



SESSION 1

Monday, November 6 - Friday, December 22

HOLIDAY CLOSINGS

M, November 20 - F, November 24
Thanksgiving

SESSION 2 WEEKS

Monday, January 8 - Sunday, February 25

HOLIDAY CLOSINGS

W, February 14
Boat Show

SESSION 3

Monday, February 26 - Friday, April 20

HOLIDAY CLOSINGS

M, March 26 - F, April 6 (2 Weeks)
Spring/Passover Break

MONDAY

- ⌚ 10- 11:30 am
- 📍 Bridge Instruction
- ⌚ 11 am - 1 pm
- 📍 Learn to Play Mah Jongg
- ⌚ 11 am - 1 pm
- 📍 Mah Jongg Open Play
- ⌚ 12 - 2 pm
- 📍 Canasta Instruction and Play
- ⌚ 12 - 2 pm
- 📍 Knitting for the IDF
- ⌚ 12 - 3 pm
- 📍 Duplicate Brige Game

TUESDAY

- ⌚ 11:30 am - 1:30 pm
- 📍 Conversational Spanish
- ⌚ 12:30 - 2:30 pm
- Session 3
- 📍 Living a Life That Matters
- Session 2
- 📍 Israeli's Milestones and Their Meanings
- ⌚ 12:30 - 3 pm
- 📍 Portraits: A Multi-Media Approach

WEDNESDAY

- ⌚ 9 am
- 📍 Mindfulness, Meditation & Movement
- ⌚ 10 - 10:15 am
- 📍 Coffee and Check-In
- ⌚ 10:15 - 11:15 am
- Choose One:
- 📍 Jewelry and Beading
- 📍 Wellness & Nutrition
- 📍 Discussion Group
- 📍 Technology and Computer Skills
- ⌚ 11:20 am - 12:20 pm
- Choose One:
- 📍 Jewelry and Beading
- 📍 Jews and the Art World
- 📍 Improvisation for Music Covers
- ⌚ 12:30 - 2:00 pm
- 📍 Lunch & Learn

THURSDAY

- ⌚ 1:30 - 2:30 pm
- 📍 NIA for Women

SUNDAY

- ⌚ 1 - 3:30 pm
- 📍 Theater Theory

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FOR MORE INFORMATION CONTACT **KAREN SEPSENWOL**:

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➡ REGISTER AT **MBJCC.ORG** OR WITH **STELLA GELSOMINO**:

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Day of Learning Wednesdays at the J

Make Wednesdays your day to spend learning new things, making new connections and nourishing your mind, body and soul.

How it works:

We've designed this program to be open and flexible, fitting into your busy schedule. Just show up ready to enjoy the various classes offered that day. The class offerings will rotate and change on a trimester basis. Once you are a registered JCC-U member, you are welcome to participate in whatever floats your boat!

Fees

\$20 per day | Members/Patrons: FREE

Lunch is available for purchase at J- Cafe

Literary Afternoons - \$36 inclusive of JCC-U classes, author event and lunch

Class Cards:

\$100 Pre-paid Cards

can roll over from trimester to trimester

\$250 Class Pass for entire 14-week term (\$280 value)

Semester One SCHEDULE

⌚ 9 am

MINDFULNESS, MEDITATION & MOVEMENT

Set your intentions and begin the day with focus and clarity.



⌚ 11:20 am - 12:20 pm - **Choose One: JEWELRY AND BEADING WITH FAY WEISS (continued)**

JEWELRY AND BEADING

WITH NATANYA BLANCK
Each class will address a specific historical interaction between the Jewish community and the art of the time.



⌚ 10 - 10:15 am

☑ COFFEE AND CHECK-IN

⌚ 10:15 - 11:15 am - **Choose One:**

JEWELRY AND BEADING

WITH FAY WEISS
Create one-of-a-kind pieces to wear or gift. Starter kit beads and basic materials will be provided.



IMPROVISATION FOR MUSICIANS AND MUSIC LOVERS

WITH RUTI CELLI
No musical talent needed - just come with a willingness to participate and express your creativity and individuality



WELLNESS & NUTRITION

WITH CARLA DUENAS, REGISTERED DIETITIAN AND CERTIFIED DIABETES EDUCATOR, BAPTIST HEALTH
Learn all about nutrition and how to make healthy lifestyle choices.



BOOK CLUB (12/13, 1/10, 2/7, 3/7)

Meet to discuss the book of the month and stay for the special Literary Afternoons luncheon with the author to follow.

WOMEN IN TROUBLE -THE SECRET LIVES OF BIBLICAL WOMEN

WITH DR. MIRIAM KLEIN KASSENOFF
Discuss the secret lives of heroines of the Bible.



⌚ 12:30 - 2 pm
LUNCH & LEARN

Stay for lunch and a different guest speaker every week on a variety of topics. Check the website for a schedule of speakers.

Lunch is available for purchase from J Café.



TECHNOLOGY AND COMPUTER SKILLS

WITH LIOR FRIEDMAN
Sharpen your phone, iPad and computer skills to use today's tech tools to your advantage.

*On Literary Luncheon days (12/13, 1/10, 2/7, 3/7), lunch will be included with your ticket.

**JCC-U SHOWCASE: A FREE DAY OF LEARNING
WEDNESDAY, NOVEMBER 1 | 11am - 2 pm**

Keynote Speaker:

Dr. Prilleltensky,
PhD, Professor and Dean,
University of Miami



"The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier."

Meet the instructors and get a taste for Wednesdays at the J.

Game Day Mondays

LEARN TO PLAY MAH JONGG

You will be amazed at how quickly you will learn to play and love the game of Mah Jongg. Also for those who need to brush up or improve their skills.

Monday • 11 am - 1 pm

Instructor: Mia Glick

MP 1 & 2

\$150 | Members: \$100



MAH JONGG OPEN PLAY

Bring your set and Mah Jongg card and meet up with other players for an afternoon of friendly competition.

Monday • 11 am - 2 pm

\$10 | Members: FREE

BRIDGE INSTRUCTION

Whether you are a first-time player or have taken lessons before, join us on your journey to becoming a Bridge player for life. All levels welcome.

Monday • 10 - 11:30 am

Instructor: Jo-Ann Rauch

\$180 | Members: \$130



DUPLICATE BRIDGE GAME

(ACBL Masterpoints)

Spend the afternoon playing competitive bridge, facilitated by Jo-Ann Rauch. We will match you with a partner. Come join us!

Monday • 12 - 3 pm

\$10 drop in

CANASTA INSTRUCTION AND PLAY

Have you noticed that everyone is playing Canasta these days? Get in on the latest craze and learn to play this fun and challenging game.

Monday • 12 - 2 pm

Instructors:

Wendy Rudman & Toni Mysorewala

\$180 | Members: \$130



KNITTING FOR THE IDF

Join this group of knitters to make hats for IDF soldiers. Feel free to bring other projects to the table. No instruction will be provided, but peer assistance is always on hand. Beginners welcome.

Monday • 12 - 2 pm

Volunteer Coordinators:

Leslie Lifshultz & Tana Markoe

\$10 | Members: FREE



Master Class Tuesdays

Have an interest or talent you'd like to pursue further? These classes are designed to take your knowledge to the next level. Registration is required. A minimum number of participants is needed for classes to begin. Contact Stella to register.

PORTRAITS: A MULTI-MEDIA APPROACH (Session 1 - 3)

Learn about color, composition and technique using various media. Students will be asked to bring their own supplies based on a list provided by the instructor.

Tuesday • 12:30 - 3 pm

Instructor: Judith Levitin

\$180 | Members: \$135



CONVERSATIONAL SPANISH (Session 1 - 3)

Are you stuck on "hola" and "gracias"? Take your Spanish skills to the next level and exercise your mind for language.

Tuesday • 11:30 am - 1:30 pm

Instructor: Paula Milano

\$180 | Members: \$120



SHALOM HARTMAN INSTITUTE LECTURE AND STUDY SERIES – ISRAEL'S MILESTONES AND THEIR MEANINGS (Session 2)

iEngage: Israel's Milestones and Their Meanings explores the pivotal events of 1917, 1947, and 1967 as key moments when Zionism unleashed new thinking about the meaning of Jewishness for generations to come. Memory is a central element in defining modern Jewish identity. As we look to Israel's future, we need to engage anew with our past and explore its meanings and consequences. This iEngage series grapples with the different ideas and values that shape the meaning of modern Israel, Zionism, and Jewish identity today. Together we will engage in a new values-based discourse about Israel, including topics such as: nationhood, land, Sovereignty, Jerusalem, Occupation and Moral Red Lines.

Tuesday • 12:30 - 2:30 pm

Instructor: TBA

\$150 | Members: \$100

(plus a \$20 optional materials fee)

LIVING AND LEAVING YOUR LEGACY®: LIVING A LIFE THAT MATTERS (Session 3)

At one time or another, most of us have asked ourselves these questions: What life lessons have I learned? What do I want to pass along? What do I want people to remember about me? What gives my life meaning? Together we will explore the answers to these questions and many more. The premise of this legacy work is to examine one's life as he/she is living it and to determine what matters most and what one hopes to leave behind for his/her loved ones. By the end of this interactive class, the participants will be on their way to putting their priceless legacy into an ethical will, a journal, a legacy letter, a memoir, an oral history, an annotated recipe books, a scrapbook, etc.

Tuesday • 12:30 - 12:30 pm

Instructor: Merle Saferstein

\$200 | Members: \$160



MORE!

NIA FOR WOMEN WITH ESTHER BRASS

A gentle, spirited healing and movement class for the body and soul. Open to women only.

Thursdays • 1:30 - 2:30 pm

6 Sessions: \$120 | Members: \$90

Drop in: \$25 | Members: \$20



THEATER THEORY WITH JOHN DALTON

Are you a theater lover? Join actor John Dalton in reading, analyzing and experiencing a play to be seen in a local theater.

Sundays • 1 - 3:30 pm

\$200 | Members: \$160

includes one ticket to show



Selected shows:

Session One

On Becoming Dr. Ruth

December 10 at The GableStage

Session Two

Wrongful Death and Other Circus Acts

January 28 at Zoetic Stage at the Adrienne Arshat Center

Session Three

If I Forget

February 25 at GableStage

Mark your Calendar for these additional Theater Outings:

Once

Sunday, March 11 at the Actor's Playhouse

Waitress

April 15 at the Broward Center

Sunday Matinees

\$90 | Members: \$75 includes bus transportation

All shows are available for purchase. You do not have to be registered in the class to attend.

JCC-U Co-Chairs:

Barbara Eisenberg

Dr. Miriam Klein Kassenoff

Arts & Culture Chairs:

Holly Levy

Linda Schechter

Mytyl Simancas-Bister

Karen Sepsenwol, Director of Cultural Arts and Adult Programs

Debbie Sack, Program Assistant