

NON Profit ORG
US Postage PAID
Mid-FL FL
PERMIT NO.51031



Roth JCC of Greater Orlando

Roth Jewish Community Center of
Greater Orlando
851 North Maitland Avenue
Maitland, FL 32751
Ph: 407-645-5933
Fax: 407-645-1172

We're on the web!
www.orlandojcc.org

Seniors On The Go

JUNE 2011

Find us on the web!
Visit: WWW.ORLANDOJCC.ORG
Be a fan on Facebook,
Jewish Community Center
of Greater Orlando

"Strengthening Jewish Identity
and Family Life while helping
to Build Community"



Roth Jewish Community Center
of Greater Orlando
851 North Maitland Avenue
Maitland, FL 32751
(407) 645-5933

Jack & Lee Rosen Southwest Orlando Campus
11184 S Apopka Vineland Rd.
Orlando, FL 32836
(407) 387-5330



Roth JCC of Greater Orlando

TABLE OF CONTENTS

39ers 3

Senior Nite Club.....8 - 9

JASS.....10

Article -
 “Why Dairy on Shavuot?”..... 11

June Calendar.....12 & 13
 Upcoming Programming

Upcoming Events.....14 & 15
 Birthdays & Anniversaries

Mimi’s Mamaloshen 15

Chai Steppers.....16 - 20

Emily’s Tributes & Snippets..... 21

Member Renewal.....22

Oakmonte Village..... 23



Oakmonte Village Retirement Community
 The *Newest* and Most *Spectacular*
 Retirement Community In Central Florida

*Luxury
 Senior Living*



The Villa’s are
 now open!
 Call today for
 your tour and
 complimentary
 dining experience!
 407-732-5800

Join us at 5:00 pm
 for Shabbat Service
 Friday, May 13
 & Friday, May 27

*It is our goal to exceed your
 expectations every step of the way!*

JOYCE SHIELDS enhanced our Wednesday refreshments with an assortment of cake. MYRNA & JACK FIELDS presented us with a supply of sugar packets. Thanks to all our thoughtful generous members!

CINEMA SUNDAY

Sunday programming features the showing of movies in the Senior Lounge, both recent releases and classics. Lounge opens at 1 P.M. Movie time 2 P.M.

June 5th-“The King’s Speech”-Colin Firth.

June 12th-“Made in Dagenham.”

June 19th-“\$5. A Day”-Christopher Walken.

June 26th-“Unstoppable”-Denzel Washington.

Sunday programming features the showing of movies in the Senior Lounge, both recent releases and classics. Lounge opens at 1 P.M. Movie time 2 P.M.



Silver Sneakers

Silver Sneakers is held in the aerobics room on the following days:

Tuesday	11:00-11:45 strengthening class
Wednesday	11:00-11:45 cardio circuit
Thursday	11:00-11:45 strengthening class
Thursday	12:00-12:45 Senior Yoga

Emily's Snippets for June

As you have read by now the summer is packed with great programs to enjoy at the J and beyond.

I hope you have taken the time to read it over and carefully consider the value that is offered. It's an opportunity to be with friends and try some new things. For 49 weeks of the year the 39ers and SNC offer wonderful weekly programs but for these three weeks you get to come and relax and explore some different things.

The more people who join the more fun we can have; it's that simple!

For those of you celebrating family simchas such as graduations, weddings, engagements and births, Mazal Tov to you!

If you have any questions or concerns feel free to see me and we can work anything out.

~Emily





39'ers
Installation
Photos
2011



MEET AND MINGLE MONDAYS

Monday programming begins with the "Laughter Club" at 11:30 A.M. in the Senior Lounge. Laughing is not only fun, but good for your health. Come down and prove it to yourself!

1:00 P.M. Please note that effective June 13th Monday programming will move to the Senior Lounge for the summer. After our regular meeting, refreshments will be served. Social time follows.

June 6th-ZENA SULKES will speak on "THE SECRET TEXT OF JUDAISM."

June 13th-RON DEVISTO, Hypnotherapist speaks on "CLINICAL HYPNOTHERAPY."

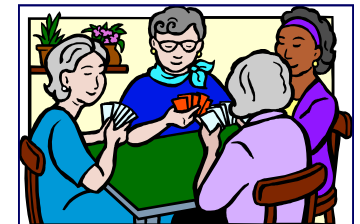
June 20th-ALLISON ISSEN from Hospice of the Comforter returns to speak on "HARVESTING THE WISDOM OF YOUR LIFE."

June 27th-LUANN DUNCAN of the Orange County Association of Home & Community Education speaks on "THAT GOOD GUT FEELING."

July 4th-HOLIDAY. J.C.C. CLOSED.

GAME DAY TUESDAY

Tuesdays continue to be a day for game playing from 1:00 to 3:00 P.M., in the Senior Lounge. Games such as Canasta, Bridge, Mah Jong, Scrabble and Dominos are played. If you would like to introduce your favorite game, organize your table with other 39ers and become part of the group!



WOW WEDNESDAYS

Wednesday programming alternates between "SOAPBOXING IT!" an interactive discussion group and "SENIOR SMARTS" a trivia based activity. Both programs are held in the Senior Lounge from 11:30 A.M. to 1:00 P.M. Bring lunch. Dessert and coffee are available.

"SOAPBOXING IT!"-June 1st, 15th & 29th.

"SENIOR SMARTS"- June 22nd.

NO PROGRAMMING WEDNESDAY, JUNE 8th. J.C.C. CLOSED FOR SHAVUOT!

NEW! NEW! "HONORABLE MENSCHEN" CHORAL GROUP RETURNS!

Effective Wednesday, May 25th, the Honorable Menschen Choral Group, under the direction of RUTH SANDWEISS, will sing from 2:00 to 3:00 P.M. in the Senior Lounge. If you are interested in singing and enjoying a good time, come down and join the group. For more information, call BEA POLLACK (407-644-4149.)

KNIT AND PURL

This activity is held on Wednesdays from 1:00 to 3:00 P.M. in the Senior Lounge. Participants engage in projects involving knitting, crocheting or any type of needlework (choice of project is yours.) New comers are always welcome to join in!

**TERRIFIC THURSDAYS**

Thursdays feature a different program each week. All programs are held in the Senior Lounge at 1:30 P.M. Pick and choose your favorites, or come to them all.

June 2nd-BOOK REVIEW. LOIS LILLING, who directs our discussions, will review "THE IMMORTAL LIFE OF HENRIETTA LACKS" by REBECCA SKLOOT. Next month's selection is "MOLOKAI" by ALAN BRENNERT.

- continued

-THURSDAY, JULY 14 > 'Lunch & Entertainment' Lunch at Bravo Cucina Italiana At 11:30 am and enjoy a special guest for your entertainment. Then, take a trip to the movie theatre to watch the Comedy/Romance "Larry Crowne" starring Tom Hanks and Julia Roberts. Popcorn & Drink included.

Transportation provided from Bravo's to Movie theatre & return back to Bravo's. Time TBA. \$42 **Transportation** from Maitland JCC, departing at 10:45 am, returning to Maitland JCC by 6pm. \$55

-THURSDAY, JULY 21 > 'Tour & Soup Galore' Trip to Chalet Suzanne Soup Cannery for a guided tour and soup tasting, then lunch, and then a stop at Florida's Natural Growers Grove House Visitor Center and see how Florida's Natural Brand juices are squeezed. Learn about Florida's citrus industry in our video tour and interesting exhibits highlighting the Lake Wales area, horticulture, nutrition, packaging and a video.

Transportation provided: Depart Williamsburg Clubhouse (10722 Gateway Avenue Orlando FL 32821) at 10:40am. Time of return to Williamsburg is by 6 pm. \$42

Transportation from Maitland JCC, departing at 10:00 am, returning to Maitland JCC by 7pm. \$55

**REGISTER FOR ALL 6 DAYS TO RECIEVE A 10% DISCOUNT
NON-MEMBERS add 10% to price | 10% discount for spouse**

FOR MORE INFORMATION, CONTACT: JAMIE SCHWARTZ

Phone: 407-387-2742

E-mail: jamies@orlandojcc.org

REGISTER AT THE JCC WITH AN ACTIVITY REGISTRATION FORM
JCC South Address: 11184 S Apopka Vineland Rd. Orlando, FL 32836

*Join us on Sunday, August 28 at 2pm for our annual FREE event, "Taste of the J". Chai Steppers will have a table at this event to try and promote for new members! Hope to see you there! There will be food tastings, entertainment, health fair and green market vendors, and many more from the JCC!





“CHAI LIGHTS”

*Check out our summer camp schedule! Camp Kayne Horah will run out of both Maitland and South Campus's. You are welcome to attend either camp. You may register at the JCC's in person. Payment plans are available should anyone be unable to pay in full up front.

-THURSDAY, JUNE 16 > 'You ought to be in pictures' Trip to the Maitland JCC to watch 'The Company Players' perform and participate in the show yourself. Flipbook People will be there to capture fun moments and to send you home with a giveaway! Karaoke and dinner included.

Transportation provided: Depart Williamsburg Clubhouse (10722 Gateway Avenue Orlando FL 32821) at 3:15 pm. Time of return to Williamsburg is by 9 pm. \$42

-THURSDAY, JUNE 23 > 'A Taste of Italy' Take a backstage tour of the kitchen and cook your lunch with the Chef at the Palm Restaurant at the Hard Rock Hotel.

Transportation provided: Depart Williamsburg Clubhouse (10722 Gateway Avenue Orlando FL 32821) at 11:30 am. Time of return to Williamsburg is by 4 pm. \$42

Transportation from Maitland JCC, departing at 10:45 am, returning to Maitland JCC by 5 pm. \$55
Space is limited. 20 MAXIMUM. First come first served.

-THURSDAY, JUNE 30 > 'Trolley & Comedy' Take a trolley tour at the villages, eat an early dinner at Olive Garden and watch the hilarious comedy 'My Son the Waiter- a Jewish Tragedy' at the Savannah Center at the Villages.

Transportation provided: Depart Williamsburg Clubhouse (10722 Gateway Avenue Orlando FL 32821) at 1:15 pm. Time of return to Williamsburg is by 9 pm. \$65

THURSDAY, JULY 7 > 'Red, White, & BBQ' Come for a 12:30 PM BBQ Lunch at the JCC and enjoy Cupcake & Cake decorating with Cooking Artist, Katie Parrulli, and play a game of Patriotic Jeopardy!

\$15 without Transportation

Transportation provided from Maitland JCC to Rosen Campus, departing at 11:45am; Returning to Maitland JCC by 4pm. \$42

June 9th-NO PROGRAMMING TODAY. J.C.C. CLOSED FOR SHAVUOT!

June 16th-Camp - "You Ought To Be In Pictures"

June 23rd-Movie and discussion is cancelled.... Camp Kayne Horah goes to Debary! See you then.

June 30th-Bingo! Cancelled.. Camp Kayne Horah goes to Villages to see a show; come join us!

UPCOMING EVENTS

BOARD MEETING

The 39er Board Meeting will be held on Monday, June 13th in the Senior Lounge at 10 A.M. All board members are expected to attend.

Asian Afternoon

You are invited to attend our "Asian Afternoon" on Sunday, July 17th at 12:30 P.M. in the Senior Lounge. A Chinese style luncheon will be served consisting of Chinese Vegetables with White Rice accompanied by a vegetable Spring Roll. Dessert will be Ice Cream, a Fortune Cookie and Tea/Coffee. Following lunch, there will be a showing of the musical "FLOWER DRUM SONG." The cost will be \$6. for members, guests \$8. Reservations may be made with Claire (407-699-0956.) Come enjoy good food, a good movie and the cool ambiance of our Senior Lounge.

MARK YOUR CALENDAR!

Monday, August 22nd,
Annual
Indoor Picnic!



Senior Nite Club

Meets The Third Thursday at 7:30 pm

PRESIDENTS MESSAGE

Dear Senior Nite Club Members,

Here I am at the end of my four year journey as your President. Thanks to my crew (The Board) and the passengers (Our Members) it's been a wonderful trip, much of it smooth sailing with just an occasional rough patch. There are definitely lots of special times to reflect on.

On June 26th we will have our installation dinner and turn over the reins of the Sr. Nite Club to the new board . I hope you will support them with your ideas and involvement.

Wishing you a wonderful summer
Faith Brotman, President 407-290-5880

OFFICERS 2010-2011

President	Faith Brotman
Vice-Presidents	Harriet Levine, Al Sarnoff Gloria Shindelman
Secretary	Lee Ohren
Treasurer	Marvin Klein
Membership	Mort Ohren
Hospitality	Eva Meyer
Newsletter Editor	Yvette Blum, Al Sarnoff
Sunshine	Ruth (Billie) Goldhar
Telephone	Roz Feldman
Raffle	Kail Brotman & Malcolm Feldman



PRESIDENTS MESSAGE:

Hi Chai Steppers,

I hope everyone attending our Installation Luncheon had as great a time as I did. What a wonderful afternoon! Thanks are going to Claire and Doris for all the work they did, and to Bonnie and Jamie for making me legal. It was great to see so many members able to attend. It is my wish, as your new President, to see every one of our members present at our bi-monthly meetings. Remember...member participation is what makes a successful meeting. I look forward to sharing many more memorable times in the upcoming year. Les and I wish you all a healthy and happy summer.

- Milvia Ozer

SENIOR ADVISOR MESSAGE:

Well, we finally got a summer camp running out of our campus! Yay! I sure do hope to see most of you attend these special trips and programs I have planned for you along with Emily's plans. Camp Kayne Horah has officially begun at the Jack & Lee Rosen Campus! Can't wait to see you over the summer and if you left us for some cooler weather, have a fabulous summer and see you in September! Stay Cool!

-Jamie Schwartz

**Rosen Campus
Summer Birthdays
And
Anniversaries**



JUNE BIRTHDAYS:
Marion Wolfman 6-7
Raymonde Farkas 6-13
Tamara Kaufman 6-14
Shirley Dornfest 6-18
Yvette Litwack 6-23
Murray Davis 6-27

JULY BIRTHDAYS:
Evelyn Chassin 7-4
Arnold Chassin 7-6
Anna Tuckman 7-9
Edward Jacobs 7-10

AUGUST BIRTHDAYS:
Trudi Lichtman 8-4
Bella Katz 8-14
Toby Thierer 8-24
Sheldon Silberstein 8-24



JUNE ANNIVERIES:
Arnold & Florence Weiner

JULY ANNIVERSARIES:
Shirley Dornfest
Ronald & Yvette Bleeker

AUGUST ANNIVERSARIES:
Ellen & Robert Abrams
Ruby & Jerry Steinfeld

DINING ADVENTURE

Thursday, June 2, 2011 at 6.00 p.m.
Mykonos Greek Restaurant
2401 W. State Road 434
Longwood, FL

Please call Faith at 407-290-5880
By June 1, 2011. if you can join us.

INSTALLATION

Sunday, June 26, 2011 at 6:30 p.m.
CARRABBA'S ITALIAN GRILL
5820 Red Bug Lake Road
Winter Springs
[North-East corner Red Bug Lake Road
and Tuskawilla Road]

\$25.00 per person—Check to Marvin by
June 20, 2011 is your reservation .

OUTSIDE PROGRAMS

Summer Series at UCF- Sunday Matinees at 2pm
June 12th "Barefoot in the Park"
July 3rd " Veronica's Room"
July 17th "Love, Sex, and the IRS"
Check to Marvin for \$30.00/all three shows

*****Final JASS Brunch*****

JEWISH ADULT SENIOR SINGLES (JASS) 65+
All Senior Singles are welcome to join us!

Dear Friends/Members,

Our final brunch will be at 11:00 AM on June 12th at First Watch on 17/92. Please call Bernice at 407-774-1442 with your reservation so that they will have a table for us. Deadline is June 8th.

Hope to see you there.

- Lillian Tobias and Helen Tishman
Co-Presidents



JASS BOARD

Co-Presidents	Helen Tishman and Lillian Tobias
Immediate Past President	Bernice Shapiro
Membership	Helen Tishman
Treasurer	Flo Goldman
Sunshine	Roz Greenhut - Cards
Sunshine	Joyce Shields - Gifts



Birthdays & Anniversaries

JUNE BIRTHDAYS

Martha Kirschner	June 1
Sheldon Greene	June 3
Kail Brotman	June 9
Dorene Kramer	June 13
George Braunstein	June 26
Debbie Greenberg	June 26

JUNE ANNIVERSARIES

Harriet & Donald Levine
June 17
Sue & Sheldon Greene
June 30



Mimi's Mamaloshen

Warm up your feet...
Swiss researchers discovered that chilly feet send alertness signals to the brain, disrupting the deep stages of sleep. Yet cranking up the thermostat can backfire since people sleep most soundly when the air is cool. The fix: wear socks or lay a light blanket over the foot of the bed.



Upcoming Events

Camp Kayne Horah 2011

<p>Tuesday June 14, 2011: Opening Day Hypnotist: learn self-hypnosis Dinner Patriotic songs and sing along with Liz and Josh Conclude by 8pm</p>	<p>Thursday June 16, 2011: "You ought to be in pictures" 4:00-6:00 The flipbook people; Make a 10 second video with props and see it become a flipbook to take home 5:30-6:30 Dinner in house Followed by live entertainment with "The Company Players" Expect to participate, laugh and sing along.</p>
<p>Tuesday June 21, 2011: Summer Fun 4:00-5:30 Bunco/ prizes/ snow cones Dinner Evening program TBA</p>	<p>Thursday June 23, 2011: Debary hall and St. John's River eco tour 10:00 am meet at JCC Tour Debary Hall/ box lunch/ 2hour St. John's river eco tour 4:30 return to JCC</p>
<p>Tuesday June 28, 2011 : "Far East Fun" Make Sushi Dinner follows Explore the practice of yoga, meditation and aromatherapy.</p>	<p>Thursday June 30, 2011: Tour and Trolley 1:15 Meet at JCC/ Join with Chai Steppers Trolley tour of The Villages 4:00-5:00 L-inner at Olive Garden 6:00 Showtime: "My son the waiter-A Jewish Tragedy" 9:00 return to Maitland JCC</p>

\$79/ week -JCC members
\$199 all three weeks- JCC members
See Emily to sign up!

~ Emily Newman

"Why Dairy on Shavuot?"

Ahhh... the sumptuous delight of blintzes and cheesecake. Eating a dairy meal on Shavuot has become an enduring tradition. But what's the source for this? Here are three fascinating reasons:

Reason #1: When the Jewish people received the Torah at Mount Sinai, included was special instructions for how to slaughter and prepare meat for eating. Until then, the Jews had not followed these laws, thus all their meat - plus the cooking pots - were now considered "not kosher." So the only alternative was to eat dairy, which requires no advance preparation.

Reason #2: Torah is likened to milk, as the verse says, "Like honey and milk [the Torah] lies under your tongue" (Song of Songs 4:11). Just as milk has the ability to fully sustain the body of a human being (i.e. a nursing baby), so too the Torah provides all the "spiritual nourishment" necessary for the human soul.

Reason #3: The gematria (numerical value) of the Hebrew word for milk, chalav, is 40. We eat dairy foods on Shavuot to commemorate the 40 days that Moses spent on Mount Sinai receiving instruction in the entire Torah. mem - gematria 40 - and ends with mem as well.

Just For Fun!

Did you count the flower bouquet pictures in the May Newsletter? There were 5!

For this issue count the number of Blintzes.

(Bring your answers to the next Monday program!)

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Laughter Club - in the Senior Lounge 11:30 am Meet & Mingle - 1:00 pm</p>	<p>Senior Sizzle Fitness 11 - 11:45 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.</p>	<p>1 Silver Sneakers 11:00-11:45 Cardio 39ers - "Soapboxing It" 11:30 - 1:00 pm Knit & Purl- 1-3 pm Honorable Menshens 2:00 - 3:00 pm</p>	<p>2 Senior Sizzle Fitness 10:45-11:45 am Silver Sneakers 11:00-11:45 Strengthening/ Yoga - 12 - 12:45 pm 39ers - Book Review Senior Nite Club Mykonos Greek Restaurant - 6:00 pm</p>	<p>3 Yoga Lite - 11:15 am Group Exercise Rm.</p> 	<p>4 The fitness center at both campuses, is open at 8am on Saturdays.</p>
<p>5 Cinema Sunday 2:00 pm "The King's Speech" Sr. Lounge</p>	<p>6 Laughter Club - in the Senior Lounge 11:30 am Meet & Mingle 1:00 pm The Secret Text of Judaism</p>	<p>7 Senior Sizzle Fitness 111 - 11:45 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.</p>	<p>8 No Programming JCC Closed for Shavuot</p>	<p>9 No Programming JCC Closed for Shavuot</p>	<p>10 Yoga Lite - 11:15 am Group Exercise Rm. 5:00 pm Shabbat Service At Oakmonte Village</p>	<p>11</p>
<p>12 Cinema Sunday Movie 2:00 pm "Made in Dagenham" Sr. Lounge Final JASS Brunch - 11:00 am at First Watch on 17/92</p>	<p>13 Laughter Club - in the Senior Lounge 11:30 am Meet & Mingle 1:00 pm Clinical Hypnotherapy</p>	<p>14 Senior Sizzle Fitness 111 - 11:45 am Camp Kayne Horah Opening Day</p>	<p>15 Silver Sneakers 11:00-11:45 Cardio 39ers - "Soapboxing It" 11:30 am-1:00 pm Knit & Purl- 1-3 pm Honorable Menshens 2:00 - 3:00 pm</p>	<p>16 Camp - At Maitland Campus "You Ought to be in Pictures" Camp Kayne Horah "You Ought to be in Pictures"</p>	<p>17 Yoga Lite - 11:15 am Group Exercise Rm.</p>	<p>18</p>
<p>19 Cinema Sunday Movie 2:00 pm "\$5 a Day" Sr. Lounge</p>	<p>20 Laughter Club - in the Senior Lounge 11:30 am Meet & Mingle 1:00 pm "Harvesting the Wisdom of Your Life"</p>	<p>21 Senior Sizzle Fitness 11 - 11:45 am Camp Kayne Horah "Summer Fun"</p>	<p>22 Silver Sneakers 11:00-11:45 Cardio 39ers - Senior Smarts 11:30 am-1:00 pm Knit & Purl- 1-3 pm Honorable Menshens 2:00 - 3:00 pm</p>	<p>23 Camp - "A Taste of Italy" Camp Kayne Horah Debary Hall and St. John's Eco Tour</p>	<p>24 Yoga Lite- 11:15 am Group Exercise Rm. 5:00 pm Shabbat Service At Oakmonte Village</p>	<p>25</p>
<p>26 Cinema Sunday Movie 2:00 pm "Unstoppable" Senior Lounge Senior Nite Club Installation - Carrabba's Italian Grill - 6:30 pm</p>	<p>27 Meet & Mingle 1:00 pm "That Good Gut Feeling"</p>	<p>28 Senior Sizzle Fitness 11 - 11:45 am Camp Kayne Horah "Far East Fun"</p>	<p>29 Silver Sneakers 11:00-11:45 Cardio 39ers - "Soapboxing It" 11:30 am-1:00 pm Knit & Purl- 1-3 pm Honorable Menshens 2:00 - 3:00 pm</p>	<p>30 Camp - Trip to the Villages Camp Kayne Horah Trolley Tour of The Villages with Chai Steppers</p>	<p>Maitland Campus Rosen Campus</p>	