

# adult enrichment

## Spring 2021

Mondays, Tuesdays, Wednesdays and Thursdays  
Join us for all or pick and choose!



Open to community and adults of all ages



908-889-8800 • [www.jccnj.org](http://www.jccnj.org)

We will continue our program calendar **VIRTUALLY** this spring with exercise before each day's program.

All programs including exercise will use the same Zoom link except where noted.

Join Zoom Meeting

<https://us02web.zoom.us/j/83663989557?pwd=eW90Y0NTQTJVQjVFMENnMXNXUHRBdz09>

Meeting ID: 836 6398 9557

Passcode: 266606

+1 929 205 6099 US (New York)

If you need any help learning how to use Zoom, please contact Alison Rivlin at [arivlin@jccnj.org](mailto:arivlin@jccnj.org).

All virtual programs are free.

We rely on donor support to sustain this programming. Please consider a one-time donation or a recurring monthly donation to help ensure that we can continue to provide these important programs. Donate online to the Senior Adult Program at [www.jccnj.org](http://www.jccnj.org) or mail your donation to JCC of Central NJ, Attn: Barbara Weisbart, 1391 Martine Avenue, Scotch Plains, NJ 07076. Thank you for your support.

### Closed Captioning

We are excited to offer closed captioning for many programs this spring!

A minimum of two days' notice is required if you want closed captioning! Closed captioning is available on noted programs **ONLY** if advance requests are received. Please contact Alison Rivlin at [arivlin@jccnj.org](mailto:arivlin@jccnj.org) if you want closed captioning. The closed captioning access link will be provided in the chat box of the Zoom meeting once the program is underway.

new!  
**AFTERNOON PROGRAMS!  
SMALLER GROUP SESSIONS!**

These sessions are perfect for individuals looking for more interaction between participants.

The Zoom link for these afternoon programs is as follows:

Join Zoom Meeting

[https://us02web.zoom.us/j/87836454612?pwd=YmJSZFNQ](https://us02web.zoom.us/j/87836454612?pwd=YmJSZFNQVzVvNnBKempyeW1jdjJMdz09)

VzVvNnBKempyeW1jdjJMdz09

Meeting ID: 878 3645 4612

Passcode: 763739

+1 929 205 6099

## afternoon programming

**Book Club with Debbie Abrams**  
**Monday, March 15, April 12, May 10 and**  
**June 14 • 3:00 p.m.**

Read, discuss and analyze books (which are chosen in advance) as a group. Lively discussion sure to follow! Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest.

**Dancercize with Helene Baum**  
**Monday, March 22, April 5, April 19,**  
**May 3, May 17 and June 7 • 3:00 p.m.**

A dance-fitness class accessible to all fitness levels! An easy, fun, low-impact way to stay active. Energy boosting music and dance styles from Latin to ballroom mix. Participate standing or sitting. The focus is on mind-body workout while improving balance, core strength, and coordination. The result will leave you feeling great. Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest.

**Writers Workshop with Barbara Buettner**  
**Tuesday, March 16, March 30, April 13, April 27,**  
**May 11, May 25, June 8 • 3:00 p.m.**

This class is meant for people who love to write or would like to start writing and want to get and offer feedback, suggestions and discussion about each other's writings. Both novices and more experienced writers are welcome! Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest.

**Chit-chat with Barbara and Alison**  
**Wednesday, March 10, March 24, April 7, April 21,**  
**May 5, May 19, June 2 and June 16 • 3:00 p.m.**

Enjoy some social time with the members of the JCC of Central NJ Adult Enrichment group! Let's use this opportunity (in place of our much-missed in-person time) to catch up on personal occasions and anything else we might feel like discussing.



**Beyond Bereavement**  
led by **Gayle Forman, LCSW, ACSW, MSW**  
**Thursday, March 11, March 25, April 8, April 22,**  
**May 13, May 27 and June 10 • 3:00 p.m.**

This group is for people who have been through their first year of grieving. We will discuss how we move on after the first year of losing a significant person in our lives. At the first meeting, we will review the topics we plan to cover. Sponsored by The Healthcare Foundation of New Jersey.

**Meaningful Conversation**  
with **Social Worker Natalie Ross, LSW**  
**Thursday, March 18, April 1, April 15, May 6, May 20,**  
**June 3 and June 17 • 2:00 p.m.**

What's on your mind? Share your thoughts and questions with a social worker. Social distancing, loneliness, politics and fear of the pandemic have made these particularly stressful times. Meet with our social worker to process some of these experiences as a group and receive some help in dealing with them. Sponsored by The Healthcare Foundation of New Jersey.

**Meet Individually**  
with **Social Worker Natalie Ross, LSW**

If, during these difficult times, you would like to take advantage of individual counseling with social worker Natalie Ross, contact Alison Rivlin at [arivlin@jccnj.org](mailto:arivlin@jccnj.org). Thanks to a generous grant from The Healthcare Foundation of New Jersey, this service will be provided at no charge.

**Then and Now: The Improbable, Yet True Story**  
**of Nicolas Winton and the Kindertransport from**  
**Prague with Dr. Ralph Nurnberger**  
**Thursday, April 1 • 11:15 a.m. - 12:15 p.m.**

Nicholas Winton was a 29-year British stockbroker on vacation in Prague in December 1938. While there, he encountered thousands of refugees who had fled to the city from the Nazis. Although he had never worked on refugee rescue, was not involved with any organization that did this kind of work, did not have financial backing, did not even speak Czech and only remained in Prague for three weeks, he was determined to assist as many children as possible. He ultimately saved 669 children from the Nazis by arranging transport and then finding homes in Britain for them. Dr. Nurnberger, who taught at Georgetown for 38 years and is a frequent lecturer at the Smithsonian, will relate this amazing story. This program is in recognition of Yom Hashoah, Holocaust Remembrance Day. Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest. **Closed captioning available ONLY if advance requests are received.**

**Short Stories and Written/Oral Memoirs**  
**Monday, April 5 • 11:15 a.m. - 12:15 p.m.**

Retired English college professor Barbara Buettner shares interesting written pieces and helps us work on written and oral memoirs – all followed by lively discussion.

**Book Talk with Librarian Debbie Abrams**  
**Tuesday, April 6 • 11:15 a.m. - 12:15 p.m.**

Join us for a lively discussion as Debbie takes us through selected bestsellers, popular good book choices and all things pop culture. Always with enjoyable conversation!



**From Hitler to Hollywood:  
How Jewish Exiles Reshaped American Film  
with Professor John Kenrick**

**Wednesday, April 7 • 11:15 a.m. - 12:15 p.m.**

The talents that fled Fascism in Europe would literally change the future of Hollywood. A fascinating and upbeat look at the actors, directors and writers behind so many classic films. Sponsored by The Grotta Fund for Senior Care of The Jewish Community Foundation of Greater MetroWest. **Closed captioning available ONLY if advance requests are received.**

**Current Events with Todd Goodman  
Thursday, April 8 • 11:15 a.m. - 12:15 p.m.**

Todd Goodman, a private tutor and former NBC/MSNBC writer and producer, takes us beyond current headlines to explore fundamental American principles under the constitution: freedom, justice and equality. Sponsored by The Westfield Foundation.

**Tips for Combating Loneliness  
with Social Worker Natalie Ross, LSW  
Monday, April 12 • 11:15 a.m. - 12:15 p.m.**

With prolonged social distancing and the fear of the pandemic, these can be lonely and stressful times. We will learn about some research from professionals and discuss how to implement this advice into our lives. Meet with our social worker to process some of your experiences and to receive some help in dealing with them. Sponsored by The Healthcare Foundation of New Jersey. Please contact Alison Rivlin at arivlin@jccnj.org to arrange a meeting if you would like to talk to Natalie individually.

**Then and Now: 100 Years of the Israeli/Arab/  
Palestinian Conflict with Elon Perry  
Tuesday, April 13 • 11:15 a.m. - 12:15 p.m.**

Elon Perry presents a unique perspective on this complex subject, having been a journalist covering the Israeli-Palestinian conflict for 25 years, and having served as a combat soldier in an elite commando unit of the Israeli Defense Forces. Elon will present testimonies from Palestinians whom he interviewed as a journalist in the Gaza Strip, in which they describe their fear of the Hamas leadership and their longing to live under Israeli rule, which has improved their lives and provided them with a livelihood. Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest. **Closed captioning available ONLY if advance requests are received.**

**From Bach to Sinatra: Who Would Think  
Elements of Music Would Be So Exciting?  
with Thomas Elefant**

**Wednesday, April 14 • 11:15 a.m. - 12:15 p.m.**

Deepen your understanding of music by listening to a variety of musical styles "From Bach to Sinatra." Learn about rhythm, form, timbre, melody, harmony and their changing functions. Sponsored by The Elinor and Leonard Goldman Memorial Fund.

**Cine Files with Jennifer Harrison  
Thursday, April 15 • 11:15 a.m. - 12:15 p.m.**

Watch and discuss interesting movie clips with a screenwriter and true film buff!



### Short Stories and Written/Oral Memoirs

**Monday, April 19 • 11:15 a.m. - 12:15 p.m.**

Retired English college professor Barbara Buettner shares interesting written pieces and helps us work on written and oral memoirs – all followed by lively discussion.

### Then and Now: The Social History of English

**Afternoon Tea with Gillian Walnes Perry**

**Tuesday, April 20 • 11:15 a.m. - 12:15 p.m.**

This fascinating and mouth-watering illustrated talk covers how tea drinking was first introduced into England, how it was popularized and how afternoon tea became a social institution. Using vibrant on-screen displays, it will include the introduction of delicious tea menu items, the customs and etiquette surrounding afternoon tea, examples of the finest silver and porcelain tea ware, the surprisingly risqué connotation of afternoon tea gowns, the rise of public tea rooms and tea dances, the ancient symbolism of birthday celebrations and the current nostalgic popularity of vintage afternoon teas. Gillian Walnes Perry is co-founder and past Executive Director of the Anne Frank Trust, UK. Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest. **Closed captioning available ONLY if advance requests are received.**

### Celebrate with Vocalist/Guitarist Phyllis Chapell

**Wednesday, April 21 • 11:15 a.m. - 12:15 p.m.**

Phyllis performs songs in many languages, styles and genres. She has performed throughout the mid-Atlantic region and in other parts of the country and world as well. She is a group favorite and lots of fun. Program is sponsored by Diane and Jerry Forman in honor of Trudy Garshofsky's birthday.

### Robin Williams: Reality, What a Concept! with Professor John Kenrick

**Thursday, April 22 • 11:15 a.m. - 12:15 p.m.**

Robin Williams' zany improvisations revolutionized stand-up comedy, and his brilliant acting delighted audiences in everything from TV's *Mork & Mindy* to big screen hits like *Mrs. Doubtfire* and *Good Will Hunting*. We will look back on his dazzling career, as well as his colorful private life. Sponsored by the Rivlin family in honor of Alison Rivlin's special birthday. **Closed captioning available ONLY if advance requests are received.**

### Health Talk with Dr. Jeffrey Feldman and Nurse Practitioner Michelle Stone from Atlantic Health Group

**Monday, April 26 • 11:15 a.m. - 12:15 p.m.**

Join nephrologist Dr. Jeffrey Feldman and Nurse Practitioner Michelle Stone for a focus on diabetes, with a discussion about the connection between nutrition and obesity, and what diabetes does to the body over time. Q&A to follow. Sponsored by the Atlantic Health Group.

### Then and Now: Dr. Benjamin Dworkin - Is the Party Over? Democrats, Republicans and the Future of American Democracy

**Tuesday, April 27 • 11:15 a.m. - 12:15 p.m.**

Perhaps more so than at any time in recent history, both political parties are facing extreme internal pressures that threaten their cohesiveness and may well upend representative government as we know it. This talk will examine the history of these battles, assess the current situation and ponder what it means for our nation. Dworkin is Director of Rowan Institute for Public Policy and Citizenship. He has a specialty in NJ politics. Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest. **Closed captioning available ONLY if advance requests are received.**



## Busby Berkeley: The Lullaby of Genius with Professor John Kenrick

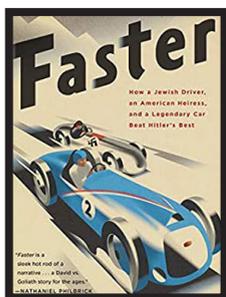
Wednesday, May 5 • 11:15 a.m. - 12:15 p.m.

From designing marching drills for the US Army, Busby Berkeley went on to create kaleidoscopic dance spectacles that thrilled audiences in *42nd Street*, *Footlight Parade* and other classic films. Behind the brilliant films, he lived a tumultuous and tortured private life. John Kenrick, who served as commentator on DVDs of Berkeley's films, shares his passion for the work of this legendary director. Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest. **Closed captioning available ONLY if advance requests are received.**

## Author Neal Bascomb - *Faster: How a Jewish Driver, an American Heiress, and a Legendary Car Beat Hitler's Best*

Thursday, May 6 • 11:15 a.m. - 12:15 p.m.

Bringing to life this glamorous era and the sport that defined it, *Faster* chronicles one of the most inspiring, death-defying upsets of all time: a symbolic blow against the Nazis during history's darkest hour. For fans of *The Boys in the Boat* and *In the Garden of Beasts*, a pulse-pounding tale of triumph by an improbable team of upstarts over Hitler's fearsome Silver Arrows during the golden age of auto racing. Proud partner of the Jewish Book Council. **Closed captioning available ONLY if advance requests are received.**



## Short Stories and Written/Oral Memoirs

Monday, May 10 • 11:15 a.m. - 12:15 p.m.

Retired English college professor Barbara Buettner shares interesting written pieces and helps us work on written and oral memoirs – all followed by lively discussion.

## Then and Now: Jewish Rome (Part 1) with Micaela Pavoncello

Tuesday, May 11 • 11:15 a.m. - 12:15 p.m.

In part 1 of this two-part series, Micaela, a tour guide of Jewish Rome, will introduce us to the amazing history of the Jews of Rome. She will explain how they came from Jerusalem before the destruction of the Second Temple and never left. We will virtually visit the Ghetto, the great synagogue and some of its Judaica collection with the related use and custom; we will learn some words of Judaico Romanesco and also some recipes. Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest. **Closed captioning available ONLY if advance requests are received.**



**From Bach to Sinatra: Spring Is Finally Here!  
with Thomas Elefant**

**Wednesday, May 12 • 11:15 a.m. - 12:15 p.m.**

After months of cabin fever, travel around the world enjoying the beauty of nature's landscapes through music, from the Western Plains to the Norwegian Fjords. Discover how composers create orchestral colors and effects depicting nature and its wonders. Sponsored by The Elinor and Leonard Goldman Memorial Fund.

**Current Events with Todd Goodman**

**Thursday, May 13 • 11:15 a.m. - 12:15 p.m.**

Todd Goodman, a private tutor and former NBC/MSNBC writer and producer, takes us beyond current headlines to explore fundamental American principles under the constitution: freedom, justice and equality. Sponsored by The Westfield Foundation.

**How to Age Youthfully**

**with Social Worker Natalie Ross, LSW**

**Monday, May 17 • 11:15 a.m. - 12:15 p.m.**

Forget aging gracefully. Instead let's discuss how to age youthfully. Meet with our social worker to learn some tips from the professionals and to share some of your experiences. Sponsored by Healthcare Foundation of New Jersey. Please contact Alison Rivlin at [arivlin@jccnj.org](mailto:arivlin@jccnj.org) to arrange a meeting if you would like to talk to Natalie individually.

**Then and Now: Jewish Rome (Part 2)  
with Micaela Pavoncello**

**Tuesday, May 18 • 11:15 a.m. - 12:15 p.m.**

In part 2 of this series, Micaela, a tour guide of Jewish Rome, will cover the rise of Fascism and War World II, the Nazi occupation in Rome, the deportations, the role of the Vatican and Pope Pius XII, the K Morbus, the liberation, the terrorist attack by the PLO, the visit of John Paul II to the Great Synagogue in 1986, the community today and the challenges of a 22nd century Jewish community in the Golan Heights. Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest. **Closed captioning available ONLY if advance requests are received.**

**You Be the Judge with Gina Goldman**

**Wednesday, May 19 • 11:15 a.m. - 12:15 p.m.**

We'll listen to the facts of interesting, actual cases brought before the courts and have a lively discussion of the issues presented. We'll then decide what the outcome should be and compare our "decision" to the real outcome. No knowledge of the law is necessary. Just bring your own common sense! Gina is the Director of Adult Enrichment and Director of the Margulies Senior Center at JCC MetroWest. Formerly, Gina was an attorney initially specializing in litigation and bankruptcy and most recently elder law.

**Author Charles Belfoure**  
**The Fabergé Secret**  
**Thursday, May 20 •**  
**11:15 a.m. - 12:15 p.m.**



Bestselling author Charles Belfoure takes readers on a breathless journey from the gilded ballrooms of imperial Russia to the grim violence of the pogroms in his latest thrilling historical adventure. Charles Belfoure is the *New York Times* bestselling author of *The Paris Architect* and *House of Thieves*. Proud partner of the Jewish Book Council.

**Short Stories and Written/Oral Memoirs**  
**Monday, May 24 • 11:15 a.m. - 12:15 p.m.**

Retired English college professor Barbara Buettner shares interesting written pieces and helps us work on written and oral memoirs – all followed by lively discussion.

**Book Talk with Librarian Debbie Abrams**  
**Tuesday, May 25 • 11:15 a.m. - 12:15 p.m.**

Join us for a lively discussion as Debbie takes us through selected bestsellers, popular good book choices and all things pop culture. Always with enjoyable conversation!

**Looking at Abstract Art (Part 2)**  
**with Cultural Historian Barbara Tomlinson**  
**Wednesday, May 26 • 11:15 a.m. - 12:15 p.m.**

This two-part series suggests a new way of looking at abstract art that may help make it more comprehensible and appealing. If you have ever stood in front of an abstraction and wondered, “What is it?”, this series is for you. Sponsored by The Van Winkle Foundation. **Closed captioning available ONLY if advance requests are received.**

**Cine Files with Jennifer Harrison**  
**Thursday, May 27 • 11:15 a.m. - 12:15 p.m.**

Watch and discuss interesting movie clips with a screenwriter and true film buff!

**Memorial Day - Program Closed**  
**Monday, May 31**



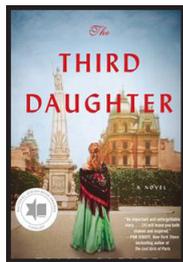
**Take a Trip Down Memory Lane**  
**with Social Worker Natalie Ross, LSW**  
**Tuesday, June 1 • 11:15 a.m. - 12:15 p.m.**

Let’s end the program year on a high note and leave all the negativity behind by taking a walk down Memory Lane. Hear what the members of the group have learned from life and share some of your experiences. Sponsored by the Healthcare Foundation of New Jersey. Please contact Alison Rivlin at [arivlin@jccnj.org](mailto:arivlin@jccnj.org) to arrange a meeting if you would like to talk to Natalie individually.

**Mary Martin: I Know a Place Where Dreams  
Are Born with Professor John Kenrick  
Wednesday, June 2 • 11:15 a.m. - 12:15 p.m.**

This Texas native became one of Broadway's most beloved musical stars in hits like *South Pacific*, *The Sound of Music* and most memorably *Peter Pan*. John Kenrick will share vintage performance videos and often hilarious stories to recall her life and dazzling career. Sponsored by The Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest. **Closed captioning available ONLY if advance requests are received.**

**Author Talia Carner  
The Third Daughter  
Thursday, June 3 •  
11:15 a.m. - 12:15 p.m.**



From the author of *Jerusalem Maiden* comes a remarkable story, inspired by little-known true events, about the thousands of young Jewish women who were trafficked into prostitution at the turn of the 20th century, and whose subjugation helped build Buenos Aires. A powerful story of finding courage in the face of danger, and hope in the face of despair, *The Third Daughter* brings to life a dark period of Jewish history and gives a voice to victims whose truth deserves to finally be told. Proud partner of the Jewish Book Council.

**Short Stories and Written/Oral Memoirs  
Monday, June 7 • 11:15 a.m. - 12:15 p.m.**

Retired English college professor Barbara Buettner shares interesting written pieces and helps us work on written and oral memoirs – all followed by lively discussion.

**Carol Channing: It's All in How You Use It  
with Professor John Kenrick  
Tuesday, June 8 • 11:15 a.m. - 12:15 p.m.**

From Lorelei Lee's *Diamonds are a Girl's Best Friend* to Dolly Levi dancing with an army of waiters in *Hello Dolly*, this six-foot-tall blonde comedienne brought laughter to the world throughout a career that spanned eight decades. John Kenrick shares personal memories of one of his favorite Broadway legends. Sponsored by Rita Goldstein's family in honor of her birthday. **Closed captioning available ONLY if advance requests are received.**

**NJ Artist Bisa Butler  
with Cultural Historian Barbara Tomlinson  
Wednesday, June 9 • 11:15 a.m. - 12:15 p.m.**

Bisa Butler from Orange, New Jersey had a fabulous exhibition at the Chicago Art Institute that almost no one got to see before the pandemic caused the Art Institute to be shut down. This session will introduce you to this wonderful New Jersey artist and her unique work. Sponsored by The Van Winkle Foundation. **Closed captioning available ONLY if advance requests are received.**

**Book Talk with Librarian Debbie Abrams  
Thursday, June 10 • 11:15 a.m. - 12:15 p.m.**

Join us for a lively discussion as Debbie takes us through selected bestsellers, popular good book choices and all things pop culture. Always with enjoyable conversation!



