

# ADULT PROGRAMMING

FALL 2024

Art, music, talks, games, fitness,  
special services & community



[jccotp.org/adults](https://jccotp.org/adults)

KAPLEN JCC on the Palisades



/kaplenjccotp



kaplenjcc



## FALL TERM 2024 IN PERSON

JCCU

Top professors and experts present a diverse array of topics. Rekindle previous passions, ignite new interests, meet new people, and stay involved in the developments that shape today's world.

## Keep Learning

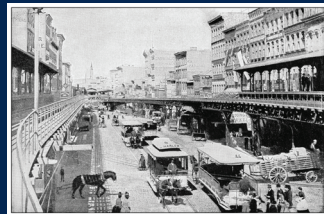
3 Thursdays, 9/26, 10/10, 10/31,  
10:30 am-2 pm, \$100/\$120 all 3 sessions, \$38/\$45 per session

## Some of the term's highlights:



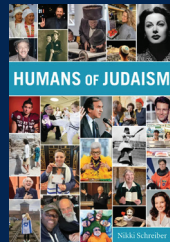
## The Joy of Costco

With advanced degrees from elite institutions, married couple, DAVID AND SUSAN SCHWARTZ went on a whirlwind tour of Costco warehouses around the globe. What did they find? Better yet, given they live in one of NYC's smallest apartments, what did they come back with? Get a behind-the-scenes look at one of the world's favorite retailers.



## The Story of Kingpins, Crime Busters, and the Birth of the American Underworld

In the early 1900s New York City was a vortex of vice and corruption. On the Lower East Side, Eastern European Jews formed a web of crime syndicates. But when a murder attracted global attention, a coterie of affluent German-Jewish uptowners took matters into their own hands. Known as the Incurruptibles, they took the fight against crime to the heart the city, waging war on the sin threatening their community. Author of The Incurruptibles, DAN SLATER tells this story.



## Humans of Judaism

Meet NIKKI SCHREIBER, creator of the Humans of Judaism Instagram account which has over 800,000 followers. She'll share her new book, a collection of short stories and compelling visuals of well-known Jews like Elie Wiesel, Fran Drescher and Larry David as well as lesser known but equally impressive ones like her Aunt Irka or Sam Salz, the orthodox Texas A&M wide receiver. It will be an afternoon of pride and strength—much needed in these challenging times.

CONVERSATIONS WITH MORE OF THE GREAT WOMEN OF MUSICAL THEATER



## Here's to the Ladies: Conversations with More of the Great Women of Musical Theater

WITH THEATER JOURNALIST EDDIE SHAPIRO

With his BIG personality, Eddie Shapiro will talk about his interviews with luminaries like Barbara Cook, Faith Prince, Kelly O'Hara and Jessie Mueller. It's a fly-on-the-wall opportunity for fans to savor, students to study, and even the unindoctrinated to understand the life of the performing artist.

Thursday, 11/14, 11:30 am, \$20/\$25

## Adult Programming Staff

תוכניות למבוגרים

## ESTHER MAZOR

Adult Director ext. 1456 | emazor@jccotp.org

## KATHY GRAFF

Director, New Initiatives | JCC University | ext. 1454 | kgraff@jccotp.org

## MARISA DOLKART

Administrative Assistant I ext. 1496 | mdolkart@jccotp.org

## TIFFANY KAPLAN

Adult Travel Coordinator I ext. 1497 | ttfkaplan@jccotp.org

Continue to reinvent yourself by choosing from a wide array of offerings that will challenge your mind, strengthen your body and elevate your soul. Select the programs that work best for you and experience the power of a warm and welcoming community. Registration is required for all ongoing classes. No refunds for special events or trips. **Check our website for additional offerings and for updated information.**

## Special Event



## From Day to Day: The Secret Concentration Camp Diary of Odd Nansen

WITH TIMOTHY BOYCEE

Odd Nansen, a Norwegian, was arrested in January 1942 and held captive in various Nazi camps in Norway and Germany. In early 1945 Nansen saved the life of a 10-year-old boy, while both were prisoners in Sachsenhausen. Nansen secretly kept a camp diary which was rescued from oblivion by our speaker, Timothy Boyce. Through selected readings, Tim will explain who Nansen was, why he wrote the diary, how he preserved it, and why this diary is as important today as it was when first written. From Day to Day is historical, eloquent, and inspiring as an example of one man's determination to maintain his humanity in the most inhumane conditions possible.

Timothy Boyce most recently served as the Managing Partner at an international law firm. He holds an M.B.A. from The Wharton School of Finance, and a J.D. from the University of Pennsylvania Law School. Tim, lives in NC.

Sunday, 11/10, 3pm, \$8/\$10

Please join us for this powerful story In Commemoration of Kristallnacht which falls on November 10th

## Films

## Cinema Seminar: A Gourmet Film Experience

MAKE WEDNESDAY MATINEE DAY!

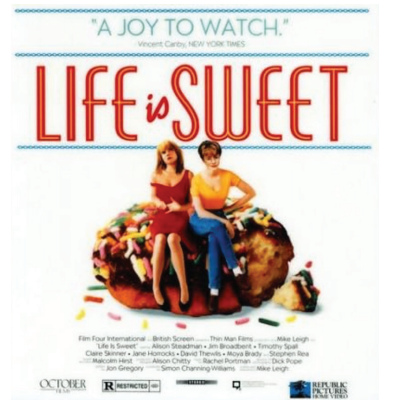
This semester, Professor Dan Jatovsky will present three films that feature restaurants, cooking, and eating. What an enticing theme!

## HERE'S THE MENU:

**The Discreet Charms of the Bourgeoisie (1972)** In this satire, an upper-middle-class sextet sits down to a dinner that is continually delayed, their attempts to eat thwarted by events both actual and imagined, including terrorist attacks, military maneuvers, and ghostly apparitions. This movie was the winner of the Academy Award for Best Foreign Language Film.



**Life is Sweet (1990)** Delving into the lives of a working-class family in London, this film offers an honest portrayal of their daily struggles and triumphs with a unique blend of humor and heart. Through genuine moments and unconventional humor, it explores the complexities of familial relationships and the ups and downs of life.



**Soul Kitchen (2009)** A young restaurant owner in Hamburg, Germany, navigates many challenges to keep his business running, encountering a series of comedic mishaps along the way. Through its eccentric characters and genuine moments, the film explores themes of food, friendship, and self-discovery.

3 Wednesdays 11/6, 11/13, 11/20,  
10:30 am-1 pm, \$12/\$15 per film,  
all 3 \$30/\$40



The possibilities are endless this New Year at the J!

WISHING YOU A YEAR BLESSED WITH GOOD HEALTH, PEACE & HAPPINESS

שנה טובה ומתוקה

MICHAEL KOLLENDER, CHAIR

STEVE ROGERS, CEO

& the Board of Directors, Trustees & Staff





Lifelong Learning

Musical Theater

WITH JOHN KENRICK, ENTERTAINMENT HISTORIAN

John is back by popular demand to present:

**9/24 Mel Brooks: “It’s Good to Be the King”** – This poor kid from Brooklyn changed television and big screen comedy forever with his irreverent, offensive brand of humor.

**10/8 Hollywood Yiddishkeit: Jewish Images in American Film** – A fascinating look at how an industry dominated by Jewish executives and creative talents has depicted Jews, from the silent era to the present.

2 Tuesdays 9/24 and 10/8, 11:30 am, \$45/\$55 for both, \$23/\$29 each session

Art Talks: Connecting to Art

WITH GALIT (GALA) OELSNER

Join Gala as she unravels the stories behind artwork displayed at the Metropolitan Museum of Art. From Renaissance to contemporary art, she will share insights on composition, color theory, and symbolism. Discover how the beauty of art can ignite your imagination.

Tuesday, 10/15, 11am, \$15/\$20

Her Story: An Introduction to the History of Women Artists

WITH GALIT (GALA) OELSNER

Journey into the often overlooked but profoundly impactful world of women artists throughout history. Our guide, Gala, will touch on the history of talented women who, despite numerous obstacles, made significant contributions to the art world. Art lovers will gain a deeper appreciation of the diverse and rich history of women in art, highlighting their resilience and artistic achievements.

Gala Oelsner is a visual artist whose work includes painting, sculpture, ceramic, mixed-media, and photography.

Tuesday, 10/29, 7:30 pm \$15/\$20

Current Events

WITH HERMAN LINDENBAUM

Keep up with the latest headlines and join the discussion on local, national and international news. Topics covered will include domestic politics, international events, healthcare, science and other subjects of interest to you.

Wednesdays 9/11, 9/25, 10/30, 11/6, 11/20, 12/18, 11:30 am

Members Free/ \$5 a session for the Public

Lifelong Learning programs are sponsored by the Millicent and Harold May Family Endowment for Lifelong Learning in memory of Edward J. Newman, M.D. and the Michael J. Levitt Family Endowment Fund for Lifelong Learning.

Travel

Puglia, Italy trip 9/12-19 2024

JOIN THE JCC COMMUNITY FOR A TRIP OF A LIFETIME TO PUGLIA, ITALY THIS FALL!

September 12 -19 – stay at a beautiful beachside resort and enjoy daily excursions to neighboring towns! Explore the “White City” Ostuni, the cone shaped Trulli houses in Alberobello, ancient caves in Matera, the Jewish Medieval Museum and “Florence of the South” Lecce, the costal cliffs of Pogliano A Mare, and seaside town Monopoli while connecting with community members!

September 12-19, \$3600 /\$4000 LIMITED SPOTS



Save the Dates: Cartagena, Colombia 2/12-2/16, 2025

Explore the old city of Cartagena rich with its Spanish, Latin and Caribbean cultures, take a graffiti tour to learn all about the meaning behind the murals, the artists, and the political and social movements they represent. Visit a small volcano and take a mud bath, take a boat ride in the crystal clear Caribbean waters just off the coast of the city, watch the sunset at the popular Café del Mar! February sea breezes take the edge off summer’s humidity. Connect with fellow community members in Cartagena. Share lifetime memories and build new bonds through the JCC. Trip includes airport transfers, breakfast and some meals, excursions, & tour guides and transportation.

FOR MORE INFORMATION, VISIT JCCOTP.ORG/ADULTS

Leisure Games

Newplicate Bridge

WITH DEBORAH J. WILLIAMS

You can't improve if you don't play. Get together with other students to practice what you learned in class. Each session starts with a mini review lesson, then you'll play bridge for two hours. Come with a partner or we'll pair you with another single. Limited to players with less than 300 masterpoints. Prerequisite: any beginner bridge or equivalent. Includes coffee.

5 Wednesdays, 9/4 -10/9, 6:00-8:30 pm, \$140/\$165 (no class on 10/2)

5 Wednesdays, 11/6-12/11, 6:00-8:30 pm, \$140/\$165 (no class on 11/27)

Canasta Beginners

WITH ANDREA HERSHAN

Learn this easy to understand yet challenging game. It's a great way to get together and socialize.

Limited space available.

4 Mondays 9/9 -10/7, 10 am- 12:30 pm, \$135/\$155 (no class 9/23)

Canasta Strategy

WITH ANDREA HERSHAN

If you've been playing for a while and want to hone your skills and learn new techniques, this workshop is for you. Come with your group or alone.

Thursday, 11/21, 10 am -1pm, \$40/\$45

Mah Jongg Beginners

WITH STACY BUDKOFSKY

Learn the basics and how to play skillfully in a relaxed, no pressure atmosphere. Come with a group or we will set you up with one. A 2024 Mah Jongg card is required for this class.

5 Mondays 9/30-10/28, 11 am-1 pm, \$135/\$155

Mah Jongg Advanced Beginner/Intermediate

WITH STACY BUDKOFSKY

You've learned the basics of the game but still need a little fine tuning before you can play with the pros. Learn new strategies, build your confidence, and watch your game soar to new heights in a relaxed and fun atmosphere.

4 Mondays 11/4-12/2, 11 am-1 pm, \$135/\$155 (no class 11/18)

Mah Jongg Mini Tournament

WITH STACY BUDKOFSKY, TOURNAMENT SUPERVISOR

Dive into the world of competitive Mah Jongg at our welcoming Mini Tournament tailored for those new to the tournament experience! Compete at a slower pace than most tournaments with 1 hour rounds (MUST be able to complete 4 games in an hour). Gather your tiles, sharpen your strategy, and join us for a day filled with fun, strategy and a chance to win big! Prizes awarded to the top three scores after 3 rounds of play. A 2024 Mah Jongg card is required for play. Stacy will be on hand to explain rules and answer any questions. Reserve your spot today and let the tiles fall where they may!

Monday, 11/18, 10 am-3 pm, \$55/\$65 includes light lunch



Duplicate Bridge 0-799

WITH DEBORAH J. WILLIAMS

Elevate your skills by playing in our Friday duplicate games. Points will be awarded.

Fridays starting 9/6 ongoing, 10:30 am-1:30 pm \$12/\$14

(CLASSES IN OCTOBER MOVED TO MONDAYS AT 10:30 AM DUE TO JEWISH HOLIDAYS)

For more information call Deborah at 914-329-3637.

Social Games at the J

Social games are free to members. Public pays \$9 per session. Save money when purchasing an 8-session punch card for \$60. Practice your skills with your own group or come and play with new people.

SOCIAL SCRABBLE

Mondays, Ongoing, 11 am-2 pm

SOCIAL CANASTA

Tuesdays, Ongoing, 11 am-4 pm

SOCIAL MAH JONGG

Thursdays, Ongoing, 11 am-3:30 pm



Pickleball at the JCC

Clinic and Open Play see page 8.



Crafting a Timeless Legacy for Our Cherished JCC

Discover the Impact of Planned Giving and Cement Your Place in the Future of Our Jewish Community

We extend a heartfelt invitation for you to join The “J”eneration Society, a special group honoring those who have designated the Kaplen JCC on the Palisades as a beneficiary in their estate plans.

Visit [jccotp.org/jeneration](http://jccotp.org/jeneration) for more information or scan here



The “J”eneration Society is grateful to our friends who have prioritized giving to the Kaplen JCC on the Palisades in their trust and estate plans.





## Sarah Gottesman Lubin Program for Creative Arts & Crafts



### Painting with Watercolor & Watercolor Pencil

WITH PAULETTE COCHET

Experience the fascinating art of painting with watercolor and water-soluble colored pencils. Discover the joy of filling your drawings with brush strokes, brilliant washes, and beautiful watercolor effects. Materials list will be sent after registration.

**8 Tuesdays 9/17-11/19, 10:30 am-1 pm, \$240/\$285 (no class 10/1, 10/15)**

### Acrylic Painting

WITH PAULETTE COCHET

Discover the amazing versatility and ease of painting with acrylics. Explore a wide range of techniques from thick, luscious brush strokes to fluid and transparent washes. Open to all levels. Materials list will be sent after registration.

**8 Wednesdays 9/18-11/20, 10:30 am-1 pm, \$240/\$285 (no class 10/2, 10/16)**

### NEW! Concertina Sketchbook Workshop: Creative Adventures in Sketching and Painting

WITH PAULETTE COCHET

What is a concertina sketchbook? Concertina or accordion sketchbooks consist of a continuous length of folded paper. This fun and unique format opens endless possibilities to create beyond the limits of a single page. In this workshop you will be encouraged to express yourself and explore new techniques with transparent and opaque watercolor, plus a bit of colored pencil and pen. Open to all levels.

**3 Tuesdays 12/3-12/17, 10:30 am-1 pm, \$90/\$110**

*Sponsored in part by the Lori Braverman Adult Arts and Enrichment Fund*

### Memoirs (In Person)

WITH RUTH PADAWER

This workshop will buff your writing skills and your confidence in your literary voice. Ruth will provide homework prompts; you respond with a memoir or fiction. The next class, we thoughtfully discuss each student's piece. All welcome, regardless of experience.

**8 Mondays 9/9-11/4, 10 am-12 pm, \$240/\$285 (no class 9/30)**

### Memoirs (Virtual)

WITH RUTH PADAWER

This workshop offers you an opportunity to gain confidence in your literary voice and learn valuable writing skills.

**8 Mondays 9/9-11/4, 12:30 pm-2:30 pm, \$240/\$285 (no class 9/30)**

*Sponsored by the Ratner-Seiden Senior Adult Center for the Arts*



### Advanced iPhone Photography

WITH REBECCA SEEMAN

Whether you're looking to improve your photography skills for personal enjoyment or to enhance your social media presence, this advanced iPhone photography class will provide you with the tools and techniques to take your mobile photography to the next level. This class is perfect for those who have a good understanding of basic photography principles and are looking to enhance their knowledge and techniques. Learn advanced composition techniques, lighting tips, editing tools and apps, as well as how to use accessories to enhance your photos. Explore different styles of photography and learn how to capture compelling and creative images. Practice your skills in hands-on shooting exercises and receive feedback and guidance from the instructor.

**2 Wednesdays 11/13 and 11/20, 10:30 am-12:30 pm, \$45/\$55**

### Knitting

WITH RUTHIE NUSSBAUM

Learn to knit or work on advanced projects with guidance from our expert instructor, Ruthie. This class accommodates both beginner and advanced knitters looking to improve their skill set. She is passionate about helping knitters expand their skills and create projects that they will use and enjoy. You can see a variety of her projects on her Instagram - @ruthieknits. Ruthie is an experienced knitting instructor and published knitwear designer. Her designs have been published in Interweave Knits, Knit Simple, Stich n B\*tch, and Knitty.

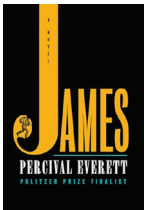
**6 Tuesdays 11/12-12/17, 12:30-2:30 pm, \$120/\$150**

### Book Club

FACILITATED BY KATHY GRAFF

Step out of your own world for a little, and journey with us into the lives of literary characters. Read for pleasure and then share. Everyone is encouraged to participate. Attendees should read the book in advance of the meeting. The selection for November is *James* by Percival Everett.

**Tuesday, 11/19, 11:30 am, \$12/\$15**



### Community Health Seminar

#### How to Let Go of Emotional Eating and Heal Your Relationship with Food

WITH LISA D. ELLIS, MS, RDN, CDN, LCSW, CEDS-C

Author of *WHY Did I Just Eat That?* Lisa Ellis joins us to share how to repair our often-tumultuous relationship with food. Let's learn how to make conscious, positive choices from a professional who has the credentials and experience to provide great guidance.

**Tuesday, 12/10, 11:30 am, \$8/\$10**

REGISTER ONLINE AT [JCCOTP.ORG/ADULTS](https://jccotp.org/adults)

## Day Trips & Experiences

### Art Gallery Tours (hybrid)

WITH TOBI KAHN

Be inspired as Tobi, our world-renowned artist and tour guide, leads you to the most interesting exhibits in Manhattan and beyond. Group meets in person in Manhattan on Thursdays, or on Zoom on Tuesdays. Register early, pre-registration required. Due to the popularity of these tours, there are no refunds.

**8 Tuesdays (virtual), 9/17-12/3, 10 am-12 pm, \$330/\$395 (no tours 10/1, 10/15, 10/22, and 11/26)**

**8 Thursdays (in person), 9/19-12/5, 11 am-1 pm, \$330/\$395 (no tours 10/3, 10/17, 10/24, and 11/28)**

### The Borscht Belt Museum Day Trip

The Borscht Belt is history. Now it has a museum in Ellenville, NY, dedicated to preserving the legacy of the Borscht Belt resort era, and celebrating its history as a refuge from bigotry, the cradle of stand-up comedy and a cultural catalyst that left deep imprints on America. There is a special reason to go with us in October – the museum is opening only for our group on that day, and you will view the beautiful fall foliage during the drive. Trip includes roundtrip transportation to and from the JCC, museum admission, brunch at Cohen's Bakery, a history lecture of the Borscht Belt, a personal museum tour from a Borscht Belt expert and a rare, close-up look at the abandoned Nevele Grand Hotel.

**Tuesday, 10/22, 10:30 am -4 pm, \$120/\$136, Limited Spots – RSVP Early**

### Private Art Tours at The Metropolitan Museum, NYC

“QUESTION EVERYTHING YOU SEE” WITH GALIT (GALA) OELSNER

Join Gala, your artist tour guide, on a journey through the Metropolitan Museum. Explore the depths of creativity and expression while we unravel the stories behind the art works of the Renaissance to contemporary art. We'll unravel the stories behind art works, from Renaissance to contemporary art, encountering bold experiments and boundary-pushing concepts.

Gala will share insights on composition, color theory, and symbolism. Connect with art on a personal level, forging your own interpretations. Let curiosity guide you and let the beauty of art ignite your imagination.

*Gala Oelsner is a visual artist whose work includes painting, sculpture, ceramic, mixed-media, and photography.*

**Sunday, 11/17, 11 am, \$70/\$85 (includes Museum entrance tickets)**

**Meet at the MET OR Sunday, 12/8, 11 am, \$70/\$85**

**(includes Museum entrance tickets)**

### Memory and Inheritance: Paintings and Ceremonial Objects by Tobi Kahn

AT THE ELDRIDGE STREET SYNAGOGUE, NY, NY

Tobi will lead you through his collection at the Museum at Eldridge Street on the Lower East Side, exploring the history, process, and explanation of why these works were chosen for this exhibition. This is Kahn's first solo museum exhibition in over a decade in NY. Featuring 50 works of art, this installation is an overview of what has inspired Tobi throughout his life, from his personal memories to those collectively inherited by the Jewish people.

**Tuesday, 9/10, 11:15am, \$25/\$30 (includes a signed catalogue of the exhibition)**

Ground transportation available to the museum from the JCC - the JCC is providing a van for an additional \$20 that would pick up at the JCC at 10 am and return to the JCC at 2pm after the tour. Please call Marisa directly at 201.408.1496 for transportation registration.



## Support Groups

### Widows and Widowers: You Are Not Alone

WITH NANCY GILLON, LCSW THERAPIST

A bereavement group for those recently widowed. This is an opportunity for you to share your feelings with others that understand. Nancy Gillon will help you talk about the changes in your family life, social relationships and sense of self. Make friendships that will help you heal. Registration required, call Esther 201.408.1456.

**6 Tuesdays 10/15-11/19, 4-5:30 pm \$45/\$55**

*Sponsored in part by the Edwin S. Soforenko Foundation*

### Strength To Strength (Virtual)

WITH DR. JEFFREY A. BERMAN, MD, FA, SAM

A support group for parents, whose children (ages 15-25) are dealing with issues of addiction, psychological disorders and/or co-occurring issues. A safe and confidential environment.

For more information or to participate call Esther 201.408.1456.

**Two Wednesday evenings each month at 7:30 pm**

### Free Family Caregiver Support Groups

The Alzheimer's Association caregiver support groups are designed to provide emotional and educational support for caregivers through regularly scheduled meetings. Support groups provide an opportunity for care-partners, families and friends to learn about dementias like Alzheimer's disease, share their feelings and concerns, and support each other and learn about local resources.

For more information and to register please contact Marlene at [mceragno@jccotp.org](mailto:mceragno@jccotp.org) or 201.569.7900 ext. 439.

## Connecting with Israel

### Makhela-An Israeli Style Choir

WITH ZVI KLEIN, CONDUCTOR AND MUSICAL DIRECTOR

Join the Israeli choir and sing some of your favorite Hebrew songs, old and new, with others. Participants must know how to read and sing in Hebrew. Reading musical notes NOT required. Every other week.

**7 Wednesdays 9/11, 9/25, 10/9, 10/30, 11/13, 11/20, 12/4, 7:30-10 pm, \$130/\$150**

### Judaic Studies (Virtual)

THE EVELYN AND HAROLD MELTZER JUDAIC SCHOLAR-IN-RESIDENCE PROGRAMS

RABBI REUVEN KIMELMAN, SCHOLAR-IN-RESIDENCE

Judaic Seminar

**Wednesdays, 9/11-12/18, 10:15 am -11:15 am, \$170/\$250 (no class 10/2 and 10/23)**

Registration required

### Rosh Hashanah Seminar (Virtual)

What is it about the Aleinu that makes it so central to the Rosh Hashanah prayers?

**Monday, 9/30, 8-9 pm, Free and Open to the Community**

REGISTER ONLINE AT [JCCOTP.ORG/ADULTS](https://jccotp.org/adults)



Dance & Drama

Adult Beginner Ballet

This class offers comprehensive training in ballet techniques. The fundamentals of barre, centre, adagio, and allegro are given in each class. Ballet training is the base of all dance styles and improves flexibility, develops poise and grace, while building confidence and strength.  
Tues 9/17-12/3 8-9 pm \$180/\$216

Adult Musical in Concert

A brand-new opportunity to showcase the amazing talents of adult artists in our community! Artists will experience a rehearsal process under the expertise of a director and musical director to develop a concert style musical. The performance will be held in the Eric Brown Theater with proceeds going to a meaningful charity.  
Tue 9/24-11/12 7-9 \$300/\$360  
\*Performances Sat 11/16 7:30 pm, Sun 11/17 1 pm

Adult Improv Acting

Get ready to let loose! Learn and build your ability to respond to the unexpected. Mental Agility! In Improv everyone will gain confidence, conquer shyness and learn new valuable skills, unleash humor, while seriously having fun! Improvisation teaches us how to create NOW...on the spot. Live through storytelling and self-expression, while feeling creative excitement and having a lot of laughs! Students enjoy learning theatre and improv activities, scene work, and monologue.  
Thu 10/31-1/16 7:30-8:30pm \$150/\$180

Adult Play Reading

Delve into masterful works and try on different characters in this thought-provoking class. Students will read aloud plays of varying genres followed by interesting discussions. Topics of discussions may include themes, character analysis, and experiencing the world of each play.  
Wed 10/30-12/18 8-9 pm \$105/\$126  
Thu 10/31-12/19 11 am-12 pm \$105/\$126

Included:  
Hotel  
Transportation  
Security  
Most meals



Heart to Heart  
27.7N 27.7E  
AT THE J


## Solidarity & Volunteer Trip To Israel

Yalla!

Let's go to Israel to lend a helping hand. Together we will help nurture children, tend to fields and support our soldiers with meal prep and so much more.


**Save The Date: Sept 22 - 27, 2024**

 CALL ELANA PREZANT FOR MORE INFORMATION AT 201.805.2004



# Spa

AT THE JCC



Unplug, Unwind, and Pamper yourself...you deserve it!

Open to both members and non-members, this hidden oasis is our best kept secret.

To plan your next visit, please reach out to our Wellness Ops and Spa Manager Elizabeth Zeppieri at [ezeppieri@jccotp.org](mailto:ezeppieri@jccotp.org).



PALISADES PICKLERS  
EST. 2022  
HARD DISCOUNT ON THE HILL PICKERS



BCPC  
Bergen County Pickleball Club

# ULPAN PROGRAM

## אולפן עברית

Modern Hebrew for adults



WEEKLY LESSONS

Contact us to find the right level for you.

**Registration is open**

Contact Lital Grundland Madar: 201.408.1469, [emek@jccotp.org](mailto:emek@jccotp.org)

Health & Wellness

**BONNIE MATTALIAN**, Chief Experience Officer, 201.408.1481, [bmattalian@jccotp.org](mailto:bmattalian@jccotp.org)  
**HAGIT TAL**, Fitness & Wellness Director, 201.408.1472, [htal@jccotp.org](mailto:htal@jccotp.org)  
**KERI THOREN**, Athletics Director, 201.408.1476, [kthoren@jccotp.org](mailto:kthoren@jccotp.org)  
**KATHLEEN COSTANTINI**, Aquatics Director, 201.408.1473, [kcconstantini@jccotp.org](mailto:kcconstantini@jccotp.org)  
**ELIZABETH ZEPIERI**, Wellness Operations and Spa Manager, 201.569.7900, ext 630, [ezeppieri@jccotp.org](mailto:ezeppieri@jccotp.org)  
**AUDREY B. GREENBERG**, Seiden Wellness Center Supervisor, 201.408.1441, [agreenberg@jccotp.org](mailto:agreenberg@jccotp.org)  
**RONNIE ALLEN**, Personal Training Coordinator, 201.408.1475  
**CAIDEN DYS**, Fitness Center Supervisor, 201.408.1440 ext. 412, [cdys@jccotp.org](mailto:cdys@jccotp.org)  
**ANDREW JACOBS**, Athletics Coordinator, 201.569.7900 ext 334, [andrewjacobs@jccotp.org](mailto:andrewjacobs@jccotp.org)

Whether your passion is for swimming, basketball, running, cycling, group exercise, circuit training, or anything in between – you will find what you and your family need to keep moving and have fun. Keep up to date with all things Health and Wellness by downloading our JCCOTP App, and following us on Instagram @KaplenJCCFit

Aquatic Programs

It's never too late to learn to swim! Swimming is an excellent way to work out your entire body and cardiovascular system. Our facilities offer multiple pool areas for all your aquatic needs. There is no better way to spend time with your family and get in shape. We offer three exciting low-impact Aqua Aerobics classes inside the pool; which reduce stress on the joints and increase stamina and range of motion. We also provide various private and semi-private swim lesson packages to meet all ages and abilities. For more information, visit [jccotp.org/aquatics](http://jccotp.org/aquatics) or email [aquatics@jccotp.org](mailto:aquatics@jccotp.org).

Group Fitness Classes

When it comes to fitness, working out in a group setting can boost motivation, burn more calories, and make exercise fun. Your JCC membership includes 75+ FREE classes offered six days a week featuring Zumba, Yoga, Cycling, HIIT, Strength Training, Barre, and low impact classes that accommodate all ages. Our schedule includes live as well as virtual offerings. Choose from hundreds of options in our on-demand library to workout whenever, wherever, with your favorite JCC instructors.

Visit [jccotp.org/programs/group-exercise](http://jccotp.org/programs/group-exercise)

Krav Maga with Master Trainer Ronnie Allen

This Israeli Martial Arts class teaches practical self-defense techniques, combining physical conditioning with real-world combat skills for effective personal protection.  
Sept 10-Oct 17, 7-8 pm, Member \$270/Public \$325, Drop in fee is \$40  
Tues & Thu 6 weeks course

The Workout with Master Trainer Kimani Greene

Take your fitness to the next level with our JCC Signature Class - The Workout. This small-group training style class uses specialized equipment such as battle ropes, sleds, TRX, kettlebells, and more in combination with HIIT and strength training to push you beyond what you thought you were capable of!  
Sept 9-Dec 20, 9:15-10:15 am, \$225 for 10 classes/\$25 drop in  
Mon & Fri ongoing class



## PERSONAL TRAINING & Pilates

### OPTIONS FOR EVERYBODY

A trainer can make your exercise program more effective, safer, and lots of fun. Our dedicated and passionate team will meet you where you are: from novice to athlete and everywhere in between!

**Personal Training** provides customized workouts, expert guidance, and motivation to help individuals achieve their fitness goals efficiently and safely.

**Pilates Reformer** enhances core strength, flexibility, and overall body alignment through controlled, low-impact exercises tailored to individual needs.

**Post-Rehab Training:** Our occupational therapist works one-on-one with clients with various conditions to develop safe and appropriate fitness regimens. Available to both members and the public.

Partner, small group, and teen training options are also available. Purchase sessions at [\\*jccotp.org](http://jccotp.org) \*— packages of single, 5 or 10. The more you buy, the more you save! All sessions expire one year from the purchase date.

To help get you started, please email [fitness@jccotp.org](mailto:fitness@jccotp.org). Available for JCC Members Only.

For more information, visit [jccotp.org/personal-training-pilates](http://jccotp.org/personal-training-pilates)

Seiden Wellness Center (21+)

Upgrade your membership today and take advantage of our elevated gym space! A Seiden membership includes:

- An exclusive fitness center
- Unlimited towel service
- Premium booking on the JCCOTP App
- Daily refreshments
- A luxury locker room and dedicated personal locker
- Three free services per year – spa service, Pilates session, and personal training

Locker rooms include a steam room, a sauna, a private locker, and endless country club-style amenities. For details and more information, email Audrey B. Greenberg, Seiden Wellness Center Supervisor, 201.408.1441, [agreenberg@jccotp.org](mailto:agreenberg@jccotp.org)



## Guttenberg Center for Special Services

**RUTHIE BASHAN**, Director, Guttenberg Center for Special Services, [rbashan@jccotp.org](mailto:rbashan@jccotp.org), 201-408-1489  
**SIMARA BRUHIM**, Associate Director of Special Services and Inclusion, [sbruchim@jccotp.org](mailto:sbruchim@jccotp.org), 201-408-1426

### Shelley W. Levy Adult Habilitation Day Program

Our Adult Day Program caters to young adults ages 21-40 with intellectual and developmental challenges, including Down Syndrome and Autism Spectrum Disorder, who have transitioned out of school and possess sufficient communication and self-help skills for flexible staffing ratio. The program emphasizes developing, maintaining, and maximizing independent functioning in essential self-directed daily living activities such as self-care, laundry, kitchen safety, physical and emotional growth, socialization, communication, and job-related skills. Additionally, participants receive training in money and time management and have the opportunity for job sampling in a nurturing environment and community. Monday- Friday, 9:15-2:15 pm, Ongoing, The Kaplen JCC is an approved, qualified provider through DDD.

### Aging with Grace

Our **NEW** Aging with Grace program is tailored for adults ages **40+** with developmental disabilities, including Down Syndrome and Autism Spectrum Disorder, focusing on enhancing quality of life through a slower-paced, supportive environment. Participants benefit from preventive health activities like yoga, swimming and fitness to improve balance and prevent falls, as well as engaging in gardening and other leisure activities. The program includes comprehensive health and wellness enhancements, such as monthly screenings for chronic conditions administered by our Direct Support Professionals (DSPs). Emotional and social well-being are promoted through support groups and community engagement initiatives, fostering connections and a positive mindset. Monday-Friday, 9:15 am-2:15 pm, Ongoing; The Kaplen JCC is an approved, qualified provider through DDD.

## Thurnauer School of Music Lessons, Classes and Concerts

### Private Lessons

One-on-one instruction (30, 45 or 60 minutes per week) for piano, orchestral instruments, voice, composition, and more. Enroll for a package of 10, 20 or 30 lessons. Call 201.408.1466 for details.

### SHIRAH Community Chorus

One of the largest independent Jewish choruses in the United States performing Jewish repertoire in Hebrew, English, Yiddish and Ladino, in three and four parts.

**Tuesdays, Sept 3 start, 7:30-9:30 pm, 30 classes, \$290/\$325**

### Klezmer Open Jam & Concert - NEW!

Bring your family and their instruments (at the intermediate level or above) and explore and perform this vibrant Jewish music! Sponsored by the Mincer family.

**Sunday, September 15. Jam session: 4 pm; Concert: 5 pm, \$10 per family**

### Afternoon Connections

This **NEW** afternoon enrichment program is at the Guttenberg Center for Special Services offers an extended-day initiative tailored for young adults ages 17+. Offering a balanced mix of life-skills development and recreational activities, including self-care skills, cooking, shopping, and engaging pursuits at the JCC, our program fosters growth and enrichment in a nurturing environment. With flexible scheduling options tailored to your needs and a minimum participation requirement of 4 individuals, our program promises personalized support and meaningful experiences for every participant. Monday-Thursday, 3:30 pm-6:30 pm, Ongoing The Kaplen JCC is an approved, qualified provider through DDD.

### Together We Thrive Events

Together We Thrive Events are community gatherings throughout the year designed for young adults ages 17+ and above with intellectual and developmental challenges, including Down Syndrome and Autism Spectrum Disorder. These inclusive events offer a variety of engaging activities such as dance parties with a DJ, bingo nights, and board game nights, all accompanied by light snacks. Together We Thrive Events provide a safe, supportive environment where participants can connect and socialize while building meaningful connections and enjoying a sense of belonging. Join us for an evening of laughter, music, and camaraderie as we celebrate the uniqueness and potential of every individual. Sunday (10/30, 3/2, 6/8), Tuesday (12/10), 6 pm-8:30 pm Pricing: Member/Public : \$10. 12/10 Dinner Dance will be priced higher.

### Inclusive and Adaptive Classes

We offer supports and accommodations for individuals in fully-inclusive classes and programs within a natural environment. Participants are encouraged to join all JCC programs and classes, including adaptive swim, fitness, and music classes. Our programs are designed to provide appropriate supports within an inclusive and nurturing setting, striving to meet the specific needs of each community member. For scheduling and pricing, please call, as costs may vary depending on the class.

services may be eligible for DDD coverage.

### Jazz Ensemble for Adults

30 classes, **\$840/\$920**. Call 201.408.1466 for details.

### Beginning Piano for Adults

Ideal for adults who have always wanted to play the piano - and for parents of young instrumentalists who want to accompany their child. **Thursdays, September 26 start, 16 classes, 2-2:45 pm, \$640/\$710**

### Creative Musicianship for Guitarists (Intergenerational)

For intermediate and advanced guitarists, 30 classes (virtual only). Call 201.408.1466 for details. **\$840/\$920**

### Thurnauer Symphony Orchestra (Intergenerational)

Audition required. Performance opportunities throughout the school year. **Wednesdays, Sept 25 start, 5:15-7 pm, 30 classes, \$840/\$920**

### Concerts

Thurnauer offers close to 100 performances a year, including faculty recitals, the Thurnauer Chamber Music Series, master classes, student recitals and more! Details at [jccotp.org/ThurnauerEvents](http://jccotp.org/ThurnauerEvents)

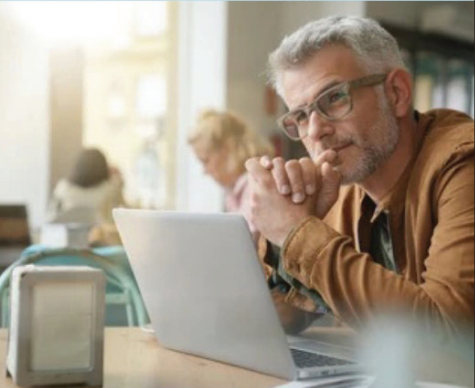
# WE MAKE AGING IN PLACE POSSIBLE



SENIOR SERVICES

## SENIOR EXERCISE

Exercise is a vital component to maintaining balance, mobility and activities of daily living. Appropriate for all levels of ability and does not require registration. Available in-person and virtually.



## SENIOR ACTIVITY CENTER

Social group for older adults providing light breakfast, lunch, exercise, entertainment, lectures, inter-generational programming, and more. Door-to-door transportation available in many areas. Available Monday-Friday.

## SOCIAL ADULT DAYCARE

Our Montessori-inspired program promotes independence, self-esteem and enhances cognitive abilities for those living with memory loss, while providing respite for their care-partner. Available Monday-Friday.

## CAREGIVER SUPPORT GROUPS

A warm safe haven where caregivers, families and friends can learn more about Alzheimers and other forms of dementia. Share feelings and concerns and get support with groups specific to your needs. Available in-person and virtually.

## Find out more!

Visit [jccotp.org/seniors](http://jccotp.org/seniors) or call Marlene Ceragno, Director of Caregiver Services & Outreach 201.569.7900 ext. 439 or [mceragno@jccotp.org](mailto:mceragno@jccotp.org)



KAPLEN JCC on the Palisades TAUB CAMPUS | 411 E CLINTON AVE, TENAFLY, NJ 07670 | 201.569.7900 | [jccotp.org](http://jccotp.org)







KAPLEN JCC on the Palisades

TAUB CAMPUS  
411 E CLINTON AVE  
TENAFLY, NJ 07670

[jccotp.org](http://jccotp.org)

PHONE: 201.569.7900

V/TDD: 201.569.6248



NON PROFIT ORG  
US POSTAGE  
PAID  
Paramus, NJ  
07652  
PERMIT NO. 718



FIND OUT MORE

Find Out More, view on your cell camera and link to our landing page  
or visit [jccotp.org/adults](http://jccotp.org/adults)



The Kaplen JCC on the Palisades strives to be an inclusive community. If you require special accommodations in order to participate in our programming, please contact Ruth Bashan at 201.408.1489 or [rbashan@jccotp.org](mailto:rbashan@jccotp.org) to discuss your special needs and how we may be able to support your participation. The JCC is a handicapped-accessible facility.

JOIN THE  
**J**  
TODAY!



DISCOVER YOUR

*Passion*

OUR MEMBERSHIP OFFERS SOMETHING  
FOR EVERYONE, INCLUDING:

**INDIVIDUALS • FAMILIES • SENIORS • TEENS**

CONTACT ONE OF OUR MEMBERSHIP TEAM EXPERTS TO GET STARTED: 201.408.1445

JOIN  
TODAY!

