

*In Person.* Join us before JCC 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.



### **Literacy Activities = Healthy Mind**



An Australian study of 10,000 relatively healthy adults with a mean age of 74 found that frequently engaging in literacy activities—taking classes, using the computer, and writing—was associated with an 11 percent lower risk of dementia over 10 years. The Wechsler Center for Modern Aging has a wide range of arts, culture, and technology classes for you to choose from to potentially help lower your risk.



## DISCUSSION GROUPS + LEARNING

### Foreign Affairs Discussion Group

DAVID M. CHENEY

*In Person + Virtual.* Join our intellectually stimulating peer-led discussion group, where we delve into global affairs and pressing international issues. *Prorating available; fee includes reading material.*

**16 Fridays, Jan 5–Apr 19,  
10:30 am–noon, \$95/\$117**

### Informal Discussion + Lunch Group

*Virtual.* Discussion subjects cover everything and anything, including social issues, politics, life experiences, and more.

**16 Fridays, Jan 5–Apr 19,  
12:15–1:30 pm, Pay what you wish**

### Social and Political Issues

*In Person + Virtual.* Engage in thought-provoking discussions about controversial issues. Identify and dissect social and political hot topics at this intellectually stimulating program. *This group meets in person on the second Wednesday of each month.*

**15 Wednesdays, Jan 10–Apr 17,  
10:30 am–noon,  
Pay what you wish**

### Israel Update: A Current Affairs Discussion Group

*Virtual.* If you're interested in Israel's politics and current events, join us for a lively discussion led by Gali Rabin, the Jewish Agency's *shlich*a (emissary) from Israel to the UWS.

**4 Tuesdays, Jan 23, Feb 6 + 27,  
Mar 12, 10–11 am,  
Pay what you wish**

### Exploring Our World: Sex + the Constitution

SUSAN ADDELSTON

*In Person.* How is an 18th-century document applicable to controversies concerning obscenity, birth control, abortion, and LGBTQ+ issues today? Discuss fascinating case studies distinguishing between original intent and contemporary interpretations.

**Wed, Feb 7, 1–3 pm, \$18/\$22**

### Exploring Our World: Eleanor Roosevelt: First Lady of the U.S.

SUSAN ADDELSTON

*In Person.* What forces shaped this extraordinary woman who never held elected office yet profoundly influenced women's roles in the U.S. and beyond? Learn more about Roosevelt's fascinating life during this program.

**Wed, Mar 6, 1–3 pm, \$18/\$22**

### Jews in Baseball—Beyond Hank Greenberg + Sandy Koufax

STEVE KING, BASEBALL HISTORIAN

*Virtual.* Learn about the many Jewish contributions to baseball from the 1800s to today. We'll discuss owners, managers, announcers, baseball myths, statisticians, and fans, as well as Hank and Sandy!

**Wed, Mar 20, 11 am–12:30 pm,  
\$17/\$20**

### Exploring Our World: Nursery Rhymes for Adults

SUSAN ADDELSTON

*In Person.* There may be more to familiar childhood nursery rhymes than meets the eye. Join us as we discover the real meanings beyond the words we once took for granted!

**Wed, Apr 3, 1–3 pm, \$18/\$22**









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



## Bridge

Whether you are a beginner or a long-time player, all are welcome at our bridge clubs and classes. Stimulate your brain and hone your skills in this fun learning environment. *Learn more at [mmjccm.org/bridge-club](http://mmjccm.org/bridge-club).*

## Card + Game Room

*In Person.* Enjoy afternoons in the Card + Game Room for unfacilitated playing! Canasta cards are available or bring your favorite games.

**12 Mondays, Jan 29–Apr 15,  
2:30–4 pm, \$48/\$84**

## Chess Club

**WERNER BUHRER**

*In Person.* Keep your mind active and exercise those brain cells at the JCC Chess Club! Learn strategies, develop techniques, and engage in informal chess play. *All levels are welcome.*

**10 Sundays, Feb 11–Apr 21,\*  
11:30 am–1:30 pm, \$60/\$75**

## Mah Jongg Club: Unsupervised

*In Person.* Savor the game and camaraderie at our well-loved Mah Jongg Club. *New to the club? Contact Jennifer Cinclair at [jcinclair@mmjccm.org](mailto:jcinclair@mmjccm.org) for an introduction to other members.*

**5 Tuesdays, 1–4 pm, \$55/\$65**  
**Section 1: Jan 9–Feb 6**  
**Section 2: Feb 13–Mar 12**  
**Section 3: Mar 19–Apr 16**

## Beginner Mah Jongg

**JULIE AZOUS**

*In Person.* Discover the exciting game of mah jongg! You will learn about playing tiles, reading the mah jongg cards, basic rules, etiquette, and strategy. *Space is limited.*

**4 Thursdays, 2–4 pm, \$145/\$160**  
**Section 1: Jan 18–Feb 8**  
**Section 2: Mar 21–Apr 11**

## Mah Jongg: Supervised Play

**JULIE AZOUS**

*In Person.* Perfect for those who have taken our beginner mah jongg class or have played the game in the past. Sharpen your skills, learn to pick hands, and play to win. *Space is limited.*

**4 Thursdays, 2–4 pm, \$145/\$160**  
**Section 1: Feb 22–Mar 14**  
**Section 2: Apr 18–May 16\***

## Canasta Club: Supervised Play

**MICHELLE MARX**

*In Person.* These informal, supervised sessions will enable you to hone your skills and work on game strategy while meeting new friends and spending time with your canasta community.

**5 Wednesdays, 2–5 pm,  
\$115/\$130**  
**Section 1: Jan 10–Feb 7**  
**Section 2: Feb 14–Mar 13**  
**Section 3: Mar 20–Apr 17**

## Beginner Canasta

**MICHELLE MARX**

*In Person.* This class focuses on a four-person game of American canasta using two decks of cards. Upon completing the course, you will have the skills to join a round of canasta at our supervised play program. *No experience required.*

**4 Tuesdays, 2–4 pm, \$145/\$160**  
**Section 1: Feb 6–27**  
**Section 2: Mar 19–Apr 9**

## Pink Day with Sharsheret: Breast + Ovarian Cancer Education + Canasta

*In Person.* Learn more about the increased risk for breast and ovarian cancer in the Jewish community and how you can take charge of your health. After, stay as our guest to play canasta.

**Wed, Feb 14, 1–2 pm,  
Pay what you wish**

## NEW! Game Players Meet + Greet

*In Person.* Are you seeking new partners or groups to play games like bridge, canasta, mah jongg, chess, Scrabble, and more? Join us to meet other players and learn about our gaming clubs.

**Wed, May 15, 11 am–12:30 pm,  
Pay what you wish**

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





Through Engage@Wechsler, find meaningful volunteer opportunities to draw on your skills, interests, passion, and experience both at the JCC and in the community. Volunteers may take on the role of peer leaders and participate in our regular gatherings focused on community building and learning. *To learn more about any volunteer programs listed here, contact Rabbi Brian Fink at 646.505.4408 or [bfink@mmjccm.org](mailto:bfink@mmjccm.org).*

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

*Virtual.* Meet one-on-one or in a small group with a volunteer leader to learn more about the Engage@Wechsler volunteer program.

**6 Mondays, Jan 8, Feb 5, Mar 11, Apr 8, May 6 + Jun 3, 6-7 pm, Free**

### [Engage Women's Group](#)

*In Person + Virtual.* Build supportive connections and explore ways to give back to the community through Engage@Wechsler volunteer projects.

**6 Mondays, Jan 22, Feb 12, Mar 18, Apr 15, May 13 + Jun 10, 5:30-7 pm, \$10 minimum**

### [Pursuing Justice: Walking Wholeheartedly in a Broken World](#)

**RABBI BRIAN FINK**

*In Person.* We'll look to classical and contemporary Jewish wisdom as we work toward creating a more just world. In partnership with IYUN.

**5 Thursdays, Mar 14-Apr 11, 10:30 am-noon, \$100/\$120**



### [Engage@Wechsler Community Brunches](#)

*In Person.* Connect with fellow members of the Engage community for enriching discussions and learning experiences that will strengthen our bonds and complement our volunteer efforts. *A light brunch will be served.*

**3 Sundays, Feb 4, Mar 17 + May 5, 11 am-1 pm, \$30/\$36 per session**

### [English Overseas](#)

*Virtual.* This collaboration between the JCC and the Municipality of Jerusalem connects Jerusalem high school students with older adults who are native English language speakers. Students receive the opportunity to practice and build their English speaking skills. *For more info, contact Rabbi Brian Fink at [bfink@mmjccm.org](mailto:bfink@mmjccm.org).*

### **Caring Calls Volunteering**

Make a call, make a day. Through the JCC's Caring Calls, volunteers have reached out to thousands of older adults in our community in an effort to combat the persistent epidemic of loneliness. *To learn more or sign up, email Sherri Lerner at [caringcommittee@mmjccm.org](mailto:caringcommittee@mmjccm.org).*

### **SeniorTechNYC Classes**

Mobile device and social media classes for adults 60+ are taught by knowledgeable volunteers. *Email [seniortechNYC@mmjccm.org](mailto:seniortechNYC@mmjccm.org) or visit [mmjccm.org/SeniorTechNYC](http://mmjccm.org/SeniorTechNYC) to become a volunteer instructor.*

### **TechSoup**

TechSoup volunteers teach computer tutorials and provide one-on-one virtual and in-person tech assistance to other older adults with various technologies. *To become a volunteer, email [techsoup1on1@mmjccm.org](mailto:techsoup1on1@mmjccm.org).*





English Overseas meaningful student/volunteer meet-up during Wechsler Center trip to Israel



### Ask and Learn: PC and Mac Sessions

**BARRY ELKINS + ABBY RICH**

*Virtual.* Each session will focus on a specific topic, with both PC and Mac operating systems covered. Topics include keeping your system current and secure, email program use, streaming, and more.

**Second and fourth Mondays,  
Jan 8–Jun 10, 2:30–4 pm,  
\$15/\$20**

### OMNY Is Coming— Ready to Tap and Go?

**MELANIE RADLEY + KAREN RADLEY**

*Virtual.* By mid-2024, the MTA will be completely MetroCard-free. This seminar will explain how OMNY works, what it means for reduced-fare riders, and how to set up an account.

**Wed, Jan 10, 6–7 pm,  
\$20/\$25**

### iPhone Basics

**ABBY RICH + MERYL LEWIS**

*In Person + Virtual.* Learn the basics of Apple iPhone navigation, personalization, and app usage.

**Section 1: 2 Tuesdays,  
Jan 23 + 30, 2–4 pm, \$30/\$40**

**Section 2: 2 Thursdays,  
May 9 + 16, 2–4 pm, \$30/\$40**

### Online Dating— Swiping Right?

**MELANIE RADLEY + KAREN RADLEY**

*Virtual.* Mother-daughter dating veterans bring fresh strategies to conquer the internet dating burnout syndrome. Learn how to write a compelling profile, upload eye-catching photos, and find the best dating site for your needs.

**Wed, Feb 7, 6–7:30 pm, \$20/\$25**

### Improve Your Quality of Life with Technology

**MARK SURABIAN, ASSISTIVE  
TECHNOLOGY CONSULTANT**

*In Person + Virtual.* This class will emphasize accessibility. Participants will explore the built-in features of personal technologies that enhance ease of use and improve accessibility to the world around us.

**2 Mondays, Feb 12 + May 13,  
10 am–noon, Free**

### Using Apple's Photo App for Editing Your Photos

**ABBY RICH**

*In Person + Virtual.* Learn about standard Apple Photo editing tasks such as cropping, straightening, and how to adjust lighting. We will look at the Albums feature within Apple and teach you to make your own.

**Thu, Feb 15, 10 am–noon,  
\$20/\$25**

### What Is Artificial Intelligence?

**NORMAN REISS**

*Virtual.* Artificial Intelligence is all anyone has discussed 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.

**Wed, Mar 13, 6–8 pm, \$20/\$25**

### Google Tools—Gmail, Docs, Sheets, Calendar + More

**MERYL LEWIS**

*In Person + Virtual.* This course is designed to help you feel confident and make the most of the numerous features Google offers.

**2 Thursdays, Mar 21 + 28,  
2–4 pm, \$45/\$55**

### Streaming TV—The Future Is Now

**FRANK STRAUSS**

*Virtual.* Join this informative discussion on how to move into the world of streaming.

**Tue, Apr 9, 11 am–12:30 pm,  
\$20/\$25**

### What's Up with WhatsApp?

**BARRY ELKINS + ABBY RICH**

*In Person.* Grasp the fundamentals of online communication using Wi-Fi, allowing you to make video and voice calls and chat with colleagues, friends, and family worldwide without incurring telephone charges.

**Wed, Apr 10, 1–2:30 pm,  
\$20/\$25**



## iPhone Photography

ABBY RICH

*In Person + Virtual.* Learn how to get great photographs using your iPhone and get tips that will allow you to use the iPhone camera to control focus and exposure. We will cover the new generation iPhones as well as previous models.

**Tue, Apr 16, 10:30 am-noon,  
\$20/\$25**

## What to Do in an Internet Outage or a Blackout

BARRY ELKINS + ABBY RICH

*In Person.* Stay connected to the internet when your service provider is reporting an outage. Learn how to keep your devices charged during an electrical outage or blackout.

**Wed, Apr 17, 1-2 pm, \$20/\$25**

## 📍 iPhone Photography Field Trip: Walking Photo Tour of Central Park

ABBY RICH

*In Person.* Utilize the features you learned in our iPhone Photography class to create great photos in NYC's most incredible park.

**Tue, May 7, 10:30 am-noon,  
\$20/\$25**

### **Here to help!**

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

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





## **Birdwatching Tour of Central Park**

MIRIAM RAKOWSKI

*In Person.* Join us to witness the beauty of migratory birds in Central Park, recognized as one of the top 10 birdwatching destinations in the U.S. Throughout this series, our focus will be on warblers.

**3 Thursdays, 9–11 am,  
\$51/\$63**

**Section 1: Mar 28–Apr 11**

**Rain date: Apr 18**

**Section 2: May 2–23\***

**Rain date: May 30**



## **OUTINGS + TRIPS**

### **Duck Watching Tour of Central Park**

MIRIAM RAKOWSKI

*In Person.* See the varied species of ducks overwintering in Central Park. We will walk together around the reservoir and enjoy duck and winter bird sightings.

**Thu, Jan 18, 9–11 am, \$18/\$21**

**Rain date: Thu, Jan 25**

### **Radio City Music Hall: Backstage Tour**

*In Person.* Join us for an exciting behind-the-scenes tour. Learn about the graceful architecture and engineering feats that make this vast performing arts space spectacular.

**Thu, Feb 15, 10:30–11:30 am,  
\$30/\$35**

### **Center for Jewish History**

*In Person.* During this tour, a docent will lead us through the archival processing and conservation wing, the genealogy institute, the library, and several exhibitions.

**Tue, Mar 12, 10 am–noon,  
\$17/\$20**

Additional outings and trips in the spring are in the works.

Visit us at [mmjccm.org/adults/60wechsler-center-modern-aging](https://mmjccm.org/adults/60wechsler-center-modern-aging) to learn more, and sign up for our program emails to be the first to know about these popular outings.



# AGING WITH PURPOSE

## Tips for How to Form and Maintain Friendships

**MERLE REIN**

*In Person.* Finding ways to meet new people and form strong connections can pose unique challenges in our later years. This workshop aims to open your eyes to new—and better—ways to navigate and develop friendships.

**3 Wednesdays, Feb 21–Mar 6,  
2–3:30 pm, \$50/\$60**

## What Matters Group Information Sessions

*In Person + Virtual.* Learn about advance care planning and engage in meaningful conversations to help ensure that your health care wishes are known and honored.

**Virtual:**

**Wed, Feb 28, 10 am–noon, Free**

**In Person:**

**Thu, Apr 18, 10 am–noon, Free**

## Aging Alone, Together—Planning for Solo Agers

*In Person.* Designed for those seeking tools, strategies, and support to age more intentionally and plan for the future. Topics include end-of-life and healthcare choices, aging in place, and more. *In partnership with DOROT.*

**6 Wednesdays, Mar 13–Apr 17,  
10 am–noon, Free**

## Wise Aging

*In Person.* Discover new resources and support to live your later years with spirit, resilience, and wisdom.

**6 Wednesdays, May 1–Jun 5,  
1–2:30 pm, \$75/\$90**

## Still Geri: Living Well with Memory Loss

**JIM + GERI TAYLOR**

*In Person.* Ever since Geri Taylor was diagnosed with Alzheimer's disease in 2012, she and her husband, Jim, have made it their life's work to encourage people to live well post-diagnosis. Learn more about their journey at this special program.

**Wed, Jun 5, 3–4:30 pm,  
Pay what you wish**

## **Want to help create an Age-Friendly Upper West Side?**

Join us to learn more and kick off this new initiative!

**Thu, Feb 1, 5:30–7:30 pm, Free**







### **JASA/JCC Senior Community Connection Project**

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

Email [wechslercenter@mmjccm.org](mailto:wechslercenter@mmjccm.org) to set up an appointment.

### **Avoiding Online Scams**

**BRIAN RAUER, EXECUTIVE DIRECTOR + GENERAL COUNSEL, BETTER BUSINESS BUREAU OF METROPOLITAN NEW YORK**

*Virtual.* Consumer fraud and ID theft can happen to anyone. Learn to avoid falling prey to scams, identify red flags, and, if victimized, what steps to take to minimize the damage.

**Wed, Feb 7, 11 am-12:30 pm,  
Pay what you wish**

### **Best Practices in Hiring a Home Health Aide**

**LAURA RADENSKY**

*Virtual.* Join us for an overview of various types of home care sources through Medicare, Medicaid, and private pay, as well as recent legislation, trends, and regulatory changes to home care services.

**Wed, Feb 21, 11 am-12:30 pm,  
Pay what you wish**

### **Options and Eligibility for Medicaid Express + Medicare Savings Programs**

**DAWN SCHUK, OFFICE OF EXTERNAL AFFAIRS/CITYWIDE HEALTH INSURANCE ACCESS**

*In Person.* Learn about crucial health insurance options, eligibility, and enrollment processes for seniors and people with disabilities. Topics include Medicaid, Medicaid Excess Income, Medicare Savings Programs, and more.

**Wed, Mar 13, 2-3 pm, Free**

### **The Rights of Tenants**

**JUSTIN BRASCH, ATTORNEY-AT-LAW**

*Virtual.* Following the pandemic and the passage of the Tenant Protection Act of 2019, much has changed for tenants. Protect yourself by understanding your rights.

**Wed, Apr 3, 2-3 pm, Free**

### **Monthly Ask the Geriatrician Lectures**

*Virtual.* Join us for curated health lectures from our partners at Mount Sinai.

**Tuesdays, 4-5 pm,  
Pay what you wish**

**Feb 27:**

**Bone Health + Osteoporosis with Se-Min Kim, M.D.**

**Mar TBD:**

**Advanced Care Planning from the Physician's Perspective with Beth Popp, M.D.**

**Apr 16:**

**Auditory Health with Maura Cosetti, M.D.**

***In Person* May 16:**

**Meet the Geriatricians (Part of the Wechsler Wellness Fair)**





# Week of Wechsler Wellness Fair!



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





### **The Plus Side of Talking to Strangers**

Recent studies out of Harvard Business School reveal that people whose daily interactions are spread evenly among members of diverse groups (friends, coworkers, family, strangers) are happier than those with more limited social circles. Our Supportive Communities are designed with this research in mind to expand their social network to lead more meaningful and joyful lives.



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





## SUPPORTIVE COMMUNITIES + GROUPS

*These groups meet to share the joy and challenges of aging, as well as conversation and friendship. For all groups, we ask that you commit to attending the majority of the sessions listed.*

### 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.

**17 Thursdays, Jan 4–Apr 25,  
12:30–1:30 pm, Free/\$85**

### Men's Group

**RABBI BRIAN FINK**

*In Person.* This group is a safe and welcoming environment for 60+ men to share their experiences, challenges, and goals while forming friendships.

**Thursdays, 2–3 pm**

**Section 1: 7 Thursdays,  
Jan 4–Feb 15, Free/\$35**

**Section 2: 8 Thursdays,  
Feb 29–Apr 18, Free/\$40**

**Section 3: 5 Thursdays,  
May 2–30, Free/\$25**

### Support Group for 80+

**RABBI MIRIAM HERSCHER,  
BCC, LMSW**

*Virtual.* Engage in discussions covering various topics, such as hobbies, friendships, relationships with adult children, aging in place, and strategies for leading a fulfilling life as you navigate the aging process.  
*Cosponsored by JBFCs.*

**15 Tuesdays, Jan 9–Apr 16,  
3–4 pm, Pay what you wish**

### Bereavement Support Group

**RABBI MARCELLE HOHL +  
RABBI BRIAN FINK**

*In Person.* Join others who have recently experienced a loss. *Presented in partnership with JASA's Senior Community Connection Project.*

**9 Tuesdays: Jan 9 + 23,  
Feb 6, Mar 5 + 19, Apr 2 + 16,  
May 7 + 21, 3–4 pm, Free**

### Women's Groups

*In Person + Virtual.* Participate in our women's groups for friendly interactions, mutual support, and lively conversations about various life-related topics.  
*Pre-registration required.*

**In Person:**

**Sharon Samet, Ph.D., LCSW  
15 Thursdays, Jan 11–Apr 18,  
11 am–noon, Free/\$75**

**Virtual:**

**Barbara Cooper, Ed.D.  
15 Thursdays, Jan 11–Apr 18,  
noon–1 pm, Free/\$75**

### The Memory Project

*In Person.* In this program designed for individuals with early memory loss and their families, caregivers take part in a support group aimed at enhancing their coping and practical skills. Simultaneously, their loved ones enjoy an engaging program with art, music, and activity.

**7 Tuesdays, \$182/\$217**

**Section 1: Jan 16–Feb 27,  
11 am–noon**

**Section 2: Jan 16–Feb 27, 1–2 pm**

**Section 3: Mar 5–Apr 16,  
11 am–noon**

**Section 4: Mar 5–Apr 16, 1–2 pm**

### The Memory Cafe

*In Person.* A bimonthly casual social gathering for people with memory loss and their families. Each session will include group enrichment activities in music and the arts, active movement, and conversation.

**7 Thursdays, Jan 25, Feb 8 + 22,  
Mar 7 + 21, Apr 4 + 18,  
\$10/\$15 per session**

*For more information, contact  
Project Director Judy Margolis at  
646.505.4398.*





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





## 60+ FITNESS

### **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 info.

### **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 info.

### **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.

### **New Year's Fitness for EveryBODY Fair**

*In Person + Virtual.* Start 2024 off with a burst of joy. Enjoy a sampling of fun fitness classes, mind/body workouts, and nutrition lectures. End the day with a Broadway musical performance.

*For details and to register, visit [mmjccm.org/newyears](http://mmjccm.org/newyears).*

**Sun, Jan 7, 10:30 am–4:30 pm, Free**



### **Daily Facilitated Meditation**

*Virtual.* Join our gifted meditation teachers 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**

### **Nourish Your Mind: Plant-Powered Eating for Brain Health**

*Virtual.* Join leading physicians, researchers, and health coaches to explore the remarkable connection between what we eat and the vitality and resilience of our brains. *In partnership with Plant Powered Metro New York.*

**Date TBD, see website for details**

### **Rewire the Brain, Rebuild the Body**

**MIKE KALAJIAN**

*In Person + Virtual.* Learn easy exercises to improve your vision, balance, and overall brain-body integration. *All levels welcome.*

**4 Thursdays, 2:45-3:45 pm,  
\$145/\$190**

**How Pain Works + Strategies  
to Retrain Your Brain to Get  
Moving: Jan 18-Feb 8**

**Managing Fear—Brain-Based  
Fall Prevention + Strategies:  
Mar 7-28**

**Retrain Your Brain to Improve  
Your Vision: May 2-23**

**Take All + Save: \$400/\$550**





# HEALTHY BONES AT ANY AGE

## **Yoga for Bone Health + Osteoporosis**

CATHY LILLY, BSC MED TECH,  
E-RYT500, C-IAYT

*In Person + Virtual.* Improve balance, strength, and spinal alignment while reducing the risk of fractures and osteoporosis.

10 Wednesdays, 1:45–3 pm,  
\$240/\$270

Section 1: Jan 17–Mar 20

Section 2: Mar 27–Jun 5\*

## **Balance and Bones Plus**

LINDA ROSE IENNACO, BONE HEALTH  
AND OSTEOPOROSIS FOUNDATION  
(BHO) AMBASSADORS LEADERSHIP  
COUNCIL

*In Person + Virtual.* Practice chair and standing exercises to boost bone health, prevent falls, and increase the core stability and muscle strength needed to protect wrists, hips, and lower back.

Tuesdays, 11 am–noon

Section 1: 10 Tuesdays,  
Jan 16–Mar 19, \$210/\$230

Section 2: 9 Tuesdays,  
Mar 26–Jun 4, \* \$189/\$207

## **Balance and Bones™**

LINDA ROSE IENNACO, BHO  
AMBASSADORS LEADERSHIP COUNCIL

*In Person + Virtual.* Practice safe, effective chair exercises to increase core stability and strengthen the muscles needed.

10 Thursdays, 11 am–noon,  
\$210/\$230

Section 1: Jan 18–Mar 21

Section 2: Mar 28–Jun 6\*

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

## **May Is Osteoporosis Awareness Month**

Join us for these special programs on protecting your bones with good food, exercise, and activity. *Free for those being tested or treated for cancer.*

## **Osteoporosis Prevention and Treatment in Men + Women**

ALANA C. SEROTA, M.D.

*Virtual.* Learn what bones are designed to do and how to keep them strong and functional. Discuss common bone diseases and the pros and cons of the latest medical treatments.

Thu, May 9, 7–8 pm,  
Pay what you wish

## **Functional Fitness for Bone Health + Injury Prevention (Lecture + Demo)**

LINDA ROSE IENNACO, BHO  
AMBASSADORS LEADERSHIP COUNCIL

*In Person + Virtual.* Learn exercises to maintain and regain bone health, creating new movement patterns to stave off fractures of the spine and increase strength and mobility of the wrists, ankles, and hips.

Wed, May 15, 3:15–4:45 pm,  
\$20/\$25

## **Eating for Bone Health**

JASON MACHOWSKY, RD

*Virtual.* Learn how diet can promote healthy bones, and discover the foods that support a strong and healthy skeletal system.

Thu, May 23, 6:30–8 pm, \$15







## WELLNESS CLASSES

### Cooking with Chef Carole

**CHEF CAROLE LEVY, CULINARY EDUCATOR WITH PLANT POWERED METRO NEW YORK**

*Virtual.* Explore the delicious world of plant-based baking and cooking without added oils, salt, or sugar.

**Sundays, Feb 4 + Mar 3,  
5-6:15 pm, Pay what you wish**

***Apr, May + Jun dates TBD,  
check website for details.***

### 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, Jan 16, Feb 13,  
Mar 12, Apr 9, May 7 + Jun 4,  
noon-1 pm, Pay what you wish**

### **Open Your Heart**

February is American Heart Month. Explore how reducing stress can help prevent cardiovascular disease, as well as ways to nurture your body and mind.

### Stroke: The Latest Prevention + Treatment

**MATTHEW FINK, M.D., DEPARTMENT OF NEUROLOGY, NEWYORK PRESBYTERIAN/WEILL CORNELL MEDICINE**

*In Person + Virtual.* Learn about lifestyle changes that can help prevent stroke and how to recognize the early warning signs and symptoms.

**Tue, Feb 6, 7-8:15 pm, Pay what you wish**

### Gentle Yoga + Music to Awaken Love Within

**WHITNEY CHAPMAN + AMY CAMIE**

*Virtual.* Experience the sounds and vibrations of healing harp music. Breathe into restorative yoga postures to relax your body, calm your mind, and open your heart. *Free for those in treatment for cancer.*

**Mon, Feb 12, 6:15-7:30 pm, \$15/\$20**

### How to Get and Give a Great Massage

**ERICKA CLINTON, BS, LMT; JOELLE EVANS GOMEZ, LMT + GERARDO GOMEZ, LMT**

*In Person.* Discover easy-to-learn Swedish massage techniques to help ease stress and relieve pain that you can do with a family member, friend, or partner. Connect, laugh, and relax as you sip tea or something bubbly. *Free for those in treatment for cancer.*

**Tue, Feb 13, 6:30-8 pm, \$50 per pair**



### 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](http://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 wellness program for people living with PD and their families.

Visit [mmjccm.org/parkinsons](http://mmjccm.org/parkinsons) for more information.





## FITNESS + WELLNESS WORKOUTS

### Tap Into Well-being™

#### Basic + Basics Plus

LINDA ROSE IENNAO, BHOF  
AMBASSADORS LEADERSHIP COUNCIL

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

**Basic:** 5, Thursdays,  
12:15-1:15 pm, \$105/\$115  
**Section 1:** Jan 18-Feb 15  
**Section 2:** Mar 21-Apr 18  
**Section 3:** May 9-Jun 6

**Basics Plus:** 10 Thursdays,  
4:15-5:15 pm, \$210/\$230  
**Section 1:** Jan 18-Mar 21  
**Section 2:** Mar 28-Jun 6\*

#### 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.

**10 Wednesdays, 10-11 am,**  
\$240/\$270  
**Section 1:** Jan 17-Mar 20  
**Section 2:** Mar 27-Jun 5\*

### Sculpt + Align

SARA BERG

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

**10 Fridays, 8-9 am +**  
**9:30-10:30 am,**  
**\$180/\$210/\$230**  
**Section 1:** Jan 19-Mar 22  
**Section 2:** Mar 29-Jun 7\*

### Exercise with Ease

LINDA ROSE IENNAO, BHOF  
AMBASSADORS LEADERSHIP COUNCIL

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

**10 Fridays, 11 am-noon,**  
\$210/\$230  
**Section 1:** Jan 19-Mar 22  
**Section 2:** Mar 29-Jun 7\*

### Walking Clinic

LINDA ROSE IENNAO, BHOF  
AMBASSADORS LEADERSHIP COUNCIL

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

**3 Thursdays, 2:45-3:45 pm,**  
\$180/\$225  
**Section 1:** Feb 15-29  
**Section 2:** Apr 4-18

## YOGA

### 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. *Must be able to get down to and up from the floor.*

**10 Wednesdays,**  
**11:15 am-12:15 pm, \$210/\$230**  
**Section 1:** Jan 17-Mar 20  
**Section 2:** Mar 27-Jun 5\*

### 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.

**Wednesdays, 3:30-4:45 pm**  
**Section 1:** 9 Wednesdays,  
Jan 17-Mar 20, \* \$216/\$243  
**Section 2:** 8 Wednesdays,  
Mar 27-Jun 5, \* \$192/\$216

### 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.

**10 Thursdays, 1:30-2:30 pm,**  
\$210/\$230  
**Section 1:** Jan 18-Mar 21  
**Section 2:** Mar 28-Jun 6\*

*\*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 patterns. Safe for those with herniation, sciatica, and scoliosis.

**Tuesdays, 12:15-1:30 pm**

**Section 1: 9 Tuesdays,  
Jan 30-Mar 26, \$216/\$243**

**Section 2: 8 Tuesdays,  
Apr 2-Jun 4 , \* \$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. *Not recommended for beginners.*

**Fridays, noon-1:15 pm**

**Section 1: 10 Fridays,  
Jan 26-Mar 29, \$240/\$270**

**Section 2: 9 Fridays,  
Apr 5-Jun 7 , \* \$216/\$243**



### **Mix It Up for Max Benefits**



A study of cognitively healthy 85- to 99-year-olds found that those who combined cardio and strength training performed at higher cognitive levels than their counterparts who were sedentary or did just one or the other, according to the GeroScience journal.





## PILATES

### 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: 10 Tuesdays,**  
Jan 16-Mar 19, \$240/\$270

**Section 2: 10 Thursdays,**  
Jan 18-Mar 21, \$240/\$270

**Section 3: 9 Tuesdays,**  
Mar 26-Jun 4, \* \$216/\$243

**Section 4: 10 Thursdays,**  
Mar 28-Jun 6, \* \$240/\$270

### 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.*

**Workshop 1: 2 Wednesdays,**  
Jan 17 + Feb 7, 11-11:45 am,  
\$20/\$25 per session

**Take Both and SAVE: \$35/\$40**

**Workshop 2: 2 Wednesdays,**  
Apr 10 + May 1, 11-11:45 am,  
\$20/\$25 per session

**Take Both and SAVE: \$35/\$40**

### 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 short consultation with Randi at the beginning and end of the series.*

*Free for those being tested or treated for cancer.*

**4 Wednesdays, 11 am-noon,**  
\$225/\$250

**Section 1: Feb 28-Mar 20**

**Section 2: May 15-Jun 5**

### Pain Relief with Pilates

R. KIM JORDAN, THERAPEUTIC PILATES INSTRUCTOR

*In Person.* Previous experience with Pilates is a plus but not necessary.

**5 Sundays, 4:30-5:45 pm,**  
\$25/\$27/\$35 per session

**Relieve Your Hip Pain: Jan 28**

**Relieve Your Shoulder Pain:**  
Feb 25

**Relieve Your Neck Pain: Mar 17**

**Relieve Your Sciatic Pain: Apr 14**

**Relieve Your Arthritis Pain:**  
May 19

**Take All 5 and SAVE:**  
\$99/\$110/\$145

## 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**  
**10 Thursdays, 1:45-2:45 pm,**  
\$180/\$210/\$230

**Section 1: Jan 18-Mar 21**

**Section 2: Mar 28-Jun 6\***

**In Person:**

**Level II: Karen "Aiki" Kelley**  
**8 Mondays, 1:45-2:45 pm,**  
\$144/\$168/\$184

**Section 1: Jan 22-Mar 18\***

**Section 2: Mar 25-Jun 3\***

**Level III: Karen "Aiki" Kelley**  
**Tuesdays, 1:45-2:45 pm**

**Section 1: 10 Tuesdays,**  
Jan 16-Mar 19, \$180/\$210/\$230

**Section 2: 9 Tuesdays,**  
Mar 26-Jun 4, \*  
\$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 levels.

**10 Wednesdays, 7:30-8:45 pm,**  
\$240/\$270

**Section 1: Jan 17-Mar 20**

**Section 2: Mar 27-Jun 5\***



**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:**

**Tuesdays + Thursdays,**  
**12:15-1:15 pm, \$264/\$320/\$384**

**Section 1: Jan 16-Feb 8**

**Section 2: Feb 13-Mar 7**

**Section 3: Mar 12-Apr 4**

**Section 4: Apr 9-May 14\***

**Mondays + Wednesdays,**  
**12:15-1:15 pm, \$264/\$320/\$384**

**Section 1: Jan 25-Feb 22\***

**Section 2: Feb 26-Mar 20**

**Section 3: Mar 25-Apr 17**

**Section 4: May 1-Jun 3\***

**Virtual:**

**Mondays + Thursdays,**  
**11 am-noon, \$264/\$320/\$384**

**Section 1: Jan 25-Feb 22\***

**Section 2: Feb 26-Mar 21**

**Section 3: Mar 25-Apr 18**

**Section 4: May 2-Jun 3\***

**Fall Stop...MOVE STRONG™**

**CELESTE CARLUCCI, FOUNDER**

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

**In Person + Virtual:**

**8 Mondays, Jan 22-Mar 18\* +**  
**Mar 25-Jun 3, \* \$144/\$168/\$184**

**Introductory: 3-4 pm**

**Intermediate: 2:30-3:30 pm**

**Advanced: 1:30-2:30 pm**

**10 Wednesdays, Jan 17-**  
**Mar 20 + Mar 27-Jun 5, \***

**\$180/\$210/\$230**

**Introductory: 11:30 am-12:30 pm**

**Intermediate: 2:30-3:30 pm**

**Advanced: 1:30-2:30 pm**

**Virtual:**

**10 Fridays, Jan 19-Mar 22 +**  
**Mar 29-Jun 7, \$180/\$210/\$230**

**Intermediate: 2:30-3:30 pm**

**Take 2 Same-level**

**Sections + SAVE:**

**Mondays + Wednesdays,**  
**\$576/\$684/\$792**

**Mondays + Fridays,**  
**\$576/\$684/\$792**

**Wednesdays + Fridays,**  
**\$640/\$760/\$880**

**Take 3 Sections (Same or**  
**Mixed Level) + SAVE:**

**Mondays, Wednesdays + Fridays,**  
**\$896/\$1,064/\$1,232**

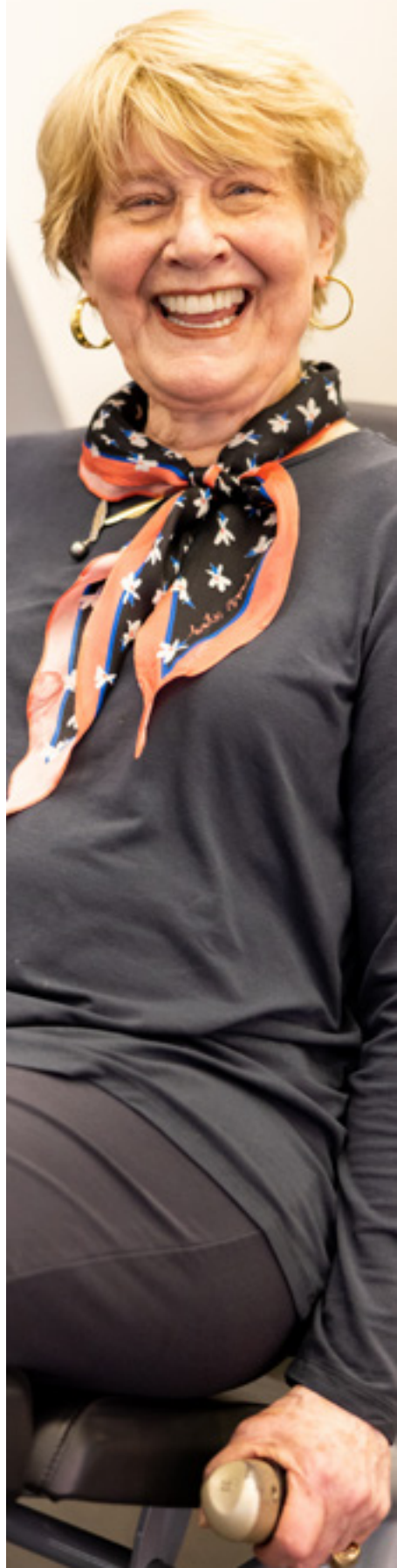
**Fall Prevention + Navigating**  
**the Streets of New York**

**CELESTE CARLUCCI, FOUNDER, FALL**  
**STOP...MOVE STRONG™**

*In Person.* Get tips and tricks for navigating the busy streets of NYC. Celeste will discuss sidewalk safety, street crossing, uneven sidewalks, public transportation, and more.

**Sun, Jan 21, 2-3 pm,**  
**\$10/\$15/\$18**

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





## MORE TO EXPLORE

### Weekly Film Screenings

*In Person.* Weekly film screenings from The Carole Zabar Center for Film include previews and special engagements of films important to our community. Through fiction and documentary movies, these screenings seek to entertain and encourage thoughtful discussion around the films' subject matter. *For the most up-to-date screening schedule, visit [mmjccm.org/film](http://mmjccm.org/film).*

### Books That Changed My Life Festival, Chapter Two

*In Person + Virtual.* The second annual festival celebrating the transformative power of books returns in early 2024. Events include author conversations, workshops, storytime, a gallery exhibit, musical performances, theater, film events, and more. *For more info, visit [book-festival.mmjccm.org](http://book-festival.mmjccm.org).*

Thu, Jan 4–Thu, Feb 29

### Shabbat Shabbang

*In Person.* We begin with rituals and appetizers, then break off for a dairy meal, wine, and an hour of conversations, art, or learning. Regroup for desserts and coffee. Your weekend has not just begun; it's kicked off—with a shabbang!

3 Fridays, Feb 2, Mar 22 +  
May 10, 7 pm, \$25 per dinner

### Ulpan: Hebrew Lessons at the JCC

*In Person + Virtual.* Ulpan is an Israeli method for teaching and improving all conversational Hebrew language skills. Find small, interactive classes from absolute beginner to highly advanced levels in 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 info.*

Winter classes beginning  
mid-February

### ReelAbilities Film Festival: New York

*In Person + Virtual.* The Carole Zabar Center for Film presents the ReelAbilities Film Festival: New York, featuring films by, for, and about people with disabilities. *For more info, visit [mmjccm.org/film](http://mmjccm.org/film).*

Thu, Apr 4–Wed, Apr 10

### Witness Theater

*In Person.* This performance of Witness Theater is the culmination of seven months of heartfelt collaboration between Holocaust survivors and a diverse population of high school students from the NYC area. On stage, the survivors narrate while students re-enact their wartime experiences.

Wed, May 8 + Thu, May 9,  
7 pm, Free

### The Paul Feig z"l Tikkun Leil Shavuot

*In Person.* Come together with people from across the spectrum of Jewish life for a free, revelatory night of study, film, music, dance, yoga, and so much more in celebration of Shavuot. *No registration necessary. Visit [mmjccm.org/tikkun](http://mmjccm.org/tikkun) for updates.*

Tue, Jun 11–Wed, Jun 12,  
10 pm–5 am

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## STUDIO ARTS CLASSES

This season's studio arts classes include ceramics, oil painting, mosaics, jewelry, and more! Below are just a sampling of classes beginning in February. *For more info, visit [mmjccm.org/studio-arts](http://mmjccm.org/studio-arts).*

### Mixed Level Ancient + Modern Glass Mosaics

10 Thursdays, Feb 1–Apr 4,  
2–5 pm, \$650

### Mixed-Level Painting: Paint (Think) Like An Impressionist

10 Thursdays, Feb 8–Apr 11,  
1:30–4:30 pm, \$500

### Jewelry Class

17 Wednesdays, Feb 12–Jun 19, \*  
10 am–1 pm, \$900

### Ceramics: Beginner + Intermediate Handbuilding and Wheel Throwing

17 Wednesdays, Feb 14–Jun 12, \*  
6–9 pm, \$850

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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

WINTER/SPRING 2024

## **Week of Wechsler**

*In Person + Virtual.* We invite you to join us for the Week of Wechsler, featuring highlighted programs and special events specially curated for Modern Agers. This week will culminate in the second annual Wechsler Wellness Fair and 8th Annual Symposium on Positive Aging. The Wellness Fair is cosponsored by our partners at the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai.

**May 14-20**

Non-Profit  
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New York, NY  
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