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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

OCTOBER 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"



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Maitland, FL 32751
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Roth JCC of Greater Orlando

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L'CHAIM!

To all our friends at the JCC,
A hearty wish for good health and happiness!



Assisted Living
Coming
Winter 2012



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

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

Call now and be our guest for your *complimentary* dinner and
drinks with your friends from the J!

Call Michael at 407-732-5802

Join us for our Shabbat Service every other Friday!

CINEMA SUNDAY

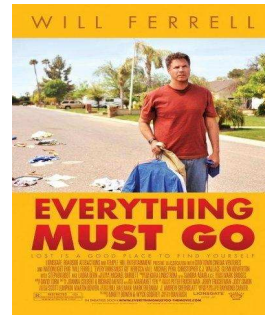
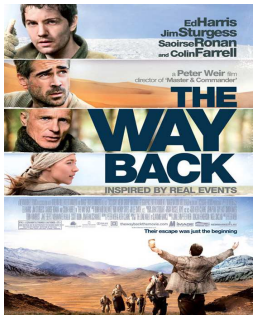
Sunday programming features the showing of movies in the Senior Lounge, both recent releases and classics. Lounge opens at 1 P.M. Movie time 2 P.M.

Oct. 2nd- "Something Borrowed"- Kate Hudson.

Oct. 9th- "The Adjustment Bureau"- Matt Damon.

Oct. 16th- "Everything Must Go"- Will Ferrell.

Oct. 23rd- "The Way Back"- Ed Harris.

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

A special thanks to our new sponsors!

Partners in Healthcare has become a sponsor for the Senior Department. Thank you to Hank Charpentier, Co-founder, for his generous support. Hank also provided us with the Jewish calendars available in the senior lounge. Come by to pick one up.

Chambrel at Island Lake has become a sponsor of the senior department by sponsoring the Honorable Menschen choir. T-shirts have been made up for the choir members sporting a lovely graphic and **Chambrel** logo. Thank you **Chambrel at Island Lake**.

Also a big thank you to **Oakmonte Village** who prepares and prints this newsletter for us each month. Notice their new add on page 23, I think you may see a friendly familiar face there.

Visiting Angels Senior Homecare is our newest sponsor and we are delighted. You may see Jody handing out give-aways from time to time. Jody is our own 'angel'

Take note of the upcoming events and mark your calendar. Also notice the Jewish Holiday Closings for Yom Kippur, Succot and Simchat Torah.

L'shanah Tovah to you and your families near and far. Happy New Year 5772! Emily

Mimi's Mamaloshen

Brush with your other hand:

Using your non-dominant hand for 10 minutes daily (say, to vacuum or brush your teeth) permanently boosts mental clarity and creativity. The switch changes the side of the brain you're stimulating, fostering the growth of the new brain nerves.

Science proves it:

In a study at George Mason University in Fairfax, VA subjects who expressed their gratitude reported a higher satisfaction with life and greater well-being overall.



UPCOMING HOLIDAY CLOSINGS

October 7-8	Yom Kippur
October 13-14	Sukkot
October 20-21	Shemini Atzeret/ Simchat To rah

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.

Oct. 3rd- MICHAEL ERTEL, Supervisor of Elections, Seminole County, will speak on "THE NEW ELECTION LAWS."

Oct. 10th- MARIANNE GURNEE will speak on "ALL ABOUT SUN RAIL."

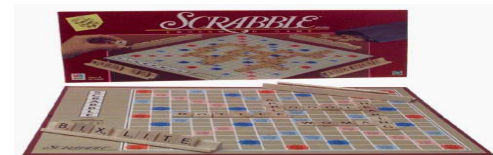
Oct. 17th- HEATHER KIRSON & PATTY FULLER from the Bar Association will speak on "ELDER LAW."

Oct. 24th- "ISRAEL IN A NUTSHELL" presented by CATHY SWERDLOW.

Oct.31st- "ABOUT WRITING YOUR LIFE" presented by PATRICIA CHARPENTIER

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.



Senior Nite Club

Meets The Third Thursday at 7:30

Hi Everyone,

As you probably already know, our meeting date this month has been changed to the fourth Thursday (October 27th) as the JCC will be closed for the Shemini Atzeret on the 20th.

Our 'Ethnic Dining Adventure' continues to be a successful event as 28 of us feasted ourselves at Palma Maria Restaurant, and the accompanying conversations made for a delightful evening. Our October 6th event looks to be even better.

We will be supping at a Chinese buffet in Lake Mary and then Oakmont Village, only a few blocks away, has invited us to attend their Night Club entertainment scheduled for that evening. A map from the restaurant to Oakmont will be distributed to all those in need of one. Please note the early starting time for dinner.

Speaking of successes, our annual 'Pot Luck Dinner' for our September meeting had 39 attendees and a lack of space prohibits me from thanking (individually) all those that brought their delicious dishes. We dined regally and Gloria and Yvette did a great job of putting it all together. The entertainment for the evening was a cute game whereby the audience had to identify the name of the person being Portrayed on several video clips. Some of the stumpers were George von Trapp (Sound of Music), Curly (Oklahoma) and Joe (Showboat). We had ten winners and they shared the Florida Lottery Ticket prizes - - - - - and hopefully they cashed them in for some big bucks.

-CONTINUED

PRESIDENTS MESSAGE:

Our meeting of September 15th was fun, especially when the ice cream and delicious (calorie laden) cake were served. Our next meeting will be on October 6th. If you like surprises, be sure to attend this meeting. Never know what Jamie and Candace have in store for us. Mark you calendars: No meeting on October 20th due to the Jewish holiday, Shemini Atzeret. The Senior Lounge is now open, and we had some members already enjoying the TV and just sitting around and visiting. It is open every day, so no need to wait until a meeting day to use it. Happy holidays! Les and I hope that Rosh Hashanah and the coming year hold special happiness and good health for you and your family.

-Milvia Oxer

SENIOR ADVISOR MESSAGE:

Thank you to those who come to the ice cream social! It was lovely day with yummy treats! Don't forget about the upcoming closing dates in October for the holidays! We are now accepting books, games, and movies for the senior lounge. If you have anything you don't use anymore, please bring to the senior lounge and place in the bookshelf to share. Thanks!

-Jamie Schwartz

OCTOBER BIRTHDAYS

Lee Hassan 10/01
 Jeanette Mandelblit 10/02
 Les Oxer 10/08
 Claire Mitchell 10/16
 Marilyn Miller 10/31

Rosen Campus Birthdays And Anniversaries



OCTOBER ANNIVERSARIES

Arnold & Evelyn Chassin
 Elias & Felicia Freidman
 Lester & Ann Tabak

ADULT PROGRAM COORDINATOR:

Hi everyone! Welcome back and Happy Rosh Hashanah! The senior lounge is now open and being used.

Come join us for a nosh after Yoga Lite on Fridays! Yoga starts at 11:30am and we usually enjoy something freshly baked right after. Feel free to reach out to me with any suggestions you have to make this a great year for Chai Steppers!

- Candace Martin

One last reminder that, due to the Shemini Atzeret/Simchat Torah, our October meeting is one week later than usual. We have made a substantial mailing to prospective new members and we should have a large turnout. As usual, our refreshments will be delicious and the entertainment will be top notch.

Mort Ohren

ETHNIC DINING ADVENTURE

October 6th 5:15
 Golden China Buffet
 4225 West Lake Mary Blvd.



On the south side of the street between I-4 and Rinehart Rd in Publix/Target/Staples Shopping Center. Special \$8.09 cost for our group.

We will then travel en masse to Oakmonte Village To enjoy their evening's entertainment!

*It is important to RSVP to Lee
 (407) 327-3774 by Oct 4th*

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.

Oct. 5th & 19th "SOAPBOXING IT!"

Oct. 12th & 26th -"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 always welcome!

**"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 BEA POLLACK (407-644-4149) or MIMI TEICHER (407-331-9075.)

**TRIBUTES**

Happy Birthday to my beloved Husband Les and many, many more. From Milvia
Best Wishes for Sharon Kaufman and family for Rosh Hashanah.

To all Chai Steppers, We wish this Rosh Hashanah and the coming year bring special happiness and good health to you and your family. From Milvia and Les Oxer.

Best Wishes for a happy and sweet New Year. L'shana tova!
From Sherrie Schwartz

Get Well Esther, we miss you, From Sherrie Schwartz

Get Well Jerry, we miss your jokes. From Sherrie Schwartz

Happy Birthday to my dear friend Clair Mitchell. From Sherrie Schwartz

In loving memory of my beloved husband Jack Schwartz. From Sherrie Schwartz

Belated welcome back to all the Chao Steppers. From Anne and Led Tabak.

SNIPPETS

Upcoming meeting dates are as follows:

October 6: Pre-School sings, flu shots and entertainer/ comedian. Magician, Todd Kay will be present

Oct. 28th at 11:30 am Laughter Yoga with Dana Kaplan

November 3 Nancy Portello, CFO of JCC; Canine Companions

November 17 Bob Glickman performs

December 15 Hilary's Chanukah Show & Latke Cook-off





Senior Nite Club
Pot Luck Dinner
2011

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.

Oct. 6th- BOOK REVIEW. LOIS LILLING directs our discussions. This month's book is "RUN" by ANN PATCHETT.

Oct. 13th- SUKKOT. J.C.C CLOSED.

Oct. 20th- SHEMINI ATZERET- J.C.C. CLOSED

Oct. 27th- CONVERSATIONAL YIDDISH GROUP- You do not have to be fluent to attend. Come and enjoy the humor. (Please note change of date this month. Time is still 1:30 P.M. in the Senior Lounge.)

BOARD MEETINGS

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

Senior Nite Club

UPCOMING MEETING

Thursday, October 27 7:30 pm
(the Board meets at 6:30 pm)

We will be majestically entertained by the voice of Tim Conyers at the keyboard (You may recall that he performed for the 39ers about $1\frac{1}{2}$ years ago. He was outstanding!)

OUTSIDE PROGRAMS

2:00 pm Sunday, October 23rd

The Tony award winning musical.

"Drowsy Chaperone"

Valencia College

701 N. Econlockhatchee Trail Orlando

A check to Marvin for \$10 is your reservation



Upcoming Events

Flu shots will be available on **October 3 from 10:00-1:00** in the senior lounge. Bring your Medicare card and there is no charge.

******* Jewish Pavilion Walk and Health Fair*******

October 23 9:30am-12:00pm

At Cranes Roost Park in Altamonte Springs. There will be free food, entertainment, health screenings, flu shots and give-a-ways for all. The 39ers will have a table handing out information about the group and the JCC as well as handing out water bottles to those participants walking around the 1 mile course. Come on down and don't miss out.

*******Touring Mt. Dora Day Trip*******

November 8 10:15 am return by 3:00

Trolley Tour, lunch, and shopping
Meet at the Maitland JCC at 10:15 am return by 3:00

Relax and enjoy a one hour tour of Mt. Dora and lunch at Windsor Rose Tea Room; time for shopping or browsing will follow. Your paid registration with Robin at the JCC desk will hold your seat. Make a menu selection at the time of registration.

\$35 for 39ers: \$45 JCC members/non 39ers and \$55 guests. See Emily or Yvette for details

Birthdays & Anniversaries

OCTOBER BIRTHDAYS

Marlene Bolante	Oct. 4
Lois Lilling	Oct. 6
Florence Goldman	Oct. 11
Eva Meyer	Oct. 13
Rosalind Levitt	Oct. 13
Ethel Luciano	Oct. 13
James Reiter	Oct. 19
Ed Shindelman	Oct. 31

**OCTOBER ANNIVERSARY**

No October Anniversaries





Please be sure to notify us of omissions and/or changes.



The woods would be a very silent place if no birds sang except those who sang best.



October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Maitland Campus Rosen Campus						1
2 Cinema Sunday 2:00 pm Senior Lounge	3 Laughter Club - in the Senior Lounge 11:30 am Meet & Mingle 1:00 pm Pre school sings Sup. Of Elections	4 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.	5 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	6 Senior Sizzle Fitness 10:15 - 11:15 am Meeting- program Silver Sneakers 11:00 - 11:45 am 39ers Broadway Review 1:30 Sr. Lounge SNC:5:15 Ethnic Dining Out	7 Yoga Lite 11:30am Group Exercise Room Senior lounge open 9:00-2:00	8 JCC is closed for Yom Kippur
9 Cinema Sunday 2:00 pm Senior Lounge	10 39ers Board Meeting 10:00 am Laughter Club - in the Senior Lounge 11:30 am Meet & Mingle 1:00 pm " All About the Sun Rail"	11 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.	12 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	13 JCC Closed For Succot 	14 JCC Closed For Succot 	15
16 Cinema Sunday 2:00 pm Senior Lounge	17 Laughter Club - 11:30 am Meet & Mingle 1:00 pm "Elder Law"	18 Senior Sizzle Fitness 10:15- 11:15 am Silver Sneakers 11:00 - 11:45 am 39ers - Game Day 1-3 pm in Snr. Lng.	19 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	20 JCC Closed Shemini Atzeret	21 JCC closed Simchat Torah	22
23/30 23th: Cinema Sunday 2:00 pm SNC Drowsy Chaperone Outside program ***** 30th: Cinema Sunday 2:00 pm Senior Lounge	24/31 Laughter Club - 11:30 am Meet & Mingle 1:00 pm Israel in a Nutshell/ About Writing your life	25 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00-11:45am 39ers - Game Day 1-3pm	26 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	27 Senior Sizzle Fitness 10:15 - 11:15 am Silver Sneakers 11:00 - 11:45 am SNC- Meeting 6:30	28 Yoga Lite 11:30am Group Exercise Room Laughter Yoga Dana Kaplan Senior lounge open 9:00-2:00	29