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 **Bender JCC**  
of Greater Washington

6125 Montrose Road  
Rockville, MD 20852

 **Bender JCC**  
of Greater Washington

# ADULT PROGRAMS

## Coming of Age

### MAY– JUNE 2019

**Thursday, May 23, 2019**

**10th ANNUAL "TO LIFE"**

**HEALTH & WELLNESS EXPO!!**

**Leisure World - Clubhouse I**

For more information, please contact  
301.348.3832 or [fenoch@benderjccgw.org](mailto:fenoch@benderjccgw.org).

For social work services, please contact  
301.816.2673 or [abaronofsky@jssa.org](mailto:abaronofsky@jssa.org).

*Coming of Age in Maryland is a partnership of the Jewish Social Service Agency (JSSA), Premier Homecare, the Bender 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.*



Partner Agency of  
The Jewish Federation  
OF GREATER WASHINGTON



  
Jewish Social Service Agency

#### **THANK YOU!**

We appreciate your participation in and continued support of CoA programs! In this issue, we'd like to recognize **Deana Stempler**, for her generous donation!  
~ Frieda & Melanie



**Ari Baronofsky LCSW**  
**abaronofsky@jssa.org**  
**301-816-2673**

Now that spring is here, the opportunity to get out of our shells, go outside, and do something is calling. If it's becoming harder for you to get from place to place, there are several options in the county that may meet your needs.

-Call-n-Ride is a county program that offers subsidized taxi rides to low-income seniors.  
**For information call 301-948-5409.**

-Connect-A-Ride is a volunteer program run by the JCA, including escorted transportation for medical appointments.  
**Call JCA at 301-738-3252.**

-JSSA offers escorted transportation to and from medical appointments, this includes helping you from your home to the vehicle, driving you to your appointment, waiting while you have your appointment, and returning you home afterwards.  
**For information, call 301-816-2639.**

-Metro Access is a program for people whose physical disabilities make it difficult for them to use ordinary public transportation. For information, call **301-562-5360.**

As always, feel free to contact me with any questions. New programs pop up all the time, and I'm happy to share them with you. ~ Ari

**Aryeh Baronofsky, LCSW-C** |  
 Clinical Social Worker and Project Coordinator | Senior Services  
 Direct: 301-816-2673 | Fax: 301-770-8741  
[abaronofsky@jssa.org](mailto:abaronofsky@jssa.org) | [www.jssa.org](http://www.jssa.org)

## REGISTRATION FORM

To register by mail, complete & submit this form to:  
 Bender JCC, Attn: CoA // 6125 Montrose Rd., Rockville, 20852

Name \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

**Food 'n Fun: El Mariachi, Wed., May 1** **RSVP 4/25**  
**Fee: \$28/Lunch & Program (19532)** **Amount \$\_\_\_\_\_**

**Shaare Tefila, Lecture, Thurs. May 9** **RSVP 5/2**  
**Fee: \$8 (19486); \$10/@ door** **Amount \$\_\_\_\_\_**

**Expo Finale "Broadway in Concert," Thurs., May 23** **RSVP 5/13**  
**Fee: \$10 (19567); \$12/@ door** **Amount \$\_\_\_\_\_**

**Movie @ LW: King Bibi, Thurs. May 29** **RSVP 5/22**  
**Fee: \$8 (19566); \$10/@ door** **Amount \$\_\_\_\_\_**



**Beth Ami, Music, Mon. June 3** **RSVP 5/27**  
**Fee: \$8 (19953); \$10/@ door** **Amount \$\_\_\_\_\_**

**Movie @ LW: Itzhak, Thurs. June 13** **RSVP 6/6**  
**Fee: \$8/ticket (19571); \$10/@ door** **Amount \$\_\_\_\_\_**

**Shaare Tefila, Lecture, Thurs. June 20** **RSVP 6/13**  
**Fee: \$10 (19535); \$12/@ door [Note higher price]** **Amount \$\_\_\_\_\_**

### I WANT TO BE A DONOR in 2019!

**[Donor's name will be recognized & listed in the CoA booklet, for gifts of \$50 or more]**

**► Your contribution is tax-deductible to extent allowed by law.**

\$18    \$36    \$50    \$100    \$\_\_\_\_\_ **Amount \_\_\_\_\_**

#### Method of Payment (check one; NO CASH)

Check - Payable to Bender JCC **Total Amount Paid \$\_\_\_\_\_**

VISA    MasterCard    AmEx    Discover

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

## CoA POLICIES

### ► Registration & Payment

**REGISTER ONLINE @ [benderjccgw.org](http://benderjccgw.org) or by mail, with a credit card or by check:**

Make checks payable to **Bender JCC** and mail to:

**Bender JCC - Coming of Age  
6125 Montrose Road  
Rockville, MD 20852**

### ► Registration: Do Not Call To Register!

Programs are filled on a 1st come, 1st served basis, in order of receipt of payment. Register online or mail in the form with your payment!

**NOTE:** Program may sell-out before the RSVP date.

►► **When registering for any and all CoA programs, you must include the name, address & phone # of EACH participant!**

You may enter this information on your Registration form, or on a separate piece of paper.

### ► Refunds/Cancellations

**There is no refund if you cancel after the RSVP date.**

► **Mailings:** Please call us to be removed from our mailing list.

► Please call **CoA** at **301.348.3832** with any **special needs**.

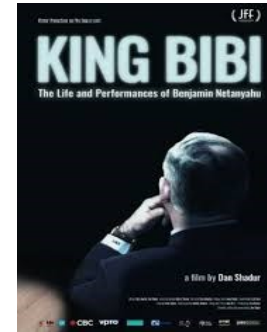
### ► **IMPORTANT EXCURSION INFORMATION**

The CoA staff calls each excursion registrant, usually **2-3 days before the trip, to confirm bus departure times**. (An approximate departure time is noted in the CoA calendar.) Please be at your pick-up location at least 10 (ten) minutes **before** boarding time. This allows us to get on 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

3300 N. Leisure World Boulevard

Fee: \$8; \$10 @ door



### **Movie Matinee: "King Bibi"**

2018 | 87 minutes | Documentary

**When: Wednesday, May 29, 1:30 - 3:30 PM**  
**RSVP 5/22**

**Where: Clubhouse II Auditorium**  
**Discussion to follow**

This mesmerizing documentary tells the remarkable story of Israel's longest-serving Israeli Prime Minister **Benjamin Netanyahu's** rise to power as reflected through four decades of public appearances. He discovered the political benefits of distancing himself from the media and communicating with his public directly, as has President Trump. **KING BIBI** explores the role American-style politicking has played in shaping Netanyahu's legacy.

### **Movie Matinee: "Itzhak"**

2017 | 83 minutes | Documentary | English

**When: Thursday, June 13, 1:30- 3:30 PM**      **RSVP 6/6**

**Where: Clubhouse II Auditorium ♦ Discussion to follow.**

From Schubert to Strauss, Bach to Brahms, Mozart to... Billy Joel, **Itzhak Perlman's** violin playing transcends mere performance to evoke the celebrations and struggles of real life; praying with the violin! This enchanting documentary looks beyond the sublime musician, to see the polio survivor whose parents emigrated from Poland to Israel, the young man who struggled to be taken seriously as a music student when schools saw only his disability. As charming and entrancing as the famous violinist himself, **ITZHAK** is a portrait of musical virtuosity seamlessly enclosed in warmth, humor, and above all, love.

# 10th Annual "TO LIFE" Health & Wellness Expo



Thursday, May 23

10:00 AM - 2:00 PM

Leisure World, Clubhouse I

► Co-sponsored by The Jewish Residents of Leisure World and presented by Coming of Age in Maryland

## Highlights

- **FREE Admission ♦ FREE Bags ♦ FREE Give-a-ways**
- 70+ Exhibitors (Exhibitor Hall opens at 10AM; closes at 2PM)
- Health Screenings (End at 2:00 PM)
- Interactive Workshops
- Keynote Speaker: **9:15 AM—TBD**
- ‘Capture a Memory’ with a picture of YOU [& friend(s)]
- “Head to Toe” Massages
- Social and Community Organizations
- *Grand Finale Show (Pre-purchased tickets required) ► \$10.00*

**FREE Workshops ♦ Register to Ensure a Seat!**

### WORKSHOPS - BALTIMORE RM.

- 1 11:00 - 11:45 AM:** Downsize & De-stress [Susie Danick]
- 2 12:00 - 12:45 AM:** Matzoball Fitness: Eat Healthy & Have a ‘Ball’ [Rachel Packer]
- 3 1:00 - 1:40 PM:** Suffering Is Not A Mitzvah [Rabbi James Kahn]

### WORKSHOPS - MONTGOMERY RM.

- 4 11:00 - 11:45 PM:** Gentle Yoga [TBD]
- 5 1:00 - 1:40 PM:** MedStar *presents...!* [TBD]

- LW Residents: Register for Workshops at E&R.
- Non-LW Residents: Call CoA [301.348.3832] to register.

# THE SOUNDS OF MUSIC @ THE BENDER

## SONG CIRCLE!

Tuesdays, May 7, 21; June 4, 18

1:00 to 2:30 PM

- ♪ The Song Circle is about the joy of singing in a friendly, informal setting
- ♪ All are welcome, regardless of experience or level of ability
- ♪ Song sheets will be provided

Contact Frieda: 301.348.3809 or [fenoch@benderjccgw.org](mailto:fenoch@benderjccgw.org)

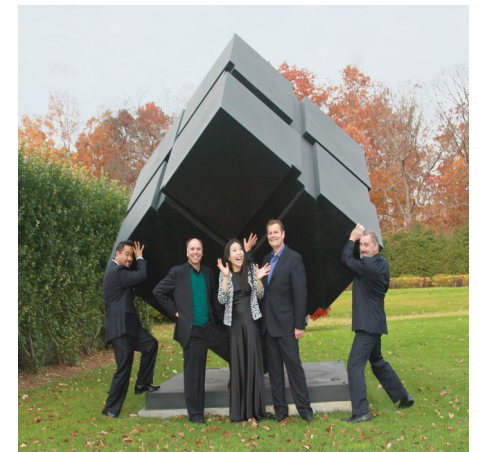
► Sponsored by the Bender JCC Senior Adult Dept. and the Folklore Society of Greater Washington ([fsgw.org](http://fsgw.org))

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## POLINGER ARTISTS OF EXCELLENCE

Exquisite Classical Music  
@ the Bender JCC  
Kreeger Auditorium

Alexander Quartet  
& Joyce Yang, Piano  
Sunday, May 5 | 7:30 PM



Go to [www.benderjccgw.org/concerts](http://www.benderjccgw.org/concerts) to register.  
For more information, contact Janet Getz: 301.348.3779.



The Goldman Art Gallery of the Gildenhorn/  
Speisman Center for the Arts  
of the Bender JCC of Greater Washington  
*presents*

## **A Lifetime of Perspective: Art by Older Adults**

May 19 - June 17

Opening Reception: May 19  
10:00 - 11:30 A.M.

For additional information, please contact:  
[Kandy Hutman](#) or call 301-348-3847

## **10th Annual "TO LIFE" Health & Wellness Expo**

**Thursday, May 23 ♦ 10:00 AM - 2:00 PM**  
**Leisure World, Clubhouse I**

**CLUBHOUSE GRILLE BUFFET ♦ OPENS @ 11:00 AM**  
Delicious "EXPO SPECIAL" Lunch [Purchase On-Site]

### **♥ Fantastic Raffle Prizes! ♥**

• Restaurants • Hair and Nail Salons • Gift Baskets

**► Grand Prize: 45" SMART HD TELEVISION**

• Stores • Boutiques • Bus trips to NYC & more!

### **GRAND FINALE CONCERT:**

**Broadway star, William Michals**

**♪ Broadway In Concert ♪**

**► When: 3:00 - 4:00 PM ♦ Fee: \$10; \$12 at door**  
**► Where: Clubhouse II Auditorium, Leisure World**



*Michals' stunning  
voice still rings in my  
ear!*

*Leaves the audience  
breathless!*

*Sings like an angel!*

## FOOD 'N FUN

### El Mariachi Restaurant Game: Trivia Plus...

Wednesday, May 1 ♦ 12:30 - 3:00 PM      RSVP 4/25  
Ritchie Center, 765 Rockville Pike, Rockville-301.738.7177  
Cost: \$28/Lunch & Program

El Mariachi features authentic Spanish, Mexican and Latin American cuisine, and delicious desserts! Don't miss it!  
► After lunch, we'll test your knowledge of trivia, and maybe you & your team will win a prize!

## CoA @ TEMPLE BETH AMI!

14330 Travillah Road, Rockville  
Fee: \$8/\$10 at door



### DJANGOLAYA IN CONCERT

Monday, June 3,  
1:00-3:00 PM

RSVP 5/27

**Back by popular demand!**

**Djangolaya** is a group of musicians in the DC Metro Area celebrating the music of Django Reinhardt, one of the greatest musicians of the 20th century. They're an acoustic group with a European flair. You're likely to hear a wide range of music from swing to bossa nova to gypsy jazz to tango and more. The vocalist, an incredible chanteuse, and wonderful band will captivate and delight you! ♥ Sweets will be served.

CoA @ Shaare Tefila!  
16620 Georgia Ave., Olney

Near 'Roots' grocery store, only 5 min. from LW

**Author DAVID WEINSTEIN PRESENTS**

### “THE EDDIE CANTOR STORY: A JEWISH LIFE IN PERFORMANCE AND POLITICS”

Thursday, May 9, 1:30-3:00 PM

RSVP 5/2

Cost: \$8; \$10 at door

**David Weinstein** will discuss Eddie Cantor: one of the most popular entertainers of the twentieth century. **Dr. Weinstein's** lively multi-media presentation highlights Cantor's influence on American Jewish comedy and features rare clips of Cantor's performances. The presentation also explores Cantor's political activism, including the actor's courageous campaign against Nazism during the 1930s. **Dr. Weinstein** is a senior program officer at the National Endowment for the Humanities and holds a PhD in American Studies.

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### “THE STATE OF ANTI-SEMITISM”

**Lecture by Lauren Strauss, PhD**  
Prof. of Modern Jewish History and Culture

Thursday, June 20, 1:30 - 3:00 PM

RSVP 6/13

► Cost: \$10; \$12 at door (NOTE: Higher price)

**Strauss** will examine the history and legacy of antisemitism in America, identifying themes that have endured over time, and those that appear to be new threats. Is this current climate a new, more dangerous “normal” for Jews in America? “We must talk about anti-semitism! What's happening in our country should alarm us all.” **Lauren Strauss** is a *professor* of modern Jewish history, specializing in American Jewish cultural and political history. She holds a Ph.D. in Modern Jewish Studies from the Jewish Theological Seminary in New York, a Master's degree in International Relations from Yale University, and a B.A. from Brandeis University.