EXCITING NEWS!

Calling all Active Seniors!

JCCGW TRIP TO ISRAEL!

May 16 – 26, 2016

First time or first visit in a long time – this wonderful journey will be the trip of a lifetime!

For more information please contact Debbie Sokobin 301.348.3760 or dsokobin@jccgw.org or visit www.jccgw.org.

Coming of Age in Maryland is a partnership of the Jewish Social Service Agency (JSSA), Premier Homecare, the Jewish Community Center of Greater Washington (JCCGW) and Jewish Council for the Aging (JCA). Funding is provided by The Jewish Federation of Greater Washington, the United Jewish Endowment Fund, and the State of Maryland.

“"You provide an invaluable service!”

Isadora K. (CoA Member)

For more information, please contact 301.348.3832 or fenoch@jccgw.org.

For social work services, please contact 301.816.2672 or hseeger@jssa.org.
Food For Thought

Getting Out and Hypothermia

Winter is arriving and the holidays are coming to an end. Many of us want to stay in bed and wait for Spring but it is important to keep moving (safely) for both physical and mental health reasons. When preparing to go outside, you must protect yourself against hypothermia. Hypothermia effects people of all ages but seniors are at higher risk for a variety of reasons including certain illnesses and the use of certain medications.

Tips to preventing hypothermia include: wearing multiple layers, wearing loose clothing, on very cold days wearing long johns and keeping your home warm during winter months. When out with friends, pay attention - signs of hypothermia include: slurred speech, slow movements, increased sleepiness and confusion. Call a doctor if you are concerned about a friend. If you would like any additional information about hypothermia you should contact your medical provider or feel free to contact me as a first step. I hope to see you out at Coming of Age events this winter!
CoA POLICIES

► Payment
Checks should be made payable to JCCGW and mailed to:

JCCGW - Coming of Age (CoA)
6125 Montrose Road
Rockville, MD 20852

Programs are filled on a 1st come, 1st served basis, in order of receipt of payment. Do Not Call To Register! Register online or mail in the form with your payment! EACH participant MUST complete a form!

► Refunds/Cancellations
• There is no refund if you cancel after the RSVP date.

CoA reserves the right to cancel a program due to insufficient enrollment. If you are unable to attend a Coming of Age program, let us know as soon as possible by calling the reservation line at 301-348-3832, so that those on the wait-list can participate.

► Inclement Weather Policy
When MCPS is closed, the CoA program is canceled. If schools have a delayed opening, please call the CoA office @ 301-348-3832 for the latest update on that day’s program.

► Transportation
When transportation is offered, you will be notified of the exact pick-up time one to two days before the day of the trip. We will note an approximate departure time in the CoA Booklet.

► Mailings:
Please call us to be removed from our mailing list.
Please call CoA at 301-348-3832 with any special needs.

►► IMPORTANT EXCURSION INFORMATION

The CoA staff calls each person attending an excursion, [usually 1-2 days before the trip], with the bus departure time from each pick-up location. You must be at your pick-up location at least 10 (ten) minutes before departure time. This allows us to board the bus, get to our destination on time, and to be considerate of the other attendees. In the case of an emergency, and at the staff’s discretion, the bus may wait an additional 5 (five) minutes before departing. Thank you for your understanding and cooperation!

Coming of Age & JRLW @ LEISURE WORLD

Fee: $6

Movie Matinee:
“A Match Made In Heaven”
2014 ♦ 75 minutes ♦ Hebrew w/English subtitles

When: Monday, November 16, 1:30-3:30 PM RSVP 11/9
Where: Clubhouse II Auditorium ♦ Discussion to follow

This charming documentary follows four young Ultra-Orthodox Israelis over the course of a year as they search for a suitable marriage partner. You will be drawn into their lives as they follow the “3-date max” rule to find the perfect mate.

Guest Speaker and Professional Matchmaker, Leora Hoffman, will lead our follow-up discussion. Leora, a former practicing attorney, specializes in matchmaking, individualized searches and relationship coaching. Leora began her business as a response to the tremendous need for an effective, dignified and professional way for singles to meet.

Movie Matinee: “Dough”
2014 ♦ 94 minutes ♦ UK/Hungary

When: Tuesday, December 15, 1:30 - 3:30 PM RSVP 12/8
Where: Clubhouse II Auditorium ♦ Discussion to follow.

Curmudgeonly widower Nat Dayan obstinately clings to his way of life and his livelihood as a Kosher bakery shop owner in London’s East End. With a dwindling clientele and the pressure of big box stores mounting, Nat reluctantly enlists the help of teenager Ayyash, a refugee from Darfur. When Ayyash adds a not-so-Kosher ingredient to the leavening process, the challah starts flying off the shelves and an unlikely friendship forms between the old Jewish baker and his young Muslim apprentice. Dough is a warmhearted and gently humorous story about overcoming prejudice and finding redemption in unexpected places.
Monday, November 30, 10:30 AM - 2:00 PM    RSVP 11/23
Cost: $5/Served, 4-Course Hot Lunch

10:30 AM     “Get Fit While You Sit”
11:20 AM     Table Talk with Hileia [JSSA Social Worker]
11:50 AM     Hot Lunch
1:00 PM     “Just In Time”

“Just in Time” is an all female, double Quartet, singing four-part unaccompanied close harmony in barbershop style. Oldies but goodies, ballads, and choreographed up-beat songs!

Monday, December 14, 10:30 AM - 2:15 PM    RSVP 12/19
Cost: $5/Served, 4-Course Hot Lunch

10:30 AM     “Get Fit While You Sit”
11:30 AM     Table Talk with Hileia [JSSA Social Worker]
11:50 AM     Hot Lunch
1:15 PM     Pinchas & Friends

Let’s celebrate the joyous music of Chanukah, as well as other well-known tunes! Accordionist Pinchas Zahavi and his friends will have you singing along and tapping your feet to klezmer music and tunes from around the world! This wonderful group of musicians will share their ruach (spirit) and talent with you!

In its 46th year, this 10-day Book Festival boasts more than 20 author events, book signings, with the most sought-after literary talent! This year’s festival features a diverse range of cultural programs, from live music to original theater performed by local actors, in addition to top authors in the literary world. Stay tuned for more details or contact Jennifer Smith with questions at 301.348.3778 or jsmith@jccgw.org.

FREE MOVIE NIGHT ♦ Light Refreshments!

“Sholem Aleichem: Laughing in the Darkness”
Tuesday, November 10, 6:30 PM
FREE; Ticket required - Box Office: 301-348-3805
Sponsored by Tracy Bloom Schwartz and Alan Schwartz

This film uncovers the world of Sholem Aleichem, his fascinating life and the inspiration behind his brilliant work.

Polinger Artists of Excellence Concerts:
♫ Sunday, November 1, 7:30 PM
Vladimir Feltsman, Piano

♫ Sunday, December 6, 7:30 PM
Trio Solisti & Richard O’Neill, Piano Trio + Viola

♫ Sunday, December 13, 7:00 PM
New Orchestra of Washington (NOW)
Mostly Russia with Cellist Tim Park

♫ Thursday, November 12, 8:15 PM
Special Veterans Day Program
US Air Force Band Brass Quintet

For more information, call Janet Getz: 301-348-3779
Selma Sweetbaum Senior Satellite Program returns to the JCCGW!

Join us every Tuesday for this FREE* program:

10:00 – 11:00 AM
Weekly Exercise; Monthly Blood Pressure Check

11:00 AM – 12:00 PM
Yiddish Conversation Group
Facilitator: Hilda Rubin

12:00 PM
Delicious, Kosher Meals

1:00 PM
Enlightening, Educational, & Entertaining programs,
including a ♫ Jewish Chorus ♫, led by Frieda

Come for any one part or all of the day!
* $5 suggested donation for lunch.

► For more information, contact Stacy Katz Olivera at 301.348.3889 or solivera@jccgw.org.

Do you have an extra hour in your day?

The JCCGW is always looking for individuals with some extra time on their hands to volunteer. Volunteer opportunities include: Friday morning challah sales, Ushers for various events and extra hands for our “Tuesday’s at the J” program. Please contact Stacy Katz Olivera: 301-348-3889.

Remember: You may only be one person, but you can be the one person who makes a difference!

City Perch Kitchen & Bar
[in the Pike & Rose Shopping Center]
Game: “Urban Myth”

Thursday, November 12, 12:30 - 3:00 PM RSVP 11/2
11830 Grand Park Avenue, N. Bethesda; 301-231-2310
Cost: $25/Lunch & Program

Join us at North Bethesda’s new culinary destination, City Perch Kitchen + Bar. This Seasonal American Dining Room by James Beard’s renowned Chef Sherry Yard is perched atop the iPic Theaters at the new Pike & Rose development. This beautiful space, where the waiters serve contemporary comfort food sourced from nearby farms, offers unique, playful dishes that are enhanced by various flavors. Breads are made from scratch daily and served warm with whipped butters. The menu changes with the seasons.

Happy New Year!!

The Inn at Brookeville Farms Restaurant

Musical entertainment!

Thursday, December 3, 12:30 - 3:00 PM RSVP 11/23
19501 Georgia Avenue, Brookeville, MD
Cost: $25/Holiday Meal & Music

Join us for our annual holiday celebration at this quaint country inn. Come to eat, sing, dance, and celebrate with friends! Classic country style American cuisine! Delicious! Enjoy live & lively music while you eat, and then try your hand at Karaoke! Whether you’ve sung on stage or in the shower, we’d love to hear you sing!! Listening is good too!
**EXCURSIONS**

**Arena Stage presents OLIVER!**

Wednesday, **November 18**  
RSVP 11/6  
Showtime: Noon  
Depart LW ~10:00 AM; JCC ~10:30 AM  
Return JCC ~3:30 PM; LW ~4:00 PM  
Costs: Ticket/$42; Trans/$18

**Consider Yourself** invited to meet Charles Dickens’ unforgettable characters in this Tony Award-winning musical about an innocent orphan thrown into the dark world of thieves and conmen. Bursting with beloved songs, including “You’ve Got to Pick a Pocket or Two,” “Where is Love?” and the scrumptious “Food, Glorious Food,” this wonderful production of Oliver will have you calling out for “More, please!”

**Signature Theatre presents West Side Story!**

Monday, **December 21**  
RSVP 12/9  
Showtime: 7:30 PM  
Depart JCC ~5:00 PM, Leisure World ~5:30 PM  
Return ~11:00 PM  
Costs: Ticket/$49; Trans/$18

In the late 1950’s two rival gangs struggle for control of their West Side NYC neighborhood. Amidst the chaos, star-crossed lovers find themselves wrenched between their worlds. Beautiful, passionate, with shades of violence and heartache, this adaptation of Shakespeare’s Romeo & Juliet still dazzles after more than 50 years. Considered one of the greatest musicals of all time, West Side Story features treasured songs such as “Tonight,” “I Feel Pretty” and “I Like to be in America.”

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**NEW**

**CoA @ Shaare Tefila!**

**A Glimpse of the Life of Lorenzo Da Ponte – As Reflected in Mozart’s Music**

Wednesday, **November 11; 1:30 - 3:00 PM**  
RSVP 11/4  
Cost: $6/concert; A Q&A will follow.  
Where: 16620 Georgia Ave., Olney  
(Near ‘Roots’ grocery store and only 5 minutes from LW)

Lorenzo Da Ponte was born into an Italian Jewish family in 1749. The story of the life of Lorenzo Da Ponte is both remarkable and entertaining, from his humble roots in the Jewish ghetto, through his days as a seminary student and priest, a poet and an Italian lover and gambler. His greatest achievement was being the librettist for Mozart’s three famous operas, Marriage of Figaro, Don Giovanni, and Cosi fan tutte.

The Young Artists of the American Center for Puccini Studies and students of the Arcadia Vocal Academy perform arias and ensembles from these operas, under the direction of Dr. Harry N. Dunstan, Founding Artistic Director of the American Center for Puccini Studies.

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**Jazz Delights!**

**Tuesday, December 8, 1:30 - 3:00 PM**  
RSVP 12/1  
Cost: $6/concert; A Q&A will follow.  
Where: 16620 Georgia Ave., Olney  
(Near ‘Roots’ grocery store and only 5 minutes from LW)

This fantastic trio will present a program of highlights from “The Great American Songbook,” featuring swingin’ interpretations of well-loved classics such as Gershwin, Berlin, Porter, and more! Seth Kibel (Clarinet, Saxophone, flute), Lena Seikaly, a premier jazz vocalist, and Sean Lane, a versatile in-demand pianist, are sure to wow all, channeling the spirits from a bygone era!