

# ADULTS IN MOTION (AIM)

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

September 2019 / TAMMUZ AV 5779

## SHALOM FROM THE DIRECTOR

We want to thank all of you who took the opportunity to complete the Food Survey. Your favorites did not surprise us: Roast Chicken, Brisket, Cheese Blintzes, Tuna, Turkey Hoagie, Spaghetti & Meatballs, Meatloaf, Swedish Meatballs, Hamburger, Focaccia, and Seafood Salad. What did you like most about the meal program: eating with friends, price, variety, good food, and friendly staff. How can we improve the meal program: less mayo, serve food hot and equalize portions. We will eliminate those menu choices with the lowest scores. We realize we can't satisfy everyone all of the time, but we do our best to satisfy the majority.

Check the menu and attend those meals that appeal to you. We will introduce new items periodically. This month we included eggplant parmigiana because our farmer friend is giving us fresh eggplants. We will try to use fresh items as often as possible and keep on trying to change and improve.

The JCC is entering a very busy season with the High Holidays, JCC Open House, and Sports Award Dinner. The new Life Long Learning and the Bank of America Festival of Arts, Books and Culture brochures will also be mailed in September. We are celebrating Sid Kaplan's 96<sup>th</sup> birthday on the 20<sup>th</sup> and celebrating the High Holidays on the 27<sup>th</sup>. We resume our first Mondays Speakers Bureau from the Jewish Community Relations Council this month as well. Stay tuned for new Boomer Connection programming beginning in October.

The staff and I wish for you and your loved ones a holiday season and New Year filled with fulfillment and health, and we hope to share many enjoyable moments with all of you.

**Marcy and the Adult, Cultural & Judaic Department Staff**



For more information, contact Marcy Lahav, Director at [mlahav@jfedsnj.org](mailto:mlahav@jfedsnj.org) or x1247

## SHANA TOVA



Shana Tova!

It's hard to believe another Jewish year is just around the corner. The summer days just keep going faster and faster with so little time to enjoy them like the kids do. Although the calendar changes, my mind keeps telling me that we are only in 2002 and I'm just about to get married. I'm not quite really sure how I got to where I am today and I'm pretty sure you ask yourself the same question. It's just about this time of year when we all start to make resolutions. As Jews, we are super lucky that we actually get two chances to keep those resolutions, on Rosh Hashana and again at the secular New Year.

That's a plus in my book since I'm really great at making resolutions but really bad at keeping them. This year I feel is different (Please check back with me in November to see if I'm sticking to my guns.) There have been so many changes in our little department in the last year and we've all stepped up to the challenge: New job responsibilities, new programs, new colleagues, new faces, new Instagram account. It's been a stimulating and rewarding year. Personally, after working in this building for 13 years, I actually used the gym and stuck with a program for over three months, a true miracle!!! Things are definitely headed in the right direction.

So, why is this year different? I think it's the aging process. I've learned so much from all of you, and after working here for so many years, your wisdom and experience are finally setting in with me. Obstacles come and go, milestones are celebrated and enjoyed, new things become old. With that knowledge comes a piece of mind and acceptance that make taking on anything new awesome and exciting.

Try something new, make a new friend, do something different for yourself.

I wish for all of you a Shana Tovah (Happy New Year) and may you have exciting and wonderful challenges this year.

**Sabrina**

For more information about Cultural Programs, contact Sabrina Spector at [sspector@jfedsnj.org](mailto:sspector@jfedsnj.org) or x1108

## PALS PEERS AT THE J!

During the week of August 12 – 16, the JCC hosted the wonderful PALS (Peers using AAC [Augmentative Communication] for Language and Socialization) Program.

PALS was formed to promote socialization among peers of children who are multi-disabled and require aide for communication. PALS was established in 2012 by Donna Forman of Cherry Hill, who is an advocate and certified Speech Pathologist. Donna and her husband have a daughter, Sydney, who requires the assistance of an Augmentative Communication Device and was Donna's inspiration for starting the PALS summer program.

The week was filled with camp activities centered around this year's camp theme "Pawesome PALS." The participants enjoyed different animal adventures throughout the week. They learned about wild animals, farm animals and ocean animals - all centered around this year's camp theme "Pawesome PALS."

This year, the multi-disabled individuals between the ages of 16-27 ended the camp week with a final showcase musical presentation with the talents of All Together Now Music Group. In addition, there will be an award ceremony for the participants. This, truly, is a special week here at the JCC.



**Nina Staiman**  
**ACHaD Director**

## Joel and Linda Appel GALLERY

### at the Katz JCC THE ISRAELI SHLICHIM PROGRAM—CONNECTING SOUTH JERSEY AND ISRAEL FOR GENERATIONS

This September and October the South Jersey Jewish Community will celebrate the contributions of Israeli *shlichim* (emissaries) who have helped build and sustain our bridge to Israel. The festivities include an art reception on Tuesday, September 10, at 6:30 pm, and artwork from the late Tzafir Anbar, who served as the JCC Community *Shaliach* from 1975 to 1978.

The idea for the exhibit came from Anbar's son, Shai, who was 15 at the time he came to Cherry Hill with his parents and siblings. After his mother passed away, he was rummaging in his dad's studio in Israel and came across many paintings that laid there unseen for decades. He quickly recognized that they were treasures and decided to bring them to Cherry Hill, their old community, and pay homage to the man, his art and his legacy. He reached out to an old friend, Liz Greene, a friend who still works at the JCC, and she introduced Shai to Arkady Hasidovich, the current Israeli *shaliach*. From there, Arkady, along with Sabrina Spector and Suzanne Post, realized there was great potential to celebrate this beautiful art and the decades long *shlichim* program and they became inspired to expand the commemoration to include other *shlichim* who have given so much to this community.

Shai is particularly looking forward to honoring his father and returning to the place where so many great memories were made. Debbie Davis, a long time JCC member along with her family, hosted the Anbar's during their stay here and are still family friends.

We hope you can join us for the reception on Tuesday, September 10 at 6:30pm. This event is free and open to the community. Light refreshments will be served and there will also be a special presentation by Arkady Haidovich. Please RSVP to Suzanne Post at x 1226. If you miss the reception, we hope you will take time to view Anbar's work which will be on display during the months of September and October.

Suzanne  
*Excerpts taken from The Jewish Community Voice article,  
written by Rea Bochner*

For information about Life Long Learning and Trips,  
contact Sharon Siegel [ssiegel@jfedsnj.org](mailto:ssiegel@jfedsnj.org) or x1297

For more information about the Appel Art Gallery, please  
contact Suzanne Post at [spost@jfedsnj.org](mailto:spost@jfedsnj.org) or x1226.

## MEN'S CLUB

Our next meeting is Sunday, September 22, and our speaker, Andrew Demchick, Development Director from the AJC, Philadelphia/Southern NJ, will talk about his organization and how it helps Jews throughout our region.

Meeting starts at 10am in the Family Activity Center of the Katz JCC. Lox and bagels will be served for \$8. Note new price!



Robert (Rob) Sax  
(856) 889-2448  
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## CELEBRATE YOUR MITZVAHS WITH US!

Adults 60+ consider sharing a special occasion with your friends during our lunch program.

### You may want to consider the following:

- \*Purchase a Kosher cake for the Lunch Program Dessert and /or choose the menu for that day.
- \*Pay for lunch for everyone that attends.
- \*Reserve a table for your family and friends.
- \*Think about hiring an entertainer.
- \*Bring Decorations.



Contact Robin Lazarow at [rlazarow@jfedsnj.org](mailto:rlazarow@jfedsnj.org) or at 856-424-4444 x1260 to plan your party today!

For more information about the Lunch Program, please contact Robin Lazarow at [rlazarow@jfedsnj.org](mailto:rlazarow@jfedsnj.org) or x1260

## The Sanders Memorial LIBRARY at the Katz JCC

### Friends of the Harold L. Sanders Library

Our library is a gem in the Katz JCC! We invite you to join the [Friends of the Harold L. Sanders Library](#). We are building an endowment for the library, to sustain and ensure its continued growth. Supporting the Friends of the Harold L. Sanders Memorial Library will help us expand and maintain our collection, providing materials of Judaic interests to all for now and, more importantly, for the future. In addition, it will allow us to continue to develop new programs and provide more services to our community.

To support the library, look for donation information at the library or contact Irene Afek at 856-424-4444, Ext. 1259, or email: [iafek@jfedsnj.org](mailto:iafek@jfedsnj.org). Thank you very much, in advance, for your donation.

### Next Chapter Book Club

Join us for the next Chapter Book Club! We have a very lively and thoughtful discussion of each month's selection. The discussion is led by librarian Irene Afek and facilitator Fran Pliskin. We meet at 1:30 p.m. in the Adult Lounge.

Mark your calendars now for upcoming Book Club dates:

#### Thursday, September 19:

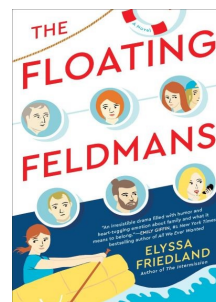
*Mistress of the Ritz* by Melanie Benjamin

#### Thursday, October 31:

*The Floating Feldmans* by Elyssa Friedland

**Both of these authors will be appearing at the Arts, Books and Culture Festival in November.**

These books are available on the library Kindles and in the library.



For more information about the Sanders Memorial Library, contact Irene Afek at [iafek@jfedsnj.org](mailto:iafek@jfedsnj.org) or x1259



## HAPPY BIRTHDAY!

Herb Jacobson, Morris Dworkin, Ida Geltzer, Sid Kaplan, Alan Gooderum, Estelle Richter, Edith Kalech, Phyllis Hait, Elinor Kase, Lillie McPherson, Khasua (Pari) Moghadam, Norma Kaye, Faye Berlin, Doris Owens, Elinor Engleman, Harold Brotman, Minna Recht, Lorraine Pincus, Barbara Some, Dena Feinberg, Pearl Pober, Ellen Grumet, Regina Lavin, David Goldberg, Alan Cohen, Harold Weisman, Suzanne Tucker, Karen Grossman, Basha Blau

*If we've missed your special day, please let us know and we'll add you to our list!*

## GOODTIMERS

Next Goodtimers Meeting is Tuesday, September 24, at 2:00pm. Our speaker will be Steve Whinston. Topic: "50 Years After Woodstock." Please join us!



**The incomparable Sally Friedman addressing the Couples Club.**

### Boarding the bus for Doolan's.



## COUPLES CLUB

The Couples Club summer social schedule is complete. In July, we had a wonderful day trip to the NJ Adventure Aquarium, followed by dinner at Marco's restaurant at Indian Spring Golf Course. On August 8, we had our Closing Affair, our final social event of the season. We boarded two buses taking us to Doolan's, Spring Lake, for lunch, dancing, and a fantastic afternoon featuring a comedian and the Rod Stewart Tribute Show.

Starting the new social year on September 19, we have a trip planned to the American Treasure Tour Museum in Oaks, PA. This is a one of a kind Americana nostalgia museum. We're already planning for our Hanukkah Party in December and looking forward to all the JCC events happening in the Fall.

In addition to our trips, our meeting program is always interesting. In July, we had local columnist, Sally Friedman, share what's involved in writing her weekly columns with us. In fact, our group may have given her some ideas for future columns.

We encourage our members to tell us about places and activities they want to do so we can consider making it a Couples Club event. We try to include a meal before or after the event.

When speaking with potential new members, those newly retired or moving to the area to be near family, I am impressed at the interest level these folks show for JCC programs for active adults, including Life Long Learning, fitness, daily scheduled activities, and, of course, the Couples Club.

We try to keep our members active. Try us out! The Couples Club meets the second Tuesday of the month, 7:30 pm, in the JCC Social Hall. As members of the JCC, you and your significant other can join the Couples Club as part of your JCC membership. If you are interested in attending a meeting, stop by the Adult Department for more information. The next regular monthly meeting is, Tuesday, September 10, 7:30 pm, JCC Social Hall.

### Steve Kravitz

Couples Club President

For more information about Transportation programs, please contact Robin Lazarow at [rlazarow@jfedsnj.org](mailto:rlazarow@jfedsnj.org) or 856-424-4444 x 1260

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