

SUMMER 2024 PROGRAM HIGHLIGHTS



Scan to see all
Summer 2024
classes online

mmjccm.org/wechsler

THE WECHSLER CENTER FOR MODERN AGING

Building meaningful connections within our thriving community

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

Social Events + Celebrations

Older Adult Lounge:

Socialize + Connect

Virtual | 14 Mondays, May 6-Aug 12*, 1-2:30 pm, Pay what you wish

In Person | 14 Mondays, May 6-Aug 12*, 2:30-4 pm, Pay what you wish

Memorial Tree Dedication

In Person | Tue, May 14, 4-5 pm, Pay what you wish

Wechsler Center New

Member Reception

In Person | Wed, May 15, 2:30-4 pm, Pay what you wish

Wechsler Wellness Fair

In Person | Thu, May 16, 10 am-2 pm, Free

Worldwide Knit in Public Day

In Person | Fri, Jun 7, 10 am-noon, Pay what you wish

Rooftop Cocktails + Conversation

In Person | Thu, Jun 20, 5:30-7:30 pm, \$25/\$30

Ice Cream Social

In Person | Tue, Jul 16, 4-5 pm, \$10/\$12

Celebrate Tu B'Av with Your Loved One

In Person | Mon, Aug 19, 6-8 pm, \$18/\$20 per couple

Arts + Culture

Knitting Club

In Person | 16 Thursdays, May 2-Aug 29*, 4-6 pm, Pay what you wish

Rooftop Herb + Vegetable Garden Club

In Person | 17 Tuesdays, May 7-Aug 27, 3-4 pm, Pay what you wish

Bite-Sized Lit Club

(formerly Between the Lines Readers Club)

In Person | 6 Mondays, May 13-Jun 24*, noon-1 pm, \$12/\$14

Life Stories: A Memoir-Writing Workshop

Virtual | 5 Thursdays, May 16-Jun 20*, 7-8:30 pm, \$90/\$110

NEW! Play Reading Series:

Pigeons

In Person | Mon, May 20, 7-9:30 pm, \$10/\$15

60+ Drama Group

In Person | Section 1: 12 Mondays, Jun 10-Aug 19*, 10 am-noon, \$156/\$168

In Person | Section 2: 12 Mondays, Jun 10-Aug 19*, 1-3 pm, \$156/\$168

Rock and Roll: Explore the Songs of the '50s

In Person | 3 Tuesdays, Jul 9-23, 11 am-12:30 pm, \$50/\$60

NEW! Sex, Love, and Kabbalah in *A Midsummer Night's Dream*

In Person | 2 Wednesdays, Aug 7 + 14, 3-4:30 pm, \$36/\$42

Discussion Groups + Learning

Social + Political Issues

Discussion Group

In Person + Virtual | May 8, Jul 10, Aug 14
Virtual | 16 Wednesdays, May 1-Aug 28*, 10:30 am-noon, Pay what you wish

Foreign Affairs

Discussion Group

In Person + Virtual | 17 Fridays, May 3-Aug 30*, 10:30 am-noon, \$95/\$117

Informal Discussion Group:

Conversations + Connections

Virtual | 17 Fridays, May 3-Aug 30*, 12:15-1:30 pm, Pay what you wish

Israel Update: A Current Affairs

Discussion Group

Virtual | 2 Tuesdays, May 7 + Jun 4, 10-11 am, Pay what you wish

Cards + Recreation

All gameplay is in person.



For a complete Cards + Rec schedule, scan here

New! Game Players Meet + Greet

Bridge: Absolute Beginner, Declarer Play for Beginners + Supervised Play

Chess Club

Card + Game Room

Canasta:

Beginner + Supervised Play

SOLD OUT! Mah Jongg: Beginner, Supervised + Unsupervised Play

Engage@Wechsler

Through Engage@Wechsler, find meaningful volunteer opportunities for your skills and interests. Contact **Rabbi Brian Fink** at bfink@mmjccm.org.

Learn About Engage:

New Volunteer Orientations

Virtual | 2 Mondays, May 6 + Jun 3, 6-7 pm, Free

Engage Women's Group

Monthly Community Gatherings at the JCC

In Person | 2 Mondays, May 13 + Jun 10, 5:30-7 pm, Pay what you wish, suggested \$10

Engage Women's Group

Summer Gathering at an Upper West Side Park

In Person | Thu, Jun 27, 11 am-1 pm, Pay what you wish

Engage@Wechsler Bagel

Brunch and Learn at the JCC

In Person | Thu, Aug 1, 10 am-noon, Pay what you wish, minimum \$36

*Indicates this program has exception dates. Visit our website for detailed information.

Key to pricing: Member Program Price/General Public Program Price

TO REGISTER FOR PROGRAMS, VISIT MMJCCM.ORG/WECHSLER, EMAIL BOXOFFICE@MMJCCM.ORG, OR CALL 646.505.5708.

View dates + times for the following online or call 646.505.5708.

Age-Friendly Upper West Side

Join others to envision and build a more age-friendly UWS.

Engage Upper East Side

Volunteer and build community in the UES.

English Overseas

Work one-on-one virtually with Israeli high school students.

Caring Calls Volunteering

Call older adults in our community to combat loneliness.

Tech Soup and Senior Tech Volunteering

Help teach computer classes + provide assistance to other older adults.

Technology

Improve Your Quality of Life with Technology

In Person + Virtual | Mon, May 13, 10 am-noon, Free

Learn About Your Apple Watch

In Person | Fri, May 31, 2-5 pm, \$20/\$25

Ask + Learn PC and Mac Sessions

Virtual | Second and fourth Mondays, Jun 10 + 24, Jul 8 + 22, 2:30-4 pm, \$10

Learn About iPhone Photography

In Person + Virtual | Thu, Jul 11, 11 am-1 pm, \$20/\$25

Using Apple's Photos App for Editing Your Photos

In Person + Virtual | Tue, Jul 16, 1-3 pm, \$20/\$25

Need assistance with any tech?

Email techsoup1on1@mmjccm.org for information.

Outings + Trips

Birdwatching in Central Park

In Person | 3 Thursdays, May 2-23*, 9-11 am, \$51/\$63

Awe Walks in Nature

In Person | Tuesdays, May 14, Jun 11, Jul 9, Aug 13, 1-2:30 pm, \$18/\$20 each

Jewish SoHo Walking Tour

In Person | Wed, May 22, 11 am-1:30 pm, \$30/\$33

Join us for additional outings, including **Floyd Bennett Field**, a tour of the **Rooftop Gardens of Javits Center** + more!

Stay tuned to our weekly emails for more details.



Not an email subscriber yet? Scan to sign up.

Supportive Communities + Groups

The Memory Project + The Memory Cafe

These programs offer invaluable support for individuals experiencing mild to moderate memory loss AND their caregivers.

The Memory Project

In Person | Tuesdays, 11 am-noon or 1-2 pm, \$156/\$186 per six-week session

The Memory Cafe

In Person | 6 Thursdays, May 16 + 30, Jun 27, Jul 11 + 25, Aug 8, 1-4 pm, \$10/\$15 per session

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

Life Transitions Group for Women

In Person | 8 Thursdays, May 2-Jun 27*, 12:30-1:30 pm, Free/\$45

60+ Men's Group

In Person | Section 3: 5 Thursdays, May 2-30, 2-3 pm, Free/\$25

In Person | Section 4: 5 Thursdays, Jul 25-Aug 22, 2-3 pm, Free/\$25

Women's Groups

In Person | 8 Thursdays, May 2-Jun 27*, 11 am-noon, Free/\$45

Virtual | 8 Thursdays, May 2-Jun 27*, noon-1 pm, Free/\$45

Support Group for 80+

Virtual | 17 Tuesdays, May 7-Aug 27, 3-4 pm, Pay what you wish

Introduction to Living Well Together: Navigating Health as a Community

In Person | Thu, May 16, 4:30-5:45 pm, Free

Virtual | Fri, Jun 14, 10-11 am, Free

Aging with Purpose

Still Geri: Living Well with Memory Loss

In Person | Wed, Jun 5, 3-4:30 pm, Pay what you wish

What Matters: Advance Care Planning for Seniors

Virtual | Wed, Jun 26, 10 am-noon, Free
In Person | Thu, Aug 15, 10 am-noon, Free

Learn About Medicare in 2025

Virtual | Wed, Aug 7, 1-2:30 pm, Pay what you wish

Health + Wellness

These programs are presented by The Davidson Fishberg Center for Health + Wellness.

Improve Your Vision + Brain Health with Nutrition **Rudrani Banik, M.D.**

Virtual | Tue, Jul 23, 6-7 pm, \$10/\$15

Food for Thought—The MIND Diet **Talia Segal Fidler, MS, Nutritionist**

Virtual | Wed, Aug 21, 6:15-7:15 pm, \$10/\$15

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Fall Prevention

Fall Prevention + Navigating the Streets of New York

Celeste Carlucci

In Person | Sun, Jun 9, 2-3 pm, \$15/\$18

Fall Stop...MOVE STRONG™

Celeste Carlucci

In Person + Virtual

Introductory: 11:30 am-12:30 pm

Intermediate: 2:30-3:30 pm

Advanced: 1:30-2:30 pm

Mon, Jun 10-Aug 5, \$189/\$207

Wed, Jun 26-Aug 7, \$147/\$161

Virtual | Intermediate: Fri, Jun 14-Aug 9, \$168/\$154

Fall Stop Summer Intensive

Intermediate/Advanced

with Celeste Carlucci

In Person + Virtual | Mon + Wed,

Week 1: Aug 12 + 14,

Week 2: Aug 19 + 21,

1:30-2:30 pm, \$42/\$46 per week

Introductory with Nancy Burke

In Person + Virtual | 4 Wednesdays,

Aug 14-Sep 4, 11:30 am-12:30 pm,

\$84/\$92

Tai Chi for 60+

In Person + Virtual

Beginner with Roberto Sharpe

Section 1: 10 Tuesdays, Jun 11-Aug 20,

1:45-2:45 pm, \$210/\$230

Section 2: 10 Thursdays, Jun 20-Aug 29,

1:45-2:45 pm, \$210/\$230

Level II with Karen "Aiki" Kelley

9 Mondays, Jun 10-Aug 5, 1:45-2:45 pm,

\$189/\$207

Level III with Karen "Aiki" Kelley

8 Tuesdays, Jun 11-Aug 6, 1:45-2:45 pm,

\$168/\$184

Tai Chi Chuan

Summer Intensive

Roberto Sharpe

In Person | 4 Wednesdays, Jul 10-31,

7:30-8:45 pm, \$96/\$108

Eddie Kelen

In Person | 4 Wednesdays, Aug 14-Sep 4,

7:30-8:45 pm, \$96/\$108

Mind + Body

Chair Yoga

Jerry Snee

In Person + Virtual | 10 Thursdays,

Jun 20-Aug 29, 1:30-2:30 pm, \$210/\$230

Beginner Pelvic Floor Workshop (Women Only)

Randi Stone

Virtual | Wed, Jun 26 or Jul 10, 11-11:45 am,

\$20/\$25

Pelvic Power—Regain Control of Your Bladder and Your Life

Randi Stone

Virtual | 4 Wednesdays, Jul 17-Aug 7,

11 am-noon, \$225/\$250

Yoga for Bone Health +

Osteoporosis

Cathy Lilly

In Person + Virtual | 8 Wednesdays,

Jun 26-Aug 21, 1:45-3 pm, \$192/\$216

Gentle Yoga

Katherine Brewster

In Person + Virtual | 6 Wednesdays,

Jun 26-Aug 7, 11:20 am-12:20 pm,

\$126/\$138

Rooftop Nia Party

Caroline Kohles

In Person | Tue, Jul 23, 6:15-7:30 pm,

\$15/\$20

Functional Fitness

with Linda Rose Iennaco

To Walker or Not to Walker

In Person | Sun, Jun 2, 2-3 pm, \$15/\$18

Walking Clinic

In Person | 3 Tuesdays, Jun 4-25*, 3-4 pm,

\$180/\$225

Balance and Bones Plus

In Person + Virtual | 7 Tuesdays,

Jun 11-Jul 30, 11 am-noon, \$147/\$161

Exercise with Ease

In Person + Virtual | 7 Fridays,

Jun 14-Aug 2, 11 am-noon, \$147/\$161

Tap Into Well-being™

In Person + Virtual | Basic: 12:15-1:15 pm

In Person + Virtual | Basics Plus:

4:15-5:15 pm

6 Thursdays, Jun 20-Aug 1, \$126/\$138

Balance and Bones™

In Person + Virtual | 6 Thursdays,

Jun 20-Aug 1, 11 am-noon, \$126/\$138

Small-Group Training

Clayton James

In Person | Mondays + Wednesdays,

12:15-1:15 pm, \$275/\$330/\$395

Jun 5-Jul 15, Jul 17-Aug 12, or

Aug 14-Sep 11

In Person | Tuesdays + Thursdays,

12:15-1:15 pm, \$275/\$330/\$395

May 16-Jun 25, Jun 27-Jul 30, Aug 1-27,

Aug 29-Sep 24

Virtual | Mondays + Thursdays,

11 am-noon, \$275/\$330/\$395

Jun 6-Jul 11, Jul 15-Aug 8, Aug 12-Sep 9

Sculpt + Align

Sara Berg

11 Fridays, Jun 14-Aug 30, \$231/\$253

Virtual | 8-9 am

In Person + Virtual | 9:30-10:30 am

Rewire the Brain: Brain-Based Fall Prevention Strategies

Mike Kalajian

In Person + Virtual | 4 Thursdays,

Jul 11-Aug 1, 2:45-3:45 pm, \$149/\$190

Cancer Care

A partnership with Alison Estabrook, M.D., a nationally recognized breast cancer surgeon, bringing complementary health and wellness programming to those living at risk of and/or impacted by breast cancer. Visit mmjccm.org/cancer-care.

Living Well with Parkinson's

For people impacted by Parkinson's and their caregivers to help improve their lives through education, exercise, support groups, and more. *Supported by the Neil S. Hirsch Wellness Fund.*

Visit mmjccm.org/parkinsons.

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The Wechsler Center for Modern Aging: Reimagining Older Adulthood

At The Wechsler Center for Modern Aging, we know that life after 60 is a time of expansive possibility. Our programs are designed to provide older adults the mutual support and communal experiences that enrich our lives as we age. Discover purpose and meaning tailored to your modern aging journey and the vibrant Jewish community at The Wechsler Center, where there's something to engage every interest.

We curate areas of focus that help older adults develop the tools and attitudes that keep life interesting and fulfilling. This includes Technology Education, Outings + Trips, Caring Initiatives, Supportive Communities, and more.



Our Team

Susan Lechter, Director,
The Wechsler Center for Modern Aging
Jen Cinclair, Program Manager
Rabbi Brian Fink, Director,
Community Organizer, Engage Jewish Service Corps
Sherri Lerner, Projects and Initiatives Coordinator
Judy Margolis, Project Director
Arienne Pelletier, Operations + Production Administrator

WEEK

OF

WECHSLER

May 14-20

In Person + Virtual. Join us for this week-long event promoting wellness and fostering meaningful connections for older adults. Each day is filled with enriching activities, engaging speakers, invigorating fitness sessions, and unparalleled opportunities to connect with your fellow modern agers.

Don't miss our headline event, the annual **Wechsler Wellness Fair**, on **Thursday, May 16**. Registration is recommended to secure your spot.



Register for events by scanning this code

Thank you to our sponsors at the Icahn School of Medicine at Mount Sinai and Recovery Physical Therapy, P.C.



**marlene
meyerson jcc**

manhattan THE WECHSLER CENTER FOR MODERN AGING

Community Members Save on Programs!

Join now and get an Individual Community Membership for only **\$180** (normally \$245) or a Family Community Membership for only **\$360** (normally \$420)

Benefits include discounts on events, exclusive invitations, reduced program registration prices, discounts with neighborhood partners, and more!



Scan here to
learn more



Visit mmjccm.org/join/community-membership.
Call **646.505.5700** or email membership@mmjccm.org.

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