



The Fay J. Lindner Foundation Senior Services Center

Senior Connection Newsletter

Programs for seniors!

JANUARY-APRIL 2012
TEVET-SHEVAT-ADAR-NISSAN-IYAR 5772

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Please remember that all members and non-members are required to have a valid ID pass to enter the JCC.

Enrich your life through exciting lectures, programs and trips, *Explore* new skills and talents and *Connect* with members of your community.



Care Beyond Compare



Reach for the New Year Opening Day By Estelle Rynston

It's a fact we should all be aware of:

- ◆ When the Senior Services Center at the JCC runs a function, it's a success.
- ◆ The Reach for the New Year Opening Day Luncheon met all expectations.
- ◆ Shlomo Haviv was the entertainer and he had the audience animated as his beautiful voice filled the auditorium.
- ◆ We enjoyed a great lunch and it was a marvelous way to meet with friends old and new and celebrate the New Year.

Simcha Corner

Thank You:

Anna and Jules Kramer

for your generous donation to senior programs in honor of Bernard Feinstein's 95th birthday.

Mazel Tov to

Howard and Gloria Beck

50th Wedding Anniversary

April 1, 2012

Would you like to be listed in the Simcha Corner? We would love to honor you at a Sociable Senior Sunday and in the *Newsletter*.

For more information, contact Donna Shulman at 516-484-1545, ext. 134 or dshulman@sjjcc.org

Meet a JCC Senior

The Super Senior for the Winter/Spring Months is Candy Feinstein.

Candy (also known as Bagel Bernie's wife) sits on many of the Senior Services Center committees. She is warm and always smiling. Candy has great ideas and is always helpful in implementing them. She is a great help in soliciting raffle prizes for our annual Reach for Spring Luncheon, a major part of the success of the Senior Services Center and a pleasure to work with.

Candy was born at Peck Memorial Hospital in Brooklyn across from Prospect Park. Before meeting her wonderful husband Bernie, she worked for The United Jewish Appeal as a fundraiser. She worked with the young adults in planning and organizing events. She also ran trips to the Catskills and other resorts. This was before Israel became an independent state and The United Jewish appeal had many speakers come from Israel to speak at their events. This is where she heard a lot of stories of people who survived the concentration camps. She worked with one of the survivors, heard many horror stories and found it very difficult. "I was quite young and this left an indelible impression in my memory" she said.

She married Bernie Feinstein in 1954 in Great Neck. They have four children, Betsy, Missy, Kathy and Michael, as well as seven wonderful grandchildren, Andrew, Alex, Alex, Jakob, Elizabeth, Rachel and Leah. They raised their children in Flower Hill and lived there until three years

ago, when they picked up and moved to North Shore Towers where they are very happy.

While her children were growing up, Candy worked in a dental office for 30 years. When she retired, Bernie suggested she come to the JCC. She first went to R.E.A.C.H. and everyone was very welcoming and lovely. She worked out in the gym and then got involved with the Golden Girls. From there Candy joined the Senior Passport Advisory Council, the Reach for Spring Luncheon committee and now sits on the new Sociable Senior Sunday committee. She's been active at the JCC for 10 years and instead of being known as Bernie's wife, she is known as Candy. "Now I think I'm coming into my own," she says. "The people at the JCC are wonderful and caring. I like knowing I have this wonderful place to go to. Donna runs everything so smoothly and efficiently and we know we can count on her."

Candy is truly an asset to the Senior Services Center and is instrumental in helping with many of the programs. The room lights up when Candy walks in. Seeing Candy and Bernie together is so inspiring. There is so much joy and love in their presence and we love having them as part of this JCC family.

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2 10:30am —News Behind the News	3 10:30am —R.E.A.C.H.— <i>The War in Iraq and Prospects of War with Iran</i> 12:00pm —Seniorcize 1:15pm —Senior Passport Advisory Council	4 11:00am —Knitzvah	5 10:00am —Games Day	6
8	9 10:30am —News Behind the News 12:00pm —Golden Girls	10 10:30am —R.E.A.C.H.— <i>Roger and Hammerstein's Oklahoma</i> 12:00pm —Seniorcize 1:15pm —Informal Yiddish Conversation	11 11:00am —Knitzvah	12 10:00am —Games Day	13
15	16 10:30am —Current Events Discussion Group	17 10:30am —R.E.A.C.H.— <i>The History of The Bukharian Jews</i> 12:00pm —Seniorcize 1:15pm —Informal Yiddish Conversation	18 11:00am —Knitzvah	19 10:00am —Games Day	20
22	23 10:30am —Current Events Discussion Group	24 10:30am —R.E.A.C.H.— <i>Death and The Accidental President</i> 12:00pm —Seniorcize 1:15pm —Residential Energy Affordability Partnership (REAP)	25 11:00am —Knitzvah 11:45am —Gezunter Luncheon	26 10:00am —Games Day	27
29	30 10:30am —Current Events Discussion Group	31 10:30am —R.E.A.C.H.— <i>Hooray for Hollywood</i> 12:00pm —Seniorcize 1:15pm —Book Club			

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:00am—Knitzvah	2 10:00am—Games Day	3
5	6 10:30am—Current Events Discussion Group	7 10:30am—R.E.A.C.H.— <i>Tu B'Shevat Seder</i> 12:00pm—Seniorcize	8 11:00am—Knitzvah	9 10:00am—Games Day	10
12	13 10:30am—Current Events Discussion Group 12:00pm—Golden Girls	14 10:30am—R.E.A.C.H.— <i>Barbra Streisand</i> 12:00pm—Seniorcize 1:15 pm—Informal Yiddish Conversation	15 11:00am—Knitzvah	16 10:00am—Games Day	17
19	20 10:30am—Current Events Discussion Group	21 10:30am—R.E.A.C.H.— <i>Swept by Ocean breezes: A History of Coney Island*</i> 11:00am—St. Francis Outreach Van 12:00pm—Seniorcize 1:15 pm—Informal Yiddish Conversation	22 11:00am—Knitzvah	23 10:00am—Games Day	24
26	27 10:30am—Current Events Discussion Group	28 10:30am—R.E.A.C.H.—Marc Chagall 12:00pm—Seniorcize 1:15 pm—Book Club	29 11:00am—Knitzvah 11:45am—Gezunter Luncheon		

*This program is being sponsored by the NY Council for the Humanities!

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00am–Games Day	2
4	5 10:30am–Current Events Discussion Group	6 10:30am–R.E.A.C.H.–Rabbi Marvin Tokayer 12:00pm–Seniorize 1:15pm–Senior Passport Advisory Council Meeting	7 11:00am–Knitzvah	8 10:00am–Games Day	9
11	12 10:30am–Current Events Discussion Group 12:00pm–Golden Girls	13 10:30am–R.E.A.C.H.– <i>An Overview of Immigration: Past and Present</i> 12:00pm–Seniorize	14 11:00am–Knitzvah	15 10:00am–Games Day	16
18	19 10:30am–Current Events Discussion Group	20 10:30am–R.E.A.C.H.–Louis Comfort Tiffany 12:00pm–Seniorize 1:15pm–Informal Yiddish Conversation	21 11:00am–Knitzvah	22 10:00am–Games Day	23
25	26 10:30am–Current Events Discussion Group	27 10:30am–R.E.A.C.H.– <i>The Jews of Huttenberg Germany</i> 12:00pm–Seniorize 1:15pm–Book Club	28 11:00am–Knitzvah 11:45am–Gezunter Luncheon	29 10:00am–Games Day	30

April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2 10:30am —Irv is back! News Behind the News	3 9:15pm —Senior Striders 10:30am —R.E.A.C.H.— <i>Searches and Seizures</i> 12:00pm —Seniorcize	4 11:00am —Knitzvah	5 10:00am —Games Day	6
8	9 10:30am —News Behind the News 12:00pm —Golden Girls	10 9:15pm —Senior Striders 10:30am —R.E.A.C.H.— <i>Mozart's Marriage of Figaro</i> 12:00pm —Seniorcize	11 11:00am —Knitzvah	12 10:00am —Games Day	13
15 2:00pm —Sociable Senior Sunday	16 10:30am —News Behind the News	17 9:15pm —Senior Striders 10:30am —R.E.A.C.H.— <i>Up, Up & Oy Vey</i> 12:00pm —Seniorcize	18 11:00am —Knitzvah	19 10:00am —Games Day	20
22	23 10:30am —News Behind the News	24 9:15pm —Senior Striders 10:30am —R.E.A.C.H.—TBA 12:00pm —Seniorcize 1:15pm —Book Club	25 11:00am —Knitzvah 11:45am —Gezunter Luncheon	26 10:00am —Games Day	27
29	30 10:30am —News Behind the News				

Water Therapy Anyone?

By Gloria Beck

In my former life, I was very athletic. I loved to ski, play racket ball, run and swim. I loved swimming the most, I spent hours in a pool. By the time I got out of the water, I was so wrinkled that I could foresee how I would look now. I wasn't exactly like the graceful swimmer Esther Williams of Hollywood, but more like Esther Schwartz, the klutz from Staten Island. I'm not as mobile as I used to be. My favorite activity now is standing.

Recently, my doctor recommended water therapy. He feels that it is the easiest way to stay fit. I do feel stiff from time to time. There's "stiff like a board" or "stiff like baccala." I'm somewhere in between. Anyway, I hadn't been in a pool for over fifteen years. To prepare for this event was like packing for an overnight. I think I have to get one of those little things with wheels on it. I brought a towel for drying by the pool, a towel to stand on when changing, a towel to dry with after the shower, a towel to sit on after I've completed all of these tasks and a complete change of clothes. I wouldn't say I'm compulsive (maybe just a little). One towel I use by the pool is so large that it wraps around me many times, and I look like a mummy. All that's missing is a sarcophagus. How

would I pack that? When I finally get into the pool, God forbid I should get my hair wet. Some people wear every type of schmatta available. I don't. Do you know ducking splashes is an excellent exercise for your neck? I also heard if you wade backwards in the water it's more challenging. I do it quite well, but I really need a small rear view mirror. Turning around to check who is behind you is an additional exercise I find helpful to my neck. My fellow gal swimmers are also trying to recapture their mobility. Some do try, but most of the time they just stand in clusters, splash a little (I think we used to call it the Coney Island breast stroke) and talk about aches and pains or the latest restaurant they discovered. Eating is another therapy I could write about. Mastication and hand to mouth coordination can be quite helpful when done correctly.

After my "intense" thirty-minute workout, I go into the whirlpool where I poach myself for five minutes in contrast to those who stay longer and come out boiled. Actually what is the difference between the two? I spend more time getting prepared and then finishing up, than I do in the water. Maybe I should go skinny dipping. At this age, that's a scary thought!

When the smog lifts in Los Angeles, U.C.L.A

A dentist and a manicurist married-they fought tooth and nail

Our youngest daughter,
Our most precious jewel.
Hence, the name Tiffany.

Do you know someone in need of a specialized program because they are either frail or cognitively impaired?

If so, please contact
Taylor Herbert, LMSW at
516-484-1545, ext. 114.

JCC Book Club

By Paula Gordon

The book club is growing, thanks to Pat Creditor. About one year ago we found ourselves without a leader. At one meeting we asked Pat Creditor if she would lead and monitor our group. Pat is smart, well-read and friendly, and we were fortunate that she agreed. She is open to all and any suggestions for future selections. She works extremely hard and hands out discussion questions at every meeting, which enables all of us to critique and discuss the book we just finished.

Donna Shulman, Director of Senior Programs, is a big part of the success of the JCC Book Club. Every month she goes to The Bryant Library, who very graciously obtains the books we chose and delivers the books directly to us.

We meet the last Tuesday of every month at 1:15pm in the Library.

With Pat's leadership and Donna's help, we have the best book club going. Please feel free to come and join us.



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