

**marlene
meyerson jcc**

manhattan THE WECHSLER CENTER FOR MODERN AGING



THE WECHSLER CENTER FOR MODERN AGING

WINTER/SPRING 2025

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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.



All program and details are subject to change. Please check the website for the most current information before arriving for any program or class at mmjccm.org/wechsler.

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



SOCIAL EVENTS + CELEBRATIONS

[Save the Date for Week of Wechsler](#)

Join us for the Week of Wechsler, featuring highlighted programs and special events specially curated for Modern Agers and culminating in our third annual Wechsler Wellness Fair.

May 12-16, 2025



[Come Schmooze: Winter Program Preview](#)

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

**Thu, Jan 16, 11 am-12:30 pm,
Pay what you wish**

[Tu B'Shevat Seder](#)

RABBI BRIAN FINK

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

Wed, Feb 12, 1-2 pm, \$15/\$20

[Winter Cocktails + Conversation](#)

In Person. Mingle with friends and warm your spirits while enjoying seasonal drinks.

Wed, Mar 12, 6-8 pm, \$25/\$30

[Wechsler Center New Member Reception](#)

In Person. An opportunity for new 60+ members to meet and mingle with volunteer leaders and staff.

**Wed, May 14, 2:30-4 pm,
Pay what you wish**

[Wechsler Wellness Fair](#)

In Person. Join us for our third annual Wechsler Wellness Fair, specifically designed for the 60+ community, cosponsored by our partners at Mount Sinai Icahn School of Medicine.

Thu, May 15, 10 am-2 pm, Free

[Rooftop Cocktails + Conversation](#)

In Person. Relax, socialize, and enjoy a curated selection of beverages alongside our beautiful rooftop views!

Wed, Jun 11, 5-7 pm, \$25/\$30

ARTS + CULTURE

Artful Aging

JUDITH E. GREENWALD, PH.D.

In Person. Creativity, community, and novelty are key to aging well. Enhance your life and soul through art-making.

**Section 1: 7 Thursdays,
Jan 9–Feb 13, 10 am–1:30 pm,
\$240 /\$300**

**Section 2: 11 Thursdays,
Mar 13–May 22, 10 am–1:30 pm,
\$440/\$550**

Knitting Club

In Person. For knitters and crocheters at all levels and of all ages. Exchange patterns and meet new friends while you work on your projects.

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

Section 1: Jan 2–Apr 24

Section 2: May 1–Aug 28*

60+ Drama Group

SCOTT KLAVAN

In Person. Through prepared scenes, monologues, and improvisations, increase creative skills, improve memory and concentration, and enjoy a positive group experience.

**Section 1: 16 Mondays,
Jan 6–Apr 28,* 10 am–noon,
\$208/\$224**

**Section 2: 16 Mondays,
Jan 6–Apr 28,* 1–3 pm,
\$208/\$224**

**Section 3: 13 Mondays,
May 12–Aug 18,* 10 am–noon,
\$169/\$182**

**Section 4: 13 Mondays,
May 12–Aug 18,* 1–3 pm,
\$169/\$182**

Playreading Series: A Child is In The House

SCOTT KLAVAN

In Person. Join us for a reading of a new play written by longtime JCC drama teacher Scott Klavan.

Wed, Jan 15, 7-9:30 pm, \$12/\$17

Wechsler Center Fiction Book Club

SYLVIA TOMASCH

In Person. Explore literature that delves into diverse Jewish experiences.

**5 Mondays, Jan 13, Feb 10,
Mar 10, May 12 + Jun 9, 2–3 pm,
\$5/\$7 per session**

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.

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

Section 1: Feb 6–Mar 6

Section 2: May 15–Jun 12

Wechsler Center Improv Theatre

IRENE CARROLL

In Person. Improv is a great way to loosen the mind, build community, and improve listening, critical thinking, and public speaking. We'll practice the art form through games, exercises, and prompts.

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

Section 1: Jan 15–Feb 19

Section 2: Mar 5–Apr 9

Section 3: May 7–Jun 11

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

DAVID M. CHENEY

In Person. Join us to revisit the hits that defined “the decade of decadence” and continue to resonate today.

**3 Tuesdays, Jan 28– Feb 11,
11 am–12:30 pm, \$50/\$60**

Patti (Lupone), Mia (Farrow), and Diane (Von Furstenberg): Iconic Artists Over 70

RENEE CHEROW-O'LEARY, PH.D.

In Person. Listen to and watch excerpts of the work of legendary creatives, Patti Lupone, Mia Farrow, Diane Von Furstenberg, and more. Discuss how aging has deepened each artist's repertoire and how we, too, may find enhanced creativity as we age.

Wed, Mar 19, 2–3:45 pm, \$18/\$22

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.

**Section 1: 7 Tuesdays,
Mar 18–Apr 29, 3–4 pm,
Pay what you wish**

**Section 2: 16 Tuesdays,
May 6–Aug 26,* 3–4 pm,
Pay what you wish**

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





DISCUSSION GROUPS + LEARNING

Social + Political Issues Discussion Group

In Person + Virtual. Identify and dissect social and political hot topics at this intellectually stimulating program.

Section 1: 14 Wednesdays, Jan 8–Apr 9, 10:30 am–noon, Pay what you wish

Section 2: 17 Wednesdays, May 7–Aug 27, 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.

16 Fridays, 10:30 am–noon, \$95/\$117

Section 1: Jan 3–Apr 25*

Section 2: May 2–Aug 29*

Informal Discussion Group: Conversations + Connections

Virtual. Join us for informal discussions where we dive into topics spanning social issues, politics, life experiences, and beyond. Our sessions create a space for meaningful conversations and foster connection and understanding in a virtual setting. Come for the discussion and stay for the camaraderie.

16 Fridays, 12:15–1:30 pm, Pay what you wish

Section 1: Jan 3–Apr 25*

Section 2: May 2–Aug 29*

Israel Update: A Current Affairs Discussion Group

Virtual. Join us for a lively discussion led by Gali Rabin, the Jewish Agency's *shlichah* (emissary) from Israel to the UWS.

Section 1: 6 Tuesdays, Feb 4 + 25, Mar 11 + 25, Apr 8 + 22, 10–11 am, Pay what you wish

Section 2: 3 Tuesdays, May 6 + 20, Jun 3, 10–11 am, Pay what you wish

Shakespeare Series Programs

BETSY SHEVEY

In Person.

Section 1: Hamlet

Hamlet is more than a play—it is a meditation on why we are here and how we define ourselves in relation to those we love. We will explore that question through discussion, improvisation, creative writing, and theater ideas.

3 Wednesdays, Feb 5–19, 3–4:30 pm, \$50/\$60

Section 2: As You Like It

As You Like It's Forest of Arden is the magic space where everything is possible because everyone changes. This class will explore identity, transformation, and creativity in the magic space of theater.

3 Wednesdays, May 7–21, 3–4:30 pm, \$50/\$60

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

Exploring Our World:
Chaim Weitzmann

SUSAN ADDELSTON

Scientist, statesman, first president of Israel—how did a Russian boy become a leader of world Zionism? What were his life achievements? How should he be remembered today?

Wed, Feb 12, 1-3 pm, \$17/\$20

Exploring Our World:
Fiorello LaGuardia

SUSAN ADDELSTON

Reporter, World War I pilot, city official, Member of the House, Socialist?, Republican?, Democrat?, author, lawyer, interpreter, civil rights activist, radio host, and rebuilders of NYCity!

Wed, Mar 12, 1-3 pm, \$17/\$20

Game Players Meet + Connect

In Person. Looking for a new partner or group with whom to play bridge, canasta, mah jongg, chess, Scrabble, or other games? Learn more about our gaming clubs and have time to play with those you meet.

Wed, May 14, 11 am-1:30 pm,
Pay what you wish

Card + Game Club
(Unfacilitated)

In Person. Do you have an ongoing game with friends that needs a consistent home? Join us for game play and community. Canasta cards and some board games are available.

Section 1: 12 Mondays,
Jan 13-Apr 7,* 1-4 pm, \$48/\$84

Section 2: 10 Mondays,
May 5-Jul 21,* 1-4 pm, \$40/\$70

Bridge: Basic
Partnership Bidding

JEFF HAND

In Person. Introduction to fundamentals including hand evaluation, opening bids, bidding, how to describe balanced hands of different point ranges, and raising the opener's major suits.

7 Mondays, Feb 24-Apr 21,*
10 am-noon, \$254/\$280

Absolute Beginner Bridge

JEFF HAND

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

4 Mondays, Apr 28-May 19,
10 am-noon, \$145/\$160

Bridge: Supervised Play

In Person. Perfect for those who have completed Declarer Play for Beginners, Level 1, or have played the game in the past.

12 Mondays, Jan 6-Apr 28,*
12:30-2:30 pm, \$204/\$228
\$18/\$20 per session

Bridge: Declarer Play
for Beginners - Part 2

JEFF HAND

In Person.

3 Mondays, Feb 3-17,
10 am-noon, \$110/\$120

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







Beginner Canasta

MICHELLE MARX

In Person. This class focuses on a four-person game of American Canasta using two decks of cards.

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

Section 1: Jan 7-28

Section 2: Feb 4-25

Section 3: Apr 29-May 20

Canasta Club: Supervised Play

MICHELLE MARX

In Person. These informal sessions will enable you to hone your skills and work on strategy while expanding your Canasta community.

Section 1:

**14 Wednesdays, Jan 8-Apr 9,
2-5 pm, \$238/\$266**

Section 2:

**17 Wednesdays, May 7-Aug 27,
2-5 pm, \$289/\$323
\$18/\$20 per session**

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.

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

Section 1: Feb 2-Apr 6

Section 2: May 11-Jul 20*

Beginner Mah Jongg

JULIE AZOUS

In Person. Learn about playing tiles, reading the mah jongg card, basic rules, etiquette, and strategy.

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

Section 1: Feb 13-Mar 6

Section 2: Apr 24-May 15

Section 3: Jul 10-31

Mah Jongg: Supervised Play

JULIE AZOUS

In Person. Sharpen your skills, learn to pick hands, and play to win.

Section 1:

**4 Thursdays, Mar 20-Apr 10,
2-4 pm, \$145/\$160**

Section 2:

**3 Thursdays, Jun 5-26,* 2-4 pm,
\$109/\$120**

Section 3:

**3 Thursdays, Aug 7-21, 2-4 pm,
\$109/\$120**

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: Jan 7-Feb 4

Section 2: Feb 11-Mar 11

Section 3: Mar 18-Apr 22*

Section 4: Apr 29-May 27

Section 5: Jun 10-Jul 8

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



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 volunteer programs listed here, contact Rabbi Brian Fink at 646.505.4408 or bfink@mmjccm.org.*

Learn About Engage Volunteer Opportunities

In Person + Virtual. Learn about new and ongoing volunteer opportunities offered through Engage@Wechsler and the JCC in general.

- Section 1: Virtual.**
Mon, Jan 6, 6-7 pm, Free
- Section 2: Virtual.**
Mon, Mar 3, 6-7 pm, Free
- Section 3: In Person.**
Wed, Apr 23, 3-4 pm, Free

Engage Women’s Group: Monthly Gatherings

In Person + Virtual. Build supportive connections and explore ways to give back to the community.

- Section 1: Virtual.**
Mon, Jan 13
- Section 2: Virtual.**
Feb 10
- Section 3: In Person.**
Mon, Mar 10
- Section 4: In Person.**
Mon, Apr 21
- Section 5: In Person.**
Mon, May 12
- Section 6: In Person.**
Mon, Jun 16
5:30-7 pm, Pay what you wish (suggested \$10)

Engage Upper East Side

In Person + Virtual. Join together for group volunteering and community-building events targeted specifically to volunteers who live on the Upper East Side, assisting at social service organizations located in the Upper East Side.

Age-Friendly Upper West Side

Join us to 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. We are currently working on addressing pedestrian safety issues, including issues related to bicycles and e-bikes, and researching models for aging-in-place and forming supportive community amongst neighbors.

English Overseas

Virtual. English Overseas is a collaboration between the Marlene Meyerson JCC Manhattan and the Municipality of Jerusalem that connects Jerusalem high school students with older adults who are native English language speakers. Students receive the opportunity to practice and build their English language speaking skills.

Wechsler Center for Modern Aging Trip to Israel

In Person. Travel to Israel with us this spring! This one of a kind mission is designed for past, current, and future English Overseas volunteers, or others interested in this special initiative, offering a unique opportunity to experience Jerusalem and Israeli life with English Overseas students.

- Mon, Mar 24–Thu, Apr 3**
- Trip Information Sessions**
In Person + Virtual
Thu, Jan 9, 11 am–12:30 pm
Thu, Jan 9, 6–7:30 pm
Mon, Jan 13, 11 am–12:30 pm

Engage@Wechsler Lunch and Learn

In Person. Join together as we host guest speakers and facilitate conversations that will deepen our connections and supplement our volunteer activities.
Wed, Mar 19, noon–1:30 pm, Pay what you wish (\$36 minimum)

♥ **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 our effort to combat the persistent epidemic of loneliness. *To learn more or sign up, email Lonnie Rubin at caringcommittee@mmjccm.org.*

**Volunteer Project:
Wechsler Group Leaders**

In Person + Virtual. Lead and/or assist at various Wechsler Center one-time and ongoing conversation and support groups. Volunteers with social work backgrounds are especially desired.

**God's Love We Deliver:
Group Volunteering**

In Person. Join other Engage volunteers at God's Love We Deliver to assist with assorted kitchen projects.

🎓 **SeniorTechNYC Classes**

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

🎓 **TechSoup**

Volunteers offer 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.*





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

HEALTH, LEGAL + SAFETY MATTERS

Scam Avoidance + Cyber Safety: Navigating the New Age of Scamming

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

Virtual. Join us to learn practical strategies for scam avoidance, cyber safety, and ID theft prevention in your daily life.

**Wed, Jan 15, 11 am-12:30 pm,
Pay what you wish**

The Marvels and Majesty of 21st Century Medicines

PETER PITTS

In Person. Today there are medicines for diseases that, even 10 years ago, would have sounded like science fiction. What's made these new treatments possible and what's on the horizon?

**Mon, Feb 3, 1-2:30 pm,
Pay what you wish**

The Value of Vaccines

PETER PITTS

In Person. COVID-19 ignited a national debate over the safety, effectiveness, and value of all types of vaccines. Why are vaccines important and how can we best combat the enemy of medical misinformation?

**Thu, Mar 13, 11 am-12:30 pm,
Pay what you wish**

Best Practices in Hiring a Home Health Aide

LAURA RADENSKY

In Person. We will discuss ways to research and find good agencies, possible questions to ask when you interview aides as well as how to manage the interpersonal issues that come up between the agency, aides, and your family.

**Wed, Feb 26, 11 am-12:30 pm,
Pay what you wish**

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 2, 2-3 pm,
Pay what you wish**

Ask the Geriatrician Monthly Lecture Series

Join us for curated health lectures from our friends at Mount Sinai.

Section 1: Low Vision

Virtual. **Wed, Jan 29,
10:30 am-noon**

Section 2:

Managing Your Medications

In Person. **Thu, Feb 6,
11 am-noon**

Section 3: Cardiovascular Disease in Older Adults

Virtual. **Mon, Mar 24, 1-2 pm**

Section 4: Cannabis

In Person. **Thu, Apr 3,
2-3 pm, Free**



Improve Your Quality of Life with Technology: Hands-On Exploration and Troubleshooting of Accessibility Features in your Computers and Mobile Devices

MARK SURABIAN, ASSISTIVE TECHNOLOGY CONSULTANT

In Person. Bring your personal device (computer, tablet, and/or phone) and learn how to utilize valuable accessibility features that support vision, hearing, physical challenges, and even communication needs.

Date TBD, Free

Tech Talks: Navigating PCs and Macs

BARRY ELKINS + ABBY RICH

Virtual. Explore a range of topics touching on both PC and Mac operating systems. Dive into essential areas like system security, email management, browser organization, streaming tips, and smart TV casting.

Second and fourth Mondays, Jan 13-Jun 23, 2:30-4 pm, Pay what you wish (\$10 minimum)

iPhone Basics

ABBY RICH + MERYL LEWIS

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

2 Wed, Jan 29 + Feb 5, \$45/\$55

What's Up with WhatsApp?

BARRY ELKINS + ABBY RICH

In Person. Learn the basics of how to communicate over WiFi without data charges via video and voice calls, as well as how to chat with your colleagues, friends, and family anywhere in the world.

Fri, Mar 21, 1-2:30 pm, \$20/\$25

Learn About iPhone Photography

ABBY RICH

In Person + Virtual. Learn tips and tricks for getting great photographs using your iPhone.

Wed, Jan 22, 2-4 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 take great photos in New York's most famous park.

Tue, May 6, 10-11:30am \$20/\$25

Learn About Your Apple Watch

BARRY ELKINS, ABBY RICH + BOB SARACUSE

In Person. Discover how this powerful wearable computer enhances your iPhone experience. Gain insights into maximizing the connection between your Apple Watch and iPhone.

Fri, Feb 21, 1-3 pm, \$20/\$25

How to Save Money By Streaming TV

FRANK STRAUSS

Virtual. Learn how to effortlessly access local stations and a plethora of streaming channels on your TV, phone, and tablet.

Tue, Apr 22, 11 am-12:30 pm, \$20/\$25

Navigating with Maps + Apps

BARRY ELKINS + ABBY RICH

In Person. We will discuss Google Maps, MTA subway and bus maps, and Waze, the live traffic and road alerts map.

Fri, Jan 31, 1-3 pm, \$20/\$25

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

MERYL LEWIS

In Person + Virtual. Whether you're navigating Gmail, exploring Google Docs and Sheets, or managing your schedule with Google Calendar, this course has you covered.

2 Wednesdays, Feb 19 + 26, 2:30-4:30 pm, \$45/\$55

What To Do in an Internet Outage or a Blackout

BARRY ELKINS + ABBY RICH

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

Wed, Apr 9, 2-3 pm, \$20/\$25

What Is Artificial Intelligence?

BARRY ELKINS + ABBY RICH

Virtual. Explore the latest AI products, their costs, and how they stack up against standard smart devices.

Tue, May 13, 6-7:30 pm, \$20/\$25

The Apple Wallet Explained

BARRY ELKINS + ABBY RICH

In Person. Discover how to conduct cardless transactions, store memberships, virtual tickets, and your OMNY card on your iPhone.

Fri, Apr 18, 1-3 pm, \$20/\$25

Using Apple's Photos App for Editing Your Photos

ABBY RICH

In Person + Virtual. Learn how to do standard editing tasks, plus get some helpful hints.

Wed, Mar 26, 2-4 pm, \$20/\$25

Online Dating—Swiping Right?

MELANIE RADLEY + KAREN RADLEY

Virtual. Learn how to write a compelling profile, upload eye-catching photos, find the best dating site for your needs, and have fun while staying safe.

Wed, Feb 12, 6-7:30 pm, \$20/\$25

Here to help!

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

Email techsoup1on1@mmjccm.org for information.



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

[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. These walks can reduce stress, enhance well-being, and provide a broader perspective on life.

Section 1: Tue, Apr 8, 1-2:30 pm

Section 2: May 13, 1-2:30 pm

Section 3: Jun 10, 1-2:30 pm

\$18/\$20 per session

[Metropolitan Opera House—Backstage Tour](#)

Tour backstage at the Metropolitan Opera House. See the set elevators, the intricate stage, and the floors where the costumes, sets, wigs, and more are made.

Tue, Mar 18, 3-4:15 pm, \$38/\$42

[Theodore Roosevelt Birthplace National Historic Site Tour](#)

In Person. This reconstruction of the 26th president's home on the site where he was born and lived until he was 14 years old showcases Roosevelt's writings and artifacts from his life.

Thu, Feb 13, 11 am-noon, \$18/\$20

[Jewish Socialists, Communists + Anarchists on the Lower East Side: A Walking Tour](#)

In Person. Explore the legacy of Jewish socialists, communists, and anarchists who reshaped the Lower East Side from 1880 to 1924.

Wed, Apr 23, 11 am-1:30 pm, \$38/\$42

[Sites, Stories + Synagogues of the Village: A Walking Tour](#)

In Person. Hear captivating stories of Jewish musicians, artists, and activists who once called the Village home as we stroll through its storied streets.

Wed, May 21, 11 am-1:30 pm, \$38/\$42

[Cooper Hewitt—Private Tour of Making Home—Smithsonian Design Triennial](#)

Explores design's role in shaping the physical and emotional realities of home across the United States, US Territories, and Tribal Nations.

Date TBD



Duck Watching Tour of Central Park

MIRIAM RAKOWSKI

In Person. Join us for a walk around the reservoir, where we'll marvel at the vibrant array of ducks and winter birds.

Thu, Jan 16, 9-11 am, \$18/\$21

Birdwatching in Central Park

MIRIAM RAKOWSKI

In Person. This time of year we hope to see warblers (small, colorful, tropical birds) returning to their nesting grounds up north from the Caribbean and Central and South America.

3 Thursdays, May 1-22,*
9-11 am, \$51/\$63

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





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.

Older Adult Lounge: Socialize + Connect

In Person + Virtual. Drop by to socialize and connect. In addition to socializing, sessions will feature facilitator-moderated discussions and new topics each week.

Section 1: *Virtual.* 16 Mondays, Jan 6–Apr 28,* 1–2 pm, Pay what you wish

Section 2: *In Person.* 16 Mondays, Jan 6–Apr 28,* 2:30–4 pm, Pay what you wish

Section 3: *In Person.* 17 Wednesdays, Jan 8–Apr 30, 1–2:30 pm, Pay what you wish

Section 4: *Virtual.* 7 Mondays, May 5–Jun 30,* 1–2 pm, Pay what you wish

Section 5: *In Person.* 7 Mondays, May 5–Jun 30,* 2:30–4 pm, Pay what you wish

Section 6: *In Person.* 8 Wednesdays, May 7–Jun 25, 1–2:30 pm, Pay what you wish

New! The Grandparents Chatroom

JUDITH MARGOLIS MSW
AND LONNIE RUBIN MSW

In Person. Come join us as we explore the joys and challenges of being a grandparent, whether this is your first, second, or third time.

8 Mondays, Feb 10–Mar 31, 11 am–noon, Free/\$80

Life Transitions Group for Women

ANITA LEIFER

In Person. Join a supportive group tailored for women navigating their 70s—a time of both challenges and rewards.

Section 1: 17 Thursdays, Jan 2–Apr 24, 12:30–1:30 pm, Free/\$85

Section 2: 8 Thursdays, May 1–Jun 26,* 12:30–1:30 pm, Free/\$40

60+ Men's Group

RABBI BRIAN FINK

In Person. Join a supportive community for men aged 60 and above. Share thoughts, hopes, and even bucket lists in a welcoming environment.

Section 1: 6 Thursdays, Jan 2–Feb 13, Free/\$30

Section 2: 5 Thursdays, Feb 27–Apr 10,* Free/\$25

Section 3: 9 Thursdays, Apr 24–Jun 26,* Free/\$45

60+ Women's Groups

In Person + Virtual. Join our women's groups to engage in friendly interactions, gain mutual support, and engage in lively conversations about life issues.

Section 1: *In Person.* 15 Tuesdays, Jan 7–Apr 22,* 3–4 pm, Free/\$75

Section 2: *In Person.* 15 Tuesdays, May 6–Aug 19,* 3–4 pm, Free/\$75

Section 3: *Virtual.* 14 Thursdays, Jan 9–Apr 10, noon–1 pm, Free/\$70

Section 4: *In Person.* 10 Thursdays, Feb 6–Apr 10, 11 am–noon, Free/\$50

Section 5: *In Person.* 10 Thursdays, Apr 26–Jun 26, 11 am–noon, Free/\$50

Support Group for 80+

LONNIE RUBIN, MSW

Virtual. Join a nurturing space for seniors 80 and above to connect, share experiences, and offer support. Engage in open discussions with peers on various topics.

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

Section 1: Jan 7–Apr 22*

Section 2: May 6–Aug 19*

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

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.

Section 1: *Virtual.*

Fri, Jan 17, 10-11:30 am, Free

Section 2: *In Person.*

Thu, Feb 13, 5:30-7 pm, Free

Section 3: *Virtual.*

Fri, Mar 14, 10-11:30 am, Free

Section 4: *In Person.*

Mon, Apr 28, 5:30-7 pm, Free

Section 5: *Virtual.*

Fri, May 16, 10-11:30 am, Free

Section 6: *In Person.*

Thu, Jun 12, 5:30-7 pm, Free

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 recreational program.

15 Tuesdays, \$390/\$465

**Section 1: Jan 7-Apr 22,*
11 am-noon**

**Section 2: Jan 7-Apr 22,*
1-2 pm**

**Section 3: Jan 7-Apr 22,*
2:30-3:30 pm**

**Section 4: May 6-Aug 19,*
11 am-noon**

**Section 5: May 6-Aug 19,*
1-2 pm**

**Section 6: May 6-Aug 19,*
2:30-3:30 pm**

The Memory Café

In Person. A bimonthly casual social gathering that 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.

**17 Thursdays, noon-4 pm,
\$255/\$306**

Section 1: Jan 2-Apr 24

Section 2: May 1-Aug 28*

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.

Section 1: 7 Thursdays, Jan 23-Mar 13,* 11 am-noon, Free/\$35

Section 2: 7 Tuesdays, May 6-Jun 24,* 2:30-3:30 pm, Free/\$35

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





I'M A MODERN

TO REGISTER FOR PROGRAMS, VISIT [MMJCCM.ORG/WECHSLER](https://www.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 we talk about aging.

**4 Thursdays, Feb 13-Mar 6,
11 am-12:30 pm, \$50/\$60**

What Matters: Advance Care Planning for Seniors

RABBI BRIAN FINK

In Person + Virtual. Learn about the importance of advance care planning and engage in meaningful conversations to help ensure that your health care wishes are known and honored by your loved ones.

Section 1: *Virtual.*

Fri, Feb 7, 10 am-noon, Free

Section 2: *In Person.*

Wed, Mar 5, 10 am-noon, Free

Growing and Aging Through the Lens of Literature:

Let's Talk!

DEBORAH BRIGGS

Virtual. The stories in this series explore questions about growing older, caring for aged loved ones, and finding satisfaction in later life.

**6 Tuesdays, Feb 4- Mar 11,
1:30-3 pm, \$30/\$36**

Aging Alone, Together: Planning for Solo Agers in Partnership with DOROT

In Person. This series is designed for those seeking tools, strategies, and support to age more intentionally and plan for the future.

**6 Wednesdays, Mar 26-Apr 30,
10 am-noon, Free**

Wise Aging: Nurturing Spirit, Resilience, and Wisdom

In Person. Participants will be guided through reflective work that enables them to better understand their lives.

**6 Thursdays, May 1-Jun 5,
10-11:30 am, \$75/\$90**

AGER



60+ FITNESS + 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. Visit mmjccm.org/massage or call 646.505.5716 to schedule an appointment.

NEW! Daily Meditation Annual Subscription

Our new Daily Meditation Subscription provides 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. *Free trials available.* Email szizmor@mmjccm.org for more info.

\$120/\$200

JCC New Year's Free Fitness Sampler Fair

Start 2025 off with a burst of joy. Sample our in-person and virtual fitness and wellness programs. Enjoy special discounts on membership, personal training, massage, and more. *Doors open at 9:30 am. All levels are welcome.* For details and to register, visit mmjccm.org/newyears

Sun Jan 12, 10 am–3:30 pm, Free





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. *All fitness levels.*

4 Tuesdays, 3–4 pm, \$149/\$174

Section 1: Jan 14–Feb 4

Section 2: Mar 4–Mar 25

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.

**Tuesdays + Thursdays,
9:30–10:30 am**

**Section 1: Jan 7–Feb 11,
\$144/\$162**

**Section 2: Jan 9–Feb 13,
\$144/\$162**

**Section 3: Feb 20–Mar 27,
\$144/\$162**

**Section 4: Feb 18–Mar 25,
\$144/\$162**

**Section 5: Apr 1–May 13,*
\$144/\$162**

**Section 6: Apr 3–May 15,*
\$144/\$162**

**Section 7: May 20–Jun 24,*
\$120/\$135**

**Section 8: May 22–Jun 26,
\$144/\$162**

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



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.



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

[Functional Pilates for Health Ageability](#)

JONATHAN URLA, FOUNDER YOGILITES

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

Wednesdays, 9:10-10:10 am

**Section 1: Jan 8-Feb 5,
\$120/\$135**

**Section 2: Feb 12-Mar 12,
\$144/\$162**

**Section 3: Mar 19-Apr 30,*
\$120/\$135**

**Section 4: May 7-Jun 11,
\$144/\$162**

[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 22 + Feb 12, 11-11:45 am,
\$20/\$25 per session**

TAKE BOTH AND SAVE \$35/\$40

**Workshop 2: 2 Wednesdays, Apr
16 + May 7, 11-11:45 am, \$20/\$25
TAKE BOTH AND 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 you regain bladder control. Participants will have a 15-min, one-on-one consultation with Randi at the beginning and end of the series. *Women only.*

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

Section 1: Mar 5-Mar 26

Section 2: May 21-Jun 11

[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, 3:10-4:25 pm,
\$25/\$35 per session**

Arthritis + Joint Pain: Feb 9

Hip Pain: Mar 9

Sciatic Pain: Apr 27

[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.

**4 Sundays, Feb 2, Mar 2,
Apr 6 + May 4, 2:45-4:15 pm,
\$25/\$35 per session**

[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.

Tuesdays, 12:15-1:30 pm

**Section 1: Jan 7-Feb 11,
\$144/\$162**

**Section 2: Feb 18-Mar 18,
\$120/\$135**

**Section 3: Mar 25-May 6,*
\$144/\$162**

**Section 4: May 13-Jun 24,*
\$144/\$162**

[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

**Section 1: Jan 10-Feb 14,
\$144/\$162**

**Section 2: Feb 21-Mar 28,
\$144/\$162**

**Section 3: Apr 4-May 16,*
\$144/\$162**

**Section 4: May 23-Jun 27,*
\$120/\$135**

**Programs noted with an asterisk have exception dates.*

Visit our website for detailed information.

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.*

Wednesdays, 11:20 am-12:20 pm

**Section 1: Jan 8-Feb 12,
\$144/\$162**

**Section 2: Feb 19-Mar 19,
\$120/\$135**

**Section 3: Mar 26-May 7,*
\$144/\$162**

**Section 4: May 14-Jun 18,
\$144/\$162**

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.

Wednesdays, 1:45-3 pm

**Section 1: Jan 8-Feb 12,
\$144/\$162**

**Section 2: Feb 19-Mar 19,
\$120/\$135**

**Section 3: Mar 26-May 7,*
\$144/\$162**

**Section 4: May 14-Jun 18,
\$144/\$162**

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.

Thursdays, 1:30-2:30 pm

**Section 1: Jan 9-Feb 13,
\$126/\$138**

**Section 2: Feb 20-Mar 27,
\$126/\$138**

**Section 3: Apr 3—May 15,*
\$126/\$138**

**Section 4: May 22-Jun 26,*
\$105/\$115**

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. *All Levels.*

Wednesdays, 6:45-8 pm

**Section 1: Jan 8-Feb 12,*
\$120/\$135**

**Section 2: Feb 19-Mar 19,
\$120/\$135**

**Section 3: Mar 26-May 7,
\$144/\$162**

**Section 4: May 14-Jun 18,*
\$144/\$162**

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.

Tuesdays, 1:45-2:45 pm

**Section 1: Jan 7-Feb 11,
\$126/\$138**

**Section 2: Feb 18-Mar 18,
\$105/\$115**

**Section 3: Mar 25-May 6,
\$126/\$138**

**Section 4: May 13-Jun 24,
\$126/\$138**

Thursdays, 1:45-2:45 pm

**Section 1: Jan 9-Feb 13,
\$126/\$138**

**Section 2: Feb 20-Mar 27,
\$126/\$138**

**Section 3: Apr 3—May 15,*
\$126/\$138**

**Section 4: May 22-Jun 26,*
\$105/\$115**

Tai Chi for 60+ (Level II)

KAREN "AIKI" KELLEY

In Person. Discover the benefits of tai chi practice. Find your center, improve balance, and discover the joy of fluid movement.

**5 Mondays, 1:45-2:45 pm,
\$105/\$115**

Section 1: Jan 6-Feb 10

Section 2: Feb 17-Mar 17

Section 3: Mar 24-Apr 28

Section 4: May 5-Jun 16

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

Tai Chi for 60+ (Level III)

KAREN "AIKI" KELLEY

In Person. Continue studying the traditional yang form practice, moving with awareness when stepping and turning. Deepen your understanding of this in-depth practice with lots of encouragement and positive group interaction.

Tuesdays, 1:45-2:45 pm

**Section 1: Jan 7-Feb 11,
\$126/\$138**

**Section 2: Feb 18-Mar 18,
\$105/\$115**

**Section 3: Mar 25-May 6,*
\$126/\$138**

**Section 4: May 13-Jun 17,*
\$105/\$115**

Balance and Bones Plus™

LINDA ROSE IENNACO

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

Tuesdays, 11 am-noon

**Section 1: Jan 7-Feb 11,
\$126/\$138**

**Section 2: Feb 18-Mar 18,
\$105/\$115**

**Section 3: Mar 25-Apr 29,*
\$105/\$115**

**Section 4: May 6-Jun 10,
\$162/\$138**

Balance and Bones™

LINDA ROSE IENNACO

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.

Thursdays, 11 am-noon

**Section 1: Jan 9-Feb 13,
\$126/\$138**

**Section 2: Feb 20-Mar 20,
\$105/\$115**

**Section 3: Mar 27—May 1,*
\$105/\$115**

**Section 4: May 8-Jun 12,
\$126/\$138**

Tap Into Well-being™

Basics Plus

LINDA ROSE IENNACO

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.

Thursdays, 3:45-4:45 pm

**Section 1: Jan 9-Feb 13,
\$126/\$138**

**Section 2: Feb 20-Mar 20,
\$105/\$115**

**Section 3: Mar 27-May 1,*
\$105/\$115**

**Section 4: May 8-Jun 12,
\$126/\$138**

Walking Clinic

LINDA ROSE IENNACO

In Person. Learn focused exercises to awaken the moving parts (from toe to torso) necessary to stand and walk upright without fear of falling. *Limited to 6 participants.*

3 Tuesdays, 3-4 pm, \$180/\$225

Section 1: Feb 11-Feb 25

Section 1: Apr 1-Apr 22*

Section 2: May 13-May 27

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



Exercise with Ease

LINDA ROSE IENNACO

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

**Section 1: Jan 10–Feb 14,
\$105/\$115**

**Section 2: Feb 21–Mar 28,
\$105/\$115**

**Section 3: Apr 4–May 9,*
\$105/\$115**

**Section 4: May 16–Jun 6,
\$84/\$92**

A Gateway to Gait

LINDA ROSE IENNACO

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.

**2 Sundays, Feb 2 + May 4,
11 am–noon,
\$15/\$18 per session**

Fall Stop...MOVE STRONG™

CELESTE CARLUCCI, FOUNDER

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

In Person + Virtual

Introductory: 11:30 am–12:30 pm

Intermediate: 2:30–3:30 pm

Advanced: 1:30–2:30 pm

**Section 1: 10 Mondays,
Jan 6–Mar 17,* \$210/\$320**

**Section 2: 10 Wednesdays,
Jan 8–Mar 19, \$231/\$253**

**Section 3: 12 Mondays,
Mar 24–Jun 30,* \$252/\$276**

**Section 4: 12 Wednesdays,
Mar 26–Jun 18,* \$252/\$276**

***Virtual.* Intermediate, 12 Fridays,
2:30–3:30 pm, \$252/\$276**

Section 1: Jan 3–Mar 21

Section 2: Mar 28–Jun 27*

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

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.

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

Section 1: Feb 3–26

Section 2: Mar 3–26

Section 3: Mar 31–Apr 30

Section 4: May 5–Jun 4

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

Section 1: Jan 16–Feb 11

Section 2: Feb 13–Mar 11

Section 3: Mar 13–Apr 8

Section 4: Apr 10–May 13*

Section 5: May 15–Jun 12*

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

Section 1: Jan 6–Feb 3*

Section 2: Feb 6–Mar 3

Section 3: Mar 6–Mar 31

Section 4: Apr 3–May 5*

Section 5: May 8–Jun 9*

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

Posture Perfect: Small Group Training for Pain-Free Movement

CAROL ESPEL, EXERCISE PHYSIOLOGIST AND NASM-CERTIFIED JCC PERSONAL TRAINER

In Person. Strengthen your posture and core stability in this series designed to enhance movement, reduce discomfort, and improve shoulder, hip, and spine alignment. *Class size is limited to four to six participants.*

**3 Tuesdays + 3 Thursdays,
1:45-2:45 pm \$247/\$294**

Section 1: Jan 9-Jan 30*

Section 2: Feb 4-Feb 20

Section 3: Feb 25-Mar 13

Section 4: Mar 18-Apr 3

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.

6 Fridays, \$126/\$138,

**Virtual: 8-9 am + In Person:
9:30-10:30 am**

Section 1: Jan 10-Feb 14

Section 2: Feb 21-Mar 28

Section 3: Apr 4-May 16*

Section 4: May 23-Jun 27*

Week of Wechsler Third Annual Wellness Fair

May 15, 10 am-2 pm

Join us for this free day of fitness and wellness sample classes. Enjoy a mix of specialty yoga, tai chi, fall prevention, dance, and more.

Visit mmjccm.org/week-of-wechsler.

Positive Psychology Hour

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

**5 Tuesdays, Jan 21, Feb 11,
Mar 18 + Apr 22, noon-1 pm,
Pay what you wish
May 13, \$126/\$138**

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



Healthy Bones at Any Age

Join us in May during Osteoporosis Awareness Month for this special series.

Osteoporosis Prevention and Treatment in Men and Women

ALANA C. SEROTA, MD, CCFP, CCD

Virtual. Discuss common bone diseases such as osteoporosis and osteopenia and what you can do to stave off these conditions. Hear an expert on the pros and cons of the latest medical treatments and medications.

**Thu, May 8, 7-8 pm,
Pay what you wish**

Activity + Exercise for Healthy Bones (Lecture + Demonstration)

LINDA ROSE IENNAO

In Person + Virtual. Learn exercises and appropriate postural alignment to maintain and regain bone health, creating new movement patterns to stave off spine fractures 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, CSSD,
RCEP, CSCS**

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

Thu, May 22, 6:30-8 pm, \$15

Strengthen Your Bones: A Personalized Exercise & Nutrition Plan That Works

**JASON MACHOWSKY RD, CSSD,
RCEP, CSCS**

Virtual. In this comprehensive workshop learn how to interpret your DEXA scan, craft a personalized nutrition plan, and design an effective exercise routine to promote bone health. You'll build and implement your own customized bone health action plan.

**4 Tuesdays, Feb 25-Mar 18,
6-7:30 pm, \$225/\$250**

Clutter Clearing

**MARILYN MARS, CLUTTER
CLEARING EXPERT**

Virtual.

4 Thursdays, 6-8 pm, \$200

Clutter Clearing 101:

Jan 16-Feb 6 or Mar 20-Apr 10

Clutter Clearing—Paper Series:

Feb 20-Mar 13 or May 8-May 29

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.

**3 Thursdays, Mar 21,
Apr 24 + May 22, 9-11 am,
\$20/\$25 per session**

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 directly.

MORE TO EXPLORE

Experience all the JCC has to offer!

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.*

Books That Changed My Life Festival

In Person + Virtual. This two-month celebration of literature and culture showcases events inspired by beloved literary works, including author conversations, workshops, storytime, a gallery exhibit, musical performances, theater, film events, and more.

Jan + Feb

Ulpan: Hebrew Lessons at the JCC

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 mid-February

The Torah of Today

This monthly series in partnership with the world-renowned Pardes Institute of Jewish Studies explores Jewish texts in the context of contemporary American life. Each session will start with dinner and then feature dynamic Pardes-style learning and hevruta (paired study), with space for open questions and lively debates.

5 Tuesdays, Jan 14, Feb 11, Mar 11, Apr 8 + May 13, 6:30–9 pm, \$54

JCC Donation Drives

Give new life to old possessions during the winter and spring, or volunteer for a shift at any of our upcoming drives.

Children's Book Drive: Jan 20–24
Spring Community Recycling Day: Sun, May 4

Spring + Summer Children's Clothing Drive: May 4–18

STUDIO ARTS CLASSES

This season's studio arts classes include ceramics, oil painting, sewing, and more! Below are just a sampling of classes beginning in January. *For more info, visit mmjccm.org/studio-arts.*

Beginner + Intermediate Pottery: Handbuilding + Wheel Throwing
17 Sundays, Jan 12–May 18,* 10 am–1 pm, \$850

Beginner Sewing: From Pattern to Perfect Fit
10 Tuesdays, Feb 4–Apr 8, 6–9 pm, \$550

Beginner Creative Watercolor + Illustration
10 Mondays, Feb 17–Apr 21, 10 am–1 pm, \$500

We are grateful to share our community with you and our programs are possible because of your partnership! In this spirit, we invite you to support our remarkable programs with a gift which, as you know, is how we sustain our efforts.



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 2025

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 third annual Wechsler Wellness Fair. Week of Wechsler is cosponsored by our partners at the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai.

May 12-16 | mmjccm.org/week-of-wechsler

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