

TASTE OF GEMS AT OUR NEW LOCATION!



Gems Kaiserman JCC
Philly 

SEPTEMBER PROGRAM 2023

GEMS AT THE J

Celebrating Gems at the J, a new hub for active older adults at the Kaiserman JCC with an array of affordable programs. Donations are appreciated to help support this new program.

All classes are in person unless specified. Registration is required for all programs.



WEDNESDAY September 6

BAKING TOGETHER: TRADITIONAL JEWISH APPLE CAKE WITH A MODERN TWIST



1:00PM - 2:15PM | COURSE FEE: \$5 For Ingredients
Instructor: Scott Noy, Owner - Chef Dad's Table

This is a hands-on baking class. Chef Scott will demonstrate and participants will follow along making a traditional apple cake. We will have pre-baked cake that participants can sample during the demo. Rest assured you will not leave this class empty-handed!

TASTE OF GEMS

THURSDAY September 7

ART APPRECIATION: NYC TO TULSA, HIGHLIGHTS FROM THE GUGGENHEIM AND PHILBROOK MUSEUMS



10:00AM - 11:00AM | FREE!
Instructor: Lynn Berkowitz



Let's journey to New York City to view highlights in the Guggenheim Museum before heading to Tulsa, OK to glimpse at the collection and grounds at the Philbrook Museum and Gardens.

FRIDAY September 8

GOLDA FILM SCREENING & WOMEN IN ZIONISM LECTURE



Location: Bryn Maw Film Institute (BMFI)
10:30AM - 1:15PM | COURSE FEE: \$20
Dr. Ruth Anolik, English Dept. Villanova U.



This is an exclusive event for Gems at the J, which will take place at **Bryn Maw Film Institute (BMFI)**. Dr. Ruth Anolik is returning to us to discuss the roles women have played in Zionism, the movement to create a Jewish state in the Land of Israel. From the early days of Zionism, women have been involved in all aspects of the movement, from activism and politics to education and culture. Dr. Anolik will give a short introduction to the topic. We then will proceed to watch the new film **GOLDA**, starring Helen Mirren, which is based on the life of Golda Meir, the first prime minister of Israel. After the movie screening, Dr. Anolik will lead a discussion of the film's themes and issues.

MONDAY September 11

EXERCISE CLASS: SENIOR FIT



Location: Upstairs Dance Studio
11:00AM - 11:45AM | FREE!
Instructor: Jack Saninno, Fitness Instructor

This class will start with a warm-up that will progress into the low-impact cardio section. Next, we will do body, core, and leg workouts. The instructor will then lead us into doing toning with light free weights and exercise tubes. We will also spend time doing balancing exercises and finish with standing stretches.

MONDAY September 11

LEARN AND LIGHT BITES WITH MAIN LINE HEALTH



12:00PM - 1:30PM | FREE!

Instructor: Maureen Krouse, Main Line Health Community Health and Outreach Manager

In honor of 9/11 we will discuss ways and steps to be prepared during health emergencies. Light lunch will be provided. Lunch is cosponsored by Tikvah organization.

TUESDAY September 12

EXERCISE CLASS: GOLDEN SCULPT



Location: Upstairs Dance Studio

10:00AM - 11:00AM | FREE!

Instructor: Trina Lyons, Fitness Instructor

This class is designed to increase strength, flexibility, range of motion, mobility, and balance with cardio. Exercises can be performed seated or standing.

TUESDAY September 12

HANDS-ON-ART: MEDITATIVE MUD



11:15AM - 12:15PM | FREE!

Instructor: Gavi Kestelbaum, Art Instructor

Explore the ancient art of building functional pottery with your hands. We will be making small, decorative bowls and plates using simple hand-building methods. We will finish our creations with acrylic paints. Dress for mess and bring a smock.

TUESDAY September 12

BROADWAY TRIVIA



1:00PM - 2:00PM | FREE!

Instructor: Leila Joffe, American Conservatory Theater, AFTRA, SAG, Actors Equity

Grab your friends and test your Broadway trivia knowledge! You might be quizzed on the names of Broadway musicals, plays, and other theater productions. Prepare to recite famous Broadway composers, lyricists, actors, and actresses. Be ready to delve into the awards and the history of Broadway Theater!

WEDNESDAY September 13

OPENING EVENT: BROADWAY SING-A-LONG AND KOSHER LUNCH



11:00AM - 1:00PM | EVENT FEE \$15

Live Performance by Jenny Lee Stern!

Join us to celebrate the opening of a new hub for active older adults at the Kaiserman JCC, called Gems at the J. This event will feature a music performance by Broadway veteran **Jenny Lee Stern**. You will have the opportunity to sing along to your favorite Broadway songs! We promise tasty foods, a warm atmosphere, lively conversations, and a special giveaway!

THURSDAY September 14

POLITICAL AFFAIRS



10:00AM - 11:00AM | FREE!

Instructor: Dr. Matt Kerbel, Interim Associate Vice Provost for Teaching and Learning, Professor, Department of Political Science Villanova University

The 2024 election is still more than a year away but we already know it will be unlike any other. As Donald Trump's legal problems intensify, he nonetheless maintains a grip over his party's base, while the stakes remain higher than any election in memory. We will make sense of what is happening, as we get ready for what promises to be a wild political ride.

TUESDAY September 19

WALKING GROUP



11:15AM - 12:15PM | FREE!

Instructor: Gems Staff

Looking for company to enjoy fresh air, physical activity & socialization? Stick with Gems as we explore the JCC site and walk together around the campus. Weather permitting.

TUESDAY September 19

DOES GOD EXIST?



1:00PM - 2:00PM | FREE!

Instructor: Barnett Kamen, Retired Jewish Studies Teacher, Jack M. Barrack Hebrew Academy

The debate between those who believe in God and those who do not has been ongoing throughout most of the history of humankind. In this session, we will explore various philosophical responses to the eternal question of the existence of God and the attempts to prove God's presence. Just in time for the High Holidays.

WEDNESDAY September 20

THE FABRIC MUSEUM AND WORKSHOP (FWM)

11:00AM - 2:30PM | COURSE FEE: \$15

1214 Arch Street, Philadelphia

This museum is located near the Reading Terminal Market

Marion "Kippy" Boulton Stroud (1939-2015) founded it in 1977. We will enjoy a guided tour of the museum, which will be followed by a workshop-making print screens. We will then proceed to have lunch at Reading Terminal (*buy your favorite food & sit down for a meal with the group*).



THURSDAY September 21

THE HUDSUCKER PROXY FILM SCREENING & TALK



10:00AM - 12:30PM | FREE!

Instructor: David Greenberg, Adjunct Professor, University of the Arts

For nearly forty years, Joel and Ethan Coen have been amongst the most critically lauded and popular independent filmmakers working in cinema. From their roots in gritty low-budget independent films to more expensive films with big movie stars, the multi-Oscar-winning pair of brothers have created a niche for themselves unlike any other in the movie business. Their idiosyncratic and boldly original style has set them apart from every other filmmaker working today. In this lecture and screening, we will take a deep dive into what it means when you see something called "A Coen Brothers Film."

FRIDAY September 22

EXERCISE CLASS: FUNCTIONAL FITNESS



11:15AM - 12:15PM | FREE!

Instructor: Deborah Saldana

A low-impact workout that will train your muscles to work together for the tasks of daily living, at work, at home, and on the go. Our instructor will help you move your way from deconditioned to reconditioned, and help you regain mobility and flexibility. Music suggestions are always welcomed!

WEDNESDAY September 27

VISIT TO WEITZMAN NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY

11:00AM - 1:30PM | COURSE FEE: \$10

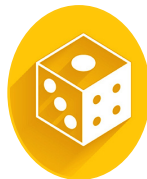
101 S. Independence Mall E, Philadelphia

Do not miss this unique group visit to the Weitzman Jewish Museum, which will feature a docent-led tour, specifically focusing on the exhibition by Jonathan Horowitz: *The Future Will Follow the Past*. The artist used installation to convey a message of seeing the U.S. through the critical eyes of a concerned citizen. After the tour, we will enjoy a meal together at the Museum. Bring your own brown bag lunch!



4 THURSDAYS September 7-28

MAHJONG GAME TIME!



1:00PM - 3:00PM | FREE!

Facilitators: Sharon Dunoff and Helene Rosenfeldt

This group is for beginners as well as for seasoned players alike. The facilitators will be available to teach the rules of the game to new players. Players that know the game can join peers familiar with the game.



A very Sweet and Happy
Rosh Hashanah
from our family to yours!

Gems at the J

The new older adults hub at the Kaiserman JCC inspires older adults to live independently, actively and involved, through programs and activities that enhance wellbeing, promote engagement, and foster community.

Policies

Registration

Registration is required for all programs.

Please visit PhillyJCC.com to register via credit card.
Checks may be mailed to our office if preferred.

Cancellation

When appropriate, Gems at the J will issue a credit, not a refund.

Credit

Credit will not be given after the first day of classes except in the event of illness or injury.

Programs are held at The Kaiserman JCC

45 Haverford Road, Wynnewood, PA 19096
Learn more at www.PhillyJCC.com

**Program Sponsor: Weinberg Family Fund of the
Jewish Federation of Greater Philadelphia**

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Philly J

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