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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

March 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
1184 S Apopka Vineland Rd.
Orlando, FL 32836



Roth JCC of Greater Orlando



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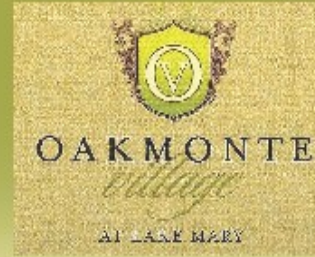
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Oakmonte Village Retirement Community
The *Newest* and Most *Spectacular*
Retirement Community In Central Florida

Luxury
Senior Living

Join us at 5:00 pm
for Shabbat Service
Friday, March 11
&
Friday, March 25
Chag Sameach
Purim!



Villas Now Open!



Call today for
your tour and
complimentary
dining experience!
407-732-5800

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

407-732-5800 ~ 1021 Royal Gardens Circle, Lake Mary, FL 32746

Membership Renewal Registration

Please Note: You must be a JCC Member to participate in these groups. For Membership info, please call Registrar at 407-645-5933 ext. # 336.

Please check the group (s) you wish to join:

___39ers	\$5.00
___JCC Senior Nite Club	\$5.00
___JASS	\$5.00

Note: Annual dues are \$5 per person/per group In addition to your JCC membership. Thank-you!

Name: _____

Address: _____

Phone: _____

Email: _____

**Please send this form with payment to:
Roth Jewish Community Center of Greater Orlando
c/o Senior Activity Director
851 North Maitland, Avenue
Maitland, FL 32751
407-645-5933 x 244**



March, 2011

PRESIDENT'S MESSAGE

Many times in this message, we have referred to the pleasant comfortable ambiance of our Senior Lounge. We try very hard to keep our facility clean and in good working order because, above all, our primary concern is the safety of our members. However, we need the cooperation of all the 39ers to avoid accidents. If you are carrying a cup of coffee or a plate of something delicious and a spill occurs, please do not ignore it! Spills result in slippery floors that can cause falls and, also, badly stained carpet. If for some reason you cannot bend to clean up the spill, please ask someone to help. If you see the problem and can help the person who asked, do so. Also, please do not leave your soiled cups and plates when you are through with them. Deposit them in the trash. In this way, we all will benefit. Our lounge will remain an appealing "oasis" and our members will be safe and unscathed.

Lillian Berkowitz, President

BITS AND PIECES

Although last month was one of the coldest that most of us have experienced here in Florida, once again we can say that we have members with the warmest hearts. SHIRLEY ZAWATSKY to welcome the New Year, GLORIA & ED SHINDELMAN in honor of their anniversary and ESTHER WOLMAN to say "thanks" to the 39ers for the enjoyment she gets from attending, all made generous contributions to our Cake & Coffee fund.

Cont'd.



Cont'd.

LEE & MORT OHREN brought us an assortment of home baked sugar free cookies, as well as hummus and crackers to celebrate MORT's birthday and their anniversary. ALLITA DUNN brought us home baked brownies to celebrate her birthday. BETI ABRAMOVICI returned from Israel and on three separate occasions came with a luscious noodle kugel, an assortment of cake, halavah and a wonderful book "Our Man in Damascus" to add to our library. GLORIA IRWIN & BURT LIEBERMAN donated a sheet cake to honor BURT'S birthday. LILLY & JOEL REUBEN brought us a cake to commemorate their anniversary. THELMA WEISSMAN gave us a donation check with the following note: "I would like to "thank" my family away from home for all the prayers, good wishes, cards and telephone calls helping to make my days much brighter. It's impossible to tell you how it feels to be remembered when things don't go the way you would like...Fondly, THELMA."

CINEMA SUNDAY

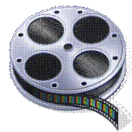
Sunday programming features the showing of movies in the Senior Lounge, both recent releases and classics. Lounge opens 1 P.M. Movie Time 2 P.M.

Mar. 6th-SPECIAL EVENT! SEE ARTICLE.

Mar. 13th-"Secretariat-Diane Lane.

Mar. 20th-"The Great Debators"-Denzel Washington.

Mar. 27th-"RED"-Helen Mirren & Bruce Willis.



March, 2011

Emily's Tributes & Snippets

It is probably no surprise to you that March promises to be a fun and eventful month for the senior group. There are J events to participate in as well as programming in the Senior Lounge.

During the Hebrew month of Adar we celebrate the holiday of Purim. This year it falls on March 20. Purim is a festive holiday that celebrates how Queen Esther saved the Jews from destruction. Jews today remember how Esther saved the Jews of Persia from annihilation, as recorded in the Biblical Book of Esther. In general, Purim celebrates Jewish survival. Despite the plans of others to persecute and even annihilate Jews in the past, the Jewish People has survived for approximately 4,000 years.

I look forward to celebrating with poppy seed hamantashen (the only kind to have, as my grandmother told me). How do we spell that, M U H N? No one knows.

I thank you for your cooperation in entering the building through the front door and using your key tag. It 's truly for your safety that we know who is in the building. If you cannot use the front entrance due to difficulty walking or etc. you may enter from the side and sign the clip board on the counter. Each day the names on the clip board need to be called in to the front office. Almost all of the emergency contacts have been submitted. I thank you again for taking the time to complete the form. If you have not given me such information please let me know.

Chag Sameach Purim!

Social Snapshots

Right: Live from the new free-for-members Bridge class at the JCC's Southwest Orlando Rosen Campus!



Left: Check out these lovely JCC ladies celebrating our first weekend with extended hours!



Left: Todd Ulrich of Action 9 News is talking to our 39ers in Maitland about how to avoid consumer scams.

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

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. Meeting begins in the Auditorium, followed by refreshments and social time.

Mar. 7th-SHERYL EMMET of Cultural Seminars will present "THE AMISH AND THE MENONITES."

Mar. 14th - "PURIM CELEBRATION." Come for an afternoon of fun and hamantashan!

Mar. 21st-KEVIN SMITH of the VETERANS ADMINISTRATION speaks on Veterans Aid & Attendance Pensions for Spouses.

Mar. 28th-CINDY BEDSOLE will tell us all about the POLASEK MUSEUM.

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 & coffee are available. Mar. 2nd, 16th & 30th - "SOAPBOXING IT!" Mar. 9th & 23rd-"SENIOR SMARTS."

**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.) Florida Hospital has advised us that they are anticipating approximately 200 maternity deliveries each month and would be so pleased to have us knit baby hat and booties sets. For instructions and further information, come down on a Wednesday afternoon.

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. Mar. 3rd-BOOK REVIEW. LOIS LILLING, who directs our discussion, will review "FOX'S EARTH" by ANNE RIVERS SIDONS. Next month's selection will be "A DAY OF SMALL BEGINNINGS" by LISA PEARL ROSENBAUM. Mar. 10th-MORT OHREN introduces his new series featuring the "BEST OF THE BROADWAY/HOLLYWOOD MUSICALS." See and hear video clips from the world's greatest musical entertainment. This program is open to all members of the "J" in good standing.

**"CHAI LIGHTS"****UPCOMING PROGRAMS:****MARCH**

3-Entertainer Denny Zavvet performs

17-Purim with the Pre-School & SOJC

APRIL

7-Autobiography Workshop; Bring photos from your past that you would like to share as well as photo albums, show and tell items, and anything unique to tell a story about.

21-Joining us for our Passover Party will be maestro violinist, Chris Robertson. An

accomplished area violinist, Chris will be performing beautiful works from the classical masters, in addition to tunes from Fiddler on the Roof and some traditional Passover titles. Chris is a proud member of the Maitland Symphony

Orchestra. You won't want to miss it! Gefilte fish will be served.



CHAI STEPPERS

"CHAI LIGHTS"

Seniors Yoga is **EVERY** Friday at 11:15 am in the group exercise room.



If you are a registered active member, you are invited to take "SENIOR SIZZLE" fitness class on Tuesdays and Thursdays from 10:15-11:15 am.

All Chai Steppers programs are from 1-3pm.

Congratulations to Diana Recu for her winning Chai Steppers logo design!



Mar. 17th-**"CONVERSATIONAL YIDDISH GROUP."** You do not have to be fluent to attend. Come and enjoy the humor!

Mar. 24th-**MOVIE & DISCUSSION.** Films are chosen that warrant discussion. Please be advised that they may contain adult situations, language or violence.

This month's movie is **"TEMPLE GRANDIN"** starring **CLAIRE DANES.**

Mar. 31st- **FIFTH THURSDAY: BINGO**



BOARD MEETING

The 39er Board Meeting will be held on Monday, March 14th in the Senior Lounge at 10 A.M. All board members are expected to attend.

SPECIAL EVENT!

On Sunday, March 6th the "J" UNIVERSITY CHILDREN'S THEATER, a group of preteen youngsters, will present a delightful "BROADWAY MUSICAL REVUE" in the Auditorium at the J.C.C. at 2:00 P.M. The program will feature some of your favorite musical numbers from "ANNIE," "BYE BYE BIRDIE" and "FIDDLER ON THE ROOF." Admission is \$5.00 per person. You can reserve in advance with CLAIRE (407-699-0956) or pay at the door. At the conclusion of the performance at 3:00 P.M., refreshments will be served in the Senior Lounge for the 39ers, followed by a showing of "BYE BYE BIRDIE" starring Ann Margaret, Dick VanDyke & Janet Leigh. For an afternoon that will have you humming as you leave the "J," be sure not to miss this treat!

Senior Nite Club

Meets The Third Thursday at 7:30

PRESIDENTS MESSAGE

Dear Senior Nite Club Member,

Are you ready to "Spring Ahead" on March 13th? Then you can enjoy spring flowers, be laid back by spring fever, shop for your spring wardrobes and join us at our "Spring Fling".

In case you need more to look forward to how about some special March days such as:

"Peanut Butter Lovers Day" or "National Chocolate Covered Raisin Day." Then exercise on "Take A Walk In The Park Day" or feel good on "Everything You Do Is Right Day".

Hope all your March Days are pleasurable,

Faith Brotman, President

Ph: 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

CHAI STEPPERS

Diana - Get well quickly and stay well. We miss you! - Leonore Potters

A healthy and speedy recovery Diana Recu. Happy Birthday Al.

-Florence & Arnie Weiner

Diane - A speedy and complete recovery.

We miss you.-Lee Hassan

Diane -Wishing you a quick recovery!

Ruby, Jerry, & Yvette

SENIOR ADVISOR MESSAGE

I hope you are doing well Diana! Donations for Shirley Dornfest are being accepted to the JCC in her memory. Please send all checks to the Rosen Campus and direct your donation to 'the JCC of Greater Orlando-Rosen Campus' note: in memory of Shirley Dornfest

-Jamie Schwartz



CHAI STEPPERS

MARCH BIRTHDAYS:

Jerry Steinfeld-3/11
Jamie Schwartz-3/30

Rosen Campus Tributes & Snippets

TRIBUTES:

Get well Diane! -Claire Mitchell
Diane-Get well soon from your friends. We miss you. -Anna & Lee
Dear Diane-Best of health, good luck!
-Ruby & Jerry Steinfeld
Our thanks to Al Newman and his board for doing a fine job. -Les and Anne Tabak
To Diana Recu-Wishing you a complete and speedy recovery! -Sherrie Schwartz
Wishing Diana a fast recovery.
-Evelyn & Arnold Chassin
:Al-Happy Birthday Mr. President!
Happiness always! -Sherrie Schwartz.
Diana - Best Wishes for a speedy and complete recovery. -Sherrie Schwartz

Senior Nite Club

DINING ADVENTURE

Thursday, March 3, 2011 at 6:00 pm
San Jose's Mexican Restaurant
280 St. Road 434, Altamonte Springs
(Walmart Shopping Center)
PLEASE CALL FAITH AT 407-290-5880
BY March 1, 2011 IF YOU CAN JOIN US.



UPCOMING MEETING

THURSDAY, MARCH 17, 2011 AT 6:30 PM
OUR ANNUAL "SPRING FLING"
SALAD, PIZZA, DESSERT AND FUN.
\$5.00/PER PERSON.
MONEY TO MARVIN BY 3/14/2011 IS YOUR RESERVATION.
ALSO PLEASE WHEN PAYING LET MARVIN KNOW YOUR HOME STATE.

OUTSIDE PROGRAMS

SUNDAY, April 3, 2011 at 2:30 pm
Orange Co. Regional History Center
65 East Central Boulevard ~ Orlando
A Docent led tour of a Smithsonian
Traveling Exhibit
"Two Centuries of
White-House Keeping"
\$6/per person. Money to Marvin is
your reservation.



This group meets the second Sunday of each month at 10:30 a.m. for socializing and stimulating programming.

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

Dear Friends,

We will meet on Sunday, March 13th, at 10:30am for our regular meeting and brunch. The guest speaker will be our own Emily Newman of the J.C.C.

On March 27th We will meet at 12:00 noon at the Breakfast Club on Orienta & Maitland Avenues. After lunch we can go to the movie at the J.C.C. or another movie of our choice. Call Sue Moss at 407-339-1391 to make your reservation so that we know how many to expect.

Also, keep in mind that I will not be President next year. If you would like this group to continue, someone needs to be prepared to take over.

We look forward to seeing you on March 13th.

Lillian Tobias and Helen Tishman

Birthdays & Anniversaries

MARCH BIRTHDAYS

Harriet Storyk	Mar. 4
Rose Kaplan	Mar. 5
Marilyn Hallowitz	Mar. 8
Joyce Zeluck	Mar. 8
Marlene Morris	Mar. 15
Bea Pollack	Mar. 17
Irving Jacobson	Mar. 27
Lester Glagov	Mar. 27
Manny Posner	Mar. 30
Jack Levitt	Mar. 30



MARCH ANNIVERSARIES

Roz & Mal Feldman	Mar. 1
Renee & Warren Moss	Mar. 12
Rosalie & Lester Glagov	Mar. 20
Eva & Dave Meyer	Mar. 28

We apologize for omitting HERB JACOBY'S January 15th birthday & Esther Wolman's February 21st birthday.

Mimi's Mamaloshen

Sip red wine: In a study of nearly 20,000 women, those who drank a glass of red wine daily were 30 percent less likely to develop weight problems compared with abstainers—and when they gave it up, they gained weight. Red wine's polyphenols help blood sugar dissipate before it can be transformed into fat.

Spice up your meals: Sprinkle cayenne peppers, chili peppers or other spices on your dishes and you'll destroy ulcer-causing H. pylori bacterium.



Upcoming Events

Arsenic and Old Lace presented by the JCC's Center Players

March 31 @ 7:30pm
 April 2 @ 2pm
 April 7 @ 7:30pm
 April 9 @ 7:30pm
 April 10 @ 2pm SENIOR DAY
 April 16 @ 7:30pm
 Tickets on sale February 27



5th Annual J Ball is coming up on Saturday **April 2 at 8pm** at Shingle Creek Resort. The theme is "Party after Dark" honoring the teachers and administrators of the preschool. The Seniors are invited to attend and more details will follow soon



Passover Celebration

April 11th at 1:00pm in the Auditorium
 Passover Seder lead by Debbie Meitin. Join us in singing, blessings, matzah, and all the trimmings that we enjoy at Pesach. More details in the next newsletter, for now just save the date!

Bringing a guest to the J?

You have a friend in town, a new neighbor moves in, you met an old friend who is looking for some exciting activities?! When you offer to bring that special guest to the senior lounge the best thing to do is come through the main entrance and sign that person in with the receptionist. There is a short form that can be completed right there at the door. That way we have the person's name and information on hand; because you never know...

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



Just For Fun!

Did you count the bird/nest pictures in the February Newsletter? There were 14!

For this issue count the number of Hamentashen :))

(Bring your answers to the next Monday program!)

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Maitland Campus Rosen Campus</p> 	<p>Laughter Club - in the Senior Lounge 11:30 am</p>	<p>1 Senior Sizzle Fitness 10:15-11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.</p>	<p>2 Silver Sneakers 11:00-11:45 39ers - Soapboxing It 11:30 am-1:00 pm Senior Lounge Knit & Purl- 1-3 pm</p>	<p>3 Senior Sizzle Fitness 10:45-11:45 am Silver Sneakers 11:00-11:45/Yoga - 12 39ers - Book Club - "Fox's Earth" 1:30 - 3:00 pm Senior Nite Club - 6:00 pm San Jose's Mexican Restaurant</p>	<p>4 Seniors Yoga - 11:15 am Group Exercise Rm.</p>	<p>5 The fitness center at both campuses, is open at 8am on Saturdays.</p>
<p>6 Special Event! See Article on pg. 7 2:00 pm</p>	<p>7 Meet & Mingle 1:00 pm Sheryl Emmet "The Amish & The Mennonites"</p>	<p>8 Senior Sizzle Fitness 10:15-11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.</p>	<p>9 Silver Sneakers 11:00-11:45 39ers - Senior Smarts 11:30 am-1:00 pm Senior Lounge Knit & Purl- 1-3 pm</p>	<p>10 Senior Sizzle Fitness 10:45-11:45 am Silver Sneakers 11:00-11:45/Yoga - 12 39ers - The Best of Broadway/Hollywood Musicals ~ Mort Ohren 1:30 - 3:30 pm</p>	<p>11 Seniors Yoga - 11:15 am Group Exercise Rm.</p> <p>5:00 pm Shabbat Service At Oakmonte Village</p>	<p>12</p>
<p>13 Cinema Sunday Movie 2:00 pm Sr Lounge "Secretariat" Diane Lane JASS Brunch 10:30 am</p>	<p>14 Meet & Mingle 1:00 pm "Purim Celebration"</p>	<p>15 Senior Sizzle Fitness 10:15-11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.</p>	<p>16 Silver Sneakers 11:00-11:45 39ers - Soapboxing It 11:30 am-1:00 pm Senior Lounge Knit & Purl- 1-3 pm</p>	<p>17 Senior Sizzle Fitness 10:45-11:45 am Silver Sneakers 11:00-11:45/yoga - 12:00 39ers - Conversational Yiddish Group 1:30 - 3:00 pm Senior Nite Club "Spring Fling" - 6:30 pm</p>	<p>18 Seniors Yoga - 11:15 am Group Exercise Rm.</p>	<p>19</p>
<p>20 Cinema Sunday Movie 2:00 pm Sr. Lounge "The Great Debators" Denzel Washington</p>	<p>21 Meet & Mingle 1:00 pm - Kevin Smith Veterans Administration Veterans Aid & Attendance Pensions for Spouses</p>	<p>22 Senior Sizzle Fitness 10:15-11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.</p>	<p>23 Silver Sneakers 11:00-11:45 39ers - Senior Smarts 11:30 am-1:00 pm Senior Lounge Knit & Purl- 1-3 pm</p>	<p>24 Senior Sizzle Fitness 10:45-11:45 am Silver Sneakers 11:00-11:45/Yoga - 12:00 39ers Movie and Discussion - "Temple Grandin" - Claire Danes</p>	<p>25 Seniors Yoga - 11:15 am Group Exercise Rm.</p> <p>5:00 pm Shabbat Service At Oakmonte Village</p>	<p>26</p>
<p>27 Cinema Sunday Movie 2:00 pm Senior Lounge "Red" Helen Mirin & Bruce Willis</p>	<p>28 Meet & Mingle 1:00 pm - Cindy Bedsole Polasek Museum</p>	<p>29 Senior Sizzle Fitness 10:15-11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.</p>	<p>30 Silver Sneakers 11:00-11:45 39ers - Soapboxing It 11:30 am-1:00 pm Senior Lounge Knit & Purl- 1-3 pm</p>	<p>31 Senior Sizzle Fitness 10:45-11:45 am Silver Sneakers 11:00-11:45/Yoga - 12:00 39ers Bingo 2:00 pm</p>		