



Senior Adult Services

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

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

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Take out a Senior Membership at the JCCNV!

Enjoy member rates for programs – access to the pool and fitness center – FREE Silver Sneakers classes designed for ages 65+!

Senior Individual (62+) \$195
Senior Couple (62+) \$345

**Does not include \$10 security fee or Building Fund (\$500 payable over 5 years).*

SeniorNavigator Site

The JCCNV is an official SeniorNavigator site, with computers available for accessing the SeniorNavigator network, a statewide, nonprofit web site designed to address health and aging concerns and provide information about the approximately 19,000 local programs and services available to seniors, their families and caregivers.

Visitors to the SeniorNavigator web site simply type in a keyword, along with their zip code, city, or county, to access services available right in their own neighborhoods. The comprehensive service at www.seniornavigator.com lists sources for

everything from where to get blood pressure screenings or flu shots, bone density tests or support groups, to yoga classes. For more info call Pam Wiener.

Active Retiree Department

Please take a minute to review the many programs and activities planned for the fall. We have endeavored to plan a variety of educational, entertaining and social activities. Note that we distribute our bi-monthly newsletter, "The Voice," to our list of all JCCNV members 55+, as well as to those who have requested to receive the publication. If you would like to join the mailing list and receive details about upcoming programs and activities and are not currently on the distribution list, please contact Pam Wiener (see below).

Our staff looks forward to meeting you at one of our activities or events! If you have any questions about programs or services, please contact Pam Wiener at (703) 537-3061 or PamW@jccnv.org.

Social Action Project

Let's not let anyone who lives in Northern Virginia go to bed hungry! Remember to bring a can and/or a nonperishable food item to the J whenever you come, to be donated to Food for Others. For your convenience, a collection bin is located in the lobby. Thanks for your support.

Connect-A-Ride

Looking for a way to get to the JCCNV or one of our outreach sites to attend a program? Contact Connect-A-Ride at (703) 323-6494 Monday-Friday from 9am to 3pm for assistance.

Monday Morning Trip Line

Call (703) 537-3070 to hear a recording about upcoming trips and to make a reservation. You will receive a confirmation call back.

Active Retiree Activity Line

Call (703) 537-3032 to hear a recording of weekly JCCNV Active Retiree Programs.

Inclement Weather

If Fairfax County schools are closed our Active Retiree Programs are cancelled. If schools have a delayed opening, we will hold our programs at the regular time.

Special Programs

Forever Young Concert and Brunch

A Semi-Annual Event

Lox & Vodka Trio

Sunday, November 2

10am-12pm, JCCNV

Join us for a morning with Washington, DC's widely acclaimed klezmer band, Lox & Vodka. The morning will be an enchanting, entertaining and emotionally enriching experience. Audiences can expect to be active participants, learning songs and clapping to Klezmer rhythms.

Free to JCCNV Senior members who register by October 24.

Cost: \$10M/ \$12NM

At Door: \$11M/ \$13NM (Space available.)

Code: 153/2LV/NOV08

**Fight the Flu
Flu Shot Clinic**

Inova HealthSource will conduct our 2008 flu shot clinic for anyone 18+ years-old. Cost is \$25. Medicare Part B is accepted as payment in full. You must show your Medicare card to the nurse. Medicare beneficiaries who have assigned their Medicare benefits over to an HMO of other managed care plan must receive their shot from their primary provider unless they wish to pay for it.
Thursday, October 30, JCCNV
 9:30am-12:30pm

**Coming Soon
Travel Training for
Active Adults**

Learn how to use your local public transportation in a travel training curriculum. Training will include classroom sessions, site visits and one-on-one assistance with trip planning sponsored by the Jewish Council for the Aging (JCA). Space is limited. Please call Lynn Winchell of JCA at (703) 323-6494 for details.

**Monday Morning Shopping
Trips and Excursions**

To make a reservation please call the transportation line (703) 537-3070 where you can hear detailed information about the upcoming trips and leave a message. You will receive a confirmation call back.

Cost is \$5 round trip, paid in advance. Checks can be made payable to the JCCNV and either left at the front desk in an envelope for Pam or mailed to the JCCNV attention: Pam Wiener. Trips are subject to change, please call to confirm. Minimum number of participants required. Questions? Contact Michele at (703) 537-3095.

Trips will include a private tour of the National Archives, a trip to The Textile Museum, kosher shopping for the High Holidays, a tour of the Phillips Collection, outlet mall shopping and much more!

See future "The Voice" newsletters for details.

Open to All

All programs held at the JCCNV and at all outreach sites are open to both members and non-members of the JCCNV!

- **Please be aware that all Departure and Return times listed are an approximation and subject to change!**
- **No refunds will be granted on any trip which requires tickets, meal reservation or chartered transportation unless we are able to fill your reserved space.**

Thursdays at the J

Plan to attend this exciting weekly program for active adults. Bring a bag lunch (dairy or parve only, please) to enjoy beforehand; the JCCNV will provide the dessert and coffee. Bring a friend!

Thursdays, Noon-2pm
 (Unless otherwise noted.)
 Cost: Free JCCNV Members/ \$3NM

**2008-09 Season Opener
In Memoriam of 9/11
The Ten Commandments
of Counter-Terrorism**

Thursday, September 11, Noon-2:30pm
 Our speaker, Steve Pomerantz, is the Director of Counter-Terrorism and Associate Executive Director, Jewish Institute for National Security Affairs (JINSA), and former Assistant Director of the FBI and Chief, Counter-Terrorism Section at FBI Headquarters.

Mr. Pomerantz served three separate tours of duty at FBI Headquarters and held various field assignments including Special Agent in Charge of all FBI operations in the state of Washington. Among his Headquarters assignments Mr. Pomerantz, served as chief, Counter-Terrorism Section. In that capacity, Mr. Pomerantz had responsibility for supervision of all FBI counter-terrorism investigations both domestically and abroad. He was also involved extensively in law enforcement and intelligence service liaison as part of the worldwide effort to combat terrorism.

Mr. Pomerantz has represented the FBI and the law enforcement community on numerous occasions in a variety of settings both domestically and internationally. He is an expert in the area of terrorism as well as

criminal justice information and technical matters. He has testified before Congress on both issues and is regularly called upon by the media to comment on issues involving terrorism and law enforcement. Mr. Pomerantz was the recipient of numerous awards and commendations during his career.
Reservation required.
 Cost: \$5M JCCNV/ \$8NM. Includes light lunch.
 Code: 153/2TC/SEP11

**Digital TV (DTV) Transition
Awareness Session**

A representative from the Consumer & Governmental Affairs section of the FCC will give a talk and PowerPoint presentation about the changes we will have to make in February 2009 in order to watch TV. Descriptive literature to help you ease the transition will be available. There will be time for questions and answers.
Thursday, September 18, Noon-2pm
 Noon-Lunch. Bring parve or dairy lunch
 12:30-Program.
 Cost: Free M JCCNV/ \$3NM





Trip to President Lincoln's Cottage At the Soldiers' Home

Enjoy a private group tour of the recently restored country home and workplace of Abraham Lincoln where he spent a quarter of his presidency. "Historical voices" and images illuminate the stories of Lincoln as father, husband and Commander-in-Chief.

The Visitor Education Center offers exhibits on the history of the Soldiers' Home, wartime Washington, and President Lincoln's extraordinary leadership skills.

Make check payable to JCCNV and send to Pam Wiener, leave at front desk in lobby of JCCNV, or sign up at a Thursday program. For more information contact Michele Endick at MicheleE@jccnv.org or (703)537-3095. Minimum registration required.

Thursday, September 25

Depart JCCNV 9:45am (Return 3pm)

Cost: \$16M JCCNV/ \$19NM.

Includes transportation & tour.

Lunch on own at local restaurant following tour.

Fall Movie

Join us for a Buster Keaton movie.

We'll discuss related movie trivia and Mr. Keaton's biography.

Delicious movie refreshments provided.

Thursday, October 2, Noon-2:30pm

Noon-Lunch. Bring parve or dairy lunch.

12:30pm-Program.

Cost: Free M JCCNV/ \$3NM

Thursday, October 9 - No Program, Erev Yom Kippur

General Grant's General Order No. 11 Outrageous Official U. S. Government Anti-Semitism

Active Retiree group member Bill Sager will enlighten us on General Order No. 11, issued by General U. S. Grant on December 17th, 1862, banishing all Jews from areas of Tennessee, Kentucky and Northern Mississippi. Jews fleeing the areas were forced to leave behind valuable property.

Thursday, October 16, Noon-2pm

Noon-Lunch. Bring parve or dairy lunch.

12:30pm-Program.

Cost: Free M JCCNV/ \$3NM

Impressionism and Modern Life in 19th Century Paris

An illustrated lecture showing the relationship between the birth of modernism in painting and the role of Paris in inspiring a generation of French impressionist painters presented by George Mason University Professor of History, Marion Deshmukh.

Thursday, October 23, Noon-2pm

Noon-Lunch. Bring parve or dairy lunch.

12:30pm-Program.

Cost: Free M JCCNV/ \$3NM

Robotic Assisted Surgery

A presentation by Intuitive Surgical's Clinical Sales Rep, Mike Graham, and a surgeon, describing exciting, recent advances in robotic surgery.

Thursday, October 30, Noon-2pm

Noon-Lunch. Bring parve or dairy lunch.

12:30pm-Program.

Cost: Free M JCCNV/ \$3NM

To Be Announced

See future "The Voice" newsletters for details.

Thursday, November 6

The History & Culture of Gambling

Rosa Weinstein, Director, Himmelfarb Mobile University

Unusual topic, great program!!

Thursday, November 13, Noon-2pm

Noon-Lunch. Bring parve or dairy lunch.

12:30pm-Program.

Cost: Free M JCCNV/ \$3NM

Politics in Israel / Trip

Talk and discussion with our Community Shlichah, Shiri Rahamim. For details about program, contact Michele Endick at MicheleE@jccnv.org or (703) 537-3095.

Sign up at an Active Retiree meeting or leave check made payable to JCCNV at front desk or send to Pam Wiener at the JCCNV. Please indicate on check what activity you are signing up for. Minimum registration required.

Thursday, November 20. Time TBD.

Cost: \$5M JCCNV/ \$8NM

**Thursday, November 27—
No Program, Thanksgiving Day**



Jewish Washington: Scrapbook of an American Community

The JCCNV will host the Jewish Historical Society of Greater Washington's award-winning exhibition in the Bodzin Gallery. Join us for a talk and tour of the exhibit. The exhibit includes descriptions of local Jewish families and congregations and the role they played in the economic and social development of the city and its Northern Virginia suburbs.

The Society's archives include donations of personal and family papers, photographs, organizational records, oral histories, and other memorabilia documenting the local Jewish experience. Learn how you may be able to help the Society build its Northern Virginia collections to preserve this history for generations to come.

Thursday, December 4, Noon-2pm

Noon-Lunch. Bring parve or dairy lunch.

Dessert & coffee/tea will be served.

12:30pm-Program.

Cost: Free M JCCNV/ \$3NM



**Dennis & Phillip Ratner
Museum Bethesda, MD**

Join us in a “not to be missed” private tour of this museum which was established to foster a love of the Hebrew Bible through the graphic/visual arts. It houses a permanent collection of the art of Phillip Ratner, his sculptures, drawings and paintings.

Lunch precedes museum tour at the new, kosher Pomegranate Bistro in Potomac, MD. RSVP at an Active Retiree meeting or leave check payable to JCCNV at front desk or send to Pam Wiener at the JCCNV. Please indicate on check what activity you are signing up for. Minimum registration required.

Thursday, December 11

Depart JCCNV 11:15am

(Return 3:45pm)

Cost: \$5M JCCNV/ \$8NM for transportation.

Lunch on own.

**Special Chanukah Program
Chanukah: Fact and Myth**

*Presented by Ronda Wanderman Young,
Para-rabbi, Judaic studies instructor.*

Join us for an enlightening and fun talk on the historical roots of the festival and the legend of the miracle of the oil. Ronda Young will help us search for the Chanukah story in Scripture. Check November/December “The Voice” newsletter for more details.

Thursday, December 18, Noon–2pm

Noon–Lunch.

12:30pm–Program.

Cost: TBA

**Thursday, December 25 –
No Program**

**Everyone Welcome!
JCCNV Adult
Outreach Programs**

JCCNV Active Retiree programming is made possible thanks to the Coming of Age grant from the Jewish Federation of Greater Washington and the United Jewish Endowment Fund. The program is a collaborative effort of the Jewish Council for the Aging, Jewish Social Service Agency, and the Jewish Information and Referral Service.

Searching for a Jewish connection, a place to meet new friends, to enrich your life with an exciting variety of activities and day trips, but don’t live close to the JCCNV? Check out the Active Retiree Outreach groups listed below for one near you. Programs and activities are subject to change, so confirm beforehand.

**Arlington/ Alexandria
Active Retiree Group**

Beth El Hebrew Congregation

3830 Seminary Road, Alexandria
(703) 370-9400

Congregation Etz Hayim

2920 Arlington Boulevard, Arlington
(703) 979-4466

Weekly group meetings alternate between Etz Hayim and Beth El Hebrew Congregation. The group meets every Wednesday at 10:30am (unless otherwise noted). Newcomers are always welcome! Bring a dairy lunch. Coffee and dessert provided. Programs are subject to change. Contact Hope or Lore at (703) 537-3062 or HopeA@jccnv.org to confirm.

Cost: \$2M of JCCNV or Synagogue/ \$3NM

**The Joy of Yiddish
and so Much More**

Presented by Alex Lieberman. You will enjoy this lively program even if you do not speak Yiddish!

**Wednesday, September 3, 10:30am–1pm
Congregation Etz Hayim**

**Wednesday, September 10 –
No Meeting**

**Special Program
In Memoriam of 9/11
The Ten Commandments of
Counter-Terrorism**

**Thursday, September 11
Noon–2:30pm, JCCNV**

See full description of program under “Thursdays at the J” programs, page 39. Reservation required.

**Cost: \$5M JCCNV/ \$8NM. Includes light lunch.
(Note change of day.)**

Code: 153/2TC/SEP11

**Forgiveness - A High Holiday
Discussion with Rabbi Brett
Isserow**

Every year we are asked to forgive ourselves and others. What does it take to truly forgive? Are all acts forgivable? These are the questions we ponder as the High Holidays approach.

Wednesday, September 17, 10:30am

Beth El Hebrew Congregation

Sweets for the New Year

Join us for a delicious discussion on the history of sweets with Rosa Weinstein, founder and Director of the Himmelfarb Mobile University. Enjoy a sampling of some special treats as well!

Wednesday, September 24, 10:30am

Beth El Hebrew Congregation

**Wednesday, October 1 -
No meeting Rosh Hashanah**

**Wednesday, October 8 -
No meeting, Yom Kippur**

**Wednesday, October 15 -
No meeting, Sukkot**

**Wednesday, October 22 -
No meeting, Shemini Atzeret**



Impressions of Israel at 60

Virginia State Delegate, Bob Hull, shares his experiences and observations on Israel upon returning from a Jewish Community Relations Council (JCRC) sponsored trip to Israel.

Wednesday, October 29, 10:30am-1pm
Congregation Etz Hayim

The Joy of Yiddish and So Much More

You don't have to know Yiddish to enjoy this monthly program with Alex Lieberman!

Wednesday November 5, 10:30am-1pm
Beth El Hebrew Congregation

Israeli Government and Politics

Presented by Shiri Rahamim, JCCNV Community Shlichah. Would you like to know more about the Knesset and the political parties in Israel? How will the presidential elections in the US effect Israel? Join us for an informative discussion with our Emissary from Israel.

Wednesday, November 12, 10:30am-1pm
Congregation Etz Hayim

Ratner Bible Museum and Lunch in Bethesda, Maryland

Take a walk through the Bible and see the fabulous true-to-life sculptures of Biblical heroes we have read about and studied. Philip Ratner is a prolific sculptor who has his work at Ellis Island, the Statue of Liberty and in the Supreme Court.

November 19, 10:30am-4pm. Lunch is first, then a tour of the museum.
Cost: \$5 plus lunch. Bus leaves from Congregation Etz Hayim. Minimum registration required.

Wednesday, November 26 - No meeting

Environmental Values- Israel vs. United States

Do the two countries share the same values? Can they be the same? Explore the rich treasure of Judaism's respect for the environment and the Israeli attitude on environmental issues with Beth El Congregation's Education Director, Barry Smith. Examine how they may or may not parallel America's perspective on environmental protection.

Wednesday, December 3, 10:30am
Beth El Hebrew Congregation

To Be Announced

See November/December "The Voice" newsletter for details.

Wednesday, December 10, 10:30am-1pm
Congregation Etz Hayim

Chanukah Celebration with Cantor Sharon Steinberg

Join us for a musical program with the very talented Cantor Steinberg and stay for a latke lunch with all the trimmings. . Bring your favorite menorah and /or dreidel for the table.

Wednesday, December 17, 10:30am-2pm
Cost: \$5M/ \$7NM. Includes latke lunch with all the trimmings.

Beth El Hebrew Congregation

December 24 - No Meeting

December 31 - No Meeting

Temple B'nai Shalom Active Retirees

7612 Old Ox Road, Fairfax Station
Group meets once a month on Wednesday at 10:30am, (unless otherwise noted). Newcomers are always welcome. Coffee and refreshments provided. Schedule is subject to change, confirm with Michele Endick at MicheleE@jccnv.org or (703) 537-3095 beforehand.

Cost: \$2M of JCCNV or Synagogue/ \$3NM

Special Program In Memoriam of 9/11

The Ten Commandments of Counter-Terrorism

Thursday, September 11, Noon-2:30pm, JCCNV
See full description of program under "Thursdays at the J" programs, page 39.

Reservation required.
Cost: \$5M JCCNV/ \$8NM. Includes light lunch. (Note change of day.)
Code: 153/2TC/SEP11

Special Fall Trip for Active Retirees and Friends Historic Long Branch Mansion and Lunch at the Battletown Inn

At the foot of the Blue Ridge Mountains, Historic Long Branch is one of the most elegant manor homes in the Virginia hunt country. Exquisite rooms have a superb collection of American and European 18th and 19th century furnishings. Since the early 18th century, Long Branch's rolling hills have been owned by a series of famous men—including Lord Fairfax. A young George Washington helped survey the property.

After our tour we will head to Berryville for a lovely lunch at the Battletown Inn. Originally constructed in 1809 by Benjamin Berry, founder of the town of Berryville, it served first as a home to Mr. Berry's daughter, then later as a military hospital. Today the inn offers "southern comfort foods with a contemporary twist in an elegant, yet relaxed setting." RSVP Michele Endick, (703) 537-3095 or MicheleE@jccnv.org.

Wednesday, September 17
Depart Temple B'nai Shalom 9:15am (Return 5pm)
Cost: \$36 JCCNV or Active Retiree Group Member/\$40NM. Includes transportation, tour of Long Branch and lunch.

How To Buy and Sell on eBay!

Jeremy Gersh, of EzAuctioning will offer step-by-step instructions on how to put your "precious" valuables on eBay; which objects sell and which ones do not. He will offer advice on pricing, bidding and much more! RSVP Michele Endick, (703) 537-3095, MicheleE@jccnv.org.

October 29, 10:30am-Noon
Cost: \$2M JCCNV or Synagogue/ \$3NM.
Coffee/tea/dessert provided.

To Be Announced

See future "The Voice" newsletter for details.
Wednesday, November 12

Special Chanukah Program at JCCNV Chanukah: Fact and Myth

See full description of program under "Thursdays at the J" programs, page 39.

Thursday, December 18, Noon-2pm
Noon-Lunch.
12:30pm-Program.
Cost: TBA



Beth Sholom Temple Savvy Seniors

805 Lyons Blvd., Fredericksburg
Group meets on the second Tuesday of the month at 11am unless otherwise noted. Bring a dairy lunch. Coffee and dessert are provided. Activities are subject to change, confirm with Hope Aponte at savvyseniors@comcast.net beforehand. Newcomers always welcome!
Cost: \$2M of JCCNV or Synagogue/ \$3NM

Lunch and Learn

“Finding meaning in Ancient Words,” with Ronda Young, Para-rabbi and Beth Sholom Temple Adult Education Instructor. Join us in our search for meaning and relevance as we read through specific High Holiday prayers.
Tuesday, September 9, 11am–2pm

Prostate Cancer

Who Gets It? Why? What are the exciting new treatments available today? Join Dr. Dan Hoffman of Urology Associates of Fredericksburg for an exciting discussion of the daVinci Robotic Surgical Procedure for Prostate Cancer and learn about other male and female diseases this procedure may be used for in the future.
Tuesday, October 13, 11am–1pm

The Newseum - Bus Trip!

Come and see the fabulous 250,000-square-foot museum of news that offers visitors an experience that blends five centuries of news history with up-to-the-second technology and hands-on exhibits. Lunch in the Food Court is extra. The menu includes soups, salads and sandwiches and was developed and executed by the famous chef, Wolfgang Puck.
Tuesday, November 11, 9am–4pm
Cost: \$26.50 Includes tour and transportation. Lunch is extra.

Chanukah!

See November/December “The Voice” for details.
December 9, 11am–2pm

Congregation Sha’are Shalom Active Retirees

19357 Evergreen Mills Road, Leesburg
The group meets on the third Monday of the month at 11am (unless otherwise noted). Newcomers always welcome! Bring a dairy lunch. Coffee and dessert provided. Activities subject to change, confirm with Hope Aponte at leesburgseniors@comcast.com beforehand.
Cost: \$2M of JCCNV or Synagogue/ \$3NM

Talmudic Ethics of Speech

Join Rabbi Leibel Fajinland for an ethical discussion of Free Speech, Gossip, and How Speech Reflects Inner Character. Rabbi Fajinland is the Director at Chabad of Reston and Adult Education Director at Chabad of Fairfax. Bring a dairy lunch and stay for coffee and dessert after the program. RSVP is required to Hope by September 10 at leesburgseniors.com or (703)368-4807.
Note: change of meeting location. Leisure World is a gated community. Non-residents will be asked to provide their license plate number in advance for the security gate.
Leisure World of Virginia in Lansdowne Clubhouse
Monday, September 15, 11am–1pm

Immigration and Public Policy in the United States

Our ancestors came to America to escape persecution and to enjoy a better life. What is our response to the immigrants coming to this country today? Do you think we can sort out the complex issues surrounding immigration and come up with a fair policy? Join George Taplin, former Director of the Virginia Minutemen Civil Defense Corps and Andres Tobar, Chairman of Virginia Coalition of Latino Organizations for a meaningful discussion of this important issue.
Monday, October 20, 11am–1pm

Israel’s Contribution to Medicine, Technology, and the Media

Presented by Shiri Rahamim, Community Shlichah (Emissary) from Israel. Israel is a very small country, roughly the size of the state of New Jersey. Come and learn about the research and technical discoveries made in Israel that have revolutionized today’s world.
Monday, November 17, 11am–1pm

Chanukah

See November/December “The Voice” for more details.
Monday, December 15, 11am–1pm

Northern Virginia Hebrew Congregation Active Retirees

1441 Wiehle Avenue, Reston
The group meets on the fourth Tuesday of the month at 10:30am (unless otherwise noted). Newcomers are always welcome! Bring a dairy lunch. Coffee and dessert are provided. Activities subject to change, confirm with Hope Aponte at restonseniors@comcast.net beforehand.
Cost: \$2M of JCCNV or Synagogue/ \$3NM

Garden Tour and Deli Lunch

Enjoy a walk through Brookside Gardens in Wheaton, Maryland, to see the numerous display gardens as well as the glass covered conservatories that house beautiful tropical plants and special exhibits. Lunch afterwards at Max’s Kosher Restaurant.
Tuesday, September 23, 9:45am–3pm. Bus leaves from NVHC.
Cost: \$11 Includes tour and transportation. Lunch is extra.

Lunch and Learn - China Today

Join us for Rebecca Trachtman’s presentation on her recent trip to China. Hear about her observations of Chinese society today, as well as all the new development taking place throughout the country. We will enjoy lunch at Mama Wok following the program.
Tuesday, October 28, 10:30am–2:30pm

The Other Side of Israel

This discussion, led by Shiri Rahamim, Community Shlichah (Emissary) from Israel, explores the development of Israel over six decades, the difference in lifestyles in Israeli vs. American cultures and some misconceptions about Israel.
Tuesday, November 18, 10am–3pm



The Newseum - Bus Trip!

Come and see the fabulous 250,000-square-foot museum of news that offers visitors an experience that blends five centuries of news history with up-to-the-second technology and hands-on exhibits. Lunch in the Food Court is extra. The menu includes soups, salads and sandwiches and was developed and executed by the famous chef, Wolfgang Puck. **Tuesday, December 16, 9:30am-4pm. Bus leaves from NVHC.**
Cost: \$21.50 Includes bus and museum.
Lunch is extra.

Active Adult Groups

Monthly Programs

**First Friday Book Group
Calling All Readers!**

Do you enjoy discussing books with men and women of varied backgrounds and life experiences? If so, this group is for you. Book selections will appear in the bi-monthly "The Voice" newsletter, or you can contact Pam Wiener to confirm date and book selections. **Fridays, September 5, October 3, November 7, December 5**
10:30am-Noon
Cost: Free M/ \$3NM

**Creative Writing Group
Writing Your Life Story**

Coordinator: Lore Edidin
Looking for a way to share family tales and leave a legacy for your children and grandchildren? Come and join Lore for a morning of writing and sharing with others. Contact Pam Wiener for details.
Mondays, September 8, October 13, November 10, December 8
10:30am-Noon
Cost: Free M/ \$3NM

**Friday Brown Bag
Discussion Group**

First Friday of Each Month

This is a self-directed group that assists in planning, as well as volunteering to present subjects of interest to the group. Outside speakers are engaged upon occasion. Programs vary from history to the arts, but are always stimulating. Bring a dairy lunch to enjoy before the program. Topics are subject to change. See future "The Voice" newsletters for details.

Noon-2pm
Cost: Free M/ \$3NM

The Jews of Ethiopia

Presented by Al Kaufman.
September 5

October - No Meeting

Discussion

November 7
It's been decided - the next United States President has been elected. What will the future bring?

Book Review

December 5
On "People of the Book: The Sarajevo Hagadah" by Geraldine Brooks presented by Beulah Bleiberg.

55+ Active Singles

Do you enjoy parties, speakers, dining out, theatre, discussions and trips? If so, this group is for you. To receive the 55+ Singles bimonthly flyer describing upcoming regular and special events you must fill out a registration form. Submit registration form to the JCCNV. Programs are subject to change. Contact Pam Wiener to confirm.

Cost: Free M/ \$12NM
Code: 153/255/J08

**Quality Living & Economic
Well-Being**

Mr. Avi Dey, President & founder of QL Group, LLC, and an independent television program producer on Channel 10 (The Fairfax Public Access Channel), will speak on "Quality Living and Economic Well-Being". Mr. Dey produces a monthly TV show entitled "Our Family Origins". His

show on the ancient Qumran Community in Israel aired on May 24 on Channel 10. Mr. Dey has an MBA from NYU and is an electrical engineer.

Following the program, those that wish will go to a local restaurant for dinner.
Sunday, September 14, 4pm, JCCNV
Cost: \$2M/ \$3NM

Voice Dialogue

Ms. Francine Pinto, an attorney with the Department of Energy, will speak on "Voice Dialogue," a technique for individuals to achieve personal enrichment. This technique helps people identify the key factors driving lives so as to give them more choice. This concept was created by psychologist Hal Stone. Ms. Pinto received her JD from Boston College Law School.

Following the program, those that wish will go to a local restaurant for dinner.
Sunday, October 26, 4pm, JCCNV
Cost: \$2M/ \$3NM

A Holistic Approach to Diet

Presented by Ms. Alana Sugar, Certified Nutritionist. Ms. Sugar will outline whole and natural food recipes you can make in your own kitchen. There will be time for questions.

Following the program, those that wish will go to a local restaurant for dinner.
Sunday, November 9, 4pm, JCCNV
Cost: \$2M/ \$3NM

**December Program
To be determined**

See November/December "The Voice" newsletter for details.

**Friday Morning
at the Movies**

Join us for a movie; we'll provide coffee or tea. Discussion will follow film if there is enough interest.

Praying with Lior

This documentary follows 12 year old Lior, who has Down's syndrome, and his family in the months leading up to his Bar Mitzvah. Many believe that Lior is close to God—at least that is what his family and community believe—though he's also a burden, a best



friend, an inspiration and sometimes an embarrassment, depending on who is asked and when. A discussion will follow the movie for those that are interested.

September 19, 10am, JCCNV
Cost: Free M/ \$3NM

Jellyfish

This film is set in modern-day Tel Aviv where three women's lives intersect briefly at a wedding. All three characters experience disappointment and moments of sadness and long for a human connection. The unusual characters and intricate story make this film memorable long after it ends. A discussion will follow the movie for those that are interested.

October 24, 10 am, JCCNV
Cost: Free M/ \$3NM

Out of Faith

This documentary follows three generations of a family being torn apart by conflicts over interfaith marriage. We see the family as they struggle with complex and emotionally charged conflicts over intermarriage, familial duty, ethnic identity, cultural continuity and survival. It raises the question of how to honor the past while living in today's multicultural society. A discussion will follow the movie for those that are interested.

November 21, 10am, JCCNV
Cost: Free M/ \$3NM

I Have Never Forgotten You: The Life and Legacy of Simon Wiesenthal

This documentary takes a comprehensive look at the famous Nazi hunter and humanitarian. What was the driving force behind his work? What kept him going? What is his legacy today, more than 60 years after the end of World War II? A discussion will follow the movie for those that are interested.

December 19, 10am, JCCNV
Cost: Free M/ \$3NM

Jewish Journeys Learning Opportunities

Judaic studies programs are partially underwritten by the following fund:
 Manny Gale Memorial Fund

Lunch and Learn

Tuesdays, Noon-1:30pm
Noon-Bag Lunch. Parve or dairy.
Coffee/Tea served.
12:30pm-Bible Study.

JCCNV Adult Lounge

Join in a stimulating series of programs presented with the Foundation for Jewish Studies as area rabbis and educators share their knowledge in this lunchtime series of Bible study. No prior Bible knowledge is necessary, just bring a Bible and an interest in learning. Save by registering for all sessions at the same time. Complete the registration form on this page and return with payment to the Foundation for Jewish Studies.

A Journey Through the Bible with Adam, Jacob, Joseph and Moses

Speaker: Rabbi Bruce Aft
Congregation Adat Reyim
 Elie Wiesel's portrayal of these Biblical characters in "Messengers of God" will help us prepare for the high holidays.
Tuesdays, September 2, 9, 16, 23
Cost: \$30

The Contemporaneous Meaning of the Ancient Hebrew Prophets' Timeless Teaching

Speaker: John Rybicki
Interfaith Scholar
 Hosea, Amos, Micah and Isaiah's common focus on society's excesses and need for change. An interfaith perspective.
Tuesdays, October 28, November 4, 11, 18
Cost: \$30

Our Matriarch's Voices

Speaker: Rabbi David Kalender
Congregation Olam Tikvah
 As the Torah voices are those of the Patriarchs, we look to the Midrash to discover the voices of our beloved Biblical Matriarchs.
Tuesdays, December 2, 9, 16
Note: Classes will be conducted from 12:15pm-1:45pm
Cost: \$30

Lunch and Learn Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone:

(H) _____

(W) _____

A Journey Through the Bible with Adam, Jacob, Joseph and Moses; \$30

Contemporaneous Meaning of the Ancient Hebrew Prophets' Timeless Teaching; \$30

Our Matriarch's Voices; \$30

All Three Sessions: \$85

Total Enclosed \$ _____

Make check payable to The Foundation for Jewish Studies. Mail check and form to: Foundation for Jewish Studies, 6101 Montrose Rd., #206, Rockville, MD, 20852-4816 Phone: (301) 770-4787