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Roth JCC of Greater Orlando

Roth Jewish Community Center of
Greater Orlando
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Maitland, FL 32751
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We're on the web!
www.orlandojcc.org

Seniors On The Go

JANUARY 2012

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
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Roth JCC of Greater Orlando

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L'CHAIM!

A hardy wish for good health and happiness!
To all of our Friends at the JCC

Assisted Living
Coming
Winter 2012



Enjoying life to the fullest *everyday* at
our new home at Oakmonte Village at Lake Mary!

Florence Kupe, Al & Sarah Opoliner. Merwin & Florence Adler, Ethel
Luciano, Lilian Tobias, Ceil Feldman & Morrie Feldman.

Call right away
and be our guest for dinner and drinks
with your friends from the J!
407-732-5800

Join us for our
Shabbat
Services every
other Friday!

BITS AND PIECES

WE GOT MAIL...The Florida Hospital Altamonte Volunteer Department sent our KNIT & PURL group the following, "Because of you and your dedication to service, we are able to provide your handmade gifts to the babies born each year...Each of the new mothers who receive the caps, booties and blankets are surprised and elated that volunteers like you care so much to give of yourself and talents. Your contributions are not insignificant; this year our volunteers who knit...logged a record number of hours." If you are interested in joining our Knit & Purl group, contact DORA (407-830-5192.) We thank SOLLY HABER who has shared some of her Israeli movie collection with us. Watch for screening dates. LIZ MICHAELS, ETHEL LUCIANO & LEE OHREN each brought us a variety of cakes and pastries to celebrate their respective birthdays.

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

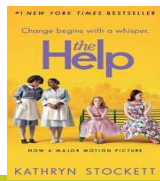
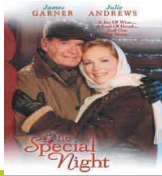
Jan. 1st- NO MOVIE TODAY. SPECIAL EVENT. NEW YEAR'S CELEBRATION.

Jan. 8th-"The Help."

Jan. 15th-"The Debt"-Helen Mirren.

Jan. 22nd-"One Special Night"-Julie Andrews & James Garner.

Jan. 29th-NO MOVIE TODAY. MAH JONG TOURNAMENT. For more information, contact EMILY (407-645-5933.)



January marks the beginning of a new year, new opportunities and new ideas.

If you are like me and most others, you made a resolution last year that you didn't quite keep. Now you are about to make a new one and hope this year is different.

The year 2012 is the year for trying new programs at the JCC! Watch for details on the upcoming adult enrichment class to begin in February. Be ready to Zumba, Ballroom dance, learn Bridge and Mah Jongg; just to name a few.

The programming in the Senior Lounge remains as scheduled with new twists here and there. May I urge you to try ONE new program a WEEK, TWO per MONTH and bring along a friend. Make that phone call to your friend inviting him/her to meet you here.

You may be surprised at what there is to offer and all of the fun and enjoyment to be had. If you have ideas and suggestions please speak to a board member or myself. We are open to new ideas to enhance and grow the program.

Happy New Year to all,
Emily

Mimi's Mamaloshen

For the sixth year, Bluegrass PRIDE (Personal Responsibility In a Desirable Environment) is offering ideas for

environmentally-friendly New Year's resolutions. In 2012, the organization is asking citizens to make small changes that can reduce energy consumption in the community.

The resolutions are:

- Turn all ceiling fans counter-clockwise in the summer and clockwise in the winter
- Unplug my cell phone charger unless the phone is charging
- Wash clothes in cold water
- Check car tires regularly to make sure they have proper air pressure
- Never allow your vehicle to idle
- Use caulk or weather stripping to reduce air leaks in your home or business
- Set your water heater temperature to 120°
- Unplug all appliances and electronics when not in use
- Set the dishwasher for air dry instead of heat dry
- Install a programmable thermostat
- Change all light bulbs to ENERGY STAR rated Compact Fluorescent Light bulbs (CFL) and properly dispose of all burned out CFLs (all Home Depot locations will accept CFLs for proper disposal)
- Schedule an energy audit from your utility company
- Replace old appliances with those rated by ENERGY STAR
- Clean all HVAC filters once a month during peak heating/cooling seasons
- Consider state and federal incentive programs to help with home energy efficiency



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	Silver Yoga Stretch



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 beneficial to your health. Come down and prove it to yourself!

1:00 P.M. JCC Auditorium -After our regular meeting, refreshments will be served. Social time follows.

After our regular meeting, refreshments will be served. Social time follows.

Jan. 2nd-BINGO! FREE! PRIZES! NO Laughter Club !!!

Jan. 9th-LINE DANCING. RETRO DANCERS PERFORMANCE TEAM. Come down for the fun!

Jan. 16 th-ALEXIS JACKSON speaks on the progress made on the new Performing Arts Center.(in Senior Lounge)

Jan. 23rd-ORANGE COUNTY FRAUD DIVISION will bring us up to date on the latest "cons."

Jan. 30th-SHEREE MEYERS will speak on the benefits of SILVER SNEAKERS.

GAME DAY TUESDAYS

More and more 39ers are making Tuesdays their day for game playing at the Senior Lounge from 1:00 to 3:00 P.M. Tables of such games as Bridge, Canasta, Mah Jong, Scrabble and Dominos can be observed. If you would like to introduce your favorite game, organize your table with other 39ers and become part of the group. Refreshments available.



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 available.

Jan. 4th & 18th-"SOAPBOXING IT!"

Jan. 11th & 25th-"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) Newcomers are always welcome to join in.



al-

"HONORABLE MENSCHEN" CHORAL GROUP

Wednesdays from 2:00 to 3:00 P.M. in the **Senior Lounge**, accompanied by RUTH SANDWEISS, the HONORABLE MENSCHEN invite all those who are interested in singing and enjoying a good time to come down and join the group. For more information, contact MIMI TEICHER at (407-331-9075.)



TRIBUTES:

Happy New Year to all! -Libby Ackerman
 To all Chai Steppers, Happy, Healthy New Year 2012 -Diana
 To all Chai Steppers, Happy 2012 -Arnold & Florence Weiner
 To Diane, Happy & Healthy Birthday! -Lee Hassan
 To all Chai Steppers, Happy New Year! Dave & Yvette Litwack
 Happy & Healthy New Year to all! -Evelyn & Arnold Chassin
 Happy Hanukkah & Happy New Year to all -Ruby & Jerry Stein-
 feld
 We hope all our Chai Steppers have a Happy & Healthy New
 Year-Milvia & Les Oxer
 Healthy & Happy New Year to all -Harriet Swallowood
 Happy Birthday to my children, Marsha & David, both have De-
 cember birthdays -Doris Schoenblum
 Mazel Tov to newly engaged Joyce & Eric -Theda Goldman
 Happy Birthday to Rita Newman, my sister Jan. 25, 2012 -Gella
 Gordon
 Happy 2012 to all Chai Steppers -Sherrie Schwartz
 Happy New Year to all-Good Health - Lee Hassan
 To all our members, Best Holiday Wishes -Anna Tuckman

SNIPPETS:

-Senior Sizzle is on Tuesdays and Thursdays: 10:15-11:15am -
 Yoga Lite is on Fridays: 11:00 with a nosh in senior lounge di-
 rectly after!
 -Senior Lounge is open Thursdays and Fridays from 9 am-2 pm

Rosen Campus Birthdays And Anniversaries

JANUARY BIRTHDAYS

Doris Schoenblum 1/3
 Ruby Steinfeld 1/7
 Diana Recu 1/13
 Felicia Friedman 1/18
 Phyllis Tepper 1/21
 Rita Newman 1/21



JANUARY ANNIVERSARIES

No January
Anniversaries

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 favorite, or come to them all.

Jan. 5th-BOOK REVIEW. LOIS LILLING directs our discussion. This month's book is "THE INVISIBLE BRIDGE" by JULIA ORRINGER. Next month's selection is "CURIOSITY" by JOAN THOMAS.

Jan. 12th-MORT OHREN presents "THE BEST OF BROADWAY/HOLLYWOOD MUSICALS." See and hear video clips from the world's best musical entertainment. This program is open to all JCC members in good standing.

Jan. 19th-CONVERSATIONAL YIDDISH GROUP. You do not have to be fluent to attend. Come and enjoy the humor.

Jan. 26th-MOVIE & DISCUSSION. Films are selected that warrant discussion. Please be advised that they often contain adult situations, language or violence. This month's movie is "CORRINA, CORRINA" with WHOOP! GOLDBERG & RAY LIOTTA.

BOARD MEETINGS

39er Board meeting will be held on **Monday, Jan. 9th** at 10 A.M. in the Senior Lounge. All members are expected to attend.

Senior Nite Club

Meets The Third Thursday at 7:30

Message from the President:

Dear Nite Club Members,

Thank you for the confidence you showed in electing me your interim president for the rest of this year. Come join in our adventure, filled with informative speakers, great food, and fun outings to different venues. Let's make the year enjoyable for all of us by being a part of the fun. I wish each of you a Healthy and Happy New Year. May this year be filled with only good blessings.

Fondly,
Yvette

Jewish Humor

THE CITIZENSHIP TEST

Saul Epstein was taking an oral exam in his English as a Second Language class.

He was asked to spell "cultivate," and he spelled it Correctly. He was then asked to use the word in a sentence, and with a big smile, responded:

"Last vinter on a very cold day, I was vaiting for a bus, but it vas too cultivate, so I took the subway home."



PRESIDENTS MESSAGE:

Happy New Year. We hope this coming year holds special happiness and good health for you and your family, relatives & friends. And also, we hope you attend all of our meetings.

On behalf of the Chai Steppers, I would like to thank Jamie for the lovely table settings and food at our December 15th meeting celebrating Hanukkah. The room was decorated beautifully, and was duly noted by all present.

-Milvia Oxeer

SENIOR ADVISOR MESSAGE:

Happy New Year to everyone! Please join us at our open house on Thursday, January 5th from 4-6pm to learn about all our new classes being offered for you. I hope you take advantage of all we have to offer.

-Jamie Schwartz

Chai Steppers Meeting Dates 2012:

January 5- Jewish Genealogy

January 19: Donald Platt, Author

February 2, 16

March 1, 15

April 5, 19

ADULT PROGRAM COORDINATOR

Happy New Year Chai Steppers!
Please be sure to check out our new adult program guide with lots of new additions like tai chi and book review! Thanks to Jamie Schwartz and all of the CHAI STEPPERS for your patience and support these last few months as I finished my Yoga Training. I now look forward to joining you all for every meeting beginning in January.

Best, Candace Martin

ETHNIC DINING ADVENTURE

January 5th 6:00pm
3-6-9 Chinese Restaurant
Corner of Red Bug & Tuskawilla
Winter Springs



*It is important to RSVP to Al Sarnoff
(407) 971-4330 by January 4th*

ETHNIC DINING ADVENTURE

February 2nd 6:00pm
Anna's Polish Resturant
3586 Aloma Ave. Suite 7
Winter Park



*It is important to RSVP to Al Sarnoff
(407) 971-4330 by February 1st*

Senior Nite Club

UPCOMING MEETING

Thursday January 19th 6:30 pm

Frank and Marilyn Schwartz will speak on

“Issues effecting Israel Today”

OUTSIDE PROGRAMS

2:00pm Sunday, January 22nd

“Last Night of Bally Ho”
UCF Theatre



A check to Marvin for \$13.00 is your reservation

Upcoming Events

IRANIUM DOCUMENTARY

The JCC 39ers invite the community to view the documentary “Iranium” on **Sunday, February 5 at 2 pm in the JCC Senior Lounge**. There is no charge for this program.

This film shows news clips and expert interviews as it clarifies the background of the Iranian nuclear threat and the ideology fueling the regime.

In approximately 60 minutes, *Iranium* powerfully reports on the many aspects of the threat America and the world now face using rarely-before seen footage of Iranian leaders, and interviews with 25 leading politicians, Iranian dissidents, and experts on: Middle East policy, terrorism, and nuclear proliferation.

This film is part of the 92nd Street Y program which is co-sponsored by the Roth JCC and Congregation Ohev Sha-lom.

*Following this program there will be a panel discussion on DVD shown in Senior Lounge on **Wednesday February 8th at 11:30 am.***

This will be available to all 39ers and JCC members interested in participating.

Birthdays & Anniversaries

JANUARY BIRTHDAYS

Paul Lilling	Jan. 11
Ralph Brown	Jan. 13
Herb Jacoby	Jan. 15
Evelyn Vihlen	Jan. 16
Shirley Gold	Jan 17
Miriam Teicher	Jan. 18
Mollie Solomon	Jan. 19
Harriet Levine	Jan. 25
Lilly Reuben	Jan. 25
Miriam B. Cohen	Jan. 28
Sylvia Fried	Jan. 29
Solly Haber	Jan. 30



JANUARY ANNIVERSARY
Ruth (Cookie) & Marvin Klein

COUPON EXCHANGE

Our own BURT LIEBERMAN has suggested that we start a "Coupon Exchange." Bring clipped coupons that you cannot use and deposit them in the designated container on the counter in the Senior Lounge. If you are a couponer, help yourself to what you can use and bring us what you cannot. Often coupons are issued in conjunction with supermarket sales of an item. A few cents here and a few cents there can make a significant difference in your grocery budget over time. For more information, contact EMILY (407-645-5933.)




SENIOR NITE CLUB "WINTERFEST" DEC, 15, 2011
ENTERTAINMENT BY ANDREE & NORA

Social SnapShots



BILLIE & GERRY DANCING TO THE MUSIC

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 39ers New Year's Celebration 12:30 auditorium NO MOVIE	2 No Laughter Club Senior Lounge 11:30 am Meet & Mingle 1:00 pm BINGO	3 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.	4 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	5 Chai Steppers 10:00 Book Review Senior Sizzle Fitness 10:15 - 11:15 am Chai Steppers Mtg Silver Sneakers 11:00 - 11:45 am Silver Yoga Stretch 12:00-12:45 39ers Book Review 1:30	6 Yoga Lite 11:00am Group Exercise Room Senior lounge open 9:00-2:00	7 Fitness Center is open on Saturdays 8:00 am -5pm
8 Cinema Sunday 2:00 pm Senior Lounge "The Help"	9 39ers Board Meeting 10:00 am Laughter Club Senior Lounge 11:30 am Meet & Mingle Retro Dance Performance	10 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.	11 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	12 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00 - 11:45 am 39ers Broadway Review 1:30 Sr. Lounge SNC:6:00 Ethnic Dining Out	13 Yoga Lite 11:00am Group Exercise Room Senior lounge open 9:00-2:00	14 Fitness Center is open on Saturdays 8:00 am -5pm
15 Cinema Sunday 2:00 pm Senior Lounge "The Debt"	16 Laughter Club - in the Senior Lounge 11:30 am Meet & Mingle 1:00 pm Performing Arts Ctr. update	17 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.	18 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	19 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00 - 11:45 am Silver Yoga Stretch 12:00-12:45 Yiddish Group SNC board meeting 6:30 Program 7:30	20 Yoga Lite 11:00am Group Exercise Room Senior lounge open 9:00-2:00 	21 Fitness Center is open on Saturdays 8:00 am -5pm
22 Cinema Sunday 2:00 pm Senior Lounge "One Special Night" SNC TO UCF THEATRE	23 Laughter Club - 11:30 am Meet & Mingle 1:00 pm Orange County FraudDept.	24 Senior Sizzle Fitness 10:15- 11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.	25 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	26 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00 - 11:45 am Silver Yoga Stretch 12:00-12:45 Movie and Discussion 1:30	27 Yoga Lite 11:00am Group Exercise Room Senior lounge open 9:00-2:00	28 Fitness Center is open on Saturdays 8:00 am -5pm
29 No MOVIE Maj Jongg Tournament	30 Laughter Club - 11:30 am Meet & Mingle 1:00 pm Sheree Meyers Silver Sneakers program	31 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00-11:45am 39ers - Game Day 1-3pm	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			