

live up®

seniors *on the* go

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The Roth Family

**Jewish Community Center
of Greater Orlando**

From the 39ers Presidents

Summer is almost over and it's been a busy time for all! We enjoyed two new crafting programs and our annual indoor picnic. There are several upcoming Jewish holidays in September and October, so make sure to keep an eye on the schedule in the coming months!



We have a luncheon from Brookdale on September 16, and on September 9, a challah bake demonstration by Esther Hoffer of Chabad of Orlando. Please check out the Monday schedule to see what programs are coming up!

The JCC will be closed the following dates: Rosh Hashanah, 9/30-31; Yom Kippur, 10/9; Sukkot; 10/19, Shemini Atzeret, 10/21; Simchat Torah, 10/22.

As this is the beginning of a new year, 5780, it's also time to pay your annual dues of \$5.00. Please see Sheri O'Brien, our membership vice president.

We wish you all a HAPPY AND HEALTHY NEW YEAR!

—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.

SEPTEMBER 1

THE MULE

Starring and directed by Clint Eastwood

SEPTEMBER 8

MARY POPPINS RETURNS

Starring Emily Blunt and Lin-Manuel Miranda

SEPTEMBER 15

NO MOVIE

Community Song Circle with Cantor Nina Fine (see Special Events)

SEPTEMBER 22

FREE STATE OF JONES

Starring Matthew McConaughey

SEPTEMBER 29

CAN YOU EVER FORGIVE ME?

STARRING MELISSA MCCARTHY

OCTOBER 6

THE OLD MAN & THE GUN

Starring Robert Redford

OCTOBER 13

INSTANT FAMILY

Starring Mark Wahlberg

OCTOBER 20

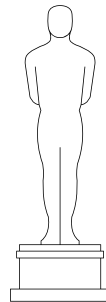
WIDOWS

Starring Viola Davis

OCTOBER 27

ON THE BASIS OF SEX

Starring Felicity Jones as Ruth Bader Ginsburg



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.

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.

SEPTEMBER 2

No meeting or program
Fitness Center open 8a-1pm

SEPTEMBER 9, 1PM

Challah Bake – A challah demonstration with the wonderful Esther Hoffer of Chabad of Greater Orlando

SEPTEMBER 16

Brookdale Lunch at 12:30pm, followed by a program with Carla, Brookdale's nurse

SEPTEMBER 23, 1PM

Boys from Performing Arts Matter – a sing-a-long with a pianist and guitarist from PAM

SEPTEMBER 30

No meeting or program
JCC Closed for Rosh Hashanah

OCTOBER 7, 1 PM

Susan Bernstein with the Jewish Pavilion will join us for a program about the Shofar

OCTOBER 14

No meeting or program
JCC Closed for Sukkot

OCTOBER 21

No meeting or program
JCC Closed for Simchat torah

OCTOBER 28, 1 PM

Andy Williams Sings His Favorite Duets with Sheldon Brooks

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

JOIN US FOR MAH JONGG!

Contact Shirley Zawatsky at (407) 492-1238 (please, no calls on Saturday).

Mah Jongg for Beginners

A Six Week Series beginning on October 23!

Location: Senior Lounge

If you are interested in learning how to play Mah Jongg, then this class for you! This 6-week series introduces you to the fundamental principles of the game - perfect if you are a new player or want to brush up on your skills. The class will meet on Wednesday mornings at 10am, including: 10/23/19, 10/30/19, 11/6/19, 11/13/19, 11/20/19 and 12/4/19.

Space is limited! Register online or call Robin Merkel to register by phone at 407-645-5933 X 336. Taught by Dale Perrault.

Terrific Thursdays

Our Thursday programs 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.

SEPTEMBER 5

Book Club with Lois Lilling

THE RULES OF CIVILITY by Amor Towles

SEPTEMBER 12, 12:30PM

Ragtime at the Garden Theatre
(Winter Garden)

Bus leaves the JCC at 12:30pm
for those who bought tickets.

SEPTEMBER 26, 1PM

Dine Around Town

See below for restaurant and
location

OCTOBER 3

Book Club with Lois Lilling

THE MURALIST BY B.A. SHAPIRO

OCTOBER 24

Dine Around Town

See below for restaurant and
location

Dine Around Town

SEPTEMBER 26, 1:00PM

Yummy House
478 E Altamonte Drive (Hwy 436)
Altamonte Springs, FL 33701

OCTOBER 24 1:00PM

Chili's
397 E Altamonte Drive (Hwy 436)

RSVP to Flo Goldman **(407-859-5982)**

Special Events

Thursday, September 12, 12:30pm

Ragtime, the Musical at the Garden Theater, Winter Garden

The 39ers are seeing, *Ragtime, The Musical!* If you purchased a ticket, we will be leaving the Roth Family JCC at 12:30 pm (bring a bagged lunch!). All the seats are near the stage and easily accessible. The show is 3 hours long, including intermission. This event is now sold out. Please contact Flo at 407-859-5982 or Barbara at 609-3077 if you have any questions!



Thank you 39ers for subsidizing the cost of this program for our community!

Community Song Circle

with Cantor Nina Fine



*"For everyone with a song
in their heart"*

Sunday, September 15 · 2:00pm - 3:30pm · The Roth Family JCC

Right before the Jewish New Year, rejuvenate your soul and spirit with simple chants and song in a Community Song Circle. Cantor Nina Fine will lead us using Jewish liturgy, rhythm instruments and our voices. The communal aspect of coordinated chants, songs and breathing allows for a deep spiritual connection and a sense of peace and well-being. No experience with Hebrew required.

Apple and honey inspired refreshments for a sweet new year will be served after the program. The cost is \$5 per person or free for JCC members. Reserve your spot today! Call Robin Merkel to register at 407-645-5933 X 336.

Bits & Pieces

Thank
you



Thank you to **Jan Abrams** for celebrating her birthday with delicious cheesecake, and to **Barbara Becker** for her birthday ice cream.

A great big thank you to **Dora Furst** for all the work she did for our indoor picnic! Also, thanks to **Dorene Kramer**, and **Maury & Mollie Solomon**, for the dessert for the picnic. A sweet time was had by all.

Thanks to **Cascade Heights** for the delicious luncheon they provided in July!

Sheri O'Brien also made a generous donation in memory of her late husband's yahrzeit.

It is our pleasure to honor the generosity of those who give!

MAH JONGG PLAYERS NEEDED

On Mondays in the Senior Lounge, after our weekly meeting. Please contact Flo Goldman at (407) 859-5782.

TIME FOR ANNUAL DUES

Our 2019-2020 new year begins on September 1, 2019, and ends on August 31, 2020. In order to be able to take part in all our ongoing programming, all 39ers must pay their dues at this time. Remember, you must be a member of the JCC to be a part of the 39ers! Drop off or mail in your \$5 dues using the form at the end of this newsletter, or pay directly to our Membership Chair, Sheri O'Brien, with cash or a check at our meetings.

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 p.m. Water Aerobics

Monday

8:15 a.m. SilverSneakers® Classic
11:15 a.m. SilverSneakers® Classic
12:15 p.m. Laughter Yoga

Tuesday

10:15 a.m. Silver Sneakers Stability
11:15 a.m. Silver Sneakers Classic

Wednesday

11:15 a.m. Low Impact Cardio
12:15 p.m. SilverSneakers® Yoga

Thursday

10:15 a.m. SilverSneakers® Stability
11:15 a.m. SilverSneakers® Classic
12:15 p.m. SilverSneakers® Yoga

Friday

8:15 a.m. SilverSneakers® Classic

Check the website at orlandojcc.org/sports-fitness/group-exercise for the most current schedule.

Celebrations



September Birthdays

SEPTEMBER 4

ROBERT BARTON

SEPTEMBER 14

SHARON CHUPACK

SEPTEMBER 22

VIVIANE FLAX

SEPTEMBER 28

RUTH (BILLIE) GOLDHAR

September Anniversaries

SEPTEMBER 1

SHARON AND KEN CHUPACK

October Birthdays

OCTOBER 2

BARBARA SOKOLOV

OCTOBER 3

BETI ABRAMOVICI

OCTOBER 6

LOIS LILLING

OCTOBER 11

FLORENCE GOLDMAN

OCTOBER 23

TESSIE PEROS

Oy vey! Did we forget your special day? Let Sheri O'Brien know at 407-898-6525.

Thank You

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

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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 39ers membership, please contact Sherry O'Brien at 407-898-6525. 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)



**Jewish Community Center
of Greater Orlando**

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Maitland, FL 32751

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