The July/August 2018 Issue

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From the 39ers Presidents

We thank everyone for the faith and confidence you have placed in us. We hope we will be able to meet the high expectations left by Lillian and Billie. For the 39ers to continue to be successful, we need all our members to pitch in and help out when they can. If you have any ideas for programs, games or anything of interest for our group, we would love to hear from you!

For July, we are planning a special event. We are inviting members of Silver Sneakers to join us for a get-together in the Senior Lounge, on Thursday, July 19 at 12:15pm. Please mark your calendar and join us in welcoming the Silver Sneakers members. Refreshments will be served.

In addition to our regular activities, we will be have a Double Feature movie and lunch on Sunday, July 15th, beginning at 11 a.m. We are showing Inglorious Basterds and Connie and Carla. We will also continue our Dine Around on the 4th Thursday of the month—July 26. The month of August will feature our Annual Indoor Picnic on Monday, August 20 and another Dine Around lunch on August 23.

We look forward to seeing you at the J this summer, where you can join your friends and keep cool.

—Barbara and Sheldon
Cinema Sundays

On Sundays at 2pm, we show movies in the Senior Lounge, including both classics and new releases. We’ll have some refreshments available, too.

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie Name</th>
<th>Cast</th>
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<tbody>
<tr>
<td>JULY 1</td>
<td><strong>LADY BIRD</strong></td>
<td>Saoirse Ronin</td>
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<td>JULY 8</td>
<td><strong>THE HURT LOCKER</strong></td>
<td>Jeremy Renner</td>
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<td>JULY 15</td>
<td><strong>DOUBLE FEATURE</strong></td>
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<td></td>
<td><strong>INGLORIOUS BASTERDS</strong></td>
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<td><strong>CONNIE &amp; CARLA</strong></td>
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<td>JULY 22</td>
<td><strong>GOYA’S GHOSTS</strong></td>
<td>Natalie Portman</td>
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<td>JULY 29</td>
<td><strong>THE IMMORTAL LIFE OF HENRIETTA LACKS</strong></td>
<td>Oprah Winfrey</td>
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<td>AUGUST 5</td>
<td><strong>MR. TURNER</strong></td>
<td>Timothy Spall</td>
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<td>AUGUST 12</td>
<td><strong>THE IMITATION GAME</strong></td>
<td>Benedict Cumberbatch</td>
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<td>AUGUST 19</td>
<td><strong>MAO’S LAST DANCER</strong></td>
<td>Bruce Greenwood</td>
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<td>AUGUST 26</td>
<td><strong>THE FLORIDA PROJECT</strong></td>
<td>Willem Dafoe</td>
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Meet & Mingle Mondays

Laughter Club
Kick off your week on a happy note, and join us for Laughter Yoga in the Group Exercise Studio at 12:15 p.m. This class is free for JCC members. Laughter is not only fun, it’s healthy too—it’ll help reduce your stress and improve your overall sense of wellbeing. Now, that is no laughing matter! Or is it?

39ers’ Meeting & Program
At 1pm (unless otherwise noted), join us for our weekly 39ers meeting and program, followed by tasty refreshments and social time. All 39ers and JCC members are welcome.

JULY 2
“The Jewish American” Chapter 3 presented by Sheldon Brook

JULY 9
Schlichim (Israeli camp staff) presentation

JULY 16
Elder Law Seminar
Presented by Tracey Zanco

JULY 23
Brain Health/Healthy Life Style
Presented by Susan Hietpas of Bioclinica Research

JULY 30
How to apply for a VA Pension

AUGUST 6
Jewish Trivia Presented by Ben Friedman

AUGUST 9
Senior Finances
Presented by Susan Taylor & Assoc.

AUGUST 20
JCC 39ers Annual Picnic

AUGUST 27
“The Jewish American”
Presented by Sheldon Brook
Game Day Tuesdays

On any Tuesday beginning at 1pm, you can find the Senior Lounge filled with 39ers playing their favorite games. Try your hand at mah jongg, dominoes, canasta, pinochle and bridge. If you’d like to introduce your favorite game, let us know! You can organize your own table with other 39ers.

Wow Wednesdays

Rabbi Rennert of Torah Academy of Orlando, who hosts our Pillars of the Past lunch and learns, is taking the summer off. Pillars of the Past will continue in October. Please check the next issue of Seniors on the Go for class dates.

Dine Around Town

THURSDAY, JULY 26, 1PM
Olive Garden
Altamonte Springs, FL

THURSDAY, AUGUST 23 1PM
Red Lobster
Altamonte Springs, FL

Call Joyce Shields to make your reservation: 407-331-1772.
Terrific Thursdays

Our Thursday programs all begin at 1:30pm, except for the Dine Around Town events and others specifically noted. Please note that some of the times for our Thursday programming have changed. Mark your calendars so that you don’t miss any of them!

JULY 5, 1:30PM
Book review directed by Lois Lilling. This month’s selection is *Fall of Marigolds* by Susan Meissner.

JULY 12, 1:30PM
YIDDISH BINGO! – Come and play a version of this popular game. No charge! Prizes!

JULY 19, 12:15PM
All “SILVER SNEAKERS” and “39ers” are invited to an afternoon of “Getting to Know You!” Come and find out just how much we all have in common. It will be a time to converse and swap ideas. Light refreshments will be served. This is the opportunity to make new friends. For more information and to sign up, please call Leah Sandler (407-645-5933 Ext. 282.)

JULY 26, 1:00PM
DINE AROUND TOWN

AUGUST 2, 1:30PM
Book review directed by Lois Lilling. This month’s selection is *Song for the Butcher’s Daughter* by Peter Manseur.

AUGUST 9, 12:00PM
Bring a brown bag lunch. Dessert & coffee will be on us! An interactive discussion will be held regarding subjects that are pertinent to our lives. Choice of subject can be yours...or perhaps planned by Claire Mercer. Every voice will be heard.

AUGUST 16, 1:30PM
I NEED IT! directed by ANITA WEINTRAUB. Have a wonderful afternoon with this game of dice.

AUGUST 23, 1:00PM
DINE AROUND TOWN
Special Events

39ers’ Board Meeting
You are invited to attend our Board Meeting on Monday, July 2 at 10:00 A.M. in the Senior Lounge.

DOUBLE FEATURE SUNDAY
Sunday, July 15, 11:00AM

We’ll be showing two great films, starting with Connie and Carla in the morning and Inglourious Basterds after lunch. The first film will begin at 11:00 A.M., followed by a pizza, salad, dessert and hot/cold beverage lunch. The afternoon film will begin after lunch. Cost for a 39er member is $3 per person, and $5 for a guest. As attendance is limited to 40 people, your payment is your reservation and must be made prior to July 15.

For more information, contact Claire (407-699-0956.)

INDOOR PICNIC
Monday, August 20 at 12:30pm, Senior Lounge

This long-time favorite event will feature a menu of Kosher hot dogs, potato salad, cole slaw, an assortment of appropriate condiments, dessert and hot & cold Beverages. The cost for 39ers is $5, guests of 39ers $7. Your payment is your reservation. Contact DORA (407-830-5192) or CLAIRE (407-699-0956) to sign up. Don’t miss this event which will bring back memories of the good old summertime (but minus the heat, ants and rain!)
This month we begin by extending “thanks” to some of our members who donated to us in various ways. **JEAN DOLEN** donated in honor of her April birthday. **RITA TEPFER** contributed in honor of her May birthday. **JOY HORNE** donated to our Chair Fund in honor of her granddaughter’s first wedding anniversary. Once again, we thank those folks who quietly enhance our refreshments for our regular programming. You may be quiet, but we want to give a very loud “thanks” for your thoughtfulness. Also, we do not want to forget our Dine Around committee, **MARVIN KLEIN, FLORENCE GOLDMAN & JOYCE SHIELDS**, for the planning and consideration they show in meeting some of our requests. If you haven’t joined your fellow 39ers on these monthly Thursday lunches, you are missing out!
Get Fit at the J!

Come check out these fitness classes! JCC Fitness Membership is required to participate in all classes at no cost, except for Laughter Yoga, for which a JCC Social Membership is sufficient.

**Sunday**
12:30-1:30pm  Water Aerobics

**Monday**
8:15-9:00 a.m.  SilverSneakers® Classic
11:15 a.m.-12:00 p.m.  SilverSneakers® Classic
12:15-1:15 p.m.  Laughter Yoga

**Tuesday**
8:15 a.m.-9:15 a.m.  SilverSneakers® Cardio
12:15-1:15 p.m.  Tai Chi

**Wednesday**
10:15-11:15 a.m.  Dance Cardio
11:15 a.m.-12:00 p.m.  SilverSneakers® Circuit Cardio
12:15-1:00 p.m.  SilverSneakers® Yoga

**Thursday**
10:15-11:15 a.m.  SilverSneakers® Stability
11:15 a.m.-12:00 p.m.  SilverSneakers® Classic
12:15-1:00 p.m.  SilverSneakers® Yoga

**Friday**
8:15-9:15 a.m.  SilverSneakers® Classic
9:15-10:15 a.m.  Dance Cardio

View our most up-to-date and full schedule at: https://orlandojcc.org/sports-fitness/group-exercise
Celebrations

**July Birthdays**

**JULY 5**  
JANICE ABRAMS

**JULY 9**  
ALFRED SPIEGEL

**JULY 16**  
BARBARA BECKER

**JULY 17**  
CURT LEVITON

**JULY 20**  
ANN FUNK

**JULY 24**  
MARVIN KLEIN

**JULY 25**  
LEONARD “ZACK” FARBER

**JULY 27**  
KING HALIKMAN

**JULY 28**  
LARRY WARTELL

**August Birthdays**

**AUGUST 17**  
DORA FURST

**AUGUST 20**  
BERNICE DIAMOND

**AUGUST 21**  
MORRIS SOLOMON

**AUGUST 31**  
MAVIS LAMONT BRAITHWAITE

**August Anniversaries**

**AUGUST 25**  
BARBARA & SHERWIN SOKOLOV

Oy vey! Did we forget your special day? Let Claire know at 407-699-0956.

**July Anniversaries**

**JULY 19**  
SAMRA & BERNIE GOTLIB

Thank You

*We send our sincerest thanks to the generous sponsors of The Roth Family JCC’s Seniors Programs!*

**VITAS Healthcare**

SINCE 1980
39ers Membership Form

Interested in becoming involved with the 39ers or renewing your membership? Here’s the form for you. Just remember—JCC membership is also required to participate in the 39ers. For more information on JCC membership, please contact Marni S. Chepenik, JCC membership director, at 407-621-4056.

Annual dues for the 39ers is $5. You can make your check payable to The 39ers (not the JCC), complete the form, and bring or mail your application to the JCC, to the attention of the Membership Department.

________________________
NAME

________________________
NAME OF SECONDARY MEMBER

________________________
ADDRESS

________________________
PHONE

________________________
E-MAIL

________________________
BIRTHDATE

________________________
BIRTHDATE OF SECONDARY MEMBER

________________________
ANNIVERSARY (IF APPLICABLE)