

**Mail-In Registration
FALL PROGRAM 2023**

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

**IN PERSON COURSES
(at Shir Ami)**

- Gems on the Go Movie & Brunch, Bensalem \$12
- Chair Yoga for Healthy Aging, Newtown \$58
- Influential Celebrity Icons, Newtown \$49
- Women in History: It All Started With Eve, Newtown \$58
- Kaiserman JCC 2nd Annual Fall Festival, Wynnewood \$10

PAYMENT (Total Amount Enclosed) \$

Mail completed form with payment to:

Kaiserman JCC

45 Haverford Road, Wynnewood, PA 19096

Please make checks payable to: Kaiserman JCC/Gems

Or register online at: GoldenSlipperGems.org/Bucks-County

Questions? Call Greta Wrigley at 267.984.0722

Register and pay for courses via credit card on-line.

Credit cards not taken on location, only on-line.

Go to: GoldenSlipperGems.org/Bucks-County

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.

Registration

Please visit goldenslippergems.org/bucks-county to register via credit card.

Checks may be mailed to our office if preferred.

Class Location

Shir Ami
101 Richboro Road
Newtown, PA

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. Gems in Bucks County is part of this hub.

**Program Sponsor
Bernard and Etta
Weinberg Fund**

Check your emails frequently to stay up to date on any program changes.

**Bucks County
Program Manager:**
Greta Wrigley
267.984.0722 or
GWrigley@PhillyJCC.com

Gems Kaiserman JCC
Philly 
In Bucks County

**BUCKS COUNTY
FALL PROGRAM
2023**



Gems Kaiserman JCC
Philly 
In Bucks County

GEMS IN BUCKS PROGRAM FALL 2023

ALL OUR FALL PROGRAMS WILL BE IN-PERSON

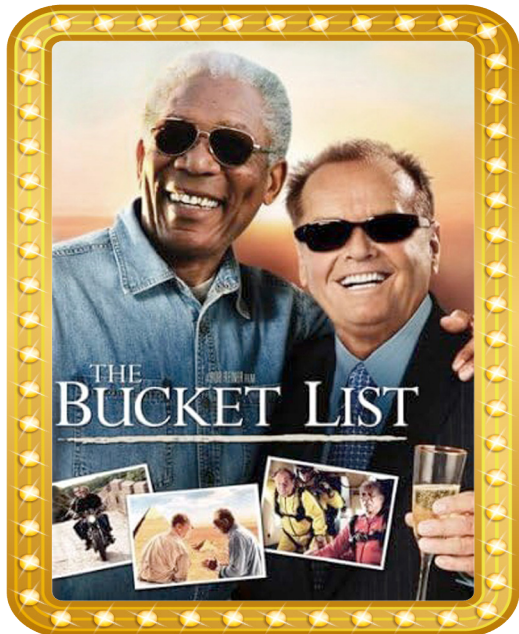
WEDNESDAY October 25 GEMS ON THE GO MOVIE & BRUNCH

The Bucket List starring
Jack Nicholson and
Morgan Freeman

Congregation Tifereth Israel
2909 Bristol Rd., Bensalem, PA

10:00AM-12:30PM | EVENT FEE \$12

This comedy-drama directed by Rob Reiner, follows two men on their road trip with a wish list of things to do. A film that encourages discussion on moving out of our comfort zones, making future plans and goals, and what constitutes a life well-lived. Come schmooze with us and enjoy bagels, watch the film, and take part in a thoughtful discussion about the movie led by Luke Poling, filmmaker and podcaster.



Check our website for more
special events! PhillyJCC.com/gems

6 WEDNESDAYS Oct. 11 - Nov. 15 CHAIR YOGA FOR HEALTHY AGING



10:30-11:30AM | COURSE FEE \$58

**Instructor: Renée Laevsky, Namaste
Centered Yoga Therapy**

This wonderful session is for anyone who is interested in gently and safely strengthening their body in order to prevent injury, improve functional fitness, and move through day to day tasks with more comfort and ease. In addition to increased strength and flexibility, Chair Yoga also has positive effects on cellular aging, mobility, balance, mental health, and prevention of cognitive decline. The classes consist of a gentle and gradual flow of movements, all done while sitting in a chair or using a chair for support. Modifications are offered throughout each class, making it the perfect solution for individuals of all abilities.

5 THURSDAYS Oct. 12 - Nov. 17 (No Class Nov 9) INFLUENTIAL CELEBRITY ICONS



10:00-11:00AM | COURSE FEE \$49

**Instructor: Stuart Liss, Professor
of History and Filmology**

Come join us for this light and exciting 5-part series focusing on five unforgettable talents. Personalities include Barbara Walters, Grace Kelly, Eddie Fisher, Lucille Ball and Irving Berlin. This course will provide fun and fascinating insights into both their public work and fascinating private lives! We invite you to sit back as we go and take a walk down memory lane.

6 THURSDAYS Oct. 12 - Nov. 17 WOMEN IN HISTORY:



IT ALL STARTED WITH EVE

11:15AM-12:15PM | COURSE FEE \$58

**Instructor: Steve Pollack,
Performer and Lecturer**

Join our beloved Steve for a detailed look at the history of women in Western Civilization, from the point of view of the origin and persistence of patriarchy and the institutionalization of prejudice against women, silencing their voices and erasing their contributions and histories over several thousand years. It includes a look at the effects of the agricultural revolution, women in early religions, women as portrayed in the bible, women in ancient civilizations such as Mesopotamia, Greece and Rome, and women of note from the Middle Ages/Renaissance through the Age of Enlightenment to modern times.

SUNDAY October 15 KAISERMAN JCC 2ND ANNUAL FALL FESTIVAL

12:00-3:00PM | EVENT FEE \$10

We invite you to the JCC to check out this location and its Annual Fall Festival! The afternoon will be filled with community partners leading activities for all ages. Our very own fitness instructor, Trina Lyons from Mastah Tee Fitness and Dance, will also be there leading a dance/exercise class at 2:00. Fun is guaranteed for all!