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Bender JCC
of Greater Washington

6125 Montrose Road
Rockville, MD 20852

JOIN US on May 24!
Leisure World - Clubhouse I
@ The Health & Wellness Expo!



Keynote Speaker:

BOB LEVEY

WHEN: 9:15 AM

▶ **Limited seating. It's FREE, but you must get a ticket in advance!**

Bender JCC
of Greater Washington

Coming of Age in Maryland (CoA) MAY– JUNE 2018

Thursday, May 24, 2018 ♦ 10am-2pm
9th ANNUAL "TO LIFE"
HEALTH & WELLNESS EXPO!!
Leisure World - Clubhouse I

For more information, please contact
301.348.3832 or fenoch@jccgw.org.

For social work services, please contact
301.816.2673 or abaronofsky@jssa.org.

Coming of Age in Maryland is a partnership of the Jewish Social Service Agency (JSSA), Premier Homecare, the Bender Jewish Community Center of Greater Washington (JCCGW) and Jewish Council for the Aging (JCA). Funding is provided by The Jewish Federation of Greater Washington, the United Jewish Endowment Fund, and the State of Maryland.



FOR YOUR INFORMATION!

The Truth About Low Vision: Active Aging With Less Sight

Vision Matters 2018

Monday, May 7th at the 2018 Active Aging Expo!
10:30 – 11:30 AM
Activity Center at Bohrer Park
506 South Frederick Ave., Gaithersburg



Dr. Suleiman Alibhai, leading low-vision expert, will discuss the “new standard of care” for all people with vision loss that cannot be corrected by ordinary eye wear, medicine or surgery. Join the conversation!

RSVP: 301.348.3760 [Debbie Sokobin] or
adults@benderjccgw.org

CoA REGISTRATION FORM

REGISTER ONLINE @ benderjccgw.org or by mail

► Need help? Please call 301.348.3832.

To register by mail, complete & submit this form to:
JCCGW, Attn: CoA // 6125 Montrose Rd., Rockville, MD 20852

Date: _____ Name _____

Address _____ Apt. # _____


City _____ State _____ Zip Code _____

Phone # _____ Email _____

CoA @ Shaare Tefila, Concert, Thurs., May 3 RSVP 4/26
Fee: \$7 (17877) Amount \$ _____

“Expo Finale” 3 Cantors’ Concert; Thurs., May 24 RSVP 5/14
Fee: \$10 (17873); \$12/@ door Amount \$ _____

Leisure World: Movie Matinee, Wed., May 30 RSVP 5/23
Fee: \$7(17881); \$8/@ door Amount \$ _____

 CoA @ Shaare Tefila, Concert, Thurs., June 14 RSVP 6/7
Fee: \$7 (17912); \$8/@ door Amount \$ _____

CoA @ Beth Ami, Cantor Levine, Mon., June 18 RSVP 6/11
Fee: \$7 (17880) Amount \$ _____

Excursion: “Camelot,” Thurs., June 21 RSVP 6/11
Fees:\$55/Program (17979); \$20/transportation (17908) Amount \$ _____

Leisure World: Movie Matinee, Mon., June 25 RSVP 6/18
Fee: \$7 (18414); \$8/@ door Amount \$ _____

Food ‘n Fun: Mykonos Restaurant, Wed., June 27 RSVP 6/13
Fee: \$27/Lunch & Program (18415) Amount \$ _____

Method of Payment (check one; NO CASH)

Check - Payable to JCCGW Total Amount Paid \$ _____

VISA MasterCard AmEx Discover

Credit Card # _____ Exp. Date: _____

► **NOTE:** By completing and submitting this form, I grant permission for the use of individual and/or group activity photographs and/or name(s) of the aforementioned registrant(s), and, without limitation, for the use of such pictures, names and/or registrant(s)’ statements, verbal or written, in connection with JCCGW and CoA purposes. The JCCGW and CoA are released from any claims whatever that may arise in said regard.

CoA POLICIES

► PAYMENT

Checks should be made payable to JCCGW and mailed to:

JCCGW - Coming of Age (CoA)
6125 Montrose Road
Rockville, MD 20852

▼ JCCGW = Jewish Community Center of Greater Washington
CoA = Coming of Age

Programs are filled in order of receipt of payment, 1st come, 1st served. No registrations by phone - **only** online ~or ~ by mail!

► **PLEASE NOTE: EACH program participant must provide their name, address & phone number!**

► Refunds/Cancellations

There is no refund if you cancel after the RSVP date.

- **Mailings:** Please call us to be removed from our mailing list.
- Please call **CoA** at **301.348.3832** with any **special needs**.

► **IMPORTANT EXCURSION INFORMATION**

The CoA staff calls each excursion registrant, usually **1-2 days before the trip, with bus departure times**. (An approximate departure time is noted in the CoA booklet.) Please be at your pick-up location at least 10 (ten) minutes **before** boarding time. This allows us to get on the bus, get to our destination on time, and to be considerate of the other attendees. In the case of an emergency, and at the staff's discretion, the bus may wait an additional 5 (five) minutes before departing. Thank you for your understanding and cooperation!

►► **IMPORTANT INFORMATION**

RE. CoA BI-MONTHLY MAILINGS

If you have attended 1 or fewer CoA program (s) between January 1, 2016 - December 31, 2016, your name may be removed from our mailing list. Please call us with any questions or if we have removed your name erroneously. Thank you for your understanding!

Note: The CoA bi-monthly calendar can be viewed online.

Coming of Age & JRLW @ LEISURE WORLD

3300 N. Leisure World Blvd. ♦ Fee: \$7



Movie Matinee

**“Bombshell:
The Hedy Lammaar Story”**

2017 ♦ Doc ♦ 86 minutes ♦ English

When: Wednesday, May 30, 1:30 - 3:30 PM **RSVP by 5/23**

Where: Clubhouse II Auditorium, 3300 N.L.W. Blvd.

Hollywood star Hedy Lamarr was known as the world's most beautiful woman. However, her incredible beauty stood in the way of her being given the credit she deserved as an ingenious inventor whose pioneering work eventually helped revolutionize modern communication. An Austrian Jewish émigré, she wanted to help defeat the Nazis. She invented a covert “frequency hopping” communications system to make Allied torpedoes unstoppable, and then patriotically gave her 1942 patent to the Navy, who ignored it and told her to sell kisses for war bonds instead. Finally, her ‘secrets’ are revealed. ► *Mature subject matter at beginning of film.*

Movie Matinee: “The Testament”

2017 ♦ 88 minutes

Hebrew, German, Yiddish w/ English Subtitles

When: Monday, June 25, 1:30 - 3:30 PM **RSVP by 6/18**

Where: Clubhouse II Auditorium ♦ Discussion to follow

A gem of a film! It is a mystery story about Yoel, a devout man whose entire emotional and religious foundation erodes as he is trying to find evidence of a crime that took place during WWII. As a scholar & historian, he tries to get the Austrian government to admit that a massacre of 200 Jewish forced laborers took place in the small village of Lensdorf, and that that place is consecrated and should not be built on by developers. **The Testament** is wonderfully written, acted and directed. While the story itself is fiction, it was inspired by real events.

9th Annual "TO LIFE" Health & Wellness Expo



Thursday, May 24

10:00 AM - 2:00 PM

Leisure World, Clubhouse I

► Co-sponsored by The Jewish Residents of Leisure World and presented by Coming of Age in Maryland

Highlights

- **FREE Admission** ♦ **FREE Bags** ♦ **FREE Give-a-ways**
- 70+ Exhibitors (Exhibitor Hall opens at 10AM; closes at 2PM)
- Health Screenings (End at 2:00 PM)
- Interactive Workshops
- Keynote Speaker: **9:15 AM** [See 'address' page for details]
- 'Capture a Memory' with a picture of YOU [& friend(s)]
- "Head to Toe" Massages
- Social and Community Organizations
- *Grand Finale Show* (Pre-purchased tickets required) ► \$10.00

FREE WORKSHOPS ♦ **Register to Ensure a Seat!**

WORKSHOPS I

- 1** 11:00 - 11:45 AM: Toolkit to Organize Life [Kay Bransford]
- 2** 12:00 - 12:45 AM: *LOVE* Happens [Leora Hoffman]
- 3** 1:00 - 1:40 PM: To Pee or Not To Pee... ~ or ~ Curb Your Urge
► **Led by Drs. from Chesapeake Urology Associates**

WORKSHOPS II

- 4** 11:00 - 11:45 PM: De-Stress - Meditate [The Mindfulness Center]
- 5** 12:00 - 12:40 PM Nutritious & Delicious Smoothies [N. Nadel]
- 6** 1:00 - 1:40 PM: Building Better Bones! [Holy Cross Health]
► **LW Residents: Register for Workshops at E&R.**
► **Non-LW Residents: Call CoA [301.348.3832] to register.**

SOUNDS OF MUSIC @ THE JCC!

SONG CIRCLE!

Tuesdays, May 1, 15 ♦ June 5, 19

1:00 to 2:30 PM



- ♪ The song circle is about the joy of singing
 - ♪ All are welcome
 - ♪ Song sheets will be provided
- Contact Frieda Enoch: 301.348.3809 or fenoch@jccgw.org
- Sponsored by the JCCGW Senior Adult Division and the Folklore Society of Greater Washington (fsgw.org)

Polinger

Artists of Excellence Concert:



Sunday, May 6 ♦ 7:30 PM

Fees: \$45/general;
\$40/senior adults

Shanghai Quartet
& Alexander Fiterstein
String Quartet + Clarinet

"Expressive & Exciting" ~ New York Times
To include works by Haydn, Beethoven and Brahms.

Go to www.benderjccgw.org/concerts for information and to purchase tickets or call the Box Office: 301.348.3872

CoA @ TEMPLE BETH AMI!

Fee: \$7/\$8 @ Door ♦ 14330 Travillah Road, Rockville

CANTOR LISA LEVINE
"The Jews of Broadway"

Monday, June 18, 1:00 - 2:30 PM **RSVP by 6/11**
Cost: \$7/Lecture & Concert; \$8/at the door

"The Jews of Broadway" takes audiences on a tour of the history of the Broadway stage and the Jewish talent behind it. Join **Cantor Lisa Levine** and pianist **Andrew Stewart** on a journey filled with song, laughter and some great Broadway tunes! Cantor Lisa is widely known for her 9 studio recordings and Andrew Stewart is a soloist, collaborative artist and a theatrical musical director.

♥ Refreshments will be served.

FOOD 'N' FUN

MYKONOS GRILL
Game: Logos Quiz & Other Trivia

Wednesday, June 27 ♦ 12:30 - 3:00 PM **RSVP by 6/13**
121 Congressional Lane, Rockville
Cost: \$27/Lunch & Program

Back by popular demand!

- Always a pleasure: food, service and ambience.
- A great experience for Greek food lovers.
- A favorite restaurant for the last 20 years.
- For good eats and good times look no further than **Mykonos!**

9th Annual "TO LIFE" Health & Wellness Expo

Thursday, May 24 ♦ 10:00 AM - 2:00 PM
Leisure World, Clubhouse I

CLUBHOUSE GRILLE BUFFET OPENS @ 11:00 AM

Delicious "EXPO SPECIAL" Lunch [Purchase On-Site]

♥ **Fantastic Raffle Prizes!** ♥

Grand Prize: ALEXA Uses nothing but the sound of your voice!

- Restaurants • Hair and Nail Salons • Gift Baskets
- Stores • Boutiques • Bus trips to NYC & more!

GRAND FINALE CONCERT:

♪ **Bimah to Broadway** ♪
"Music with Spirit & Passion!"

▶ **When: 3:00 - 4:00 PM ♦ Fee: \$10**

▶ **Where: Clubhouse II Auditorium, Leisure World**

Three of the leading female cantors in the DC area perform a soulful and moving medley of Israeli standards, hits from the Yiddish Songbook, Broadway tunes, and traditional liturgical song. Features: Adas Israel's Arianne Brown, Elisheva Dienstfrey of Agudas Achim and Hinda Labovitz of Ohr Kodesh. The cantors will be accompanied by an outstanding trio of musicians!



EXCURSION

Camelot

Books and lyrics by
Alan Jay Lerner

Music by
Frederick Loewe

Presented by the Shakespeare Theatre Company

When: Thursday, June 21

RSVP by 6/7

8:00 PM Performance

Approximate Departure: LW: 6:00 PM; ~JCC: 6:30 PM

Approx. return: 11:30 PM

Cost: \$55/Theatre Tickets; \$20/Transportation

A beloved, classic musical of passionate, legendary love packed with favorite songs like “If Ever I would Leave You,” “Lusty Month of May,” and of course, “Camelot.”

Amid mystical forests and grand castles, **Camelot** tells a strikingly familiar tale of a leader’s integrity, courage and empathy—a chronicle of the struggle for civilization and goodness in a world accustomed to violence and hate. With the legendary story of King Arthur’s Round Table, doomed romance and a stunning score, **Camelot** has won the hearts of generations of musical theatre lovers. *Winner of four Tony Awards!*

CoA @ Shaare Tefila!

16620 Georgia Ave., Olney

(Near ‘Roots’ grocery store, only 5 min. from LW!)

Anna Harwell Celenza

Professor of Music, Georgetown University

Frank Sinatra:

“What Made Ol’ Blue Eyes Great?”



When: Thursday, May 3, 1:30 - 3:00 PM

RSVP by 4/26

Cost: \$7/Lecture; \$8/at the door

Francis Albert Sinatra – Ol’ Blue Eyes, the Chairman of the Board. Sinatra made his mark on American culture by excelling as a recording artist, performer and movie actor. From his days as the teen idol who made the bobbysoxers swoon with the Harry James Big Band, through his years of growth as one of the greatest interpreters of the Great American Songbook, Sinatra was a one of a kind talent.

♥ Refreshments will be served.

CONCERT FEATURING **SUSAN GAETA**

Thursday, June 14, 1:30 - 3:00 PM

RSVP by 6/7

Cost: \$7/Lecture & Concert

[\$8/at the door]



Susan Gaeta, singer/guitarist, will be performing songs of love and family in Judeo-Espanol or Ladino, the language of the Sephardic Jews from Spain. Susan is a Master Artist in the Folk-life program at the Virginia Foundation for the Humanities, where she teaches and preserves Sephardic music, particularly the songs and stories of her mentor, Flory Jagoda, a Bosnian singer/composer. Susan has toured extensively with Flory.