



Programs for Active Adults Around Town

MAY – JUNE, 2024

Hosted by Coming of Age (CoA)

For more information, call or email:
301.348.3832 | fenoch@benderjccgw.org



A MESSAGE FROM CoA

We look forward to you joining us for these wonderful programs!

HIGHLIGHTS THIS SPRING INCLUDE:

May 6 & 9: Yom HaShoah Concert

June 6: 13th Annual Health and Wellness Expo

June 20: Coffeehouse- Oldies but Goodies

Call us with any questions at 301-348-3832.



Frieda and Lindsay

THE BENDER JCC CELEBRATES

ISRAEL AT 76

SUNDAY, MAY 19 | 10:00 AM – 2:00 PM

An authentic “Israeli-style” *Yom Ha’atzmaut* celebration!

More information coming soon.

SAVE THE DATE



ICE CREAM SOCIAL

Monday, June 10, 2024
1:30-3:00 PM at Leisure
World, Clubhouse II

3300 N. Leisure World Blvd.
Silver Spring

*Outdoors - Rear Parking Lot
(near tennis courts)*

FREE (no registration required; while supplies lasts)

In the event of rain, we will reschedule for another date.

SPECIAL PROGRAMS

Sip & Share Sisterhood

Every Other Monday
1:00PM | Free | Bender JCC

Women's group is back at the J for bi-monthly gatherings. Join us for a hot beverage and conversation every other Monday at 1:00 PM. (May 6 & 20, June 3 & 17)



A warm and welcoming get-together designed exclusively for women seeking connection, camaraderie, and stimulating conversations. Each session provides an opportunity to explore a variety of topics, from life experiences and current events to hobbies, travel, and more. Share your stories, listen to others, and engage in thought-provoking discussions.

Registration is not required, but appreciated.

Yom Hashoah Concert: We Remember

The Iris Music Trio commemorates Yom HaShoah, Holocaust Remembrance Day, with tunes of faith, hope, and inspiration. Guest vocalist Frieda Enoch.

Two Performances:
Monday, May 6, 2024 | 7:00 PM | \$15
Bender JCC | 6125 Montrose Road

Thursday, May 9, 2024 | 2:00 PM | \$15
Leisure World Crystal Ballroom | Clubhouse I | 3700 Rossmoor Blvd., Silver Spring, MD 20906



Register and learn more at benderjccgw.org/coa

CINEMA J



ANTHONY
HOPKINS

JOHNNY
FLYNN

and HELENA
BONHAM CARTER

ONE LIFE

Tuesday, May 7, 2024 | 7:00 PM | \$12

English | Docudrama | UK, 2023 | 110 minutes

Screening at the Bender JCC Kreeger Auditorium

6125 Montrose Road, Rockville, MD 20852

ONE LIFE tells the extraordinary true story of Sir Nicholas 'Nicky' Winton, who, as a young London broker rescues hundreds of Jewish children, helping them escape to safety from Nazi-occupied Czechoslovakia. Two-time Academy Award winner Sir Anthony Hopkins gives an intensely moving portrayal of Winton, the "British Schindler."

In the 1980s, suddenly forced to recall the events he had for decades kept to himself, Winton flashes back to stories of this heroism, aided by his lionhearted mother Babette, played in flashbacks by the wondrous Helena Bonham Carter.

"If something is not impossible, then there
must be a way to do it..."

— Sir Nicholas Winton

Register and learn more at benderjccgw.org/CinemaJ

CINEMA J



REMEMBERING GENE WILDER

USA | Documentary | 1h 32m | 2023

Two Showings!

Cinema J @ Leisure World

Tuesday, May 21, 2024 | 1:30 PM | \$10

Clubhouse II | 3300 N. Leisure World Blvd., Silver Spring, MD 20906

Cinema J @ The Bender JCC

Thursday, May 23, 2024 | 7:00 PM | \$12

Kreeger Auditorium | 6125 Montrose Rd., Rockville, MD 20852

This loving tribute to Gene Wilder celebrates his life and legacy as the comic genius behind an extraordinary string of film roles. From his first collaboration with Mel Brooks in *The Producers*, to the original Willy Wonka and the Chocolate Factory, Wilder brought humor and heart to all of his performances. The film includes interviews with a roster of brilliant friends and collaborators like Mel Brooks, Alan Alda, and Carol Kane. *Remembering Gene Wilder* shines a light on an essential performer, writer, director, and all-around mensch.

Register and learn more at benderjccgw.org/CinemaJ



13TH ANNUAL "TO LIFE"

Commitment
Exercise
Spirituality
Aware
Involved
Vegetables
Walking
Wellness
Healthy
Lifestyle
Learn
Physical
Relaxation
Persistence
Vitality

Thursday, June 6, 2024 | 10:00 AM – 2:00 PM

Leisure World, Clubhouse I

3700 Rossmoor Boulevard | Silver Spring, MD 20906

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

Highlights

FREE Admission • FREE Bags • FREE 'Goodies'

- **EXHIBITOR HALL: 10:00 AM - 2:00 PM**
- Health Screenings
- Vaccines: Covid19 and other boosters
- Interactive Workshops
- 'Capture a Memory' with a picture of YOU and friends
- "Head to Toe" Massages
- Social and Community organizations
- Grand Finale Show

Register and learn more at benderjccgw.org/coa

HEALTH & WELLNESS EXPO

CLUBHOUSE GRILLE RESTAURANT

Opens at 11:00 AM Delicious Lunch Available (Purchase On-Site)

FANTASTIC RAFFLE PRIZES!

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

GRAND PRIZE: *Apple iPad!*

GRAND FINALE SHOW: The Magical Mystery Girls: A Beatles Tribute

3:00 - 4:00 PM

\$15 in advance / \$18 at door
Leisure World Clubhouse II
3300 N. Leisure World Blvd.



Cap off your day of wellness with a trip down musical memory lane. The Beatles' timeless tunes serve as a sonic remedy, sprinkling joy and nostalgia into our lives, enhancing wellness with every iconic chord and infectious melody. The Magical Mystery Girls are an all female Beatles tribute band playing note-for-note renditions of Beatles' songs. Join us for a memorable experience as we unwind and celebrate our collective wellbeing.

**"Beatle bliss! The Magical Mystery Girls
rock with the best!"**

Thank you to our EXPO Premiere Sponsor



In Home Care & Assistance



Whether you're looking for help living independently, or if you want to make sure someone you love has the support they need to stay in their home, Right at Home Rockville can be your guide to living successfully, wherever home may be.

For more information, call
410.255.0066

<https://www.rightathome.net/rockville-maryland>

FOOD 'N' FUN

COFFEEHOUSE: OLDIES, BUT GOODIES, FEATURING THE DARYL DAVIS TRIO

Thursday, June 20 | 7:00 PM | \$36 | Bender JCC Social Hall
The food. The ambiance. The camaraderie. The MUSIC!

Join us for Boogie Woogie, Blues, and other classic tunes. Award-winning Daryl Davis is a keyboardist extraordinaire. He has toured around the world, performing with such iconic artists as Elvis Presley's Jordanaires, Chuck Berry, and Jerry Lee Lewis, to name a few. The joint will be jumpin' with the Daryl Davis Trio.



But first, let's eat:

Heavy hors d'oeuvres, desserts, and wine precede the concert.

OH THE PLACES YOU'LL GO

BEAUTIFUL @ THE OLNEY THEATER

Sunday, August 4 | 1:30 PM

\$60 | \$20 add-on for transportation (Optional)

BEAUTIFUL tells the inspiring true story of Carole King's remarkable rise to stardom, becoming one of the most successful solo acts in popular music history. She made more than BEAUTIFUL music, she wrote the soundtrack to a generation. This is a must-see!



Register and learn more at benderjccgw.org/coa

COA POLICIES

- Please register at www.benderjccgw.org/coa or complete and mail the attached registration form.
- Please include all participants' names and contact information if using paper registration form.
- Programs are filled in order of receipt of payment.
- Please note - programs may sell out before the RSVP date.
- No refunds will be given after the RSVP date.
- IMPORTANT: RSVP Dates do not apply for excursions. **No refunds** are available unless your spot can be filled.
- For additional program information, to discuss accommodations for special needs, or to be removed from these mailings, please contact Frieda Enoch: fenoeh@benderjccgw.org or at 301-348-3832

**** If registering for an excursion, please note that these events sell out fast, and there is no guarantee that your form will arrive prior to the event selling out. We strongly suggest you call in to register for excursions****

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.

Leta Chen is a social worker from JSSA on the Coming of Age [CoA] team. She is experienced working with seniors and knows resources in our community. She is here to support our CoA members in staying healthy and living independently. If you wish to learn more about how Leta and JSSA can assist you, please join our events to meet her in person or reach out to her directly.



Leta Chen, LMSW
Jewish Social Service Agency (JSSA)
240-595-1558 or Lchen@jssa.org



For questions or help with programs, please continue to contact Frieda or Lindsay at 301-348-3832.

REGISTRATION

REGISTER AT BENDERJCCGW.ORG OR COMPLETE AND SUBMIT THIS FORM
TO BENDER JCC, ATTN: COA, 6125 MONTROSE RD, ROCKVILLE, MD 20852

Effective July 1, 2022 a 3% Fee will be added to all credit card transactions
** If registering for an excursion, please note that these events sell out fast,
and there is no guarantee that your form will arrive prior to the event selling
out. We strongly suggest you call in to register for these events**

Name _____ Date of Birth ____/____/____

Address _____ Apt. # _____

City _____ State _____ Zip Code _____

Phone # _____

Email _____

Cinema J: One Life @ The Bender JCC | Tuesday, May 7

RSVP 4/19 \$12 Due \$ _____

Yom HaShoah Musical Commemoration | Monday, May 6

RSVP 4/24 \$15 Due \$ _____

Yom HaShoah Musical Commemoration | Thursday, May 9

RSVP 4/25 \$15 Due \$ _____

Cinema J Matinee @Leisure World: Remembering Gene Wilder | Tuesday, May 21

RSVP 5/7 \$10 in advance/ \$12 day of Due \$ _____

Cinema J: Remembering Gene Wilder | Thursday, May 23

RSVP 5/9 \$12 Due \$ _____

Special Event: Expo Grand Finale: Magical Mystery Girls | Thursday, June 6

RSVP 5/23 \$15 Due \$ _____

Coffeehouse: Oldies but Goodies with Daryl Davis Trio | Thursday, June 20

RSVP 6/6 \$36 Due \$ _____

Excursion: Beautiful at The Olney Theater | Sunday, August 4

RSVP 7/18 \$60 | \$20 add-on for transportation CALL TO REGISTER

Yes, I want to support CoA's great programs year-round!!

Donor's name will be listed in the CoA publication for gifts of \$50 or more.

Your contribution is tax-deductible to the extent allowed by law.

\$18 \$36 \$50 \$100 \$_____

Method of Payment

VISA MasterCard AmEx Discover Check - Payable to Bender JCC

Total Amount \$ _____

Credit Card # _____ Exp. Date: _____



Bender JC
of Greater Washington

6125 Montrose Road
Rockville, MD 20852
benderjccgw.org



**13TH ANNUAL
"TO LIFE" HEALTH &
WELLNESS EXPO**

JUNE 6 | 10 AM - 2 PM

IMPORTANT NOTE

Please email us at fenoch@benderjccgw.org if you no longer want to receive this booklet.

The trees thank you!

Non-Profit Org.
U.S. Postage
PAID
Suburban MD
Permit No. 91