

ADULTS IN MOTION (AIM)

A publication of the Adult, Cultural & Judaic Department of the JCC

APRIL 2017 / ADAR NISSAN 5777

SHALOM FROM THE DIRECTOR

As we enter April, I am amazed at the many and diverse celebrations recognized during this month. Albeit not inclusive, we celebrate fun days like April Fool's Day, sacred days including Passover, Easter and Palm Sunday, and the not so fun day, the dreaded due date for taxes, April 15.

My curiosity was not sated and I searched further into the origins of the name April. Some believe it comes from the Latin word *aperire*, to open. Others believe Aphrodite, the Greek Goddess of Love, was the inspiration for the name. Both definitions resonate with me. April is a time for buds to open, and springtime is often equated with finding love, looking for love, and/or feeling loved.

Whatever you believe, the month of April holds a special place in many people's hearts. Just the celebration of both Passover and Easter sets April apart from other months. I am most fortunate to be traveling to Israel this April to celebrate Passover with family and friends. If any of you have a message that you would like me to put in the Western Wall, I would be happy to do so for you.

May the month of April be filled with celebratory times with your friends and family at home and at the JCC. Join us on April 5 as we partake in the Passover Seder together. Think about how you can blossom in the spring and try something new. Join the Sanders Book Club on
participate
Paint Night
have fun at
Brunch on
sign up for
Gardens on
is



May 4,
in the Canvas
on April 25,
the Mah Jong
May 25, or
Longwood
May 23. There
something for

everyone at the "J" every month.

Marcy

FAMILY FUN AT ABC JR!

It's so much fun to watch your kids learn and nothing beats the joy of watching your children create something and the pleasure they have in making it. This year, we are so excited to combine a series of learning and creative activities into one big family fun day. From an acclaimed author, to fantastic hands-on classes for the kids, to the screening of the next Oscar-winning director at the first Jewish Youth Film Festival, there is something for all ages to enjoy.

When we put together the ABC Jr. schedule, we wanted to offer a unique array of classes that would tap into every child's interest. Baking and decorating cookies is always a hit! Early childhood chef, Heather Wendell, will even teach them to make dinner for you!

For our active kids, we have Karate and Yoga. It's all about focusing and self-control and best of all, they don't know they are learning the foundations of keeping it together. Our little scientists can discover robotics, space, and even let their competitive side out in the fun engineering challenges. Local author Lori Miller will entertain the little ones with story time. Traditional art lovers can learn more with a canvas painting class while technology based kids can create their own music video on their own digital device.

While the kids are having fun, parents and grandparents can kvell and kvetch with Dr. Maurice Ellis when he talks

For more information, contact Marcy Lahav, Director
at mlahav@jfedsnj.org or (856) 424-4444 x1247

For more information about youth film contest,
please contact Suzanne Post at spost@jfedsnj.org
or (856) 424-4444 x1226

DID YOU KNOW?

You can access the Adult Department Monthly Nutrition Menu , Activity Calendar and the AIM Newsletter on line at katzjcc.org/adults



SPECIAL THANKS

To our Jewish War Veterans who are making a trip to Israel on April 24th. They will deliver

baby hats that have been carefully and kindly knitted by our members. These hats are donated to maternity wards in both Israel and at local hospitals in NJ. If you are interested in making hats for future donations, please come to the Adult Department for yarn and instructions.

MEMBER TEXTING SYSTEM

If you have the ability to text on your phone and want to receive important weather related or emergency information from the JCC, we now have a text message system you can use.

On your mobile phone: **text Katzmember to 24587**



IN THE FAMILY

assistance, ask anyone in the Adult Department to help you.

If you require further

We are sorry to announce a loss in the family, Lester Siegmester, a longstanding JCC member and Men's Club Board member.

The Sanders Memorial LIBRARY at the Katz JCC

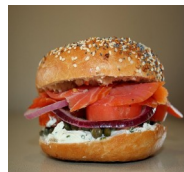
We also send our condolences to the family of Estelle Mazis, a sweet woman who enjoyed the library, Life Long learning classes and the Goodtimers.

May the memories of them be a blessing to their friends and families.

Thank you to everyone who responded to our mailing and contributed to the Sanders Memorial Library Fund. We are grateful for your donations and continual support of the library's growth. Keep in mind donations can be made any time of year and bookplates can be purchased for a special someone for a minimum contribution of \$18.00.

Congratulations to Pearl Friedman who is the lucky winner of last month's raffle basket.

Our next book club meeting will be held on May 4th at 1:00 PM in the library. We will be reviewing the 2016 National Jewish Book Award winner *And After the Fire* by Lauren Belfer. This story weaves together fictional characters from present day and the true aristocrats and artists of the Weimar region in Germany into a spellbinding novel.



At the core of the story is a cantata (written by Bach) that was considered an anti-Semitic work of beauty. For more information on this book and the research that went into its creation, visit the website laurenbelfer.com. Belfer

shares excerpts from her numerous trips to Germany and photographs of the real people and places that defined this rich story. For a copy of the book, stop in the library for it in print or on Kindle.

Feel free to stop by with recommendations for the library.

For information about Transportation programs, please contact Karen Grossman at kgrossman@jfedsnj.org or (856) 424-4444 x1273

For information about the Sanders Memorial Library, please contact Debbie Drachman at ddrachman@jfedsnj.org or (856) 424-4444 x1259

NEWS FROM THE GOODTIMERS

Respectfully submitted by Ruth Goodman

The next meeting of the Goodtimers will be held at the JCC, Tuesday, April 25th at 2pm—Program to be announced. The next Discussion Group will be held at the home of May Brill. Date to be announced.

If anyone is aware of a Goodtimer who is ill, in the hospital, or in any way incapacitated, please contact our Sunshine Lady, Shirley Wander at 856-424-1497. She will send an appropriate card.

Our Membership Chairperson, Shirley Werner, will help us maintain and grow our membership. New members will be welcomed. If you know anyone who might be interested, have them come to a meeting! They should be over 65, single, and a current member of the JCC. Membership to the Goodtimers is free for JCC members

FOR YOUR INFORMATION

Wednesday, April 5 - Passover Lunch in the JCC Social Hall. Cost \$5 - guest \$8. If anyone would like to participate in the reading, please let Marcy know.

Monday, April 3 - "The Joy of Poetry." Speaker Ed Silver in the Adult Lounge - 10am.

Sunday, April 9 - Bolshoi Ballet - A Hero of Our Time. Ritz Center - 12:55PM - Seniors \$14.

Friday, April 21 - 11AM. "Luncheon With The Arts" at Croft Farm. Two 30-minute filmed lectures on the Louvre. In Paris Lunch will be served between lectures. Cost \$5 (at the door \$8 on 4/21) 856-488-7868.

Sunday, April 30 - Philharmonic of South Jersey - An American in Paris - Eastern Regional High School - 3PM. Cost seniors \$25. (856-779-2600).

MARK YOUR CALENDAR for trip to Longwood Gardens, Tuesday, May 23. Cost JCC Member \$65, Guest \$85. Also, Goodtimers trip on Toms River Paddle Boat Cruise Thursday, June 22. Cost \$50. Make checks out to "Katz JCC" and bring to Suzanne or Michele in the Adult Office. Reservations are going fast!

FREE to JCC members.

- Every Monday - "Mindfulness Meditation" in the Adult Lounge at 1pm.
- Every Monday, Wednesday and Friday - Armchair Aerobics at 11:45am.

- Every Thursday at 10:30am Armchair Yoga.

If you want to attend Goodtimers meetings the 4th Tuesday of every month at 2pm and you need transportation home, contact Karen Grossman at ext. 1273 one week before the meeting.

SMART HEALTH FROM ELLEN, JFCS NURSE

Spring is almost here and that means holiday season is upon us again. It is a time to celebrate with friends, family and community groups. For some it can mean overeating and weight gain. It is possible to stay healthy during this season. Gretta Macaire, a Registered Dietician at California Pacific Medical Center, offers the following tips:

- Be realistic. Don't try to lose pounds during the holidays, instead try to maintain your current weight.
- Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain.
- Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit.
- Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
- Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions.
- Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
- If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per

week)
above
your
normal/



For more information about our activities, please contact Suzanne Post at spost@jfedsnj.org or x1226

For more information about our Meal Program, contact Gail Siegel at gsiegel@jfedsnj.org or x1280

COUPLES CLUB

I am writing this on a snowy day. Hopefully, you are reading this on a sunny day. April brings a lot of things we enjoy, especially Passover.



Many Couples Club members are attending the Adult Department's Community Seder on, Wednesday, April 5. This is a day after our April 4 monthly meeting and a day before we're seeing a play, My Son, the Waiter, at the Bucks County Playhouse. Following the play is lunch at the Logan Inn.

As I said earlier about the snowy day—this caused our March meeting to be cancelled as the JCC was closed due to the weather. However, worth mentioning are three activities we had in March. A documentary film about the theft of the Mona Lisa turned out to be a great evening. Both the film and meeting the director exceeded expectations. We attended a concert at Cherry Hill Township's Croft Farm Arts Center. This featured a harpist who wowed us with a harp rendition of the classic rock song—Led Zeppelin's Stairway to Heaven. We finished the month by attending the Cherry Hill Volvo Cars Jewish Film Festival showing of *A Grain of Truth*.

All of these activities are an enjoyable way to spend an afternoon or evening with nice people who have more in common with one other than you may think. Everything the Couples Club does has a meal before or after the event. It is during mealtime that you can really engage in good conversation. Join us some time

Steve Kravitz

L'DOR v' TECH: Teens Teaching Technology

Teens from SJR BBYO are excited to offer a new opportunity to learn how to use your technology. Free one-on-one instruction will be held at the JCC at 3pm on the following dates to educate you on how to use the popular social media apps, Facetime, the basics and much more.

- April 5
- April 26

For information about Life Long Learning and Trips, contact Sharon Siegel ssiegel@jfedsnj.org or (856) 424-4444 x1297

- May 17

Try it, you'll like it and learn!



IMPORTANT TRANSPORTATION UPDATE

There is **no transportation on Friday, April 14**. Neither Safety Bus or the Cherry Hill Township Bus will be running. Contact Robin Lazarow at x1260 by Monday, April 10 for an alternative transportation option for this day.



BIRTHDAYS!

Edith Green, Ruth Kerensky, Rosalind Rachlin, Minnie Kaufman, Roberta Lipitz, Edith Green, Elaine Fischer, Norma Dubrow, Thelma Spivack, Erwin Schachter, Joan Shapiro, Bea Rosenberg, Charlotte Singer, Rita Rosen, Beverly Sacks, Josh Pober, Mindel Woehr

For information about our Judaic programming, contact Jill Cogan at jcogan@jfedsnj.org or (856) 424-4444 x 1281