A NOTE FROM PAM
Because of your participation, the 7th Positive Aging Fair was a great success. I am thrilled to report that most of the participant evaluations rated the event as excellent! I especially want to thank the Planning and Sub-Committee members who worked for more than 18 months planning the event. I also want to thank the JCCNV staff for their assistance and support as well as the many volunteers who worked at the event.

Staff members of the Adult Services Department have been busy planning many wonderful programs and activities for the winter months including theatre outings, a National Symphony Orchestra performance, Adult Learning Institute (ALI) classes, and our first ever speed dating event. Please see details about these and many more events in the newsletter.

The Adult Services Department will hold its annual Used Book Sale April 10–13. Please help make this fundraising event a success by donating your gently used adult and children’s books. See details on page 4.

As you read The Voice, please take note of the businesses that advertise and consider patronizing them when you have a need for such services. Their support contributes to our ability to produce this publication.

I look forward to seeing you at a program, and I wish you a happy and healthy 2016!

Shalom,

Pamela Wiener
Adult Services Director
ADULT SERVICES
CONTACT INFORMATION

Adult Services Director
Pam Wiener, 703.537.3061 • Pam.Wiener@jccnv.org

Adult Programming Director
Carla Rosenfeld, 703.537.3060 • Carla.Rosenfeld@jccnv.org

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Michele Endick, 703.537.3095 • Michele.Endick@jccnv.org

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Sheila Budoff, 703.537.3068 • Sheila.Budoff@jccnv.org
Shelly Rosenstein, 703.537.3062 • Shelly.Rosenstein@jccnv.org

Administrative Assistants
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Marcia Gordon, 703.537.3066 • Marcia.Gordon@jccnv.org

New Americans Group Coordinator
Helen Getter

Adult Department Assistants
Susan Dorfman
Sue Olesch

NV Rides Manager
Jennifer Kanarek, 703.537.3071 • JenniFerK@NVrides.org

NV Rides Marketing & Outreach Coordinator
Gina Cocomello, 703.537.3070 • GinaC@NVrides.org

The Adult Services Department is partially underwritten by the following funds:

- Adler-Bennett Endowment Fund
- Bonomo Fund
- E. Kaplan Memorial Fund
- Intergenerational Fund
- Grey Edidin Memorial Fund
- Newman Fund
- Rosa Wohl Fund
- Scher Fund

Let’s Do Lunch!
Kosher box lunches prepared by Marta Palchik of Gourmet Catering are available at the J on a pre-order basis. Lunches are offered Mondays through Thursdays. Come for a morning class and stay for lunch. Need lunch for Thursday at the J or a class that runs through the lunch hour? We’ve got you covered! Orders must be placed at the front desk by noon on Friday of the week before. Forms are available at the front desk. The cost per box lunch is $8.

E-Mail List
If you would like to receive periodic emails from the J about upcoming programs, please email Sheryl.White@jccnv.org to be added to the list. Your email address will not be shared with any other organization.

Volunteers Needed
Volunteer Mitzvah Corps
Contact: Carla.Rosenfeld@jccnv.org, 703.537.3060
Are you looking for a truly enjoyable, enriching, and rewarding experience? Join the J’s Volunteer Corps — there are many ways to share your time and talents!

Book Donations Needed
2016 Annual Used Book, CD, and DVD Sale
Are you looking for a place to recycle your gently used adult and children’s books, CDs, DVDs, games, and puzzles? Please consider donating them to be sold at our 2016 annual used book sale. Proceeds from the sale support Adult Services Department programs. Donations can be dropped off at the front desk at any time. We cannot accept any prayer books, religious books, or encyclopedia sets.

Directions to the J
From the Capital Beltway (I-495), take Exit 52A (Little River Turnpike/Route 236 West). The J is located 1.5 miles west of the Beltway, on the right side of the road where it intersects with Guinea Road.

Building Hours
- Sunday: 7:30am–10pm
- Monday–Thursday: 6:30am–10pm
- Friday: 6:30am–6pm
- Saturday: 7:30am–6pm

- The pool closes 30 minutes earlier than the times listed above.
- The cardiovascular fitness center is open seven days a week during the hours listed above.
- On Saturdays, due to contractual agreements, the pool is closed to members until 12:30pm.
PERFORM A MITZVAH!

Donate Food to Our Ongoing Collection

Food for Others needs canned and/or nonperishable foods. They especially need canned meats, tomatoes, chili, fruit, pastas, vegetables, beans, rice, and fruit juices. If you are bringing something from your pantry, please check the expiration dates on all items. Remember to bring an item with you whenever you come to the J — let’s make sure that no one who lives in Northern Virginia goes to bed hungry!Thanks for your continued support.

Policies

INCLIMENT WEATHER POLICY

If Fairfax County schools are closed, our Adult 55+ programs held at the J are canceled. If schools have a delayed opening, we will hold our programs at the regular time.

SPONSORSHIPS

If you are interested in advertising in The Voice or becoming a department sponsor, please contact Michelle Pearlstein for ad specifications, deadlines, and rates: 703.537.3033.

OPEN TO ALL

All programs held at the J and at all outreach sites are open to everyone, J members and nonmembers alike!

REGISTRATION POLICY

In order to register for a trip, program, class, or event, all participants — members and nonmembers alike — must complete a registration form, available online and at the J. and include the appropriate registration code number and J membership number (if applicable). Please attach payment to the completed registration form and return it to the front desk when you’re at the J, or mail it to the J. Be sure to write the name of the staff member associated with the event on the envelope.

TRIP POLICIES

• Please be aware that all departure and return times listed are an approximation and subject to change.
• No refunds will be granted for any trip or program that requires tickets, meal reservations, or chartered transportation unless we are able to fill your reserved space.
• No rest stops are planned for trips that require two hours or less driving time.
• Please keep your same seat on the bus for the entire trip.
• Once at your destination, you will be responsible for meeting the bus at the time and place you are told. The bus will not wait for you if you are late. If you miss the bus, you are responsible for your own transportation home, and the JCCNV will not be liable.

Program Disclaimer

Views and opinions of guest speakers are their own and do not necessarily reflect the official policies or positions of the JCCNV.

Shabbat Payment Policy

In observance of Shabbat, the J does not handle money or conduct business transactions on Friday nights and Saturdays until sundown. For the convenience of members and guests who would like to make a payment during Shabbat, forms and money may be deposited in the Shabbat drop box at the front desk. All forms and payments submitted will be processed during regular business hours.

Resources

Hebrew Home of Greater Washington 301.881.0300

Jewish Chaplaincy Service 301.230.7294

Jewish Community Center of Greater Washington 301.881.0100

Jewish Council for the Aging 703.425.0999

Jewish Social Service Agency 703.204.9100

The Jewish Federation of Greater Washington 301.230.7200 – Main Office 703.425.0066 or 703.286.1039 – Virginia Office

NV Rides 703.537.5071

Washington DC Jewish Community Center 202.518.9400
NV RIDES NEWS

Make a resolution to help non-driving seniors in need

If you have made a New Year’s resolution to volunteer more in your community, NV Rides has the perfect opportunity for you. Becoming a volunteer driver to non-driving seniors in your community is a truly enjoyable and rewarding volunteer experience. There are numerous programs throughout the community, in addition to the NV Rides network, that are always in need of volunteer drivers. By driving just two hours per month, you can make a big difference in the lives of seniors who are “aging in place.” Volunteers enjoy a flexible schedule, and select rides based on what is convenient to their schedule.

Since its initiation, the NV Rides network has added seven service providers that administer volunteer rides to non-driving older adults in our community. More than 150 volunteer drivers have been added since the program’s inception, but the client demand is much greater and increasing every day. There are volunteer opportunities in Clifton, Centreville, Alexandria, Mount Vernon, Springfield, Falls Church, Annandale, Arlington, McLean, Chantilly, Herndon, and Reston. Contact NV Rides at 703.537.3071 for more information on how to become a volunteer driver, or visit us online at nvrides.org.

SPECIAL EVENTS

Senior Speed Dating (ages 60-80)
Sunday, January 31, 2:30pm
As a follow-up to our Age of Love screening, we will hold the first ever speed dating event at the J. The focus is on meeting potential friends with whom to share a meal, go to a movie, or just chat on the phone. It’s not about romance; it’s about making new connections and trying something new.

We are looking for an even number of men and women with a limit of 15 of each. The first people to register will be eligible to participate once we reach that even number. So don’t wait to register – timing is everything!
Fee: $22/ $18 J member
Code: #6963

LOOKING AHEAD

National Symphony Orchestra at the Kennedy Center
New “Coffee Concert”
Friday, March 11, depart the J at 9:30am; return 2:15pm
Enjoy breakfast (available for purchase) in the Kennedy Center Café overlooking the Potomac River prior to enjoying a morning classical music concert. Jean-Yves Thibaudet, renowned pianist, will play Liszt. You will also hear the Brahms Symphony No. 3 in the Kennedy Center’s Concert Hall with Christoph Eschenbach conducting.
Fee: $32/ $26 J member (includes concert and bus transportation, breakfast is a separate charge and optional)
Code: #7108
RSVP: Submit payment and registration form to the J, Attn: Michele Endick. Make check payable to JCCNV with “3/11” on memo line.

Annual Used Book, CD and DVD Sale
Sunday–Wednesday, April 10–13
Sun. 9am–5pm
Mon.–Wed., 9am–7pm
Special Preview: Sun., April 10, 8am–9am
$10 early admission fee
Donations Needed: Please consider donating your gently used adult and children’s books, CDs, DVDs, games, and puzzles in good condition to be sold at our annual sale. Donations can be dropped off at the front desk at any time. We cannot accept any prayer books, religious books, or encyclopedia sets. Thank you for your support.

Volunteer Opportunity: We need volunteers to sort the books and work the event. If you would like to volunteer, please contact Carla.Rosenfeld@jccnv.org.
CLASSES AT THE J

THE JCCNV ADULT LEARNING INSTITUTE (ALI)
Contact: Sheila.Budoff@jccnv.org, 703.537.3068, or Carla.Rosenfeld@jccnv.org, 703.537.3060
We offer classes on topics such as the arts and entertainment, history, literature, Israel, Jewish history and culture, and much more. Classes are usually held during the day on Mondays and Tuesdays.

WINTER 2016 ALI COURSE SCHEDULE
We are pleased to announce our Winter 2016 line-up of classes! The semester will run from Monday, January 11 through Tuesday, April 19.

Please note our inclement weather policy:
If Fairfax County Public Schools are closed, ALI classes are canceled. If schools have a delayed opening, we will hold classes at the regularly scheduled time.

You may register at any time by mail, phone, online, or by submitting registration forms and payment to the JCCNV front desk beginning on December 1.

To Register:

By Mail
Mail completed registration form with payment, payable to “JCCNV,” to Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax, VA 22031.

By Phone
Call the JCCNV front desk at 703.323.0880 and be prepared to give a credit card number to secure your place in the course.

Online
Register online at jccnv.org.

Great Migrations: Jacob Lawrence, Julius Rosenwald, Edith Halpert, and a Vision for Black America
Monday, January 11
(snow make-up date Jan. 25)
10:15am–11:30am
Instructor: LaNitra Berger, Ph.D., Director of Fellowships, Honors College, George Mason University
This course will examine how the lives of Jacob Lawrence, Julius Rosenwald, and Edith Halpert intersected to expand the historical narrative about African Americans’ historic great migration from the deep South to the North in the early twentieth century. Jacob Lawrence, one of America’s greatest painters of black life, received a scholarship from Julius Rosenwald to begin a series of paintings about the great migration. Rosenwald, the son of German-Jewish immigrants and the head of Sears, Roebuck & Co., was an exceedingly generous philanthropist (the subject of Aviva Kempner’s latest documentary film, Rosenwald). In addition to supporting Jewish causes, Rosenwald financed numerous African American educational and cultural causes as well as civil rights advocacy. Edith Halpert, a Russian-Jewish immigrant, prosperous businesswoman, and pioneering art dealer, was the first to show “The Migration Series” and other works by African American artists in her New York City gallery. Julius Rosenwald’s philanthropic vision and Edith Halpert’s business savvy helped shape Jacob Lawrence’s artistic development and cultivate a broader audience with an interest in the African American experience.
Fee: $18/ $12 J member
Code: #7109

Special Author Event with Louis Marano,
Author of The Tribalist
Tuesday, January 12
(snow make-up date Jan. 19)
10:15am–11:30am
Instructor: Louis Marano, Retired Washington Post and United Press International journalist and author
What would motivate a non-Jewish journalist assigned to the U.S. State Department in the spring of 2000 to throw in his lot and sacrifice everything for love of the State of Israel? Frank DiRaimo, protagonist of Louis Marano’s new novel, The Tribalist, is such a man. He finds that his blunt and impassioned support for Israel during the Second Intifada puts him at odds with his bosses and drives a wedge between himself and those closest to him. Marano will discuss several real-life historical figures who share a psychological profile with fictional character DiRaimo to help understand what drives non-Jews who are intensely committed Zionists.
Fee: $18/ $12 J member
Code: #7110

ALI Special Event
#NotAnAuthorTalk: Award-Winning Journalist Bob Fuss Reflects on Presidential Politics, Congress, and the News Media
Monday, January 18
(snow make-up date Feb. 1)
10:15am–11:30am
Instructor: Bob Fuss, Retired CBS News journalist and author
Yes, recently retired CBS News correspondent Bob Fuss is an author (his book, Kidnapped by Nuns and Other Stories of a Life on the Radio, was recently published), and yes, he will be talking. In fact, you may even have already heard him discuss his new book, but this will be different! Fuss’s focus for this ALI course will be his reflections on presidential politics; the current congressional stalemate; and his distinguished, forty-year career covering national and international news. Fuss has a unique perspective, based on
his extraordinary, wide-ranging experiences in the world of journalism: He was on Ronald Reagan’s campaign plane, on Capitol Hill for President Clinton’s impeachment, and with the King of Tonga welcoming in the new millennium. The discussion will be lively, interesting, informative, and DIFFERENT!

Fee: $18/ $12 J member
Code: #7111

An Introduction to Jewish Mysticism and Kabbalah
Mondays, January 25, February 22, March 28, April 25 (4 weeks)
2:30pm–4pm
Instructor: Dr. Michael R. Leavitt, Retired senior government intelligence officer, Jewish scholar, teacher, and community leader
From its beginnings, Judaism has sought to understand the realities of our inner life as well as the world around us. Jewish mysticism — now known as Kabbalah — has been a primary approach for achieving that goal. This course will explore the history and meaning of Kabbalah, Judaism’s mystical tradition, in four sessions: 1) Early Jewish Mysticism; 2) The Zohar, the primary text for Kabbalah; 3) The Community at Safed, a 16th Century community of Spanish exiles who created the greatest “school” for the development of Kabbalistic thought; and 4) Hasidism through the present. No prior knowledge of Judaism, Jewish history, or mysticism is necessary.

Fee: $48/ $32 J member
Code: #7112

Mindfulness: Living Fully in the Moment
Mondays, February 22–March 14 (4 weeks)
(snow make-up date Monday, Mar. 21)
noon–1:30pm
Instructor: Sherri Shunfenthal, M.S., Wellness Coach
Open your heart with mindfulness, meditation, and gratitude. Mindfulness is a focus shift that helps us awaken our senses and go deeply into the present moment. We can get rid of unnecessary worry and anxiety and pay attention to this moment without judgment or fear. Mindfulness has been found to lower blood pressure, reduce anxiety, and bring more oxygen to the brain. We will learn how to bring mindfulness into our daily routines and simplify our lives through breathing techniques, meditation, facial exercises, relaxation and balance exercises, and other strategies.

Fee: $48/ $32 J members
Code: #7113

The 613 Commandments
Tuesdays, April 5–19 (3 weeks)
noon–1:30pm
Instructor: Dr. Maurice M. Mizrahi, Former defense technology expert, Judaic scholar and teacher
Dr. Maurice M. Mizrahi will present a three-part series with an in-depth examination of the 613 commandments (mitzvot) set forth in the Torah. He will address critical questions about their current status and importance, including: What are they and what are the possible reasons behind them? Are they all still relevant today? Which ones are we still obligated to follow? Are some commandments more important than others? Since about a third of the commandments are required to be performed in the Temple in Jerusalem, should a Third Temple be built on the Temple Mount, the location of the First and Second Temples?

Fee: $36/ $24 J member
Code: #7114

What is Jewish Music?
Tuesdays, March 1–8 (2 weeks)
10:15am–11:30am
Instructor: Hazzan Elisheva Dienstfrey, Agudas Achim Congregation
What is “Jewish” music? That’s a good question. And, like all good questions, it has many answers. In this two-part course, we will study and listen to a variety of “Jewish” music — from Kol Nidre to George Gershwin. The first class will focus on Jewish music in the synagogue, while the second will focus on Jewish music in America.

Fee: $24/ $16 J member
Code: #7115

Tracing the Development of Jewish Thought
Tuesdays, March 22–April 12 (4 weeks)
10:15am–11:30am
Instructor: John Rybicki, Biblical scholar and historian
Jewish religious thought has developed over the millennia based on the exigencies of the people themselves — from being slaves, to God’s chosen people, to nationhood, and to exile and nationhood once again. Historical events, such as the destruction of Israel (the Northern Kingdom) by the Assyrians in 722 BCE and the Babylonian Exile (597-538 BCE), greatly influenced religious thought and expectations within the context of the scriptures. Ideas concerning God, God’s relationship with humankind, and the coming of the Messiah developed, as is evident as one progresses chronologically through the Tanakh (the Hebrew scriptures including the Torah, Prophets, and Writings), particularly the Deuteronomic histories and the pre- and post-Exile prophets. This course will examine the incredible flexibility in Jewish thought over time and the “continuing conversation” that has exemplified the resilience of the Jewish people.

Fee: $48/ $24 J member
Code: #7116
LANGUAGE CLASSES
Contact: Carla.Rosenfeld@jccnv.org, 703.537.3060

Introduction to Spanish I
Instructor: Michael Gorman, BA, MA, Ph.D.
In this ongoing eight-week session, you will continue
develop your skills, which will be valuable in your
everyday life. There are no tests, homework, or grades.

Dr. Michael Gorman received his BA, MA, and Ph.D.
from American University and continued his studies at
the National University of Mexico. He is a professor at
Northern Virginia Community College and previously
taught at George Mason University.
Wednesdays, January 13–March 2 (8 weeks)
1pm–2pm
Fee: $96/ $72 J member
Code: #7117

Private Hebrew Lessons
Contact: Carla.Rosenfeld@jccnv.org, 703.537.3060
Private lessons in conversational Hebrew are available at
all levels.

Beginner Yiddish
Instructor: Norman Buder
Join this level one class if you have some knowledge of
Yiddish and if you would like to continue to learn the
language.

Session II
Mondays, December 7–January 25 (8 weeks)
2pm–4pm
Fee: $80/ $70 J member
Code: #6846

Session III
Mondays, February 15–April 4 (8 weeks)
2pm–4pm
Fee: $80/ $70 member
Code: #7118

WEEKDAY OUTINGS

To Register: Submit payment and registration form
to the J, Attn: Michele Endick. Make check payable to
“JCCNV” with the date of the event on the memo line.
You will receive a confirmation call back. Please notify
Michele prior to the trip if you must cancel. No refunds
will be issued unless we are able to fill your reserved
space. Trips are subject to change, please call to confirm.
A minimum number of participants are required on all
trips. Please see trip policies on page 3.
Fee: $14/ $10 J member for bus transportation
unless otherwise noted
Note: Some museums have fees that will be collected
in addition to the bus transportation payment.

Phillips Collection – “Gauguin to Picasso:
Masterworks from Switzerland”
Wednesday, January 6, depart the J 10:30am;
return 3pm
Contact: Michele.Endick@jccnv.org, 703.537.3095
Swiss art collectors Rudolf Staechelin and Karl Im
Obersteg were champions of impressionist,
post-impressionist and School of Paris artists. Presented in
tribute to the two men, this is the first US exhibition to
display items from both of their collections, featuring
more than 60 paintings by 22 artists. Selections from
their holdings — considered “sister collections” —
include Vincent van Gogh’s The Garden of Daubigny
(1890), Pablo Picasso’s double-sided canvas Woman at the
Theater / The Absinthe Drinker (1901), and Marc Chagall’s
two monumental portraits from 1914, Jew in Red, Jew
in Black and White, and Jew in Green. The exhibition also
features major works from Paul Gauguin’s first Tahitian
stay.
There are other exhibits also on display and a café in
which you may eat and relax.
Fee: $14/ $10 J member for bus transportation
There is an additional $10 fee for this
ticketed exhibition. Please give this fee in
exact cash to your leader when checking in
at the J. Do not include it in your check to
JCCNV for transportation.
Code: #7119
RSVP: Submit payment and registration form to the J,
Attn: Michele Endick. Make check payable to JCCNV
with “1/6” on memo line.

The J’s Executive Director, Jeff Dannick,
welcomes our Corporate Sponsors, Moira Quinn
Leite (Pack N Move) and Erick Barr (Interstate).
The Smithsonian American Art Museum & The National Portrait Gallery
“Experience America” and Other Wonderful Exhibits
Wednesday, January 27, depart the J 11am; return 3:30pm
Contact: Michele.Endick@jccnv.org, 703.537.3095
Spend a cold winter’s day in the lovely environs of these two adjacent museums. Consider viewing the exhibit, Experience America. Through FDR’s New Deal programs, the federal government paid artists to paint and sculpt, capturing the beauty of landscape, industry of working people, and sense of community shared in towns despite the Depression. Many paintings on view were created in 1934 in a pilot program to put artists to work. Others were painted under the auspices of the Works Progress Administration (WPA). There are many other interesting exhibits to view in these wonderful adjacent museums. There is a café, in the beautiful atrium between the museums, in which you may eat and relax.
Fee: $14/ $10 J member for bus transportation
Code: #7120
RSVP: Submit payment and registration form to the J, Attn: Michele Endick. Make check payable to JCCNV with “1/27” on memo line.

The Newly Renovated Renwick Gallery
Wednesday, February 3, depart the J 10:30am; return 2:30pm
Contact: Michele.Endick@jccnv.org, 703.537.3095
The Renwick Gallery is home to the Smithsonian American Art Museum’s collection of contemporary craft and decorative art, one of the finest and most extensive collections of its kind. The museum’s home is a National Historic Landmark, the first built expressly as an art museum in the United States. Collections and special exhibitions highlight how extraordinary handmade objects have shaped the American experience and continue to impact our lives.

After two years of renovation, the museum has reopened with the exhibition WONDER with site-specific installations by nine contemporary artists, including Maya Lin, that transform the museum into an immersive work of art.
Fee: $14/ $10 J member for bus transportation
Note: There is no café. You may take food to eat on the bus, but please take your trash with you when leaving.
Code: #7121
RSVP: Submit payment and registration form to the J, Attn: Michele Endick. Make check payable to JCCNV with “2/3” on memo line.

THURSDAY AT THE J

Thursdays, noon–2pm, the J (unless otherwise noted)
Contact: Michele.Endick@jccnv.org, 703.537.3095
Bring a friend and plan to attend our weekly program for active adults. Bring a dairy or parve/meatless bag lunch, unless otherwise noted, to enjoy beforehand; the J will provide dessert and coffee. Note: For your convenience, the J is now offering box lunches for purchase Mondays–Thursdays. Call 703.323.0880 for details.

Inclement Weather Policy
If Fairfax County schools are closed, our Adult 55+ programs held at the J are canceled. If schools have a delayed opening, we will hold our programs at the regular time.

Happy 2016!
De-Stress, Relax, and Create Art!
Learn about the new Adult Coloring Book Craze
Thursday, January 7, noon–2:30pm, the J
Noon: Lunch (bring dairy or parve/meatless)
12:30pm: Program
Presented by: Michele Endick, Lead Adult Group Coordinator
Adult coloring books provide adults with a new way to reduce stress and stimulate the senses. The templates/patterns are virtually endless — paisley, stained glass, floral, etc. After a short history of this “new” adult activity, we’ll “find our inner child” by coloring in pre-printed patterns of your choosing. We will have special door prizes.

There will be opportunity for socialization and tasty snacks. Join us!
Fee: $3/ Free J member
No RSVP – Just come!

Hear Our Stories and Share Our Lives
Thursday, January 14, noon–2:30pm, the J
Noon: Lunch (bring dairy or parve/meatless)
12:30pm: Program
Presented by: Carol Backman, Memoir Writers’ Group Leader
Hear from writers, just like you, who are preserving their memories in story form to pass on to family and friends. Five writers from the J’s Memoir Writers’ Group will fascinate you with their real life stories, written from their varied personal experiences. You will be able to identify with the humor, sadness, and real situations reflected in their writing. They will demonstrate how easy it is to preserve your most precious life experiences in stories and share them with family and friends.

Memoirs are among the best gifts you can give. They last a lifetime and are easily shared. Join us!
Coffee, tea, and dessert provided.
Fee: $3/ Free J member
No RSVP – Just come!
Intrigue and romance from the Civil War. Learn how the creation of Washington, D.C. has impacted 225 years of Fairfax history.

Coffee, tea, and dessert provided.
Fee: $3 / Free J member
No RSVP – Just come!

The Sisters Rosensweig
Matinee Performance at Theatre J with Brunch
Wednesday, February 10, depart the J at 9:30am; return approx. 3:45pm.
Come join us for this wonderful play by Wendy Wasserstein and brunch at the DCJCC. “The Rosensweig sisters are different as can be — a no-nonsense international banker, a kvelling mother of four, and a bohemian world-traveling journalist. When the three hilariously reunite at Sara’s London home for her 54th birthday celebration, a barrage of suitors and unexpected revelations make for one interesting weekend.

“A heartfelt comedy about women grappling with their life choices.” — Theatre J
Fee: $44 / $38 J member (includes show ticket, brunch and bus transportation)
Code: #7122
RSVP: Submit payment and registration form to the J, Attn: Michele Endick.
Make check payable to JCCNV with “2/10” on memo line. After January 20, please check availability with Michele prior to sending payment.

Thursday, February 11 – No Thursday at the J

Combating Anti-Semitism Throughout the World
Wednesday, February 17, 10:30am–noon
Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria
Note: There is no bus transportation to the synagogue. Contact Michele Endick if you need a ride and she will help arrange carpools.
Presented by: Tami Cohen, Assistant Regional Director, Washington DC Regional Office, Anti-Defamation League
While Jews in America have never been more prosperous, anti-Semitism, both at home and around the world, continues to be a persistent and, unfortunately, growing problem on multiple fronts. From age-old stereotypes that have been used to marginalize Jews for centuries, to modern efforts to demonize and delegitimize Israel and those who support her; from American college campuses to Europe and the Middle East; from right-wing, fundamentalist extremists, to left-wing radicals, Jews continue to be under attack. Tami Cohen will outline the challenges posed by contemporary anti-Semitism, why it continues to persist, why it is so difficult to combat, and what we can do.

Note: This program is supported in part by the Virginia Commission for the Arts, which receives state dollars through a matching grant from the National Endowment for the Arts and administered by the Arts Council of Fairfax County.
No Fee Coffee
Na’ama will enlighten us as to why Jerusalem can now be leading city in Israel for NGOs and social entrepreneurships and bars; young, inspiring social and political groups; and the leading hi-tech cities in the world with exciting restaurants, synagogues, and other ruins. But Jerusalem is also one of the come to mind are the Western Wall, old houses, ancient ruins. When one thinks about Jerusalem, the images that usually come to mind are the Western Wall, old houses, ancient synagogues, and other ruins. But Jerusalem is also one of the leading hi-tech cities in the world with exciting restaurants and bars; young, inspiring social and political groups; and the leading city in Israel for NGOs and social entrepreneurship. Na’ama will enlighten us as to why Jerusalem can now be called the “New” Old City!

Coffee, tea, and dessert provided.
Fee: $3/ Free J member
No RSVP – Just come!

OPENING JANUARY 2016

A new concept in senior living.

NO LARGE UPFRONT FEE | RENTAL APARTMENTS | FINE DINING

The Crossings at Chantilly is Fairfax County’s state-of-the-art Senior Living Community, offering Independent Living, Assisted Living and Memory Care for older adults seeking the comforts of home, the care of professionals, and the energy of life. To learn more, contact us today at (703) 994-4561 or visit thecrossingsatchantilly.com.

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A Harmony Senior Services Community

THURSDAY AT THE J / MONTHLY PROGRAMS

Monthly Discussion Group
Our World Today and in the Future
Mondays (ongoing)
12:15pm–2pm, the J
Facilitated by Mimi Rosenberg
Participants are welcome to bring a dairy or parve/meatless lunch. Note: For your convenience, the J is now offering box lunches for purchase Mondays–Thursdays. Call 703.323.0880 for details. Featured speakers will be announced in The Voice and at jccnv.org. Watch for fliers and posters around the J for up-to-date details.

Coffee and tea will be provided.
Fee: $3/ Free J member
No RSVP – Just come!

Topic: Russia and its Actions in the Middle East
Monday, January 18, 12:15pm
Presenter: Dr. William Hill, expert on Russia and the former Soviet Union, East-West relations, and European multilateral diplomacy.

Topic: Countering Terrorism
Monday, February 15, 12:15pm
Presenter: Jonathon Willens, independent strategic analyst and former U.S. Department of Defense Researcher.

NEW! News in Review Roundtable
Mondays (ongoing), January 25, February 22
12:15pm–2pm, the J
RSVP: Shelly.Lunch, 3/–, Free Program by Rosenstein
Na’ama Gold

Moving to another state entails many changes — some for the better, some not. You might experience loneliness, depression, and pining for your old surroundings. Or, you may be thrilled with the new adventures ahead.

Let’s talk about your feelings regarding this stage of life in a friendly, warm, intimate setting. You will make new
There are two main characters, each one on opposite sides in the conflagration that is destroying Europe.

“Illicit passion, betrayal and retribution, appearance and truth.” — Anthony Doerr

Friday, January 8: The Miniaturist: A Novel by Jessie Burton

Set in 17th century Amsterdam — a city ruled by glittering wealth and oppressive religion. In 1686, eighteen-year-old Nella Oortman arrives in Amsterdam to begin a new life as the wife of illustrious merchant trader Johannes Brandt, but her world changes when Johannes presents her with an extraordinary wedding gift: a cabinet-sized replica of their home. To furnish her gift, Nella engages the services of a miniaturist — an elusive and enigmatic artist whose tiny creations mirror their real-life counterparts in eerie and unexpected ways.

“Enchanting, beautiful, and exquisitely suspenseful, The Miniaturist is a magnificent story of love and obsession, betrayal and retribution, appearance and truth.” — Amazon.com

Friday, February 5: All the Light We Cannot See by Anthony Doerr

“A novel to live in, learn from, and feel bereft over when the last page is turned. It rests, historically, during the occupation of France during WWII, but brief chapters told in alternating voices give the overall — and long — narrative a swift movement through time and events. There are two main characters, each one on opposite sides in the conflagration that is destroying Europe. Marie-Louise is a sightless girl who lived with her father in Paris before the occupation; he was a master locksmith for the Museum of Natural History. When German forces necessitate abandonment of the city, Marie-Louise’s father, taking with him the museum’s greatest treasure, removes himself and his daughter and eventually arrives at his uncle’s house in the coastal city of Saint-Malo. Young German soldier Werner is sent to Saint-Malo to track Resistance activity there, and eventually, and inevitably, Marie-Louise’s and Werner’s paths cross. It is through their individual and intertwined futures that Doerr masterfully and knowledgeably re-creates the deprived civilian conditions of war-torn France and the strictly controlled lives of the military occupiers… “ — Brad Hooper, Booklist on Amazon.com

Memoir Writing Group

Writing Your Life Story

Mondays (monthly), January 11, February 8

11am–12:30pm, the J

Coordinator: Carol Backman
Contact: Pam.Wiener@jccnv.org, 703.537.3061

Write your life stories as a legacy for family and friends. If it’s important for you to tell your children, grandchildren, and friends who you are and what you did, this group will help you write, organize, and self-publish your life story as a legacy for those you value.

Stories written by members of this group are available for you to read on the J’s website. Each month we will add a story written by one of the participants to the website. To access the stories, go to jccnv.org and click on the Creative Writing tab under the Arts and Culture heading.

Fee: $3/ Free J member
No RSVP — Just come!
ADULT OUTREACH PROGRAMS

Everyone Welcome!
Are you searching for a Jewish connection, a place to meet new friends, or to enrich your life with an exciting variety of activities and day trips but don’t live close to the J? Check out the Adult Outreach groups listed on the following pages for the one near you. These programs and activities are planned for Adults 55+, though people of all ages are welcome to attend. Programs and activities are subject to change, so confirm beforehand.

CHAILIGHTS
A big crowd at the J’s outreach program at Beth El Hebrew Congregation enjoyed retired CBS News correspondent Bob Fuss’s delightful recounting of his 40 years on radio. Bob, a former correspondent for CBS, UPI, and NBC News, led a fascinating life covering everything from presidential elections to Academy Award ceremonies. And he wasn’t shy about saying what he thought about recent congressional politics and the presidential campaigns! Many people were happy to buy his book, Kidnapped by Nuns and Other Stories of a Life on the Radio. We were also thrilled to be joined by Jeff Dannick, Marc Jacob, Pam Wiener and Sheryl White who all took time out of their busy day at the J to be with us. Bob will be giving a class at the J in the near future, we hope to see you there! He is sure to be just as entertaining as he was at this program!

JCCNV Adult 55+ Program held at Beth El Hebrew Congregation
3830 Seminary Road, Alexandria
Contact: Shelly.Rosenstein@jccnv.org, 703.537.3062
All weekly group meetings are held at Beth El Hebrew Congregation every Wednesday at 10:30am (unless otherwise noted). Newcomers are always welcome!

Coffee, tea, and dessert will be provided.
Fee: $4/ $2 J or synagogue member (pay at door unless otherwise specified)

Inclement Weather Policy
If Fairfax County schools are closed or have a delayed opening, there will be no program at Beth El.

PROGRAMS

New Year’s Resolution #1: Keeping Your Brain Healthy
Wednesday, January 6, 10:30am–noon
Presented by Jodi Lyons, CEO, SeniorSherpa, Eldercare Consultant

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It takes more than puzzles and games to keep your brain healthy! Join us for an interactive discussion featuring some scientifically validated tips and tricks to keep your brain in the best shape it can be. Jodi featured this topic on an episode on “Your Need to Know” airing on Fairfax County Public Access TV. We’ll also talk about ways to effectively communicate with those who already are cognitively compromised. Jodi wrote the award-winning The Smart Person’s Guide to Eldercare to empower and educate consumers, to make sense of a complex system, and to highlight some of the humor that can be found even in the most challenging times as we grow older. This will be a very worthwhile program for everyone to attend!

Woodworking by Wengrovitz
Wednesday, January 13, 10:30am–noon
Presenter: Sy Wengrovitz, woodcarver and J member
In 1984, Sy Wengrovitz walked into a store that had a window display of spirit faces carved into tree limbs. Soon he walked out with a knife, a carving book, a tree limb and a new passion. Since then, he has carved realistic images ranging from klezmer musicians to carousel horses and clothing (even underwear) all made from wood! Come learn how Sy chooses the wood and puts the different pieces together to form these unique items. He will also demonstrate how he uses special carving tools to get the effect he wants. Sy has won many awards and has displayed his work in numerous galleries throughout the area, including our own Bodzin Gallery, and in the office at Beth El. His carvings are truly unique works of art to be seen and enjoyed!

Every Little Step — A Documentary
(2009 | 96 mins.)
Wednesday, January 20, 10:30am–noon
In 2006, about 3000 dancers arrived to audition for 26 spots in the Broadway revival of A Chorus Line, which went on to be one of the longest-running shows in history. The documentary Every Little Step follows the process of casting for that show, beginning with the informal interviews with dancers conducted by Director Michael Bennett. Their personal observations and feelings were captured on audiotape, many of which are heard in this film. After 400 hours of footage was whittled down, this documentary shows an honest look at what it takes to get onstage. The documentary also explores the history of the award-winning musical. For everyone who loves Broadway, this will be a great morning at the movies.
RSVP: Shelly.Rosenstein@jccnv.org, 703.537.3062

January 27 – No Program

Hi-Tech Advancements “Made in Israel”
Wednesday, February 3, 10:30am–noon
Presenter: Limor Schafman, Director of Content Development, Telecom Industry Association (TIA)

Ranked in 2015 by Bloomberg as the fifth most innovative country in the world, ahead of the United States, China, and the United Kingdom, Israel repeatedly amazes with its number of technological advances and startups. From ICQ, an instant-messaging computer program that stands for “I seek you” sold to AOL in 2002 for $287 million, to the development of the Iron Dome, Israel continues to create and define new markets. This presentation will give us a small peek into some of the more recent areas of innovation and technological advancements taking place in Israel today. Limor is also part of Keystone Tech Group and co-founded and lead the IPv6 Forum Israel Chapter. Bagels and cream cheese will be served after the program.
Fee: $5/ $3 synagogue or J member
RSVP: Shelly.Rosenstein@jccnv.org, 703.537.3062

Agudas Achim Joint Program
Movie: Mamadrama and Lunch
Tuesday, February 9, noon-2pm at Agudas Achim Congregation
(2908 Valley Drive, Alexandria)
(note day, time and location change)
The lights will dim and the popcorn will be passed around as we get together with members of Agudas Achim Congregation for an afternoon at the movies. Mamadrama combines interviews with Hollywood and Israeli filmmakers to explore the image of the Jewish mother in film beginning with early silent and Yiddish films up through contemporary movies. Mamadrama includes selections from Come Blow Your Horn, Goodbye Columbus, Next Stop Greenwich Village, The Jazz Singer, Portnoy’s Complaint, Where's Poppa, Torch Song Trilogy, a compilation of rare Yiddish films, and recent Israeli features. A free, kosher lunch will be served prior to the film beginning at noon.
RSVP by Monday, February 1 to Shelly.Rosenstein@jccnv.org, 703.537.3062

The Sisters Rosensweig
Matinee Performance at Theatre J with Brunch
Wednesday, February 10, depart Beth El at 10am; return approximately 3:15pm.
Come join us for this wonderful play by Wendy Wasserstein. “The Rosensweig sisters are different as can be — a no-nonsense international banker, a kvelling mother of four, and a bohemian world-traveling journalist. When the three hilariously reunite at Sara’s London home for her 54th birthday celebration, a barrage of suitors and unexpected revelations make for one interesting weekend. “A heartfelt comedy about women grappling with their life choices.” — Theatre J
Fee: $44/ $38 Beth El Outreach, synagogue, or J member (includes theatre ticket, brunch, and transportation)
RSVP: Submit payment and registration form to the J, Attn: Shelly Rosenstein. Make check payable to JCCNV with “2/10” on memo line.
Combating Anti-Semitism Throughout the World
Wednesday, February 17, 10:30am–noon
Presented by: Tami Cohen, Assistant Regional Director, Washington DC Regional Office, Anti-Defamation League
While Jews in America have never been more prosperous, anti-Semitism, both at home and around the world, continues to be a persistent and, unfortunately, growing problem on multiple fronts. From age-old stereotypes that have been used to marginalize Jews for centuries, to modern efforts to demonize and delegitimize Israel and those who support her; from American college campuses, to Europe and the Middle East; from right-wing, fundamentalist extremists, to left-wing radicals, Jews continue to be under attack. Tami will outline the challenges posed by contemporary anti-Semitism, why it continues to persist, why it is so difficult to combat, and what we can do about it.
Fee: $4/ $2 J or synagogue members (pay at door)
RSVP: Sheila.Budoff@jccnv.org, 703.537.3068

1 Book 1 Community: Discussion of A Monster Calls by Patrick Ness
Monday, February 15, 10:30am–noon
Once again, we’ll participate in the Loudoun County Public Library 1 book 1 community reading program, the countywide reading program that “promotes community dialogue and understanding through the shared experience of reading and discussing the same book.” This year’s selection is A Monster Calls, a novel by Patrick Ness, inspired by an idea from Siobhan Dowd. The book has received excellent reviews and has won both the Carnegie Medal for literature and the Kate Greenaway Medal for illustration. The Wall Street Journal and other newspapers included it in their year-end “best” lists. A film based on the book and starring Felicity Jones, Liam Neeson, and Sigourney Weaver will be released in October 2016. Discussions of A Monster Calls are being held all over the county, and we’ll have one of our own. Free copies of the book are available at all library branches. It will not be necessary to have read the book in order to participate in the discussion — excerpts will be distributed and read aloud. Come be a part of this countywide experience. Reader’s advisory: the book is about a thirteen-year-old boy whose mother is battling cancer.
RSVP: Shelly.Rosenstein@jccnv.org, 703.537.3062

No Program February 24

JCCNV Adult 55+ Program
Lansdowne Woods Clubhouse
19375 Magnolia Grove Square, Lansdowne, VA
The group meets on the third Monday of the month at 10:30am (unless otherwise noted). Newcomers are always welcome! Activities are subject to change.
Coffee, tea, and light refreshments will be provided.
RSVP: Please confirm beforehand with Sheila.
Budoff@jccnv.org, 703.537.3068.
Fee: $4/ $2 J or synagogue member, Lansdowne Woods (formerly Leisure World) resident (pay at door unless otherwise specified)

Inclencent Weather Policy
If Loudoun County schools are closed, the Adult 55+ program at Lansdowne Woods is canceled. If schools have a delayed opening, we will hold the program at the regular time.

PROGRAMS

Documentary Film
An Ordinary Hero: The True Story of Joan Trumpeter Mulholland
Monday, January 18, 10:30am–noon
In honor of Martin Luther King Day, we will view a documentary film about Joan Trumpeter Mulholland, a remarkable white woman who risked everything to right the wrongs of racism she had witnessed as a child growing up in the segregated South. By the time she was 19 years old, Ms. Mulholland had participated in more than three dozen sit-ins and protests (including the Woolworth lunch counter protest in Jackson, Mississippi) and was put on death row in Mississippi’s notorious Parchman Penitentiary for joining in the Freedom Rides. The film pays tribute to the extraordinary courage, spirit, and commitment of Mulholland and other civil rights activists and their tremendous impact in battling discrimination.
RSVP: Sheila.Budoff@jccnv.org, 703.537.3068

JCCNV Adult 55+ Program held at
Northern Virginia Hebrew Congregation
1441 Wiehle Avenue, Reston, VA
Contact: Sheila.Budoff@jccnv.org, 703.537.3068
The group meets on the fourth Tuesday of the month at 10:30am (unless otherwise noted). Newcomers are always welcome. Coffee, tea, and light refreshments will be provided. Activities are subject to change. Confirm beforehand with Sheila.
Fee: $4/ $2 J or synagogue member (pay at door unless otherwise specified)

Inclencent Weather Policy
If Fairfax County schools are closed, our Adult 55+ program at NVHC is canceled. If schools have a delayed opening we will hold the program at the regular time.
JCCNV Adult 55+ Program held for the Greater Gainesville Jewish Community
Contact: Sheila.Budoff@jccnv.org, 703.537.3068

PROGRAMS

A Light Unto the Nations: Israel’s Hi-Tech and Scientific Innovations
Tuesday, January 26, 10:30am-noon
Presenter: Na’ama Gold, JCCNV-JAFI Shlicha (Emissary) from Israel

What do USB flash drives, the Waze global positioning system (GPS), Instant Messaging, the Pillcam endoscopy (tiny camera in a pill), and reverse osmosis desalination (to make ocean water drinkable) all have in common? They are all amazing Israeli innovations which have revolutionized their fields and changed our everyday lives forever. Notwithstanding Israel’s small size, limited natural resources, and the fact that it is surrounded by hostile neighbors, its impact in agriculture, science, medicine, and space exploration has been enormous. Israel’s extraordinary creativity and know-how has resulted in countless inventions, discoveries, and advancements to help make people’s lives better and safer all over the world. Come meet Na’ama Gold, the J’s new shlicha from Israel, and find out more about why Israel is known as the “start-up nation.”

RSVP: Sheila.Budoff@jccnv.org, 703.537.3068

Documentary Film:
An Ordinary Hero: The True Story of Joan Trumpeter Mulholland
Tuesday, February 23, 10:30am-noon
See page XX for film details.

RSVP: Sheila.Budoff@jccnv.org, 703.537.3068

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CARDS AND GAMES AT THE J

Contact Carla.Rosenfeld@jccnv.org, 703.537.3060

Drop-in Scrabble
Wednesdays (ongoing)
11:30am–1:30pm
Contact Carla to be added to the Scrabble email list.
Fee: $4/ Free J member

Drop-in Mah Jongg
Tuesdays and Wednesdays (ongoing)
9:30am–noon
Drop in for a friendly game of mahj and conversation in the J’s lobby. Bring your friends! To get on the Mah Jongg email list, send a request to Carla.
Fee: $4/ Free J member

Mah Jongg Lessons and Evening Games
Call or email Carla if you are interested in lessons or an evening drop-in game.

ACBL Duplicate Bridge
Wednesdays (ongoing)
11am–2:30pm
Director: Louise Sellers (ACBL-accredited)
Fee: $8/ $6.50 J member & Bridge Associates

Drop-in Hearts
Thursdays (ongoing)
10am–12pm
Join this new weekly card game if you would like to play hearts.
Fee: $4/ Free J member

Drop-in Canasta
Fridays (ongoing)
11am–1pm
Beginners are welcome to join in this weekly drop-in game that meets in the lobby. Instructions are provided for those who would like to learn.
Fee: $4/ Free J member

Party Bridge
Fridays (ongoing)
11am–1:30pm
This is a social, fun, and low-key game for all skill levels — come with or without a partner. Join the group and bring your own dairy or parve/meatless lunch.
Fee: $4/ Free J member

Silent Auction, Raffle, and Door Prize Donors:

- Angelika Film Center
- Arena Stage
- Bellissimo Restaurant
- Bonefish Grill
- Burke Nursery and Garden Centre
- Cantina D’Italia
- Cinema Arts Theatres
- Courtyard by Marriott Richmond Downtown
- Coyote Grill
- Crossings at Chantilly
- Curry Mantra Indian Restaurant
- DGS Delicatessen
- Elevation Burger
- First Watch Restaurant
- Foxfire Grill
- George Mason University’s Center for the Arts
- Shelly Goldman
- Great American Restaurants
- Hilton Garden Inn Arlington/Shirlington
- Susan Fox Hirschmann
- Jason’s Deli
- Lebanese Bistro
- Lee’s Photography & Associates
- Jodi Lyons
- Maggiano’s Little Italy
- Massage Envoy
- Nail a la Mode
- NV Rides
- Olive Garden
- Outback Steakhouse
- Personal Touch Jewelers
- P.F. Chang’s
• Rosemary’s Thyme Restaurant
• Shammas Jewelers
• Signature Theatre
• Sun and Moon Yoga Studio
• Tabard Inn
• Tau Tau Chinese Restaurant
• Tony’s NY Pizza
• Torero Tapas Bar and Grill
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• Washington Capitals
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• Elizabeth Mace

**Donors of Food, Goods and Services:**
• Abby M. Sternberg, Media Masters, Inc., videotaping
• Brightview Great Falls, Assisted Living Community, Carolyn Pennington, Community Sales Director, the cost of transportation for keynote speaker
• First Avenue Jewelers, Altoona, PA, Owner Brian Webb, balloon set up
• Healthy Snack Box, snacks and bottled water
• Interstate/Pack-N-Move™ Moira Quinn Leite and Erick Barr, tote bags for fair participants
• Jodi Lyons of SeniorSherpa, breakfast pastries
• Northern Virginia Resource Center for Deaf & Hard of Hearing Persons, closed captioning for keynote address
• Republic Services, recycling boxes
• Starbucks in Fairfax City, coffee

**We thank all of our volunteers for their invaluable assistance:**
• Clarise Abramidis
• Fred Biederman
• Bob Budoff
• Don Budowsky
• Diane DiMaio
• Susan Dorfman
• Roz Engels
• Gail Gurin
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**Sub-Committee Members**
Sue Kalmon
Marilyn Silver
Abby Sternberg

**WELLNESS PROGRAMS**
Questions? Contact Paula Cole, Health, Fitness, and Aquatics Director at 703.537.3049, Paula.Cole@jccnv.org

The Health, Fitness, and Aquatics department is trained to assist people of all ages in learning health and fitness techniques to improve their quality of life. Creating time in your schedule and forming good habits can be challenging — remember to start with small steps and seek out one of the fitness staff to help you achieve a healthier you! Stop by or make an appointment with one of the J’s trainers to learn more about finding the right exercises to get you started.

The J’s Health, Fitness, and Aquatics staff hosts monthly wellness programs and workshops designed to engage, educate, and motivate members to adopt healthier lifestyles. Each month features a unique workshop that focuses on the mind, body, or spirit.

**MEMBERSHIP HAS ITS BENEFITS!**
Most group fitness classes are free for J members (Jazzercise and Yoga have fees). For more information, contact Keri.Drugan@jccnv.org.
GROUP FITNESS CLASSES

Effective January 1–June 24 (unless otherwise noted)

Classes listed in black are free for members. Specialty classes, listed in color and marked with an “*”, vary in price. Classes with consistently low enrollment may be canceled. For the most up to date schedule, call the front desk at 703.323.0880.

Below is a list of all of our group fitness classes. Please note the correct class for your level of fitness.

◊ For those who are new to exercise, coming back from an injury, or in need of a low impact option.
◊◊ For those who have been exercising for a while and like a moderate intensity workout.
◊◊◊ For those who have been exercising for a while, exercise at least 3 days a week, and can handle more intense workouts.

◊◊ Aqua Zumba®
Thursdays, 9:30am–10:15am; Fridays, 9:30am–10:30am
Utilizing the benefits of water resistance, this class, conducted in the shallow area of the pool, features exotic rhythms set to high-energy Latin and international beats. It’s easy to do, effective, and no experience is necessary.

◊◊◊ Cardio Cycling
Sundays, 8:30am–9:30am; Mondays, 9:30am–10:30am; Wednesdays, 7:15am–8am, 9:30am–10:30am; Fridays, 7:15am–8am, 9:30am–10:30am
Build endurance and increase cardiovascular fitness as your instructor takes you on a ride on stationary bicycles. Maximum 11 participants per class; you are encouraged to preregister, up to 48 hours in advance, at the front desk to reserve a bike.

◊◊ Cardio Dance Fusion
Mondays, Fridays, 8:30am–9:15am
Come dance those calories away in a class with music from every era and genre — try jazz, disco, and even a little of the pony during this upbeat hour. You’ll sing to every song and realize how much fun a cardio workout can be.

◊◊◊ Cardio Hip Hop Dance Workout
Wednesdays, 7:45pm–8:45pm
Do you love watching dance contests on TV, or do you miss dancing at the club downtown? Or maybe you just hate the treadmill and want a new way of working out and burning calories! Come join the fun and feel the energy as you dance to hip-hop, R&B, pop, and electronic music while getting in shape!

◊◊◊ Cardio Kickboxing
Tuesdays, Thursdays, 7:30pm–8:30pm
This is a high energy martial arts and aerobic-style workout. This class finishes with toning and gives low- and high-impact options.

◊ Core and Balance: Beginner
Fridays, 10:30am–11:15am
To accommodate participants who either do not want to, or cannot, get down on the floor, this class is done standing at the barre. The class focuses on balance and gaining good posture through core strength. The class ends with standing flexibility exercises. It is recommended that participants register with the front desk to reserve a spot in the class up to 48 hours in advance.

◊◊ Core: Intermediate
Thursdays, 8:30am–9:15am; Fridays, 9:30am–10:15am
Increase your core strength while giving your back more flexibility. Learn how to engage your core properly to increase strength, control, balance, and posture. This class uses Pilates concepts to lengthen the core and is done primarily on the floor. It is recommended that participants register with the front desk to reserve a spot in the class up to 48 hours in advance. Please bring a yoga mat to class.

◊◊ Core: Advanced
Tuesdays, 8:45am–9:15am
If you are ready for a change in your core workout and crave intensity, this class is for you. Enhance strength and stamina, and get closer to that athletic body you’ve been working for.

◊ H2O (Water Aerobics)
Mondays, Wednesdays, 9:30am–10:30am
This water aerobics class is performed in the shallow area of the pool. It’s a safe resistance for aerobic conditioning, perfect for the joint-sensitive individual.

◊◊ Jazzercise*
Contact Lynne at 202.758.6946 or visit jcls.jazzercise.com

Mornings: Sundays, 9am–10am; Monday, Wednesday, Friday, 8:15am–9:15am; Tuesday, Thursday, 9:15am–10:15am; Saturdays, 8am–9am–
Evenings: Monday, Wednesday 6:15pm; Tuesday, Thursday 7pm

This workout program offers a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing movements with low impact options available. Members can enjoy their first week FREE! Non-members get their first class FREE. A discounted rate of 50% off on the Jazzercise monthly fee is available to full JCC members. Participants should be able to stand on their feet for the full hour and be comfortable getting down to and up off the floor. Call Lynne at 202.758.6946 for more information.
◊◊ Kickboxing
Tuesdays, 7:30am–8:45am
A high-intensity interval aerobic exercise program that includes punching and kicking using mitts and shields.

◊ Level I Strength Training
Tuesdays, Thursdays, 11:30am–noon
For those brand new to exercise or getting back into exercise from an injury. This class is 30 minutes long and includes basic range of motion (ROM) strength training and stretching done while seated to get new exercisers started on a healthy path.

◊ Level II Strength Training
Mondays, Wednesdays, 10:45am–11:30am
These classes are for those who have been in the Level I class consistently for at least 3 months or have been doing minimal exercising and are ready to do a little more. This class is 45 minutes long and includes a 5–8 minute cardio warm-up done seated and standing, 30–35 minutes of weight training, and 5–8 minutes of stretching.

◊◊ Level III Strength Training
Thursdays, 10:30am–11:30am
This class is for those who have been in the Level II class consistently for at least 6 months and are ready to add in a little more conditioning. This class is an hour long and includes 15 minutes of standing cardio, 15 minutes of strength training, 15 minutes of balance training, and 15 minutes of stretching.

◊◊ Level IV Strength Training and Conditioning
Mondays, Wednesdays, 9:30am–10:30am
This class is for those who have been in Level III consistently for at least one year and are ready to push their conditioning to the next level. This hour-long class includes 30 minutes of standing aerobics followed by 30 minutes of strength training done seated and standing using 1–5 pound weights and resistance bands.

◊◊◊ Level V Strength Training and Endurance
Mondays, Wednesdays, 9:30am–10:15am
This class is for those who have been exercising consistently (at least 3 days per week), can lift more than 5 pound dumbbells, use a green resistance tube or higher, and who are ready to be pushed to the next level. This class does standing exercises, floor exercises, and includes movements such as full squats, lunges, sit-ups, planks, and push-ups. This challenging 45-minute class moves at a fast pace, so expect your muscles to be sore for a few days after the class.

◊◊ Stretch and Meditate
Tuesdays, 9:30am–10:15am; Saturdays, 8am–8:45am~
Come in and enjoy a relaxing stretch class focused on lengthening your body and reducing stress. The last 5 minutes are dedicated to meditation to let your mind relax so you can leave feeling stress free and rejuvenated.
~Saturday classes must be paid in advance.

◊ Tai Chi
Tuesdays, 10:30am–11:30am
This is a Chinese martial art primarily practiced for its health benefits, including reducing tension and stress. Tai Chi emphasizes complete relaxation and is essentially a form of meditation. The first 15 minutes are geared to those new to Tai Chi.

◊◊ Yoga*
Contact: Keri.Drugan@jccnv.org, 703.537.3028
Physical exercises, meditations, and breathing designed to integrate the mind, body, and spirit. This class is recommended for those that can get down to and up from the floor easily. No refunds or credits will be offered for this class.
Drop-in Fee:  $20/ $18 member
Code:  #561/ #560 J member

Session I
Mondays, January 4–February 15
(7 weeks)
7:15pm–8:30pm
Before Dec. 28: $132/ $118 member
Fee:  $112/ $98 J member
Code:  #7018

Session II
Mondays, February 22–April 4
(7 weeks)
7:15pm–8:30pm
Before Feb. 15: $132/ $118 member
Fee:  $112/ $98 J member
Code:  #7019

◊◊ Zumba®
Thursdays, 9:30am–10:15am
This class features exotic rhythms set to high-energy Latin and international beats. It’s easy to do, effective, and no dance experience is necessary.

◊ Zumba® Gold
Tuesdays, 9:30am–10:15am
This class uses Latin music with modified moves and pace to suit the needs of the active older participant and those just starting their fitness journey.
*Class has a fee for members.
~Saturday classes must be paid in advance.
NONMEMBER CLASS RATES
Saturday classes must be paid in advance. See Shabbat policies below in the next column.

Group Fitness Passes
Drop-in Fee: $12 (pay at front desk; give receipt to instructor)
Code: #580
10-class pass: $85
Code: #581

Adults 65+ Class Passes
Drop-in Fee: $6 (pay at front desk; give receipt to instructor)
Code: #583
10-class pass: $40
Code: #584

GROUP EXERCISE SCHEDULE
Effective January 1–June 24
(unless otherwise noted)
^ Class has a fee for members.

Sunday
8:30am–9:30am  Cardio Cycling ◊◊◊
9:00am–10:00am  Jazzercise ◊◊

Monday
8:15am–9:15am  Jazzercise ◊◊
8:30am–9:15am  Cardio Dance Fusion ◊◊
9:30am–10:15am  Level V Strength Training and Endurance ◊◊◊
9:30am–10:30am  H2O ◊
9:30am–10:30am  Cardio Cycling ◊◊◊
9:30am–10:30am  Level IV Strength Training and Conditioning ◊◊
10:45am–11:30am  Level II Strength Training ◊
7:00pm–8:00pm  Jazzercise ◊◊
7:15pm–8:30pm  Yoga ◊ ◊

Tuesday
7:30am–8:45am  Kickboxing ◊◊◊
8:45am–9:15am  Core (Advanced) ◊◊◊
9:15am–10:15am  Jazzercise ◊◊
9:30am–10:15am  Zumba® Gold ◊
9:30am–10:15am  Stretch and Meditate ◊ ◊
10:30am–11:30am  Tai Chi ◊
11:30am–noon  Level I Strength Training ◊◊◊
7:00pm–8:00pm  Jazzercise ◊ ◊
7:30pm–8:30pm  Cardio Kickboxing ◊◊◊

Wednesday
7:15am–8:00am  Cardio Cycling ◊◊◊
8:15am–9:15am  Jazzercise ◊◊
9:30am–10:15am  Level V Strength Training and Endurance ◊◊◊
9:30am–10:30am  H2O ◊
9:30am–10:30am  Cardio Cycling ◊◊◊

Thursday
8:30am–9:15am  Cardio Cycling ◊◊◊
9:30am–10:15am  Zumba® ◊◊
9:15am–10:15am  Jazzercise ◊◊
9:30am–10:15am  Aqua Zumba ◊◊◊
10:30am–11:30am  Level III Strength Training ◊◊◊
11:30am–noon  Level I Strength Training ◊
7:00pm–8:00pm  Cardio Hip Hop Dance Workout ◊◊◊

Friday
7:15am–8:00am  Cardio Cycling ◊◊◊
8:15am–9:15am  Jazzercise ◊◊
8:30am–9:15am  Cardio Dance Fusion ◊◊
9:30am–10:15am  Core (Intermediate) ◊◊
9:30am–10:30am  Aqua Zumba ◊
9:30am–10:30am  Level IV Strength Training and Conditioning ◊◊
10:30am–11:15am  Core and Balance (Beginner) ◊
7:00pm–8:00pm  Jazzercise ◊◊
7:30pm–8:30pm  Cardio Kickboxing ◊◊◊

Saturday
8:00am–9:00am  Jazzercise ◊◊
8:00am–8:45am  Stretch and Meditate ◊ ◊

~Saturday classes must be paid in advance. See page XX for Shabbat policies.

WELLNESS WORKSHOPS
The Health, Fitness & Aquatics staff host monthly wellness workshops designed to engage, educate, and motivate members to adopt healthier lifestyles. Each month features a unique workshop that focuses on the mind, body, and/or spirit.
Fee: $5/ Free for members

MIND
Mental Health Benefits of Animals for the Older Adult
Wednesday, January 13
11:45am–12:45pm
Presented by TBD
Having a pet can make you feel calmer, happier, and less stressed. Learn why having a pet can improve your life, if you’re the right candidate for fostering or owning a pet, and what types of pets are the best for you. Plus, you might even get to meet a few furry friends!
Fee: $5/ Free for members
**PERSONAL TRAINING**

Get started!

**Special New Client Promotion**

**Members**

Five 30 minute sessions for $175  
Special terms apply (45 days to use, for first-time users only)

**Nonmembers**

Five 30 minute sessions for $225  
Special terms apply (45 days to use, with free 30 days unlimited access to our facility, first-time users only)

**Members**

Five 60 minute sessions for $275  
Special terms apply (45 days to use, for first-time users only)

**Nonmembers**

Five 60 minute sessions for $425  
Special terms apply (45 days to use, with free 45 days unlimited access to our facility, first-time users only)

**Specialized Fitness for Adults 65+**

**Assessment Test and Exercise Rx**

**Members only**

Designed for adults 65+ that have little fitness knowledge or are new to exercise, this program allows participants to work with a certified fitness coach and includes a fitness evaluation for aerobic capacity, muscle strength and body flexibility, and a personalized fitness plan based on individual test results.

**Fee includes evaluation test, workout plan, and three 30 minute sessions with a certified fitness coach.**

**Fee:** $140  
**Code:** #523

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**SPRIT**

**Find Your Radiant Glow with Self-Healing Techniques**

**Wednesday, February 17**  
**11:45am-12:45pm**

**Presented by Mel Collins**

Sometimes medicine is not enough and other times it’s not truly what our body needs to improve. Learn self-healing techniques including Reiki, Tapping, and Meditation to help you become a healthier person inside and out, plus learn where they came from and why so many people are using them to live a better life.  
**Fee:** $5/ Free for members

**Special Events**

Wellness Services hosts events to create a sense of belonging in our community while enriching minds, strengthening bodies, and nurturing spirits.

**Wellness Week**

**Monday–Friday, January 4–8**

Start your new year off right by seeing all the J has to offer for your well-being! FREE group exercise classes, Body Fat Analysis, and more!

**PERSONAL TRAINING PACKAGES AND FITNESS PROGRAMS**

For more information about our personal training programs, or to set up a free consultation, contact Elin Kanchev@jccnv.org.

“There is no wealth like health” — Apocrypha of Ben Sira, a second century BCE Jewish scribe, sage, and allegorist from Jerusalem.

The J’s wellness mission comes from basic Jewish/human principles which say that the body and soul are essentially one. The body is a gift from God that we must protect and nurture. We want to help people unite their minds and bodies through education and helping to initiate healthy lifelong habits. Let us help make a meaningful difference in your life.

Each person is unique with different needs and concerns. Our personal training program aspires to identify and focus on what you really need to become a healthier and happier you! As each person is different, so are our trainers. Each one is unique in every aspect, having different backgrounds and specialties. What they share is that they are all highly educated, knowledgeable, and experienced in the health and wellness field. Most importantly, they are dedicated to improving your well-being and believe that in order to achieve success and feel good, you need to take good care of your body, mind, and spirit. Emphasizing complete wellness ensures that nothing is left behind.

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**Innovative Memory Care...**

**By Design...**

Great Falls has been thoughtfully designed with the needs of your loved one in mind. Our residents experience secured freedom as well as a heart-healthy diet, walking paths and patios, and Life Enrichment programs—including art, music, and dance—seven days a week.

**Call for more information.**  
703-421-0690

Great Falls Assisted Living

1121 Reston Ave. – Herndon, VA  
GreatFallsAssistedLiving.com
WELLNESS PROGRAMS

JLink is here for you and your family during these difficult economic times.

JLink provides free initial consultations, is easy to access and private.

JLink's team of professional JSSA career coaches and social workers provide assessment, identification of individual needs, a short term action plan and, as needed, links to additional:

- Career and Employment Services
- Supportive Counseling
- Referrals to Resources

JLink services are free and available through 6 convenient DC Metro area locations—close to your home or work.

Schedule Your Free JLink Consultation Today!

301.610.8413 (Maryland)
703.896.7917 (Northern Virginia)
jlink@jssa.org
Learn more: www.jssa.org/JLink

JLink LOCATIONS:
- The Jewish Community Center of Northern Virginia
- DC’s Adas Israel Congregation
- JSSA’s Silver Spring, Fallsgrove and Fairfax offices
- NoVa’s Beth El Congregation

JLink is a program of The Jewish Federation of Greater Washington, in partnership with JSSA.

J.DANCE

ADULT CLASSES

This program is for beginning to intermediate adult dancers. All classes are taught by professional dance educators who structure the class around the individual students’ abilities. Adult dance is a great way to improve balance, flexibility, and coordination while having a great time developing a sense of aesthetics and culture. Adults must register when purchasing a class card with name, address, telephone number, and quantity of classes desired. Classes can be paid for individually, using dance class cards, or by registering for a session.

Adult Ballet

Instructor: Barri DeFrancisci

Mondays, January 4–May 23
(no class Mar. 21)
7pm–8pm

Whether joining this ongoing class for exercise, fun, or aesthetic culture, it appeals to novice and intermediate students who enjoy the music and technique of ballet. Female students should wear a leotard, tights, ballet shoes, and hair secured in a bun. Ballet skirts and warmups are permitted.

Fee: Class card required. See below for details

We take care of your entire transition.
Most importantly, we take care of you.

Interstate Moving & Storage and Pack-N-Move have partnered to offer seniors personalized services to make your transition easier.

Whether you need start-to-finish services, or a customized solution, we’ll manage the details of your transition in a manner that suits your needs and budget:

- Next step planning for smaller spaces
- Lifestyle and floor plan analysis
- Disposition downsizing
- Packing, moving and storage
- Unpacking and organizing

Call Moira Quinn, President, Pack-N-Move at 703.354.6359
today to sign up for a complimentary workshop to help you or a loved one get ready to move!

MoveInterstate.com | Pack-N-Move.com
**Adult Tap**  
*Instructor: Lesley Kowalski*  
**Wednesdays, January 6–May 25**  
(no class Mar. 23)  
6:45pm–7:35pm  
For beginner and intermediate adult tap students.  
**Fee:** Class card required. See below for details.

**Barre Fitness**  
*Instructor: Barri DeFrancisci*  
**Tuesdays, January 5–May 31**  
(no class Mar. 22)  
2:15pm–3:15pm  
Come feel the barre burn! Barre is a 60-minute workout that combines Pilates, Yoga, and Ballet, to give you the beautiful, long, lean muscles of a dancer, without the impact and injuries dancers endure! This is NOT a dance class — no dance experience is required. Set to upbeat music, this class will target all of the major muscle groups of your body, concluding with a series of stretches to lengthen the muscles you have worked. Participants should wear tight-fitting athletic clothing and grippy socks.  
**Fee:** Class Card required. See below for details.

**Musical Theatre Dance**  
*Instructor: Barri DeFrancisci*  
**Wednesdays, January 6–May 25**  
(no class Mar. 23)  
10:45am–11:45am  
A fun and expressive class covering a wide variety of styles used in Broadway theater choreography. Students will learn basic steps, terminology, and body placement. Musical Theatre Dance is an excellent opportunity for comradery, exercise, and fun! A great class for those who love to put on a show!  
**Fee:** Class card required. See below for details.

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**ADULT CLASS CARDS**

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<th>Category</th>
<th>Single Class</th>
<th>5 Classes</th>
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**ISRAELI DANCE**

**Ages: 13+**  
*Instructor: Ethan Halpern*  
**Tuesdays, 7:45pm–9:45pm (ongoing)**  
This drop-in cultural dance program incorporates Jewish and Israeli culture through choreographed dances set to modern music by Israeli artists. The dances students learn are recognized in most programs internationally. No experience is required. Ethan Halpern has been offering this popular Israeli Dance program for 20 years at the J. Preregistration not required. See you on the dance floor!  
**Fee per class:** $10/ $6 J member/ $5 student  
**Pay instructor directly**  
**Code:** #278

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**MAKE YOUR MOVE**

**Ages: 18+**  
*Instructor: Brenda Forsley*  
**1st and 3rd Thursdays of each month**  
**January 7–May 19 (16 classes)**  
10:45am–11:30am  
Join us in this great movement program that incorporates dance, music, and a whole lot of fun! This program is for adults of ANY ability. You have the freedom to move to your own beat while maximizing your own individual strengths.  
**Fee per class:** $10/ $8 J member  
**Code:** #6919

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**ADULT SERVICES DEPARTMENT DONATIONS**

9/22/15–11/20/15  
Carolyn Bonilla  
Suzanne and Evan Brooks  
Rita DiTrani  
Susan Dorfman  
Dara and Josh Greene  
Susan Kalmon  
Dorothy and Don Lewy  
Lorraine Picott  
Shelly and Jay Rosenstein  
Maureen and Bob Shapiro  
Marilyn and Bob Sher  
Ellen Strauss  
Alice Tetelman  
Roland Vaughan

---

A gorgeous day for friends and fall foliage.
JCCNV Adult 55+ programming is made possible thanks to the "Coming of Age" grant from The Jewish Federation of Greater Washington and United Jewish Endowment Fund. The program is a collaborative effort of the JCCNV, Jewish Council for the Aging, Jewish Social Service Agency, and J Connect.

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<th>DEPART TIME</th>
<th>DESTINATION</th>
<th>COST</th>
<th>TOUR*</th>
<th>FOOD AVAILABLE^</th>
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<td>Wednesday</td>
<td>6-Jan</td>
<td>JCCNV</td>
<td>10:30am</td>
<td>Phillips Collection - &quot;Gauguin to Picasso&quot;</td>
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<td>Smithsonian Amer Art Mus &amp; Portrait Gall</td>
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<td>BEHC</td>
<td>10am</td>
<td>Theatre J - &quot;Sisters Rosensweig&quot; &amp; Brunch</td>
<td>$44NM/$38M</td>
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*Separate charge, cash only morning of trip.
^ "$"—Yes. Available for purchase; "Incl."—Yes, included in price

TRIPS AT-A-GLANCE: DETAILED INFORMATION CAN BE FOUND WITHIN THE VOICE.

Codes:
BEHC – Beth El Hebrew Congregation, Alexandria
GGJC – Greater Gainesville Jewish Community
JCCNV – Jewish Community Center of Northern Virginia, Fairfax
NVHC – Northern Virginia Hebrew Congregation, Reston
LWL – Lansdowne Woods at Lansdowne, Leesburg

Jewish Community Center of Northern Virginia
8900 Little River Turnpike
Fairfax, VA 22031-3123
jccnv.org • 703.323.0880