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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](http://www.orlandojcc.org)

# Seniors On The Go

September 2011

Find us on the web!  
Visit: [WWW.ORLANDOJCC.ORG](http://WWW.ORLANDOJCC.ORG)  
Be a fan on Facebook,  
Jewish Community Center  
of Greater Orlando

"Strengthening Jewish Identity  
and Family Life while helping



טובה לַשָּׁנָה הַחֲדָשָׁה HAPPY NEW YEAR

**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

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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!



inscribed on our plaque of honor. FLORENCE ALTCHILER would like to express her appreciation to all the 39ers who called and sent cards during her recent illness. We received the following note from the Florida Hospital Altamonte Volunteer Coordinators addressed to our KNIT & PURL group, "Thank you so very much for all the knitting and crocheting you do for Florida Hospital. The items you make bring enormous joy and comfort to our patients... always remember how much we appreciate you...you are generosity in action!"

Thank you to BARBARA TETI, who made a generous donation in memory of her late husband, RICHARD TETI. New member, Marilyn Willensky, is eager to join a Mah Jong game on Tuesdays. Contact Emily Newman if you have an opening at your game or would like to form a new table.

### 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.

**Sept. 4<sup>th</sup>-“The Lincoln Lawyer”-  
Matthew McConaughey.**

**Sept. 11<sup>th</sup>-“Just Go With It”-  
Jennifer Aniston & Adam Sandler.**

**Sept. 18<sup>th</sup>-“Unknown”-Liam Neeson.**

**Sept. 25<sup>th</sup>-“Burlesque”-Cher.**



### 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



Although the calendar says Autumn is approaching we know too well that there is plenty of hot summer weather ahead. I hope to continue to see many of you come to the senior lounge to keep cool and stay active amongst friends.

The halls are a bit quieter now that the children have returned to school but there are plenty of things happening.

It has come to my attention that many times this newsletter never makes it to some folks' doorsteps. It is a postal mystery what happens to them... perhaps they are with the missing socks 😊 You can always log on to [www.orlandojcc.org](http://www.orlandojcc.org) and see the Seniors section where the newsletter is available to you.

Take note of the upcoming events and mark your calendar. Also notice the Jewish Holiday Closings for Rosh Hashanah, 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

### Need a change of pace n your diet? Try a Blieberry smoothie.

In a blender, puree 1/3 to 1/2 cup fresh blueberries, 1 container (6oz) nonfat blueberry or mixed berry yogurt, 3/4 cup cranberry juice and 1/4 c orange juice 30 seconds or until smooth.

Bonus: Blueberries sharpen thinking, they are rich in anthocyanins, powerful antioxidants that protect brain cells from the damaging effects of free radicals.

### Strawberry-Banana Blast:

In blender, puree 1 container (6 oz) nonfat plain yogurt; 1/2 cup low-fat milk; 1/2 banana peeled, sliced and frozen; 1/2 cup sliced and frozen; 1/2 cup sliced strawberries and 2 tsp. lemon juice 30 seconds or until smooth. Sweeten with honey.

Bonus: The phenols in strawberries decrease activity of cyclooxygenase (COX), and enzyme shown to contribute to pain- causing inflammation.



## UPCOMING HOLIDAY CLOSINGS

### September, 2011

Monday, Sept 5                      Labor Day - JCC Open  
8am-1pm; Admin Closed

Wednesday, Sept. 28              Erev Rosh Hashanah-  
JCC Closes at 3pm

Thursday & Friday, Sept. 29-30    Rosh Hashanah - JCC  
CLOSED

## 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.-Please note that effective this month Monday programming resumes in the J.C.C. Auditorium. After our regular meeting, refreshments will be served. Social time follows.

**Sept. 5<sup>th</sup>**-LABOR DAY. J.C.C. CLOSED.

**Sept. 12<sup>th</sup>**-"WHO WAS SHAKESPEARE?" presented by SKIP ALDERMAN, AUDIENCE DEVELOPMENT DIRECTOR, SHAKESPEARE THEATER.

**Sept. 19<sup>th</sup>**-"EVERYTHING YOU WANTED TO KNOW ABOUT THE HIGH HOLY DAYS" presented by DEBBIE MEITIN.

**Sept. 26<sup>th</sup>**-SEMINOLE JAZZ GROUP directed by MAURICE TURELL, SEMINOLE STATE COLLEGE will entertain us.

**Oct. 3<sup>rd</sup>**-"THE NEW ELECTION LAWS" presented by MILES ERTEL, SEMINOLE COUNTY SUPERINTENDENT OF ELECTIONS.

## 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.

"SOAPBOXING IT!"-Sept. 7<sup>th</sup> & 21<sup>st</sup>.

"SENIOR SMARTS"-Sept. 14<sup>th</sup> .

**No programming Sept. 28<sup>th</sup> EREV ROSH HASHANA.**

**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.)

**PRESIDENTS MESSAGE:**

Hi Chai Steppers,

Hope you are all having a great Summer----albeit a hot one. Just remember, cool weather is coming soon, and so are our Chai Stepper meetings. Our first meeting will be Thursday, September 15th, and, as always, our first meeting is also our ICE CREAM SOCIAL. So, whetten up your appetite--it's an-all-you-can-eat. Enjoy the rest of the summer, and I will be looking forward to seeing you on September 15th at 1 p.m. sharp. Our deepest and sincere sympathy to Harriet Weiss for the loss of her husband Dr. Gary Weiss. Harriet has helped start the Chai Steppers in Williamsburg, and has been our Senior Advisor until we moved to the Rosen Campus.

-Milvia Oxe

**SENIOR ADVISOR MESSAGE:**

Welcome back everyone! I am looking forward to another great year with you and can't wait to see what our new Adult Program Coordinator has plans for us! Please help me in welcoming yours truly, Candace Martin, to the adult's team who will help plan great programs for you. Thank you for those who participated in Camp Kayne Horah. Hopefully next summer will be even better!

My sincere condolences to Harriet Weiss and family on your loss...may strength and love be with you during this difficult time.  
-Jamie Schwartz

**SEPTEMBER BIRTHDAYS**

Edith Yaravitz 9/10  
 Ellen Abrams 9/15  
 Florence Weiner 9/24  
 Roslyn Slepian 9/29

**Rosen Campus  
 Birthdays  
 And  
 Anniversaries**
**SEPTEMBER ANNIVERSARIES**

Joan and Robert Brindle  
 Franklin and Marilyn Schwartz

**ADULT PROGRAM COORDINATOR:**

Hi Chai Steppers! I know some of you from our lovely time together in Yoga. I am so looking forward to getting to know all of the Chai Steppers! I know it's going to be a great year full of exciting activities and events ! I am so grateful to be a part of your program!

See you soon!  
 -Candace Martin

**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.

**Sept. 1<sup>st</sup>**-BOOK REVIEW. LOIS LILLING directs our discussions. This month's book is "The Final Note" by Kevin Milne and October review will be "Run" by Ann Patchett.

**Sept. 8<sup>th</sup>**-MORT OHREN presents "BEST OF 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.

**Sept. 15<sup>th</sup>**-CONVERSATIONAL YIDDISH GROUP-You do not have to be fluent to attend. Come and enjoy the h

**Sept. 22<sup>nd</sup>**-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 "BARNEY'S VERSION" with PAUL GIAMATTI.

**Sept. 29<sup>th</sup>**-ROSH HASHANAH. JCC CLOSED.

**BOARD MEETINGS**

39er Board meeting will be held on Monday, **Sept. 12<sup>th</sup>** at 10 A.M. in the Senior Lounge. All members are expected to attend.

# Senior Nite Club

## Meets The Third Thursday at 7:30

Hi Everyone,  
There's a great deal of truth in the old adage, "You're never too old to learn new things". My latest discovery is that it is a tough job to be voted President of an organization that is just starting a three month vacation. I'm just loaded with ideas and have no place to go with them. But now that September has finally arrived, two more old adages come into play: "That's water over the dam" and "Off to the races".

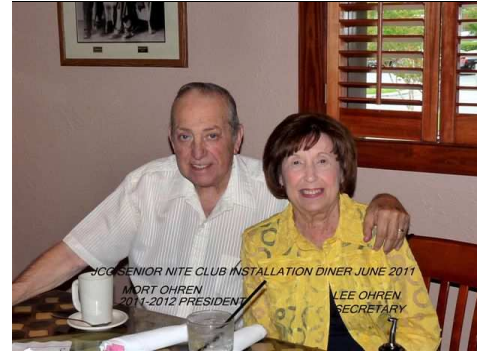
For starters: There is a good possibility that we may be invited, on a regular basis, to sneak previews of new movies. Most of the movies will be shown at the Regal Cinemas in Winter Park, and the invitations will only give us only about a 3 to 4 day advance notice. If this interests you, and you would like to be notified, you must contact Roz Feldman at 407-657-2563 to be put on the 'call list'.

Next up: Emily has a list of about 120 names of people paying the 'Senior' rates at the JCC and are not members of the 39ers nor our group. We are going to use this list to initiate a massive New Membership Drive. About 50 of them will receive a special invitation to attend our October meeting on a trial basis. We have some super entertainment planned for that evening. If this event is successful, we will probably repeat it, using the rest of the names, in February.

And lastly: Al Sarnoff left the Board with a "Bang". He selected Carrabba's as the site for our Installation Dinner. The food was delicious, the conversation was pleasant, and we all left with a big 'Doggie Bag'. Thank You AL.

*Mort Ohren*

## Senior Nite Club Installation



JCC SENIOR NITE CLUB INSTALLATION DINNER JUNE 2011  
MORT OHREN  
2011-2012 PRESIDENT      LEE OHREN  
SECRETARY



JCC SENIOR NITE CLUB INSTALLATION DINNER JUNE 2011  
KAIL BROTMAN      FAITH BROTMAN  
PAST PRESIDENT



JCC SENIOR NITE CLUB INSTALLATION DINNER JUNE 2011  
ROZ FELDMAN  
PHONE COMMITTEE CHAIR      AL SARNOFF  
TREASURER



JCC SENIOR NITE CLUB INSTALLATION DINNER JUNE 2011  
MARVIN KLEIN  
TREASURER      DAPHNE KLEIN  
PHONE COMMITTEE

## Social Snapshots



Camp  
Kayne Hora

2011



## Senior Nite Club

### ETHNIC DINING ADVENTURE

September 1<sup>st</sup> 6:00 pm  
Palma Maria Restorante  
1015 Semoran Blvd - Casselberry  
Early Bird Special with Free Stuff  
*It is important to RSVP to Lee*  
*(407) 327-3774 by Aug 30*

### UPCOMING MEETING

Thursday, September 15 6:30 pm

### Featuring....

Our Annual 'Pot Luck Dinner'  
Call Gloria (407-699-1692) or  
Yvette (407 894-3034) and tell them what  
dairy/fish dish you will be bringing.  
Entertainment Will Be Provided;  
Guest Appearances of Clark Gabel, George C.  
Scott, Katherine Hepburn, Barbra Streissand  
and a host of others.

### OUTSIDE PROGRAMS

Wednesday, September 21, 2011 at 2:00PM  
"Importance of Being Earnist"  
Shakespeare Theatre  
A check to Marvin Klein for \$15.00 is your  
reservation

Dear Former J.A.S.S. Members,

At our last meeting, it was decided that after our bills were paid, we would donate the balance of our treasury to the Jewish Community Center in appreciation of their many years of support. This was done and a very nice letter of appreciation was received from David Wayne for the J.C.C.'

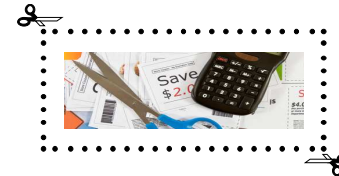
Lillian Tobias & Helen Tishman  
Co-Presidents

Last Wednesday of each month the JCC/Maitland offers free legal assistance from JCC members who are attorneys. Appointments scheduled in 20 minute blocks on the last Wednesday of each month. Contact JCC office for more information.

### CRAFTY COUPONING

September 27<sup>th</sup>

Come to the senior lounge at 11:00am when we will learn about crafty couponing. **Mary Edwards, owner of Couponers United**, will show us how to save money on groceries, health and beauty items and more. You can learn techniques, tools and tips on how to save money. There will be a \$3.00 charge and refreshments available. Sign up with Emily in the Senior office. Bring someone along to share the savings.



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.



## Birthdays &amp; Anniversaries

SEPTEMBER BIRTHDAYS

We apologize for omitting **IRMA SMITH'S** July 23<sup>rd</sup> birthday & **GLORIA IRWIN'S** special birthday was August 21<sup>st</sup>.

Gerry Stein	Sept. 8
Irene Cooper	Sept. 18
Roy Singer	Sept. 21
Florence Adler	Sept. 25
Ruth Goldhar	Sept. 28

SEPTEMBER ANNIVERSARY

We apologize for omitting **RITA & IRWIN FELDMAN'S** July 15<sup>th</sup> anniversary.

Marilyn & Frank Schwartz - Sept. 6



Abe and Esther Goldberg are flying to Australia for a two week vacation to celebrate their 40th anniversary.

Suddenly, over the public address system, the captain announces, "Ladies and Gentlemen, I am afraid I have some very bad news. Our engines have ceased function and we are going to attempt an emergency landing. Luckily, I see an uncharted island below us and we should be able to land on the beach. However, the odds are that we will never be rescued and we will have to live on the island for the rest of our lives. " Thanks to the skill of the flight crew, the plane safely lands on the island.

An hour later, Abe turns to his wife and asks, "Esther, did we pay our charity pledge to Beth Shalom Synagogue yet?"

"No, sweetheart," she responds

Abe, still shaken from the crash landing, then asks, "Esther, did we pay our United Jewish Appeal pledge?"

"Oy , no! I'm sorry/ I forgot to send the check," she says.

"One last thing, Esther. Did you remember to send a check for the **Jewish Community Center** this month?," he asks

"God forgive me, Abie," begged Esther, "I didn't send that one either." Abe grabs her and gives her the biggest hug and kiss ever in their 40 long years of marriage.

Esther pulls away and asks him, "So why did you kiss me?"

Abe answers, "They'll find us."

# September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Maitland Campus</b> <b>Rosen Campus</b>				<b>1</b> <b>39ers Book Review</b> 1:30 Sr. Lounge <b>SNC: Ethnic Dining</b> 6:00pm	<b>2</b> 	<b>3</b> The fitness center at <b>both</b> campuses, open at 8am on Saturdays.
<b>4</b> <b>Cinema Sunday</b> 2:00 pm <b>Senior Lounge</b>	<b>5</b> <b>Labor Day-</b> <b>JCC Open</b> 8am-1pm; Admin Closed	<b>6</b> <b>Senior Sizzle Fitness</b> 1115 - 11:45 am <b>Silver Sneakers</b> 11:00 - 11:45 am <b>39ers - Game Day</b> 1-3 pm in Snr. Lng.	<b>7</b> <b>Silver Sneakers</b> 11:00-11:45 Cardio <b>39ers"Soapboxing It"</b> 11:30 am-1:00 pm <b>Knit &amp; Purl- 1-3 pm</b> <b>Honorable Menshens</b> 2:00 - 3:00 pm	<b>8</b> <b>Senior Sizzle Fitness</b> 111 - 11:45 am <b>Silver Sneakers</b> 11:00 - 11:45 am <b>39ers- Mort Ohren</b> <b>Broadway Review</b> 1:30 Sr. Lounge	<b>9</b> 5:00 pm Shabbat Service At Oakmonte Village	<b>10</b>
<b>11</b> <b>Cinema Sunday</b> 2:00 pm <b>Senior Lounge</b>	<b>12</b> <b>39ers Board Meeting</b> 10:00 am <b>Laughter Club - in the</b> Senior Lounge 11:30 am <b>Meet &amp; Mingle</b> 1:00 pm	<b>13</b> <b>Senior Sizzle Fitness</b> 1115 - 11:45 am <b>Silver Sneakers</b> 11:00 - 11:45 am <b>39ers - Game Day</b> 1-3 pm in Snr. Lng.	<b>14</b> <b>Silver Sneakers</b> 11:00-11:45 Cardio <b>39ers - Senior Smarts</b> 11:30 am-1:00 pm <b>Knit &amp; Purl- 1-3 pm</b> <b>Honorable Menshens</b> 2:00 - 3:00 pm	<b>15</b> <b>Senior Sizzle Fitness</b> 111 - 11:45 am <b>Silver Sneakers</b> 11:00 - 11:45 am <b>39ers-</b> <b>Yiddish Club</b> 1:30 Sr. Lounge <b>SNC: Meeting 6:30/Pot Luck</b> Dinner	<b>16</b>	<b>17</b>
<b>18</b> <b>Cinema Sunday</b> 2:00 pm <b>Senior Lounge</b>	<b>19</b> <b>Laughter Club -</b> 11:30 am <b>Meet &amp; Mingle</b> 1:00 pm	<b>20</b> <b>Senior Sizzle Fitness</b> 1115- 11:45 am <b>Silver Sneakers</b> 11:00 - 11:45 am <b>39ers - Game Day</b> 1-3 pm in Snr. Lng.	<b>21</b> <b>Silver Sneakers</b> 11:00-11:45 Cardio <b>39ers"Soapboxing It"</b> 11:30 am-1:00 pm <b>Knit &amp; Purl- 1-3 pm</b> <b>Honorable Menshens</b> 2:00 - 3:00 pm <b>SNC: 2:00 Shakspre thtre</b>	<b>22</b> <b>Senior Sizzle Fitness</b> 111 - 11:45 am <b>Silver Sneakers</b> 11:00 - 11:45 am <b>39ers:</b> <b>Movie &amp; Discussion</b> 1:30 Sr. Lounge	<b>23</b> 5:00 pm Shabbat Service At Oakmonte Village	<b>24</b> <b>Theatre South Event</b>
<b>25</b> 24th: Cinema Sunday  31st: Cinema Sunday 2:00 pm Senior Lounge	<b>26</b> <b>Laughter Club -</b> 11:30 am <b>Meet &amp; Mingle</b> 1:00 pm	<b>27</b> <b>Senior Sizzle Fitness</b> 1115 - 11:45 am <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <b>Silver Sneakers</b>  <b>39ers - Game Day</b>    <b>Crafty Couponing</b>                      11:00am                 </div>	<b>28</b> <b>Silver Sneakers</b> 11:00-11:45 Cardio <b>39ers - Senior Smarts</b> 11:30 am-1:00 pm <b>Knit &amp; Purl- 1-3 pm</b> <b>Honorable Menshens</b> 2:00 - 3:00 pm Close Early 3pm <b>EREV ROSH HASHANAH</b>	<b>29</b> <b>Senior Sizzle Fitness</b> 111 - 11:45 am  <b>CLOSED FOR</b> <b>ROSH HASHANAH</b>	<b>30</b>  <b>CLOSED FOR</b> <b>ROSH HASHANAH</b>	