

**marlene
meyerson jcc**

manhattan THE WECHSLER CENTER FOR MODERN AGING



Don't miss this
year's trip to
Camp Settogal!

See page 12 for details.

**THE WECHSLER CENTER
FOR MODERN AGING**

FALL 2024

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Lorenzo Ciniglio, Picasa

A KEY TO THE WECHSLER CENTER ICONS



Healthy Aging Research



Technology Education



Volunteer Engagement



Cognition



Caring Initiatives



Fitness + Wellness



Outings + Trips

DEAR FRIENDS,

The Wechsler Center for Modern Aging Team is eager to present our upcoming season, full of exciting and stimulating opportunities and offerings!

Your input is always valuable to us, so please reach out at any time at wechslercenter@mmjccm.org.

As the high holidays draw near, we wish you and yours a happy, healthy, and sweet new year.

Happy Fall,

Susan, Brian, Jen, Judy,
and Arienne

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

Members Save Big 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



SOCIAL + HOLIDAY EVENTS

Older Adult Lounge: Socialize + Connect

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

**In Person: 14 Wednesdays,
Sep 4–Dec 18,* 1–2:30 pm,
Pay what you wish**

**Virtual: 13 Mondays,
Sep 9–Dec 16,* 1–2:30 pm,
Pay what you wish**

**In Person: 13 Mondays,
Sep 9–Dec 16,* 2:30–4 pm,
Pay what you wish**

Come Schmooze: Fall Program Preview

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

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

Heirlooms Through the Ages

In Person. No matter your age or generation, you will be captivated by storytellers sharing the treasured heirlooms that have shaped their lives. *Presented in partnership with The Selma and Lawrence Ruben Center for 20s + 30s.*

**Thu, Sep 26, 6:30–8:30 pm,
\$15/\$20**

Tashlich in Riverside Park

RABBI BRIAN FINK

In Person. Participate in a “casting off” ritual that traditionally takes place between Rosh Hashanah and Yom Kippur. This powerful practice will feature singing and reflection in Riverside Park’s serene surroundings.

**Tue, Oct 8, 11 am–1 pm,
Pay what you wish**

Yom Kippur Yizkor Memorial Service

RABBI BRIAN FINK

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

**Sat, Oct 12, 2:30–3:30 pm,
Pay what you wish**

Wechsler Center Sweets in the Sukkah

In Person. Celebrate Sukkot, the Festival of Booths, by sharing coffee and treats with friends in our beautiful rooftop sukkah. *Coproduced with DOROT.*

Pre-registration required.

**Tue, Oct 22, 2–4 pm,
Pay what you wish**

Fall Cocktails + Conversation

In Person. Mingle and enjoy seasonal drinks with friends.

**Thu, Nov 21, 5:30–7:30 pm,
\$25/\$30**

Wechsler Center Chanukah Candle Lighting

In Person. Join us in the lobby to light candles, sing Chanukah songs, and spin a dreidel or two to celebrate the Festival of Lights.

**Mon, Dec 30, 5–6 pm,
Pay what you wish**

Don't miss the **8th Annual Symposium on Positive Aging**, taking place on **Mon, Nov 11**. See page 15 for more details!

Learn more at mmjccm.org/symposium

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

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

ARTS + CULTURE

[Rooftop Herb + Vegetable Garden Club](#)

In Person. Join us for a weekly rooftop meetup to tend to our community garden and enjoy conversation in the sunshine.

6 Tuesdays, Sep 3–Oct 8, 3–4 pm, Pay what you wish

[Knitting Club](#)

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

12 Thursdays, Sep 5–Dec 19,* 4–6 pm, Pay what you wish

[60+ Drama Group](#)

SCOTT KLAVAN

In Person. Through prepared scenes, improvisations, and more, you will increase creative skills, improve memory and concentration, boost self-confidence, and enjoy a positive group experience.

13 Mondays, Sep 9–Dec 16,* 10 am–noon or 1–3 pm, \$169/\$182

[Rock 'n Roll: Songs of the '60s](#)

DAVID M. CHENEY

In Person. Experience the '60s through its transformative music, which reflected the era's political and social upheavals.

3 Tuesdays, Sep 10–24, 11 am–12:30 pm, \$50/\$60

[Wechsler Center Fiction Book Club](#)

SYLVIA TOMASCH

In Person. Join our book club to explore literature that delves into diverse Jewish experiences in the U.S. and globally.

3 Mondays, Sep 23, Oct 14 + Dec 9, 2–3 pm, \$5/\$7 per session

[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.*

9 Thursdays, Sep 26–Dec 19,* 10 am–1:30 pm, \$480/\$600

[Bite-Sized Lit Club \(formerly Between the Lines Readers Club\)](#)

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

6 Mondays, Nov 4–Dec 16,* noon–1 pm, \$12/\$14

[Life Stories: A Memoir-Writing Workshop](#)

JANET R. KIRCHHEIMER, TEACHING FELLOW, CLAL

Virtual. Unlock your life's story and join a relaxed and supportive space to explore memoir writing. *No writing experience is required.*

5 Thursdays, Nov 7–Dec 12,* 7–8:30 pm, \$90/\$110

[Wechsler Center Improv Theatre](#)

IRENE CARROLL

In Person. Improv is a great way to loosen the mind and build community. We'll go over the basic how-tos of improv and practice the art form through games, exercises, and prompts.

6 Wednesdays, Nov 13–Dec 18,* 6–7:30 pm, \$80/\$95

[Willy, Billy + Dolly: Iconic Artists over 70](#)

RENEE CHEROW-O'LEARY, PH.D.

In Person. We will listen to and watch excerpts of Willy Nelson, Billy Joel, and Dolly Parton's works and discuss how aging has deepened each artist's repertoire.

Wed, Nov 20, 2–3:30 pm, \$18/\$22

[Rock 'n Roll: Songs of the '70s](#)

DAVID M. CHENEY

In Person. Dive into the diverse sounds of the '70s, from disco and British glam rock to punk, funk, and soul.

3 Tuesdays, Dec 3–17, 11 am–12:30 pm, \$50/\$60

[Mother-Daughter Relationships: Reflections on Their Complexities Through Writing](#)

JUDITH RUSKAY RABINOR + ESTHER COHEN

In Person + Virtual. Through readings and meditative writing exercises, participants explore and expand their own complex experiences as daughters and mothers.

Thu, Dec 5, 1–2:30 pm, \$30/\$40



Tuning Up for Better Cognition



An online study of 25,000 participants over 40 reported in the *International Journal of Geriatric Psychiatry* found a positive link between engaging in and creating music and better brain health. Playing piano, in particular, has been tied to improved memory and better executive function.

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



DISCUSSION GROUPS + LEARNING



Adult Education Scores A+ for Memory

Middle-aged and older adults who participate in adult education reduce their risk of developing dementia conditions such as Alzheimer's by 19% within five years, according to a new study by Japanese researchers.

Social + Political Issues Discussion Group

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.*

16 Wednesdays, Sep 4–Dec 18, 10:30 am–noon, Pay what you wish

Foreign Affairs Discussion Group

DAVID M. CHENEY

In Person + Virtual. Join this challenging and intellectual peer-led discussion group focusing on world affairs. *Prorating available. Registration fee includes reading material.*

12 Fridays, Sep 6–Dec 20,* 10:30 am–noon, \$95/\$117

Informal Discussion Group: Conversations + Connections

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

12 Fridays, Sep 6–Dec 20,* 12:15–1:30 pm, 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 *shlichah* (emissary) from Israel to the UWS.

7 Tuesdays, Sep 17, Oct 1, 15 + 29, Nov 19, Dec 3 + 17, 10–11 am, Pay what you wish

Post-Election Reflections: A Community Conversation

RABBI BRIAN FINK

In Person. This gathering provides a safe space to share your thoughts, feelings, and reflections on the preliminary results of the November 5 elections, fostering understanding and connection within our community.

Wed, Nov 6, 10:30 am–noon, Pay what you wish

Spirit, Love + Identity in Romeo and Juliet

BETSY SHEVEY

In Person. We will explore the powerful impact of imagination on lovers and the way the act of love constructs a new identity that can question hate.

3 Wednesdays, Nov 6–20, 3–4:30 pm, \$50/\$60

Exploring Our World: Henrietta Szold

SUSAN ADDELSTON

In Person. How did the daughter of a Baltimore rabbi inspire American women to create a life-changing organization, help to establish the state of Israel, set a standard for health care, and more? Learn about this "woman of valor," the American founder of Hadassah and Youth Aliyah.

Wed, Nov 13, 1–3 pm, \$17/\$20

Exploring Our World: Golda Meir

SUSAN ADDELSTON

In Person. Learn about the extraordinary life story of a Jewish girl born into Russian-Ukrainian poverty who immigrated to America and later became Prime Minister of Israel.

Wed, Dec 11, 1–3 pm, \$17/\$20

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

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

Game Players Meet + Connect

In Person. Join us to meet other players and learn about our gaming clubs.

**Wed, Sep 25, 11 am-1:30 pm,
Pay what you wish**

Card + Game Club: Unfacilitated

In Person. Join us on Monday afternoons for gameplay and community.

**10 Mondays, Sep 30-Dec 16,*
1-4 pm, \$40/\$70**

Chess Club

WERNER BUHRER

In Person. Learn strategies, develop techniques, and engage in informal chess play. *All levels are welcome.*

**10 Sundays, Oct 20-Dec 22,
11:30 am-1:30 pm, \$60/\$75**

BRIDGE

INSTRUCTOR: JEFF HAND

Bridge: Basic Partnership Bidding

In Person. In this class for beginners, get introduced to the fundamentals of bidding, including hand evaluation, opening bids, and more.

**4 Mondays, Sep 9-30,
10 am-noon, \$145/\$160**

Absolute Beginner Bridge

In Person. For those completely new to the game, learn the basics and gain the necessary foundation to learn to play bridge.

**4 Mondays, Oct 14-Nov 4,
10 am-noon, \$145/\$160**

Bridge: Declarer Play for Beginners (Part 1)

In Person. Learn the basic strategy of declarer play for bridge.

**6 Mondays, Nov 18-Jan 13,*
10 am-noon, \$220/\$240**

Bridge: Supervised Play

In Person. Have fun and sharpen your skills.

**12 Mondays, Sep 9-Dec 16,*
12:30-2:30 pm, \$18/\$20 per
session**

CANASTA

INSTRUCTOR: MICHELLE MARX

Canasta Club: Supervised Play

In Person. These informal, supervised sessions will enable you to hone your skills and work on game strategy while meeting new friends and expanding your Canasta community.

**12 Wednesdays, Sep 4-Dec 18,*
2-5 pm, \$18/\$20 per session**

Beginner Canasta

In Person. Gain the skills to join a game of Canasta at our supervised play program. *No experience is required.*

4 Tuesdays, 2-4 pm, \$145/\$160

Section 1: Sep 10-Oct 1

Section 2: Oct 29-Nov 19

MAH JONGG

INSTRUCTOR: JULIE AZOUS

Mah Jongg Club: Unsupervised

In Person. Enjoy a game or two with our Wechsler community in our popular Mah Jongg Club.

5 Tuesdays, 1-4 pm, \$55/\$65

Section 1: Sep 10-Oct 8

Section 2: Oct 15-Nov 12

Section 3: Nov 19-Dec 17

Beginner Mah Jongg

In Person. In these classes, you will learn about playing tiles, reading the mah jongg card, basic rules, etiquette, and strategy. *Space is limited.*

4 Thursdays, 2-4 pm, \$145/\$160

Section 1: Sep 12-Oct 10*

Section 2: Nov 21-Dec 19*

Mah Jongg: Supervised Play

In Person. Sharpen your skills, learn to pick hands, and play to win. *Space is limited.*

**Section 1: 3 Thursdays,
Oct 31-Nov 14, 2-4 pm,
\$108/\$120**

**Section 2: 4 Thursdays,
Jan 9-30, 2-4 pm, \$145/\$160**

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

THE WECHSLER CENTER
ENGAGE
 JEWISH SERVICE CORPS

Through Engage@Wechsler, find meaningful volunteer opportunities to use your skills, passion, and experience to help the JCC and partner agencies in the community. Volunteers serve as peer leaders and join in regular community-building and learning gatherings.

To learn more about any opportunities listed here, contact Rabbi Brian Fink at 646.505.4408 or bfink@mmjccm.org.

Learn About Engage@Wechsler: New Volunteer Orientations

Virtual, 4 Mondays, Sep 9, Oct 7, Nov 4 + Dec 2, 6-7 pm, Free

Volunteer Appreciation Event

In Person, Thu, Sep 19, 5-7 pm, Free

ONGOING COHORTS

Age-Friendly Upper West Side

In Person. Join us to help create a more age-friendly Upper West Side. This collaborative effort aims to shape our community's future and enhance our older residents' well-being.

Mon, Sep 23, 6-7:30 pm, Free

Engage@Wechsler Women's Group

In Person. Meet fellow participants, listen to guest speakers, and learn about group volunteer projects, tours, and trips.

3 Mondays, Oct 21, Nov 18 + Dec 16, 5:30-7 pm, Pay what you wish

Engage@Wechsler Upper East Side

In Person + Virtual. Participate in group volunteering and community-building events targeted to volunteers who live on the Upper East Side.

GROUP VOLUNTEERING

Beyond the Ballot: Election Volunteering

In Person, Various dates + times, \$18

God's Love We Deliver: Group Volunteering

In Person, Monthly, 9 am-noon, Free

Volunteer with The Joseph Stern Center for Social Responsibility

Help address local challenges like food insecurity, homelessness, and educational inequity by volunteering. Register at mmjccm.org/volunteer-opportunities and email Jay Charriez at jcharriez@mmjccm.org with questions.



Wechsler Center for Modern Aging Trip to Israel

In Person. Travel to Israel with us this spring! This special mission is designed for past, current, and future English Overseas volunteers and others from our community who are interested in joining us for this unique experience.

Additional details to follow.

Mon, Mar 24-Thu, Apr 3 (tentative)

Info sessions:

***Virtual*: Tue, Sep 17, 7:30-9 pm, Free**

***In Person*: Wed, Sep 18, 2-3:30 pm, Free**

***In Person*: Thu, Nov 14, 5:30-7 pm, Free**

***Virtual*: Fri, Nov 15, 12-1:30 pm, Free**



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

INDIVIDUAL VOLUNTEERING

English Overseas

Virtual. This collaboration between the JCC and the Municipality of Jerusalem connects Jerusalem high school students with older adults. Students receive the opportunity to practice and build their English speaking skills. *For more info, contact Rabbi Brian Fink at bfink@mmjccm.org.*

♥ Volunteer Project: Call for Social Workers

In Person + Virtual. Lead and/or assist at various Wechsler Center one-time and ongoing conversations, support groups, and other initiatives. *To learn more, email wechslercenter@mmjccm.org.*

♥ Volunteer Project: Caring Calls

Virtual. 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 caringcommittee@mmjccm.org.*

🎓 SeniorTechNYC Classes

In Person + Virtual. Mobile device and social media classes for adults 60+ are taught by knowledgeable volunteers. *Email seniortechNYC@mmjccm.org or visit mmjccm.org/wechsler to volunteer.*

🎓 TechSoup

In Person + Virtual. TechSoup volunteers teach computer tutorials and provide one-on-one virtual and in-person tech assistance with various technologies. *Email techsoup1on1@mmjccm.org to volunteer.*

Tutor NYC Public School Students on the Upper West Side

In Person. Provide academic support and mentorship to public school students in grades 1-5 with The Koopersmith Family Literacy + Math Program. *For more information, email litmath@mmjccm.org.*



The Case for Good Deeds

Volunteering does more than just help others, according to the Mayo Clinic Health System. It also leads to lower rates of depression and anxiety, especially for people 65 and older, thanks to the release of the brain chemical dopamine, a known stress reducer. It can reduce the risk of heart attack and stroke as well.

Improve Your Quality of Life with Technology

MARK SURABIAN, ASSISTIVE TECHNOLOGY CONSULTANT

11 am–1 pm, Free

Virtual: Mon, Oct 21

In Person: Wed, Nov 13

Tech Talks: Navigating PCs and Macs

BARRY ELKINS + ABBY RICH

Virtual, Second and fourth

Mondays, Sep 12–Jun 26,

2:30–4 pm, Pay what you wish

iPhone Basics

ABBY RICH + MERYL LEWIS

In Person + Virtual, 2 Tuesdays,

Sep 17 + 24, 3–5 pm, \$45/\$55

What's Up with WhatsApp?

BARRY ELKINS + ABBY RICH

In Person, Fri, Sep 20, 1:30–3 pm,

\$20/\$25

Learn About iPhone Photography

ABBY RICH

In Person + Virtual, Tue, Oct 1,

10 am–noon, \$20/\$25

Learn About Your Apple Watch

BARRY ELKINS, ABBY RICH + BOB SARACUSE

In Person, Wed, Oct 9,

2–4:30 pm, \$20/\$25

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

ABBY RICH

In Person, Tue, Oct 15,

10:30 am–noon, \$20/\$25

How to Use Streaming TV

FRANK STRAUSS

Virtual, Tue, Oct 29,

10:30 am–noon, \$20/\$25

Connecting with Your Grandchildren Through Zoom

BARRY ELKINS + ABBY RICH

In Person, Wed, Oct 30,

1–2:30 pm, \$20/\$25

Navigating with Maps + Apps

BARRY ELKINS + ABBY RICH

In Person, Wed, Nov 6, 1–3 pm,

\$20/\$25

OMNY Is Coming—Ready to Tap and Go?

MELANIE RADLEY + KAREN RADLEY

Virtual, Thu, Nov 7, 6–7 pm,

\$20/\$25

Google Tools: Gmail, Docs, Sheets, Calendar + More

MERYL LEWIS

In Person + Virtual, 2 Tuesdays,

Nov 12 + 19, 3–5 pm, \$45/\$55

What To Do in an Internet Outage or a Blackout

BARRY ELKINS + ABBY RICH

In Person, Fri, Nov 15, 2–3 pm,

\$20/\$25

What Is Artificial Intelligence?

NORMAN REISS

Virtual, Mon, Nov 18, 7–8:30 pm,

\$20/\$25

Learning Mac Basics

MERYL LEWIS

In Person + Virtual, 2 Tuesdays,

Dec 3 + 10, 3–5 pm, \$45/\$55

The Apple Wallet Explained

BARRY ELKINS + ABBY RICH

In Person, Fri, Dec 6, 1:30–3 pm,

\$20/\$25

Using Apple's Photos App for Editing Your Photos

ABBY RICH

In Person + Virtual, Wed, Dec 18,

1–3 pm, \$20/\$25

Here to Help!

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

Email techsoup1on1@mmjccm.org for information.



[Awe Walks in Nature](#)

JENNIFER GROVES

In Person. Experience the transformative power of peaceful walks as you immerse yourself in the beauty of the natural world. Discover how these walks can reduce stress, enhance well-being, and provide a broader perspective on life.

**2 Tuesdays, Sep 10 + Oct 15,
1-2:30 pm, \$18/\$20 per session
Rain Date Oct 22**

[Birdwatching in Central Park](#)

MIRIAM RAKOWSKI

In Person. Enjoy a three-week series of guided birdwatching tours through Central Park.

**3 Thursdays, Sep 12-26, 9-11 am,
\$51/\$63**

[Wechsler Center Goes to Camp Settopa](#)

In Person. Join us in beautiful Pomona, New York, at the JCC's very own Camp Settopa for a day filled with exciting fall camp activities, including art, mini golf, campfire s'mores, and more!

Mon, Sep 16, time TBD

[Come to Your Senses! JCC Forest Bathing + Meditative Walking](#)

LORI KLAMNER + SHEILA LEWIS

In Person. Forest Bathing is a meditative walk in nature for enjoyment and health. Slow down, allow your senses to connect to the land, and shift from your thinking mind to an expanded experience of all your senses.

**2 Thursdays, Sep 19 + Oct 10,
9-11 am, \$20/\$25 per session**

[Javits Center Sustainability + Rooftop Farm Tour](#)

In Person. Embark on an in-person journey through the Javits Center's cutting-edge sustainability initiatives. Highlights include a nearly seven-acre green roof and a brand-new one-acre rooftop farm.

**Thu, Sep 19, 11 am-12:30 pm,
\$30/\$34**

[Jewish Influence During the Gilded Age: A Walking Tour](#)

In Person. Learn about this era and its Jewish influence on New York City, viewing landmarks including the Plaza, the Metropolitan Museum of Art on Fifth Avenue, and mansions owned by famous New Yorkers.

**Wed, Oct 30, 11 am-1:30 pm,
\$38/\$42**



Positive Psychology Hour

Virtual. The JCC and Wholebeing Institute have partnered to create a lecture series featuring an expert in positive psychology.

4 Tuesdays, Sep 17, Oct 15, Nov 12 + Dec 17, noon-1 pm, Pay what you wish

What's New in Apps + Technology for Hearing Impairment

LOUISE LEVY, AUDIOLOGIST

In Person. We will discuss the latest technology products and services available.

Mon, Sep 23, 11 am-12:30 pm, Free



Helping More Than Hearing

USC researchers found during a 10-year study that people with hearing loss who used hearing aids regularly increased their lifespan, with a 24 percent lower risk of mortality than those who didn't wear them.

Learn About Medicare in 2025

GIL KUNKEN, NYC DEPT. FOR THE AGING, HIICAP

In Person. Stay informed with the latest updates on Medicare.

Wed, Oct 30, 1-2:30 pm, Free

Unclaimed Funds Workshop

LEAH SOLOMON, NEW YORK STATE COMPTROLLER'S OFFICE

Virtual. Unlock the mystery of unclaimed funds—is there money waiting for you?

Tue, Nov 19, 3-4 pm, Pay what you wish

Estate Planning: Revocable Trusts + Wills

CLIFFORD MEIROWITZ, ATTORNEY-AT-LAW

In Person. Ensure your estate plan meets your needs and safeguards your legacy.

Thu, Dec 12, 3-4 pm, Pay what you wish

Eating for Health, Longevity + Anti-Aging

DR. JESSICA KRANT

In Person. Learn how whole-food, plant-based nutrition and a healthy lifestyle can reduce inflammation and slow the aging process.

Date + time to be announced

Use Food, Not Medicine, to Prevent and Heal Acid Reflux

JONATHAN AVIV M.D. + SAMARA KAUFMANN AVIV

In Person + Virtual. Join us for an enlightening discussion on acid reflux awareness and treatment.

Thu, Dec 5, 7-9 pm, \$20/\$25



Icahn School of Medicine at Mount Sinai

Mount Sinai Monthly Lecture Series

Join us for curated health lectures from our partners at Mount Sinai. All sessions are pay what you wish.

In Person, Tue, Sep 10, noon-1:30 pm:

Falls and Fall Safety with Nisha Rughwani, M.D.

Virtual, Tue, Nov 26, 4-5 pm:
Why Older Adults Have Sleep Problems + What To Do About Them with Gregory A. Hinrichsen, PhD

In Person, Wed, Dec 18, noon-1:30 pm:

Low Vision with Leannza Tang, O.D., FAAO



Save the Date for Week of Wechsler 2025



Join us for the Week of Wechsler 2025 from **May 12-16**, featuring highlighted programs and special events specially curated for Modern Agers.



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

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THE WECHSLER
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The Annual Symposium on Positive Aging

In Person + Virtual. This event aims to inspire older adults to live their lives to the fullest while pursuing the years ahead with purpose, meaning, and fulfillment. Featuring acclaimed, Lifetime Emmy Award-winning journalist **Lesley Stahl** in conversation with author **Abigail Pogrebin**.

Mon, Nov 11, 10 am-3 pm,
\$75 (In Person)/\$40 (Virtual)
\$180 (Supporter: In Person or Virtual)

[Learn more at mmjccm.org/symposium](http://mmjccm.org/symposium)

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.

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.

Virtual:

[Barbara Cooper, Ed.D.](#)

**12 Thursdays, Sep 5-Dec 19,*
noon-1 pm, Free/\$60**

In Person:

[Judy Adelson, LCSW](#)

**15 Tuesdays, Sep 10-Dec 17,
3-4 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.

**12 Thursdays, Sep 5-Dec 19,*
12:30-1:30 pm, Free/\$60**

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.

**Section 1: 5 Thursdays,
Sep 5-Oct 10,* 2-3 pm, Free/\$25**

**Section 2: 6 Thursdays,
Nov 7-Dec 19,* 2-3 pm, Free/\$30**

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, Sep 10-Dec 17,
3-4 pm, Pay what you wish**

Introduction to Living Well Together: Navigating Health as a Community

In Person + Virtual. Join a collaborative group of peers who help each other with health-related services.

**Virtual: Fri, Sep 27 + Nov 15,
10-11:30 am, Free**

**In Person: Mon, Oct 28 + Dec 12,
5:30-7 pm, Free**

Bereavement Support Group

**RABBI BRIAN FINK +
RABBI MIRIAM HERSCHER**

In Person. Join others who have recently experienced the loss of a spouse or partner. Receive support, psychological insight, and practical coping strategies in a group setting that draws upon shared experiences as well as Jewish traditions. *Pre-registration conversation required.*

**7 Thursdays, Oct 31-Dec 19,*
11 am-noon, Free/\$35**

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.

**15 Tuesdays, Sep 10-Dec 17,
\$390/\$465**

Section 1: 11 am-noon

Section 2: 1-2 pm

The Memory Cafe

In Person. As a respite service, our Memory Cafe offers support for individuals managing early memory loss. Led by professionals in music, movement, conversation, and art, our facilitated sessions foster connections through engaging activities.

**12 Thursdays, Sep 5-Dec 19,*
noon-4 pm, \$180/\$216 or
\$15/\$18 per session**

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

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

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

AGING WITH PURPOSE

Older, Wiser, Shorter: Humorous Reflections + Conversations on Aging

JANE SESKIN

In Person. Participate in collective sharing and playful activities using poetry and wordplay that will guide you to joyfully reflect on topics we typically avoid when talking about aging.

**4 Thursdays, Nov 14–Dec 12*,
11 am–12:30 pm, \$50/\$60**

What Matters: Advance Care Planning for Seniors

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.


In Person: Wed, Nov 20,
10 am–noon, Free

Virtual: Fri, Dec 6, 10 am–noon,
Free





MICHELLE OBAMA



60+ FITNESS

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

Join the JCC Health Club

Our discounted Senior Health Club Membership (62+) makes getting healthy and staying vital and strong easy and affordable.

Call 646.505.5700 for more information or to take a tour today.

Class Passes for Seniors

Purchase a Senior Class Pass at a 10% discount to take group exercise classes at our JCC Health Club on a space-available basis. *Membership in the JCC Health Club is not required.*

Visit mmjccm.org/group-exercise for more 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 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 to schedule an appointment.

Weekly Open Meditation

Virtual. Whether you're brand new to meditation or an experienced practitioner, all are welcome to join our donation-based Weekly Open Meditation at Makom, taking place virtually on Zoom.

Wednesdays (except holidays), 10-10:30 am, Pay what you wish

NEW! Daily Meditation Annual Subscription

Our new Daily Meditation Subscription provides virtual access to twice-daily, Mon-Thu and Fri morning facilitated meditation sessions led by Makom faculty for the entire year with one annual payment. Subscribers can drop in; no registration necessary.

\$120/\$200

Fall Open House Total Health for Your Body + Brain + Heart

In Person. Sample fitness classes to discover how exercise and a healthy lifestyle benefit your heart, mood, and memory. Stop by our vendor fair for a free fitness assessment with our personal trainers, and sign up for a free massage.

For more information and to register, please visit mmjccm.org/open-house.

**Sun, Sep 15,
10:30 am-3:30 pm, Free**



Clutter Clearing

MARILYN MARS,
CLUTTER CLEARING EXPERT

Virtual: 4 Thursdays, 6–8 pm,
\$200

Clutter Clearing 101: Sep 5–26*
Clutter Clearing—Paper Series:
Oct 31–Nov 21*

Rewire the Brain, Rebuild the Body: Brain-Based Fall Prevention Strategies

MIKE KALAJIAN,
Z-HEALTH MASTER TRAINER

In Person + Virtual. Using the Z-Health framework, discover how the vestibular system (inner ear) works and learn exercises to keep you balanced and upright.

4 Tuesdays, Oct 8–29, 3–4 pm,
\$149/\$190

Restful Naps: Calm the Mind + Sleep Better with Yoga and Qi Gong

MICHELE SAPANARO, RYT +
CERTIFIED QI GONG INSTRUCTOR

Virtual. Calm your mind and relax your body with slow, flowing qi gong movements to enjoy the benefits of a good night's sleep or a healthy nap.

Nighttime Single Session:
Mon, Nov 11, 6–7:15 pm, \$25
Series: 3 Mondays,
Nov 18–Dec 2, 1:30–2:45 pm,
\$60/\$75 or \$25 per class

Hunch No More: Improve Your Posture, Improve Your Quality of Life

GERNOT HUBER, YOGA TEACHER

In Person. Learn the five key yoga postures and exercises that can reverse an overly rounded upper back.

2 Sundays, Sep 29 + Oct 27,
4–5:15 pm, \$25/\$35 per session

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.

Contact JoAnn Fox Weingarten at jweingarten@mmjccm.org visit mmjccm.org/cancer-care to learn more.

LIVING WELL WITH PARKINSON'S

For 17 years, the JCC has offered an internationally recognized Wellness Program for people living with PD and their families. Staying active, connected, and empowered through exercise, education, and connection are pillars of our program.

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







Sculpt + Align

SARA BERG

In Person + Virtual. This class is designed to build body strength and muscle tone and work on balance and alignment. The focus is on form, building muscle and flexibility, and using body weight and hand-weight exercises.

Virtual: 6 Fridays, 8-9 am, \$126/\$138

In Person + Virtual: 6 Fridays, 9:30-10:30 am, \$126/\$138

Section 1: Sep 6-Nov 1*

Section 2: Nov 8-Dec 20*

Neshama Body and Soul

RABBI JAYMEE ALPERT

In Person. Connect the physical with the spiritual with a workout-worship experience that combines Jewish prayer with body-weight strength training and mobility exercises. Neshama seeks to engage people as whole beings as we connect, move, and pray. All levels of fitness are welcome.

Sun, Sep 15 (Open House), 10:30-11:15 am, Free

3 Sundays, Oct 20, Nov 17 + Dec 15, 9-10 am, \$25/\$35 per session

Small-Group Training: Essential Fitness Fundamentals for 60+

CLAYTON JAMES, CERTIFIED JCC PERSONAL TRAINER

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

Virtual: Mondays + Thursdays, 11 am-noon, \$275/\$330/\$395

Section 1: Sep 12-Oct 10*

Section 2: Oct 14-Nov 14*

Section 3: Nov 18-Dec 19*

In Person: Mondays + Wednesdays, 12:15-1:15 pm, \$275/\$330/\$395

Section 1: Sep 16-Oct 9

Section 2: Oct 14-Nov 6

Section 3: Nov 11-Dec 11*

Section 4: Dec 16-Jan 29*

In Person: Tuesdays + Thursdays, 12:15-1:15 pm, \$275/\$330/\$395

Section 1: Sep 26-Oct 29*

Section 2: Oct 31-Dec 3*

Section 3: Dec 5-Jan 14*

FUNCTIONAL FITNESS

INSTRUCTOR: LINDA ROSE IENNACO, CREATOR OF BALANCE AND BONES™, BONE HEALTH & OSTEOPOROSIS FOUNDATION AMBASSADORS LEADERSHIP COUNCIL

Balance and Bones™

In Person + Virtual. This chair-based class offers a safe, effective workout designed to increase core stability and strengthen the muscles needed for sitting, standing, or walking.

6 Thursdays, 11 am-noon, \$126/\$138

Section 1: Sep 5-Oct 31*

Section 2: Nov 7-Dec 19*

Tap Into Well-being™ Basics Plus

In Person + Virtual. Expert instructor Linda Rose Iennaco, a veteran of hit Broadway musicals, will guide you through a safe, supportive, joyful class for those with some basic tap technique.

Section 1: 7 Thursdays, Sep 5-Nov 7*, 3:45-4:45 pm, \$147/\$161

Section 2: 6 Thursdays, Nov 14-Dec 19*, 3:45-4:45 pm, \$126/\$138

Exercise with Ease

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

6 Fridays, 11 am-noon, \$126/\$138

Session 1: Sep 6-Nov 1*

Session 2: Nov 8-Dec 20*

Balance and Bones Plus™

In Person + Virtual. Practice chair and standing exercises to increase core stability and develop the muscular strength needed to prevent falls and boost bone health.

Section 1: 7 Tuesdays, Sep 10–Oct 22, 11 am–noon, \$147/\$161

Section 2: 8 Tuesdays, Oct 29–Dec 17, 11 am–noon, \$168/\$184

Walking Clinic

In Person. Learn focused exercises to awaken the moving parts (from toe to torso) necessary to stand and walk upright without fear of falling.

3 Tuesdays, 3–4 pm, \$180/\$225

Section 1: Sep 17–Oct 1

Section 2: Nov 12–26

A Gateway to Gait

In Person. Improve your gait and balance to avoid pain and pitfalls. Reinforce appropriate pain-free posture, and increase your upper and lower limb coordination so you can confidently hit your stride.

Sun, Oct 20, 2–3 pm, \$15/\$18

FALL PREVENTION

INSTRUCTOR: CELESTE CARLUCCI, FOUNDER, FALL STOP...MOVE STRONG™

Fall Stop...MOVE STRONG™

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

In Person + Virtual: Mondays

Section 1: 8 Mondays, Sep 9–Oct 28, \$168/\$184

Section 2: 7 Mondays, Nov 4–Dec 16, \$147/\$161

Introductory: 11:30 am–12:30 pm

Intermediate: 2:30–3:30 pm

Advanced: 1:30–2:30 pm

In Person + Virtual: Wednesdays

Section 1: 7 Wednesdays, Sep 11–Oct 23, \$147/\$161

Section 2: 8 Wednesdays, Oct 30–Dec 18, \$168/\$184

Introductory: 11:30 am–12:30 pm

Intermediate: 2:30–3:30 pm

Advanced: 1:30–2:30 pm

Virtual: Intermediate: Fridays

Section 1: 6 Fridays, Sep 6–Nov 8,* 2:30–3:30 pm, \$126/\$138

Section 2: 5 Fridays, Nov 15–Dec 20,* 2:30–3:30 pm, \$105/\$115

Fall Stop Packages: Take 2 or more sections and SAVE. Visit mmjccm.org/fall-stop for more details.

Fall Prevention + Navigating the Streets of New York

In Person + Virtual. Discuss sidewalk safety, crossing roads and uneven sidewalks, managing public transportation, and get tips and tricks for navigating the busy streets of NYC and more!

Sun, Oct 27, 2–3 pm, \$15/\$18



YOGA

[Chair Yoga for Older Adults + Caregivers](#)

JERRY SNEE, CERTIFIED YOGA INSTRUCTOR

In Person + Virtual. Awaken and soothe aching joints and strengthen muscles while learning how to do modified versions of twists, hip stretches, forward bends, and mild backbends to boost circulation and mood while reducing stress and improving sleep.

6 Thursdays, 1:30–2:30 pm, \$126/\$138

Section 1: Sep 5–Oct 31*

Section 2: Nov 7–Dec 19*

[Intermediate Yoga for Back Health](#)

JESSICA METZ, CERTIFIED YOGA INSTRUCTOR

Virtual. This small group offers progressions that continue cultivating strength, endurance, body awareness, mobility, and stress regulation to help support a healthy back. *Must have attended Yoga for Back Health or have prior yoga experience.*

6 Fridays, noon–1:15 pm, \$144/\$162

Section 1: Sep 6–Nov 1*

Section 2: Nov 8–Dec 20*

[Yoga for Back Health 101](#)

JESSICA METZ, CERTIFIED YOGA INSTRUCTOR

In Person + Virtual. Learn how to lengthen your spine, develop the strength and mobility to maintain healthy functioning,

and change habitual patterns contributing to back pain. Safe for those with spine issues—including herniation, sciatica, and scoliosis—who have been cleared by their doctor to participate in a yoga program.

Section 1: 7 Tuesdays, Sep 10–Oct 22, 12:15–1:30 pm, \$168/\$189

Section 2: 8 Tuesdays, Oct 29–Dec 17, 12:15–1:30 pm, \$192/\$216

[Gentle Yoga for Older Adults](#)

KATHERINE BREWSTER, CSYT, RYT

In Person + Virtual. Slow down and enter the meditative atmosphere with foundational postures of Svaroopa® yoga to gently relax and strengthen the spinal muscles at your body's core. Participants must be able to get up from and down to the floor.

6 Wednesdays, 11:20 am–12:20 pm, \$126/\$138

Section 1: Sep 11–Nov 6*

Section 2: Nov 13–Dec 18

[Yoga for Bone Health + Osteoporosis](#)

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

In Person + Virtual. Safely reduce your risk of fractures and osteoporosis with yoga poses based on clinical research, including Cathy's decade-long work on a yoga vs. osteoporosis study.

6 Wednesdays, 1:45–3 pm, \$144/\$162

Section 1: Sep 11–Nov 6*

Section 2: Nov 13–Dec 18

PILATES

[Functional Pilates for Health Ageability](#)

JONATHA URLA, FOUNDER YOGILITES

In Person. Develop core strength and greater awareness while improving balance using standing and floor work.

Section 1: 7 Wednesdays, Sep 11–Oct 23, 9:15–10:10 am, \$168/\$189

Section 2: 8 Wednesdays, Oct 30–Dec 18, 9:15–10:10 am, \$192/\$216

[Pilates for Buff Bones®](#)

LAURA ALTMAN, NCPT

In Person + Virtual. Pilates for Buff Bones® is a medically endorsed workout created by Rebekah Rotstein that combines Pilates, functional movement, and strength training. It is adaptable to varying levels and is even safe for those with osteoporosis.

Section 1: 8 Tuesdays, Sep 10–Oct 29, 9:30–10:30 am, \$192/\$216

Section 2: 6 Thursdays, Sep 5–Oct 31, * 9:30–10:30 am, \$144/\$162

Section 3: 7 Tuesdays, Nov 5–Dec 17, 9:30–10:30 am, \$168/\$189

Section 4: 6 Thursdays, Nov 7–Dec 19, * 9:30–10:30 am, \$144/\$162

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

Pain Relief with Pilates and More

R. KIM JORDAN, THERAPEUTIC PILATES INSTRUCTOR

In Person. Pilates is widely acknowledged as one of the most successful methods for stretching and conditioning the body to alleviate chronic pain. Give your body a tune-up.

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

Sciatic Pain: Oct 20

Arthritis + Joint Pain: Nov 17

Hip Pain: Dec 15

TAI CHI

Tai Chi for 60+ (Level II)

KAREN "AIKI" KELLEY

In Person. Take your practice to the next level. Find your center, improve balance, and discover the joy of fluid movement. *Open to students at all levels.*

**Section 1: 8 Mondays,
Sep 9–Oct 28, 1:45–2:45 pm,
\$168/\$184**

**Section 2: 7 Mondays,
Nov 4–Dec 16, 1:45–2:45 pm,
\$147/\$161**

Tai Chi for 60+ (Beginner)

ROBERTO SHARPE

In Person + Virtual. Improve balance and stability while being gently guided through the ancient practice of tai chi.

**Section 1: 7 Tuesdays,
Sep 10–Oct 22, 1:45–2:45 pm,
\$147/\$161**

**Section 2: 8 Tuesdays,
Oct 29–Dec 17, 1:45–2:45 pm,
\$168/\$184**

**Section 3: 6 Thursdays,
Sep 5–Oct 31*, 1:45–2:45 pm,
\$126/\$138**

**Section 4: 6 Thursdays,
Nov 7–Dec 19*, 1:45–2:45 pm,
\$126/\$138**

Take Both + SAVE

Section 1 + 3: \$253/\$279

Section 2 + 4: \$274/\$302

Tai Chi for 60+ (Level III)

KAREN "AIKI" KELLEY

In Person. Deepen your study of the traditional yang form practice to increase moving with awareness when stepping and turning.

**Section 1: 7 Tuesdays,
Sep 10–Oct 22, 1:45–2:45 pm,
\$147/\$161**

**Section 2: 8 Tuesdays,
Oct 29–Dec 17, 1:45–2:45 pm,
\$168/\$184**

Tai Chi Chuan for Everyone

EDGAR "EDDIE" KELEN, SIFU

In Person. Tai chi, often called "meditation in motion," uses gentle low impact movement sequences that are easy on the joints, and suitable for all ages. New students are welcome to join at any time. *Open to all ages and levels.*

**6 Wednesdays, 7:30–8:45 pm,
\$144/\$162**

Section 1: Sep 11–Nov 6*

Section 2: Nov 13–Dec 18

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: Wed, Sep 25,
11–11:45 am, \$20/\$25**

**Workshop 2: Wed, Oct 9,
11–11:45 am, \$20/25**

Take Both + SAVE: \$35/\$40

Pelvic Power—Regain Control of Your Bladder and Your Life

RANDI STONE, PELVIC FLOOR SPECIALIST

Virtual. Discover how specific exercises, diet, and props can help prevent and treat incontinence.

**4 Wednesdays, Nov 6–Dec 4*,
11 am–noon, \$225/\$250**

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



MORE TO EXPLORE

Experience all the JCC has to offer in arts and culture!

[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 entertain and encourage thoughtful discussion around the films' subject matter. *For the most up-to-date screening schedule, visit mmjccm.org/film.*

[Ulpan: Hebrew Classes](#)

In Person + Virtual. Deepen your relationship with Israel by learning Hebrew with Ulpan, an Israeli method for teaching and improving all conversational Hebrew language skills—speaking, comprehension, reading, and writing.

Classes at all levels beginning Sep 16

[The World No Longer Belongs \(Only\) to the Young: Ageless Fashion](#)

In Person. Fashion historian Yaa'ra Keydar returns to the JCC with a lecture celebrating the beauty and style of every age group. Discover how online platforms and icons like the late Iris Apfel are breaking age conventions and redefining fashion for women of all ages.

English: Thu, Sep 19, 6 pm, \$30

Hebrew: Thu, Sep 19, 8 pm, \$30

[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 will start at the beginning and examine the original text in detail to see if it is relevant today. *No knowledge of Hebrew necessary.*

**6 Mondays, Oct 14–Dec 9,
1:30–2:30 pm, \$165/\$185**

[An Evening with Barbra: A Tribute to Streisand Starring Sharon Owens](#)

In Person. Renowned tribute artist Sharon Owens lovingly recreates the iconic voice, songs, and personality of Barbra Streisand. Her uncanny resemblance in both voice and looks has earned her critical acclaim as she has performed as Barbra at venues across the country.

Sun, Oct 27, 7 pm, \$25

[A Sweet Year with Joan Nathan: Reviving Jewish Holiday Traditions for a New Generation](#)

In Person. Join Joan Nathan, celebrated as “the grand dame of Jewish cooking” (The New Yorker), for a discussion on her updated classic, The Children's Jewish Holiday Kitchen. Nathan revives this beloved book, now titled A Sweet Year: Jewish Celebrations and Festive Recipes for Kids and Their Families, for a new generation, adding a variety of new recipes.

**Wed, Nov 20, 6:30 pm,
\$40 (book included)**

[Other Israel Film Festival](#)

In Person. Through films, panels, and events, the Other Israel Film Festival spotlights human stories and social issues that explore the relationship between history, culture, and identity in Israel and beyond. *For more info, visit otherisrael.org.*

Dec 5–12

STUDIO ART CLASSES

This season's studio art classes include pottery, painting, drawing, mosaics, sewing, and more! Below are just a sampling of classes beginning in September. *For more info, visit mmjccm.org/studio-arts.*

[Mosaic Mastery: Modern Techniques in Glass Art](#)

**10 Thursdays, Sep 5–Dec 12,
2–5 pm, \$650**

[Beginner and Intermediate Pottery: Handbuilding + Wheel Throwing](#)

**16 Sundays, Sep 8–Dec 22,
10 am–1 pm, \$800**

[Creative Watercolor + Illustration for All Levels](#)

**10 Mondays, Sep 9–Nov 11,
2–5 pm, \$500**

[Beginner Sewing: From Patterns to a Perfect Fit](#)

**10 Tuesdays, Sep 10–Nov 10,
5:30–8:30 pm, \$650**

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 2024

[Don't Miss the Annual Symposium on Positive Aging](#)

Taking place on **Mon, Nov 11**, this can't-miss event will feature special guests **Lesley Stahl** and **Abigail Pogrebin**.

See page 15 for more details.

Learn more at mmjccm.org/symposium

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