A NOTE FROM PAM

After working 23+ years at the J, I have decided to retire at the end of November. It has been a pleasure to have led the development of a small Senior Adult Department in the mid-90s to the large Adult Services Department it is today which also encompasses the NV Rides Program and outreach programming at three satellite locations. I will miss seeing all of you on a regular basis but I am fortunate to have a great team of experienced professionals in the Adult Services Department so I leave you in capable hands.

As 2019 draws to a close, I would like to take this opportunity to thank the entire Adult Services Department team for a job well done this past year! Each member of our talented team is committed to providing our members and the community with the highest quality of programs and experiences. Program attendance at both the J and at outreach sites has continued to grow because of their continued dedication and hard work. In fact, for the second year in a row, the J’s Senior Programming was voted the Best of Jewish Washington by the readers of Washington Jewish Week!

Adult Department staff members have planned an amazing array of classes, programs, and activities for the community which will be held at the J and at various outreach sites throughout Northern Virginia over the coming months. You'll find a few of the winter programs highlighted below. Remember to register early as many of our activities fill quickly.

Registration is now open for the winter semester Adult Learning Institute (ALI) classes. Take a look at the many choices and register now for those that interest you. Come enjoy a pre-Chanukah deli lunch and book talk with Ted Merwin, author of the National Jewish Book award-winning Pastrami on Rye – An Overstuffed History of the Jewish Deli. Learn about what life is like for Ethiopian Jews in Israel presented by Shy Ashkenazi the Pozez JCC Shaliach. Get an inside look at the Census Bureau with Joe Quartullo, a Data Dissemination Specialist with the Census Bureau. And finally, you will have an opportunity to hear Jeffrey Siegel, pianist and storyteller, in concert at George Mason University Center for the Arts. You’ll find full details about these events and many more in this newsletter.

In February, we will once again partner with Bethlehem Lutheran Church on a FACETS Hypothermia Prevention Program. We will be collecting items for this endeavor beginning on January 15. For information about this program and the items being collected for local adults in need, see page 5.

We are currently accepting donations of gently used adult and children books for our Annual Used Book Sale scheduled for March 8-11. Proceeds from the book sale help support Adult Department programs. See page 5 for full details.

And finally, I’d like to thank Pastries by Randolph in Arlington for providing cupcakes for our Summer of ’69 program held at the end of August. It was a groovy event with more than 70 participants.

As always, please take note of the businesses that advertise in this newsletter and consider patronizing them when you have a need for such services. Their support contributes to our ability to produce this publication.

Wishing you and your family a happy, healthy 2020!

Pamela Wiener
Adult Services Director
MEMBERSHIP

The J offers a variety of membership categories and payment options to best suit each member’s needs. Whether your membership is new, a renewal, or returning from hiatus, you’ll appreciate the flexibility of selecting the category that matches your desired connectivity to the J.

The new categories vary in accessibility to facilities and programs. The J-Family category might be the best fit for you if full access to the J-Fit Health Club, including land and aquatic fitness classes, and access to all of the J’s programs (some program fees apply) is important to you. Or, you might prefer to choose the J-Journey category that gives you access to paid and free admission programs and includes a valuable coupon booklet to experience much of what the J has to offer. Or, choosing to be connected through the J-Pass category gives seamless entry to the building and to free admission community programs.

Take a look at the membership categories below for a preview of what’s to come. The 2019 membership structure began June 1, 2019 for new and returning members. Renewing members will choose which membership is the best fit on your membership anniversary date. If you’re not sure of that date, you can contact Membership@theJ.org.

**J-FAMILY MEMBERSHIP**

<table>
<thead>
<tr>
<th>Categories</th>
<th>Monthly Rate</th>
<th>Details</th>
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</table>
| Household 2+ ppl                  | $118         | Activation Fee: $29  
Enrollment Fee: $99  
Membership includes full access to all the J has to offer including the J-Fit Health Club (30,000 sq. ft. state-of-the-art fitness facility, 40+ weekly fitness classes, and fee/non-fee fitness programs); recreational programs; and all J programs beyond fitness (fees may apply). |
| Individual                        | $59          |         |
| Senior                            | $49          |         |
| Senior Couple                     | $98          |         |
| Teen                              | $18          | J-Family members have full reciprocity at the Edlavitch DC JCC and Bender JCC of Greater Washington. |

**J-JOURNEY MEMBERSHIP**

<table>
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<tr>
<th>Categories</th>
<th>Monthly Rate</th>
<th>Details</th>
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</table>
| Individual | $18          | Activation Fee: $29  
Membership in this category excludes the fitness facility and includes recreational activities and participation in all other fee/non-Fee J programs.* In addition, cardholders receive an Experience Voucher booklet with up to $500 worth of discounts on a variety of J programs and events (fees may apply). |

**J-PASS**

<table>
<thead>
<tr>
<th>Categories</th>
<th>Monthly Rate</th>
<th>Details</th>
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<tbody>
<tr>
<td>Individual</td>
<td>$0</td>
<td>Passholders receive seamless entry to the J, access to fee-based programs, and limited access to community events (fees may apply).* This is a great choice for those who want to be connected to the J and participate in community and select fee-based programs.</td>
</tr>
</tbody>
</table>

*Day Pass: One day membership upgrades are available for $10 to J-Journey and J-Pass cardholders; $20 for general admission unless accompanied by a J-Journey or J-Pass cardholder ($10).

**J-Family Membership Definitions**

**Household:** One or two adults (18+) living in the same household; may include dependent children under the age of 23

**Individual:** One person 20–64

**Senior:** One person 65+

**Senior Couple:** Two adults living in the same household where at least one adult is 65 years and older. Dependents cannot be added to this membership category

**Teen:** One person 13–19

If you should have any questions, please contact Membership@theJ.org and will get right back to you.
<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>J-FAMILY</th>
<th>J-JOURNEY</th>
<th>J-PASS</th>
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<tbody>
<tr>
<td>Note: The activities below are intended to be examples of the types of access to programs included in each membership category and are not a comprehensive listing.</td>
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<tr>
<td>Access to Common Areas</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>(e.g. Lobby Lounge, Coffee, Bodzin Art Gallery, Gallery Restrooms)</td>
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<tr>
<td>Access to Fee Based Programs</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>(e.g. Cultural Arts Programs, Monthly Discussion Group, Adult Learning Institute, Trips)</td>
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<tr>
<td>Access to Included Educational Programs</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>(e.g. Thursday's at the J, Monthly Roundtable, Friday Book Club)</td>
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<td>Pay $10 Day Pass Fee for Access</td>
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<tr>
<td>Access to Included Recreational Programs</td>
<td>✔️</td>
<td>✔️</td>
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<tr>
<td>(e.g. Canasta, Bridge, Mah Jongg, Ping Pong, Drop-in Basketball)</td>
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<td>Pay $10 Day Pass Fee for Access</td>
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<tr>
<td>Access to J-Fit Health Club</td>
<td>✔️</td>
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<tr>
<td>(e.g. Aquatics Center, Fitness Center, HIIT Studio, Spin® Studio, Fee/Non-Fee Fitness Classes)</td>
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<td></td>
<td>Pay $10 Day Pass Fee for Access</td>
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<tr>
<td>Access to Family Services</td>
<td>✔️</td>
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<tr>
<td>(e.g. Early Childhood Learning Center, Camp Achva, School-Age Services)</td>
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<td>Must have J-Family Membership</td>
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<tr>
<td>JCC Reciprocity</td>
<td>✔️</td>
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<tr>
<td>Bender JCC and Edlavitch DCJCC</td>
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<td>Must have J-Family Membership</td>
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</table>
A Story from the Road: Volunteer Drivers Give the Gift of a Lift
By Anna Stolley-Persky, NV Rides Media and Communications Coordinator
On my 50th birthday, I decided to do something different and give a lovely woman a much-needed lift to her dentist and back. I don't for one second regret it.

Her name is Ute. I didn’t know her before my birthday, but I knew that she needed a volunteer driver to take her from McLean to Alexandria and back again on the morning of April 17. By the time we were done with our morning’s drive, she said to me, "I feel like I’ve known you for a very long time."

Truthfully, I was nervous before the ride. What if I got lost? What if she didn’t like me? What if I felt like it was a waste of her time and mine? All of my concerns melted away once I realized the simplicity of the process and the ease with which Ute and I became friends. Although I got a little lost in finding Ute, it didn’t matter. We got her to where she needed to be in plenty of time. The conversation flowed. Before leaving my car, Ute said to me, "This was a very nice day." In the end, our time together was more than just a trip to the dentist. It was a chance to connect with someone new and bring a little cheer into both of our lives.

If you are interested in learning more about becoming a volunteer driver for a non-driving adult in need of transportation, please contact Jennifer Kanarek at 703.537.3071 or email JenniferK@nvrides.org. There are many opportunities throughout Northern Virginia including those in need of rides to the Pozez JCC of Northern Virginia.
**FACETS Sibling Holiday Shopping**
The J is partnering again with FACETS to hold a holiday toy drive. The toys will be used for the Sibling Shopping Party at Robinson Square near GMU. These parties present an opportunity for youth living in low-income housing to pick out a holiday gift for their sibling or parent. Volunteers take them around the community center and help them shop for a gift. If you would like to volunteer on **Tuesday, December 17**, please contact Elana.Plotnick@theJ.org, 703.537.3060.

**Volunteer for FACETS Hypothermia Prevention Program**
**Tuesday–Thursday, February 25–27**
Bethlehem Lutheran Church
8922 Little River Turnpike, Fairfax
Please join the J as we partner with our friends at Bethlehem Lutheran Church and the staff from FACETS Hypothermia Prevention Program (an organization dedicated to helping men and women who are homeless).

Please add your items to the collection area in the J’s lobby starting January 15. Helpful items include travel size toiletries, snacks, **NEW** adult clothing only, and gift cards. Please, no children's clothes. Contact Elana Plotnick at 703.537.3060 for a full list of items to donate or to help serve dinner at the church.

**SUNDAY EXCURSIONS**

**For trip questions, contact Michele.Endick@theJ.org, 703.537.3095**

You must be a J-Family or J-Journey member or have a J-Pass to participate.

**Newsies at Arena Stage with Lunch**
Sunday, December 15, depart the J 11:15am; return approx. 5:45pm
"In the summer of 1899, the newsboys of New York City took on two of the most powerful men in the country — Joseph Pulitzer and William Randolph Hearst — and won. Inspired by true events, the Broadway smash hit is a testament to the power of standing up and speaking out. The Tony Award-winning musical features fan-favorites like *Carrying the Banner*, *King of New York*, and *Seize the Day*.” — Arena Stage website

Fee: $118 (includes bus transportation, show, and 3-course lunch in Arena’s restaurant – choices made onsite)

Code: #10110

RSVP: Submit payment and registration payable to “Pozez JCC,” Attn: Registrar with “12/15” on memo line or call 703.537.3043 to pay with credit card. Prior to registering, contact Michele about availability.

**LOOKING AHEAD**

**2020 Annual Used Book, CD and DVD Sale**
**Sunday–Wednesday, March 8–11**
**Sunday, 9am–5pm**
**Mon.–Wed., 9am–7pm**
**Special Preview:**
**Sunday, March 8, 8am–9am**
**$10 early admission fee**

**Donations Needed:**
Please consider donating your gently used adult and children’s books. Gently used books, CDs, and DVDs, games, and puzzles are accepted. Encyclopedias, prayer books, text books, and magazines are not accepted. Donations can be dropped off at the front desk.

**Washington National Opera**
**Don Giovanni at the Kennedy Center**
**Music by Wolfgang Amadeus Mozart**
**Libretto by Lorenzo da Ponte**
**Thursday, March 19, depart the J 4:45pm; return approx. 10:30pm**
"Charming but predatory and manipulative, Don Giovanni is a lover so notorious that his reputation precedes him. He’s eager to add to the rambling list of women he has already enticed. But when Don Giovanni forces himself on Donna Anna, his devious antics dig him deeper and deeper into trouble. As the discarded women of his past unite to speak out against their offender, Don Giovanni seems destined to meet his ultimate fiery fate. How should a society punish a man who functions under his own malevolent moral code? Often considered the greatest opera ever composed, Mozart’s masterpiece combines comedy, drama, and supernatural elements to capture the downfall of a serial womanizer. From its thrilling overture to its breathtaking final scene, *Don Giovanni* explores issues of amorality, power, and justice that are just as relevant to today as to Mozart’s time.” — *Kennedy Center Website*

Fee: $106 (includes bus transportation, orchestra ticket). There will be time to eat dinner at the café which has a beautiful view — separate charge, optional

Code: #10284

RSVP: Submit payment and registration payable to “Pozez JCC”, Attn: Registrar with “3/19” on memo line or call 703.537.3043 to pay with credit card. You must be a J-Family or J-Journey member or have a J-Pass to participate.
“Keyboard Conversations” with Jeffrey Siegel — Commemorating Rachmaninoff and Debussy at GMU Center for the Arts
Sunday, January 26, depart the J 4:15pm; return approx. 9:30pm
Virtuoso pianist and storyteller Jeffrey Siegel is known for his “concerts with commentary” format. Siegel will play Debussy’s *Clair de Lune* and Rachmaninoff’s *Prelude in C-sharp Minor* as well as preludes by both composers.

**Fee:** $48 (includes bus transportation, orchestra ticket). Group pre-concert dinner — separate charge, local restaurant TBA.

**Code:** #10285

**RSVP:** Submit payment and registration form payable to “Pozez JCC” Attn: Registrar with “1/26” on memo line or call 703.537.3043 to pay with credit card. You must be registered by January 10 to participate on this trip.

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**WEEKDAY OUTINGS**

**For trip questions, contact Michele.Endick@theJ.org, 703.537.3095**

**To Register:** Submit payment and registration form payable to Pozez JCC, Attn.: Registrar with the date of the event on the memo line, or call 703.537.3043 to pay with a credit card. You will receive a reminder email with details and updates 5–7 days prior to the trip. Please notify Michele prior to the trip if you must cancel. No refunds will be issued unless we are able to fill your reserved space. A minimum number of participants are required on all trips. Please be aware that all departure and return times listed are an approximation and subject to change. Please see trip policies on page 17. You must be a J-Family or J-Journey member or have a J-Pass to participate.

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**Day Trip to Winterthur, Delaware**

**Thursday, December 5, depart the J 8:30am; return approx. 9pm**

Enjoy a self-guided tour of *Costuming THE CROWN* and a one hour docent-led tour of this magnificent mansion. “From the dazzling gold of Queen Elizabeth’s coronation robe to the simple sophistication of Princess Margaret’s wedding dress, from the majesty of royal crowns and tiaras to the comfort of clothes worn in private family moments, *Costuming THE CROWN* will feature 40 iconic costumes from the beloved Emmy® award-winning Netflix series, a dramatized history of the reign of Queen Elizabeth II.” — Winterthur website

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**Woodrow Wilson House — Private Tour**

**Thursday, February 20, depart the J 10:30am; return 1pm**

This National Historic landmark offers an intimate look at President Woodrow Wilson’s life and policies. View authentic objects from the White House and elaborate gifts of state. This Embassy Row house shows what “modern” American life in the 1920s was like. **Note:** There are 3 floors to view on the tour with a very small elevator for those who cannot walk the steps.

**Fee:** $22 (includes bus transportation and tour)

**Code:** #10287

**RSVP:** Submit payment and registration form payable to “Pozez JCC” Attn: Registrar with “2/20” on memo line or call 703.537.3043 to pay with credit card.
Smithsonian American Art Museum and National Portrait Gallery
Wednesday, February 26, depart the J 11am; return 3:45pm
Come in from the cold weather and enjoy these adjacent museums. Consider viewing Picturing the American Buffalo: George Catlin and Modern Native American Artists which examines representations of buffalo and their integration into the lives of Native Americans on the Great Plains in the 1830s and in the twentieth century. Another recent exhibit is Chiuro Obata: American Modern. This exhibition presents a comprehensive survey of his rich and varied body of work to date, from bold California landscape paintings to intimate drawings of his experiences of the mass incarceration of Japanese Americans during World War II. At the National Portrait Gallery, be sure to visit Recent Acquisitions, which showcases 25 portraits recently added to the collection. There is a beautiful atrium with café and lovely gift shops.
Fee: $14 for bus transportation. Lunch at café is on your own and optional.
Code: #10288
RSVP: Submit payment and registration form payable to “Pozez JCC” Attn: Registrar with “2/26” on memo line or call 703.537.3043 or 703.323.0880 to pay with credit card.

ADULT LEARNING INSTITUTE (ALI)

Contacts:
Shari.Berman@theJ.org, 703.537.3068
Marcia.Gordon@theJ.org, 703.537.3066

ALI is the J’s adult lifelong learning center. Its mission is to provide intellectually stimulating, enjoyable, and engaging opportunities to expand your mind and your knowledge with other adults of all backgrounds and ages.

ALI is partially underwritten by The Mather.

ALI Winter Course Schedule
Register Now!
Please take a moment to review the schedule and register for one or more of these fabulous opportunities to continue your lifelong learning with us! Please note that all ALI courses are held at the Pozez JCC unless otherwise indicated.

ALI-Temple Rodef Shalom Partnership
As part of our exciting partnership with Temple Rodef Shalom (TRS), we hope to offer a course each semester on its Falls Church campus. In January, we will offer a 3-session course on the afterlife. See details below.

ADULT LEARNING INSTITUTE (ALI)

Introduction to Hebrew Calligraphy
Mondays, November 25, December 2 (2 weeks)
10:30am–noon
Location: The J’s New Cultural Arts Center
Instructor: Alexandra Casser, soferet (Torah scribe)
Have you ever wondered how the Pentateuch (five books of Moses) was actually written down to form the Torah? This class will teach you about the millennia-old art of Hebrew calligraphy with soferet Alexandra Casser. Over two classes, students will learn about the duties and responsibilities of a scribe, the tools modern scribes use, and how to form the letters of the Hebrew script used to write Torah scrolls on parchment. This is a hands-on class where students will try their hand at calligraphy using chisel markers and paper. A class held in collaboration with the J’s Cultural Arts Department.
Fee: $40 (includes art supplies)
Code: #10098

The History of Medicine: From Witchcraft to Robots
Tuesdays, December 3, 10, 17 (3 weeks)
1pm–2:30pm
Instructor: Rita Way, retired nurse
Part I of this course will focus on prehistoric medicine through the rise of modern medicine. We will travel through time and history to learn how medicine has evolved from the days of witchcraft and medicine men to the era of modern medicine. We will highlight some of the themes and key milestones in the story of medicine and discuss the development of ideas about the causes of disease from Greco-Roman humoral theory up to the discoveries of germs and genes in the modern era. Rita will touch upon Jewish medicine in the context of its history.
Part II will be offered in the spring — stay tuned!
Fee: $45
Code: #10099

Lunch
Please feel free to bring a dairy or parve/meatless lunch to any class. Coffee/tea will be served at all classes.

How to Register
• Participants must be a J-Family or J-Journey member, or have a J-Pass to participate in ALI classes held at the Pozez JCC.
• Submit completed registration form and payment to the J’s Guest Services desk;
• Mail completed registration form with payment, payable to “Pozez JCC,” to 8900 Little River Turnpike, Fairfax, VA 22031;
• Call Shari at 703.537.3068 and be prepared to give a credit card number to secure your place in the course; or
• Register online at theJ.org.
A Taste of Melton
Powered by the Pozez JCC and the Haberman Institute for Jewish Studies
Monday, December 9, 7pm–8pm
Location: Temple Rodef Shalom, 2100 Westmoreland St., Falls Church
Instructor: Cantor Allen Leider
You are invited to enjoy a “taste” of the Florence Melton School of Adult Jewish Learning. Meet one of our teachers, sample a lesson, and experience Melton’s text-based, discussion-oriented approach to Jewish learning. This class is ideal for those looking to deepen their understanding of the basics of Judaism and Jewish living, regardless of prior knowledge. This program is free and open to the public! Pre-registration is requested online at: habermaninstitute.org/fall-2019-classes and scroll down to ‘A Taste’, or call 301.770.4787.

Political Cartoons: What’s So Funny? (In collaboration with Thursday at the J)
Thursday, January 9, 12:30pm–2pm
Noon: Lunch (bring dairy or parve/meatless)
Program: 12:30pm–2pm
Instructor: Matt Wuerker, political cartoonist, Politico Magazine
Matt Wuerker, the Pulitzer Prize winning cartoonist for Politico, will discuss his work as a political cartoonist for print and online versions of the magazine. In addition, Matt will address the history of political cartooning, the strange power cartoons have to attract controversy, and the unique challenges of cartooning in the era of Donald Trump. Matt will also lead a brief drawing workshop for anyone who can hold a pencil! Don’t miss this opportunity to learn about this fascinating vocation from a seasoned, award-winning professional and try your hand at it.
Fee: $10
Code: #10289

Thoughts on the Afterlife in Judaism, Christianity, and Islam
Thursdays, January 16, 23, 30 (3 weeks)
7pm–8:30pm (enjoy a complimentary simple dairy/parve dinner, served from 6:15pm–7pm)
Location: Temple Rodef Shalom, 2100 Westmoreland St., Falls Church
Instructor: John Rybicki, biblical scholar and historian
Concepts of God… attributes and characteristics… are important in the development of thoughts on the afterlife in Judaism, Christianity, and Islam. The understanding of the development of Divine justice and mercy, compassion and punishment, and how God balances and prioritizes these are instrumental in afterlife beliefs. In these sessions, we will review the fundamental concepts of God in each of the three belief structures to better understand concomitant life-and-death reward and punishment. Based on afterlife beliefs, we can ponder if the God of all three Monotheist religions is the same God.
Fee: $45
Code: #10290

Israeli Music 101
Tuesdays, February 4, 11, 18
12:30pm–2pm
Instructor: Shy Ashkenazi, Pozez JCC Shaliach (Emissary)
In its essence, music expresses the local and contemporary culture of a given place. Israeli music is no different. Join our new emissary from Israel, Shy Ashkenazi, as he takes you on a journey through the music that personally impacted him to become a singer-songwriter, the protest music of Israel throughout its seven decades of existence, and the expressions of faith and religion surprisingly found in the country’s pop music. Through videos and his guitar, Shy will use music and song to open up a unique window into Israeli society.
Fee: $42 for entire series/ $15 per individual session
Code: #10291

More Adventures in Book Collecting
Tuesday, February 25 (snow date: March 3)
1pm–2:30pm
Instructor: Stuart Endick, retired attorney and avid book collector with three decades of experience
Avid book collector Stuart Endick provides a brief overview and refresher on the ABC’s of book collecting and illustrates the pleasures of the hobby by sharing some of the fun stories and books from his collection. These include a book by a celebrated “bad” Victorian poet, inscriptions that reveal stories tied to the Titanic and a forgotten American eccentric, a bookplate and markings possibly related to the founding of the United Nations, and “tipped-in” correspondence from Emily Dickinson’s colorful advisor and editor. The topics covered will include judging book condition, identifying first editions, decorative covers and fine bindings, clues to a book’s provenance and past life, and collecting childhood nostalgia.
Fee: $15
Code: #10292

Book Talk:
Before and After Loss: A Neurologist’s Perspective on Loss, Grief, and Our Brain (in collaboration with Thursday at the J and the J’s Community Engagement Department)
Thursday, February 27, 12:30pm–2pm
Presented by Lisa M. Shulman, MD, professor of neurology at the University of Maryland and author In Before and After Loss, neurologist Dr. Lisa Shulman describes a personal story of loss and her quest to understand the science behind the mind-altering
experience of grief. Part memoir and part scientific discovery, this moving book combines Shulman’s perspectives as an expert in brain science and behavior, with her experience as a clinician, caregiver, and widow. Drawing on recent studies of emotional trauma, she explains how the mind, brain, and body respond and heal following traumatic loss. The experience of loss not only applies to the death of loved ones, but also a range of difficult life experiences including a new diagnosis, a divorce, an assault, or financial instability. The “fog of confusion” after loss reflects the brain’s protective response to trauma and can be reversed by interventions (journaling, dream interpretation, mindfulness, and spiritual practices) that help us integrate difficult times into our life story. Shulman’s frank and empathetic account helps readers regain their emotional balance by navigating the passage from the disorientation of loss to healing and growth. Dr. Shulman’s book, Before and After Loss will be available for purchase at the event, and she will be happy to sign purchased copies.

**Fee:** $5  
**Code:** #10293

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**LANGUAGE CLASSES AND GAME LESSONS**

**French**  
*Ms. Barbara Sontz received her BA in French, with a minor in Secondary Education at Queens College, New York. She continued her graduate studies with a Master’s Equivalent of 30 credits at Queens College. She taught French Levels I and II at Louis Pasteur Junior High School in New York for 15 years.*

**French I**  
**Session II**  
**Fridays, November 15–January 17**  
**(8 weeks; no class Nov. 29, Dec. 27)**  
**Noon–1pm**  
This is part two of a beginner class for those just starting their French adventure or wanting to review basic French. Topics to be covered are pronunciation, conversational vocabulary, and basic grammar. You will be speaking French from day one! We will be using a wonderful guide book called “Painless French” to reinforce our lessons, and short review exercises will be assigned. The book can be purchased on Amazon or at Barnes & Noble for $10.

**Fee:** $95  
**Code:** #10294

**Hebrew**  
*Instructor: Einat Cohen*  
Private and semi-private lessons at all levels are available. Conversational classes need a minimum of 4 registered students. Contact Shari for more information or to express interest in taking a Hebrew class.

**Fee:**  
- $50/hour private  
- $40/hour per person semi-private  
**Code:** #800

**Spanish**  
*Instructor: Dr. Michael Gorman received his BA, MA, and PhD from American University and continued his studies at the National University of Mexico.*

**Spanish I**  
**Mondays, November 4–December 16**  
**(6 weeks; no class Nov. 18)**  
**12:30pm–2pm**  
This beginner class is for those who are brand new to the Spanish language or have had a little bit of Spanish in their past. You will learn the alphabet, basic vocabulary, and simple phrases for conversational use, and develop basic skills. There are no textbooks, no homework, and no tests; just come to class ready to learn and have fun.

**Fee:** $90  
**Code:** #10247

**Spanish II**  
**Wednesdays, December 4–January 29**  
**(7 weeks; no class Dec. 25, Jan. 1)**  
**12:30pm–2pm**  
This continuing class is for those who have taken the Spanish I class at the J or have some knowledge of the language. You will continue to develop your skills and also review previous material. There are no tests, homework, or grades.

**Fee:** $105  
**Code:** #10248

**Spanish III**  
**Wednesdays, December 4–January 29**  
**(7 weeks; no class Dec. 25, Jan. 1)**  
**2:30pm–3:30pm**  
This continuing class is for those who have taken the Spanish II class at the J or equivalent experience. This is a conversational class and includes grammar. You will continue to develop your skills and also review previous material. There are no tests, homework, or grades.

**Fee:** $70  
**Code:** #10249

**Yiddish**  
*Instructor: Norman Buder*  
**Level I**  
TBA  
**Level II**  
**Session II**  
**Mondays, November 4–December 16**  
**(7 weeks)**  
**2pm–4pm**  
Join this class if you have some knowledge of Yiddish and
would like to continue to learn to speak and read the language.

Fee: $87
Code: #10250

Bridge Lessons
(Beginner and Intermediate levels)

Beginner Mah Jongg Lessons
A minimum of 4 students is required for bridge and mah jongg lessons. Contact Shari if you are interested.

THURSDAY AT THE J

Thursdays, noon–2pm
Contact: Michele.Endick@theJ.org, 703.537.3095

Fee: Included in J-Family and J-Journey memberships. One day membership upgrades are available for $10 to J-Pass cardholders; $20 for non-passholders.

Inclement Weather Policy
If Fairfax County Schools are closed, the program is canceled. If schools have a delayed opening, we will hold our program at the regular time.

Recent Archaeological Finds in Northern Virginia
Thursday, December 12, noon–2:30pm
Noon: Lunch (bring dairy or parve/meatless)
Program: 12:30pm
Presented by Patrick O’Neill, Archaeologist and Historian, past President of Archeological Society of Virginia
Mr. O’Neill has worked on archaeology projects in 34 states. He has done research at Arlington House, Mount Vernon, Virginia’s State Capitol, Fort Ethan Allen, and the Ratcliffe Cemetery in Fairfax City. His talk will cover more recent finds in Northern Virginia such as the Ball-Sellers House in Arlington, the ships uncovered in Old Town Alexandria Waterfront, and several cemeteries on Bull Run Mountain in Prince William County.
Coffee, tea, and dessert provided.
No RSVP – Just Come!
Fee: $3 (all participants pay at door)

Political Cartoons: What’s So Funny?
(In collaboration with ALI)
Thursday, January 9, noon–2pm
Noon: Lunch (bring dairy or parve/meatless)
Program: 12:30pm–2pm
Instructor: Matt Wuerker, political cartoonist, Politico Magazine
See more details on page 8.

Street Smart Self Defense for Your Safety
Thursday, January 16, noon–2:30pm
Noon: Lunch (bring dairy, parve/meatless)
Program: 12:30pm
Presented by Len Garon, professional artist and martial artist
Do you feel vulnerable, nervous, or scared when walking down a street, in a parking lot, or entering or leaving your home? This instruction is for anyone at any age and in any kind of physical condition.

Len Garon will discuss how to be safer in your daily life. He will demonstrate some simple self-defense techniques with your hands, cane, umbrella, walking stick, handbag, or pen that can discourage someone from taking advantage of you. After the program, you can practice some of the Street Smart Self Defense techniques. Bring a cane, umbrella, walking stick, and pen… or just stay and watch!
Coffee, tea, and desserts provided.
No RSVP, Just come!

Winter Movie: Shine
1996 I 105 min I Bio, Drama, Music
Thursday, January 23, noon–2:30pm
Noon: Lunch (bring dairy or parve/meatless)
Film: 12:30pm
“Inspired by the troubled but ultimately triumphant life of classical pianist David Helfgott, this moving drama focuses on Helfgott's mental breakdown and painful retreat into a private world while still in his early 20s and on the brink of a glittering international career. After a decade of total obscurity, Helfgott achieves both personal and professional fulfillment through the love and support of a remarkable woman.” — Amazon.com website

Geoffrey Rush won an Academy Award for Best Actor in a leading role among other nominations for his role in this movie.
Coffee, tea, and movie munchies provided.
No RSVP – Just Come!

The Journey — Ethiopian Jews in Israel
Thursday, January 30, noon–2pm
Noon: Lunch (bring dairy or parve/meatless)
Program: 12:30pm–2pm
Presented by Shy Ashkenazi, Pozez JCC Shaliach (Emissary)
Come meet Shy, our new Shaliach (emissary from Israel)! Being an accomplished singer and songwriter, he will introduce his program with a song/guitar solo, and then discuss how from the late 1970s until today, the Jewish Ethiopian community in Israel has gone through many changes, challenges, and successes. The story of the Aliya through the desert, integration in Israeli society and their
new Jewish home, is “one that is being recorded over
and over, and does not cease to amaze” says Shy.

Coffee, tea, and dessert provided.
No RSVP – Just Come!

**Healthy Living for a Hearty Brain and Body**

Thursday, February 6, noon–2pm
Noon: Lunch (bring dairy or parve/meatless)
Program: 12:30pm

*Presented by Alzheimer’s Association National Capital Area Chapter*

Research suggests that healthy living is the key to aging well. This workshop will focus on steps you can take to help reduce your risk of dementia. By changing out old bad habits and incorporating new healthy habits you can boost your brain function and benefit other vital organs. A healthy lifestyle also improves fitness and balance which lowers the possibility of broken bones — a serious contributor to dementia. Join us for this important presentation, do a simple brain exercise, and learn about ways to assess and lower your risk for dementia.

Coffee, tea, and dessert provided.
No RSVP – Just Come!

**Winter Movie: On the Basis of Sex**

2018 I 2hrs I Biography, Drama
Thursday, February 13, noon–2pm
Noon: Lunch (bring dairy or parve/meatless)
Program: 12:30pm

“Inspired by the powerful true story of a young Ruth Bader Ginsburg (Felicity Jones), *On the Basis of Sex* depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a ground-breaking case, she knows the outcome could alter the courts’ view of gender discrimination. Stronger together, Ruth teams up with her husband, Martin Ginsburg (Armie Hammer), to fight the case that catapults her into one of the most important public figures of our time.” — Amazon.com website

Coffee, tea, and movie munchies provided.
No RSVP – Just Come!

**Book Talk: Before and After Loss**

(In conjunction with Adult Learning Institute and the J’s Community Engagement Department)
Thursday, February 27, 12:30pm–2pm
Noon: Lunch (bring dairy or parve/meatless)
Program: 12:30pm

*Presented by Dr. Lisa M. Shulman, professor of neurology at the University of Maryland and author*

See more details on page 8.

**LOOKING AHEAD**

**Winter Movie: Pavarotti**

2019 I 1h 54 min I Documentary, Biography
Thursday, March 5, noon–2pm
Noon: Lunch (bring dairy or parve/meatless)
Topic: Opinion Journalism in the Age of Trump  
Monday, January 13  
*Presented by Bill Sternberg, Editorial Page Editor of USA Today*

Topic: The Trump Era: How Did it Start? When Will it End?  
Monday, February 17 (President’s Day)  
*Presented by William Schneider, GMU Professor of Politics*

Save the date for the Spring Political Program on Sunday, March 8.

**News in Review Roundtable**  
Mondays, December 16, January 27, February 24  
12:15pm–1:45pm  
*Coordinated by Mimi Rosenberg, Adult Program Advisor*

It’s your turn to speak! Bring your educated opinions to discuss the most current news. A lively discussion will be moderated by various facilitators. Come share your viewpoints and opinions on the topics to be discussed.  
**Coffee and tea will be provided.**  
**Fee:** Included in J-Family and J-Journey memberships. One day membership upgrades are available for $10 to J-Pass cardholders; $20 for non-pass holders.

**READERS AND WRITERS**  
**Contact:** Elana.Plotnick@theJ.org, 703.537.3060

**First Friday Book Group**  
**Calling All Readers!**  
Friday, December 6, January 3, February 7  
11:30am–1pm  
If you enjoy discussing books with men and women of varied backgrounds and life experiences, this group is for you. Contact Elana to confirm date and book selections.

**December 6:** *Maid* by Stephanie Laud  
**January 3:** *The Book of Separation* by Tova Mirvis  
**February 7:** *The Last Watchman of Old Cairo* by Michael David Lukas (Jewish Book Council Author) and Skype with author

**No RSVP — Just come!**  
**Fee:** Included in J-Family and J-Journey memberships. One day membership upgrades are available for $10 to J-Pass cardholders; $20 for non-pass holders.

**Read My Story and Remember Me Memoir Writing Group**  
Mondays, December 9, January 13, February 10  
11am–12:30pm  
**Contact:** Elana.Plotnick@theJ.org, 703.537.3060

**Coordinator: Carol Backman**  
Join the J’s Memoir Writing Group and learn to create a written legacy for family and friends. Share stories that capture your life experiences. You don’t have to be an expert writer; we will help you get started and provide tips and encouragement along the way. We’ll post your favorite stories on the J’s website. They can be viewed at theJ.org/memoirs.  
**No RSVP — Just come!**  
**Fee:** Included in J-Family and J-Journey memberships. One day membership upgrades are available for $10 to J-Pass cardholders; $20 for non-pass holders.

**The J-Men’s Group**  
Fridays, December 13, January 10, February 14  
12:30pm–2pm  
**Contact:** Shelly.Rosenstein@theJ.org, 703.537.3062

Our men’s group is up and running! Come join us for lively, stimulating afternoons of schmoozing and camaraderie with other men. Check Adults-On-The-Go for latest topics to be discussed.  
**December 14:** Epidemics including in the Orthodox Community presented by Dr. Kenneth Sanders  
**January 10:** An overview of the National Museum of the United States Navy presented by a museum representative.

**Fee:** Included in J-Family and J-Journey memberships. One day membership upgrades are available for $10 to J-Pass cardholders; $20 for non-pass holders.

**ADULT OUTREACH PROGRAMS**

**EVERYONE WELCOME!**  
Are you searching for a Jewish connection, a place to meet new friends, or to enrich your life with an exciting variety of activities and day trips but don’t live close to the J? Check out the Adult Outreach groups listed on the following pages for the one nearest you. These programs and activities are planned for Adults 55+, though people of all ages are welcome to attend. Programs and activities are subject to change, so confirm beforehand. **Payment can be made at the door unless specified otherwise.**

**Pozeez JCC Adult 55+ Program held at Beth El Hebrew Congregation**  
3830 Seminary Road, Alexandria  
**Contact:** Shelly.Rosenstein@theJ.org, 703.537.3062

All weekly group meetings are held at Beth El Hebrew Congregation every Wednesday at 10:30am (unless otherwise noted). Newcomers are always welcome!  
**Coffee, tea, and dessert will be provided.**  
**Fee:** $5 all participants (pay at door unless otherwise specified)

**Inclement Weather Policy**  
If Fairfax County schools are closed, our Adult 55+ program is canceled. If schools have a delayed opening, we
Presented by Ted Merwin, Former Professor of

Thursday, December 19, 1pm–3:30pm

Pop Culture

Where Harry Met Sally: The Jewish Deli in Pre-Chanukah Celebration at the J

RSVP:
Fee: $5

Join us for an encore presentation by members of Helping Hearts through the Arts (HHA) Dance team

Tuesday, January 14, noon–2pm (includes a kosher lunch)

Location: Agudas Achim Congregation, 2908 Valley Drive, Alexandria

Join us for an encore presentation by members of Helping Hearts through the Arts (HHA). Founded in 2013, this group is dedicated to connecting individuals and groups within the community in artistic and meaningful ways. HHA has been involved in numerous collaborations and project-based events to help foster a greater sense of community and spread goodwill through the value of the arts. Dancers ranging in age groups from the 40s-70s will perform. A kosher lunch will be served at noon followed by the performance at 1pm.

Fee: $5 suggested donation
RSVP is a must by December 30 to Shelly.Rosenstein@theJ.org, 703.537.3062

Pre-Chanukah Celebration at the J

Where Harry Met Sally: The Jewish Deli in Pop Culture

Thursday, December 19, 1pm–3:30pm

1pm: Boxed Lunch (included in Fee); 1:40pm: Program

Presented by Ted Merwin, Former Professor of

Religion and Judaic studies at Dickinson College; Founding Director of the Milton B. Asbell Center for Jewish Life; author of the National Jewish Book Award-winning, Pastrami on Rye — An Overstuffed History of the Jewish Deli.

See more details on page 4.

Film: Sister Rose’s Passion and Discussion

Wednesday, January 8, 10:30am–noon

2004 l 39 min l Documentary, Short

Presented by Jordyn Barry, Director of Jewish Innovation, Pozez JCC

In today’s time of rising anti-Semitism it is important to learn about the pioneers who spoke up on behalf of the Jewish people and changed the way the world viewed Jewish-Christian Relations.

Join us for a film screening of the Academy Award Nominated Best Documentary Sister Rose’s Passion and a conversation with Jordyn Barry who will expand on her unlike-ly personal friendship with Sister Rose. This documentary tells the inspirational story of a most unlikely activist who made the battle against anti-Semitism her life’s work. Sister Rose Thering, a gutsy Dominican nun, had the courage, toughness, and passion to resist the status quo and push for what she believed was right which had a direct bearing on the historic Vatican II Council that reformed the Catholic Church’s position on Jews and Judaism. Her spirit of resistance shines throughout this documentary as she continues her energetic crusade amidst a swirl of controversy.

Fee: $5
RSVP: Shelly.Rosenstein@theJ.org, 703.537.3062

Joint Program with Agudas Achim Congregation

Helping Hearts through the Arts (HHA) Dance team

Tuesday, January 14, noon–2pm (includes a kosher lunch)

Location: Agudas Achim Congregation, 2908 Valley Drive, Alexandria

Join us for an encore presentation by members of Helping Hearts through the Arts (HHA). Founded in 2013, this group is dedicated to connecting individuals and groups within the community in artistic and meaningful ways. HHA has been involved in numerous collaborations and project-based events to help foster a greater sense of community and spread goodwill through the value of the arts. Dancers ranging in age groups from the 40s-70s will perform. A kosher lunch will be served at noon followed by the performance at 1pm.

Fee: $5 suggested donation
RSVP is a must by December 30 to Shelly.Rosenstein@theJ.org, 703.537.3062

An Inside Look at the Census Bureau

Wednesday, December 11, 10:30am–noon

Presented by Joe Quartullo, Data Dissemination Specialist, U.S. Census Bureau

The 2020 Census counts every person living in the United States and five U.S. territories. Many people think that the Census Bureau only works every 10 years, but there’s a good chance you are seeing information from these surveys at the national, state, county, and local levels. Easy online tools to access this data will also be demonstrated, along with an update of the planning and status for the 2020 census. Count yourself in on this program!

Fee: $5
RSVP: Shelly.Rosenstein@theJ.org, 703.537.3062

Spot a Stroke, Stop a Stroke, Save a Life

Wednesday, December 4, 10:30am–noon

Presented by Alan Stillman, Public Health Advocate leading Stroke Smart Alexandria, CEO of Kwikpoint; Adam Dodd BSN, RN-BC, Heart Failure & Pre-Op Open Heart Navigator, Inova Alexandria Hospital

Stroke Smart Alexandria is a campaign to stop the scourge of stroke. One in six people will have a stroke in their lifetime that will cause disability or death. There are very effective treatments that can completely stop a stroke and save a life. The treatments are very time sensitive, so it is critical to know how to spot a stroke immediately. Alan, a 30-year resident of Alexandria, saw his family devastated by stroke and is committed to educating the city on how to stop strokes. He has given a TED talk on the topic and will be sharing this critical information as well as donating some educational tools to support the campaign. Adam will also share ways to help prevent heart problems.

Fee: $5
RSVP: Shelly.Rosenstein@theJ.org, 703.537.3062

Specialist, U.S. Census Bureau

Shelly.Rosenstein@theJ.org

703.323.0880 • Page 13
Older Drivers, Start Your Engines!
Wednesday, January 29, 10:30am–noon
Presented by Mike Perel, Retired, U.S. National Highway Traffic Safety Administration (NHTSA), Vice Chair of the Fairfax Area Commission on Aging
Drivers, start your engines...and start learning more about how you can stay safe behind the wheel as an older driver! During all the years that you have been driving, traffic has changed, our cars have changed, and YOU have changed. What do these changes portend for driving safety? What are the keys to staying safe as we age? This fun, informative and very interactive presentation will address these questions by focusing on the myth of the unsafe older driver, how aging might affect driving performance, what drivers can do to stay safe, and how new automobile technologies can help us avoid crashes and reduce injuries. This program is a must for anyone that still drives!
Fee:  $5
RSVP: Shelly.Rosenstein@theJ.org, 703.537.3062

Film: Sammy Davis, Jr.: I’ve Gotta Be Me
Wednesday, February 5, 10am–noon
Movie begins promptly at 10:15am (note earlier start time)
2017 | 100 min | Documentary, Biography
“American Masters – Sammy Davis, Jr.: I’ve Gotta Be Me
is the first major film documentary to examine the performer’s vast career and his journey for identity through the shifting tides of civil rights and racial progress during 20th-century America. Sammy Davis, Jr., had the kind of career that was indisputably legendary, vast in scope and scale. And yet, his life was complex, complicated and contradictory. Davis strove to achieve the American Dream in a time of racial prejudice and shifting political territory. Davis was the most public black figure to embrace Judaism, thereby yoking his identity to that of another persecuted minority. Featuring exclusive interviews with Billy Crystal, Norman Lear, Jerry Lewis, Whoopi Goldberg and Kim Novak, with never-before-seen photographs from Davis’ vast personal collection and rare footage from his performances in television, film and concert — Film website
Fee:  $5
RSVP: Shelly.Rosenstein@theJ.org, 703.537.3062

The Ongoing Revelation of Reform Judaism
Wednesday, February 12, 10:30–noon
Presented by Rabbi David Spinrad, Beth El Hebrew Congregation
For the Reform Jewish community, we understand that the messages of the Torah must be newly rediscovered in every generation and by every Jew. Ongoing revelation is our theme for this program, as together we will explore the important lessons and future direction of Reform Judaism and Reform Jews in North America.
Fee:  $5
RSVP: Shelly.Rosenstein@theJ.org, 703.537.3062

A Jewish Tour of Paris: Exploring Historical and Contemporary Jewish Paris
Wednesday, February 19, 10:30am–noon
Presented by Gary Lee Kraut, award-winning Paris-based travel writer and tour specialist; editor of the web magazine France Revisited; lecturer
With over 500,000 Jews, France has the world’s third largest Jewish population after Israel and the United States. More than half of French Jews live in Paris and the surrounding region. Gary will talk about the Jewish history of Paris, along with glimpses of contemporary life as a traveler might encounter it through various sights and neighborhoods in the French capital. The presentation will include 25 sights, individuals and neighborhoods that reveal various aspects of the history of France and their relationship with Jews. In addition, he will cover medieval Jewry, the appeal of France to European Jews throughout the 19th and into the 20th centuries, Jewish artists of the 1920s, anti-Semitism, the Holocaust, major French Jewish figures over the past 200 years, and contemporary Jewish life as the traveler may encounter it. Gary, who currently lives in Paris, has been inspiring and informing travelers to France for three decades.
Fee:  $5
RSVP: Shelly.Rosenstein@theJ.org, 703.537.3062

Beyond the Uniform: The Portrayal of the Israel Defense Force (IDF) in the Cinema
Wednesday, February 26, 10:30am–noon
Presented by Shy Ashkenazi, Israeli Shaliach (Emisary)
The Israel Defense Force is known as one of the strongest armies in the world. However, the IDF is a collective of individuals. The image of the macho, tough Israeli soldier that was created when Israel was founded has changed over time. Join us as we watch film clips and discuss how the IDF has been reflected through the Israeli cinema by hearing stories and showing who the IDF soldiers really are. This will also be a wonderful time to meet Shy!
Fee:  $5
RSVP: Shelly.Rosenstein@theJ.org, 703.537.3062

And contemporary life as a traveler might encounter it. Gary, who currently lives in Paris, has been inspiring and informing travelers to France for three decades.
LOOKING AHEAD

Author Event
Rebecca Erbelding
Rescue Board: The Untold Story of America’s Efforts to Save the Jews of Europe
Tuesday, March 3, 10:30am–noon
Presented by Rebecca Erbelding, archivist, curator and historian at the U.S. Holocaust Memorial Museum

America has long been criticized for refusing to give harbor to the Jews of Europe as Hitler and the Nazis closed in. Join us to hear Rebecca tell the extraordinary story of the War Refugee Board, President Franklin D. Roosevelt’s little-known effort late in the war to save the Jews who remained.

In January 1944, a young treasury lawyer named John Pehle successfully convinced FDR to authorize funds to help rescue victims of Nazi persecution. What ensued was a 20-month effort that resulted in thousands of lives being saved. A book sale and signing will take place after the presentation.

Fee: $5
RSVP: Roberta Sherman at shermanrs1@aol.com

In partnership with the Jewish Book Council

Pozez JCC Adult 55+ Program held for the Greater Gainesville Jewish Community
Contact: Julie.Koppel@theJ.org, 703.537.3012

Inclement Weather Policy
If Prince William County schools are closed, our Adult 55+ program is canceled. If schools have a delayed opening, we will hold the program at the regular time.

Chanukah at the Gateway
December 22, 6pm
Location: VA Gateway Shopping Center, 7575 Linton Hall Rd., Gainesville
Join the Gainesville community and Chabad for a Chanukah menorah lighting and celebration. Light refreshments and music provided by Chabad. Don’t miss out on this fun evening!

Emergency Preparedness 101
Wednesday, February 5, 1pm–3pm
Location: Bull Run Golf Club House, off Rt. 15 in Haymarket
Presented by Matthew Schultz, Emergency Management Planner for Prince William County
In this day and age, it is very important to be prepared for emergencies of all kinds. Welcome Matthew as he presents an overview of the Prince William County Emergency Management program, along with preparedness information. This is an important program to attend!

Fee: $15 (includes program and refreshments)
Code: #10295
RSVP: Submit payment and registration form to the J, Attn: Julie Koppel. Make check payable to Pozez JCC with “2/5” on memo line.

RECREATIONAL ACTIVITIES

Note: Unless otherwise noted below, recreational programs are included in J-Family and J-Journey memberships. One day membership upgrades are available for $10 to J-Pass cardholders; $20 for non-pass holders.
Contact: Elana.Plotnick@theJ.org, 703.537.3060

J Knitters
Wednesdays (ongoing), 1:30pm
Come join other knitters in the lobby every week. This is a relaxing and social time to meet other knitters, make new friends, share stories and knitting tips, and have some fun.

Drop-in Scrabble
Mondays (ongoing), 10am–12:30pm
Wednesdays (ongoing), 11:30am–2pm
Contact Elana if you’d like to be added to the Scrabble email list. Drop-in for a friendly game.
Take a stand
Grow your network
Inspire a child
Celebrate a tradition
Explore Israel
Leave a legacy

CHANGE A LIFE
Make The Jewish Federation Yours and make an extraordinary impact.

www.shalomdc.org

RECREATIONAL ACTIVITIES / ANNOUNCEMENTS / POLICIES

MITZVAH PROGRAMS

Contact: Elana.Plotnick@theJ.org, 703.537.3060

Social Action Project
Food for Others especially needs evaporated milk, beans, pasta, pasta sauce, canned tomatoes, canned vegetables, and canned fruit. Remember to bring a can and/or a nonperishable food item to donate whenever you come to the J. Please remember, if you are bringing something from your pantry, check the expiration dates on all items, including canned goods! For your convenience, a collection bin is located in the lobby. Thanks for your continued support.

Shoebox Recycling Program
The J collects shoes throughout the year to donate to the Shoebox Recycling program which sends them to people in need in developing countries while helping to save our environment. The money we are paid for these donations helps to fund transportation for the homeless during the FACETS Hypothermia Prevention week when we partner with Bethlehem Lutheran Church.

ANNOUNCEMENTS

The J Offers a Hearing Loop in the Adult Lounge for our Hard of Hearing Guests
How it works: A hearing loop, also known as an Induction or Audio Loop, provides a magnetic, wireless signal that is picked up by the hearing aid when it is set to the 'T' (Telecoil) setting. When a hearing aid user selects the 'T' setting, he or she can pick up the sounds spoken into our PA system’s microphone instead of the hearing aid’s internal microphone. This results in improved speech understanding because the listener receives a clear signal without any background noise. Neckloops are available for those without hearing aids or telecoils.

Email List
If you would like to receive periodic emails from the J about upcoming programs, please email Sheryl.White@theJ.org to be added to the mailing list.

POLICIES

INCLEMENT WEATHER
The J reserves the right to make an independent decision about delays or closings based on local weather conditions and other factors. However, as a general rule, if Fairfax County schools are closed, our Adult 55+ programs held at the J are canceled.

Drop-in Mah Jongg
Tuesdays and Wednesdays (ongoing), 10am–noon
Drop-in for a friendly game and conversation in the lobby of the J. Bring your friends!

Drop-in Hearts
Thursdays (ongoing), 10am–noon
Join this weekly card game. Beginners welcome.

Drop-in Canasta
Fridays (ongoing), 10am–noon
Join this weekly game that meets in the lobby.

Party Bridge
Fridays (ongoing), 11am–2pm
This is a social, fun, and low-key game for all skill levels — come with or without a partner. Join the group and bring your own dairy, parve or meatless lunch.

ACBL Duplicate Bridge
Wednesdays (ongoing)
11am–2:30pm
Location: Bethlehem Lutheran Church, 8922 Little River Tpke., Fairfax (two doors west of the J)
Director: Louise Sellers (ACBL-accredited)
Fee: $10

Backgammon (Shesh Besh), Cribbage, or Chess
If you are interested in lessons, a club or a tournament, please contact Elana.
If schools have a delayed opening, we will hold our programs at the regular time.

**Best Practice:** Please call the J’s inclement weather hotline for the most up-to-date information at 703.425.3763 or visit theJ.org and watch the scrolling text at the top of the page for details. Make sure to check for updates before proceeding to your designated program.

**SPONSORSHIPS**
If you are interested in advertising in *The Voice* or becoming a department sponsor, please contact Michelle.Pearlstein@theJ.org, 703.537.3033, for ad specifications, deadlines, and rates.

**OPEN TO ALL**
Since 1980, the Pozez JCC of Northern Virginia (the J) has promoted inclusiveness and tolerance within and throughout our community — striving to develop positive relationships that foster understanding and cooperation among all. Whether someone is Jewish, Jew-ish, or simply wants to be part of a commUNITY that is open and welcoming to all, the J has something for everyone.

**REGISTRATION POLICY**
In order to register for a trip, program, class, or event, all participants — cardholders and guests alike — must complete a registration form, available online and at the J. Include the appropriate registration code number and membership number (if applicable). Please attach payment to the completed registration form and return it to the front desk when you’re at the J, or mail it to the J. Be sure to write the name of the staff member associated with the event on the envelope.

**REFUND POLICIES**
- No refunds will be granted for any trip or program that requires tickets, meal reservations, or chartered transportation unless we are able to fill your reserved space.
- Cancellation prior to any prepaid activity will incur a $7 handling charge that is deducted from any refund.

**TRIP POLICIES**
- Please be aware that all departure and return times listed are an approximation and subject to change.
- No rest stops are planned for trips that require two hours or less driving time.
- Please keep your same seat on the bus for the entire trip.
- Once at your destination, you will be responsible for meeting the bus at the time and place you are told. The bus will not wait for you if you are late. If you miss the bus, you are responsible for your own transportation home, and the J will not be liable.

**PROGRAM DISCLAIMER**
Views and opinions of guest speakers are their own and do not necessarily reflect the official policies or positions of the J.

**SHABBAT PAYMENT**
In observance of Shabbat, the J does not handle money or conduct business transactions on Friday nights and Saturdays until sundown. For the convenience of members and guests who would like to make a payment during Shabbat, forms and money may be deposited in the Shabbat drop box at the front desk. All forms and payments submitted will be processed during regular business hours.

**CULTURAL ARTS**

**Arts and Ideas Director**
Sarah Berry, 703.537.3075 • Sarah.Berry@theJ.org

**Cultural Arts Coordinator**
Madeline Hintz, 703.537.3076 • Madeline.Hintz@theJ.org

**Pozez JCC Cultural Arts Mission**
To demonstrate, illuminate, and celebrate the breadth and depth of Judaism’s culture, identity, creativity, diversity, and resiliency through the performing, visual, and literary arts, and film.

**Tickets and more information at theJ.org/arts**

Cultural Arts programming is partially funded by:

**ARTSFairfax**

Underwriting and sponsorship opportunities are available for all Cultural Arts programs. Contact Michelle.Pearlstein@theJ.org for details.

Unless otherwise noted, our events take place at the J. All programs and dates are subject to change. For additional and up to date information, please visit: theJ.org/arts
PERFORMING ARTS SERIES

Celebrate Chanukah
Zemer Chai, The Jewish Chorale of the Nation’s Capital
Sunday, December 15, 7pm
Location: Congregation Adat Reyim, 6500 Westbury Oaks Court, Springfield
Enjoy Jewish music for the season – and our world – with one of the nation’s leading Jewish choirs. Founded in 1976 by director Eleanor Epstein, Zemer Chai (“Living Song”) shares the rich musical heritage of the Jewish people at the highest level. The Washington Post praised the choir for “singing passionately with utter precision.” Zemer Chai has performed at the White House, Library of Congress, Strathmore and the Kennedy Center, as well as concert halls in New York City, Philadelphia, Boston, the Catskills, the West Virginia mountains, and the hills of Jerusalem. An integral part of the Greater Washington, DC community, Zemer Chai takes pride in building bridges to other faiths and cultures, attracting audiences of many backgrounds and participating in numerous intercultural events. The concert is co-sponsored by Congregation Adat Reyim.
Tickets: $25 in advance/ $36 at the door https://zemerchai.bpt.me

Les Chansons Juives
Portraits of Jewish Music in France with Dr. Hazzan Ramón Tasat
Saturday, January 11, 7:30pm
Commemorating five years since the "Je Suis Juif" movement in France, Les Chansons Juives, Portraits of Jewish Music in France celebrates the enduring connections between French and Jewish musical traditions in Europe and North Africa. In addition to music by Jonas and Attia, this concert highlights compositions from different French and Jewish liturgical traditions. Some of the music originates in Bordeaux, Provence, Carpentras, and Bayonne, as well as the unforgettable Paris. A number of the compositions were selected and orchestrated by Hazzan Dr. Tasat from Solomon Foy. Concert followed by Q&A.
Tickets: $25

The National Chamber Ensemble Presents Romantics of the Past and Present
Sunday, January 26, 4pm
NCE Artists: Steven Honigberg (cello), Carlos Cesar Rodriguez (piano), Leonid Sushansky (violin/artistic director)
Travel across genres that are exciting to SEE and hear. Music of Felix Mendelssohn, Samuel Barber and George Gershwin and the highlight of the performance will be Alexander Goldstein's Introspective Piano Trio for violin, cello, piano, and computer. The Introspective Trio marries the classical trio to multi-track computer audio playback and high-definition video effects, evoking both the Disco Era and the mega-rock sensibility of groups such as Queen. Alexander Goldstein has composed scores for more than 320 films, radio and television shows, animations, commercials, and sports programs. Forty Olympic Medals and more than 125 World Medals were won using music was edited, arranged, or written by Goldstein.
Tickets: $25

The National Chamber Ensemble Presents Swingin' Sweethearts: A Tribute to Benny Goodman
Saturday, February 15, 7:30pm
Location: Gunston Arts Center - Theatre 1, 2700 S. Lang St., Arlington, VA
The Pozez JCC is proud to co-present National Chamber Ensemble’s season highlight. Join us for their salute to the legendary Benny Goodman, featuring clarinetist Julian Milkis — Goodman’s only student and renowned protege. He will perform some of his mentor’s most popular jazz and classical compositions with members of the National Chamber Ensemble.
Tickets: $36 Adult/ $18 Student – Tickets available only at nationalchamberensemble.org

LITERARY ARTS

J-Talks — Conversations with authors and artists. Join us throughout the year for hard truths and inspiring stories, Jewish values, and living history — along with food, fiction, and humor!

The Annual Northern Virginia Jewish Book Fair
Sunday, December 8–Wednesday, December 11
9am–noon & 4pm–7pm in the J’s lobby
Browse our collection of the 2019 Jewish Book Council Selections and other bestselling titles, and join us for discussions from top authors.

In partnership with
Jewish Book Council
Jewish Book Fair Opening Day

Ambassador Dennis Ross

Be Strong and of Good Courage: How Israel's Most Important Leaders Shaped Its Destiny

Sunday, December 8, 2pm

Modern Israel’s founding fathers provided some of the boldest and most principled leadership of any nation—now Israel needs their example more than ever. At a time when the political destiny of Israel is more uncertain than at any moment since its modern founding, Be Strong and of Good Courage celebrates the defining generation of leaders who took on the task of safeguarding the country’s future. David Ben Gurion, Menachem Begin, Yitzhak Rabin, and Ariel Sharon were all present at the creation of the new nation in 1948. Over the next sixty years, each served as prime minister at a time when the country’s existence was directly imperiled. In those moments, extraordinary acts of leadership and strategic judgment to secure its future were needed and these leaders rose to the occasion. The strength they showed made them not just the political center of the country but its moral compass. Today, Israel may be on the verge of sacrificing the essential character that its greatest citizens fought to secure. This is the story of that epic struggle.

Tickets: $18
Ticket & Book: $31
Books at the event: $17
https://dennisross.bpt.me

This event is presented in collaboration with the J’s Adult Learning Institute.

Lisa M. Shulman, MD

Before and After Loss: A Neurologist’s Perspective on Loss, Grief and Our Brain

Thursday, February 27, 12:30pm–2pm

Neurologist Dr. Lisa Shulman describes a personal story of loss and her quest to understand the science behind the mind-altering experience of grief. Part memoir and part scientific discovery, this moving book combines Shulman’s perspectives as an expert in brain science and behavior, with her experience as a clinician, a caregiver, and a widow. Presented by the J’s Adult Learning Institute, Thursday at the J and the J’s Community Engagement Department

Check theJ.org for details.

FINE ARTS

Bodzin Art Gallery Exhibits

Judy Wengrovitz — A Retrospective

October 16–December 2

Immerse yourself in works created over a lifetime by a beloved member of the Northern Virginia Jewish community. Mrs. Wengrovitz held a BA from Hunter College, and won awards including a listing in the “Who’s Who in American Art,” the Award of Excellence and Best in Show Award from the Virginia Watercolor Society, and the Excellence Award from the National League of American Pen Women. She served as president of the Springfield Art Guild, Virginia Watercolor Society, Potomac Valley Watercolorists, and the Alexandria Branch of the National League of American Pen Women. Her paintings are in many corporate, private, and public collections including Texaco, IBM, and the National Institute of Health. Mrs. Wengrovitz taught painting at her home, and hosted “Welcome to the Painter’s Palette” on Fairfax Public Access TV, sharing her skill and love of painting with all.

Vegetarian lunch* is available for purchase from SHOUK, a new Modern Israeli Street Food restaurant in DC, winner of Washington Post’s “Best Fast Casual” and named Fast Casual of the Year by Eater DC.

Open Exhibition

December 3–January 13

Contact: Sarah.Berry@theJ.org for more information.

The annual showcase of remarkable talent from within our community comes to life again this winter. Discover the artists you didn’t know you knew!

Fast Food Literature and Lunch

DRIVE-THRU DREAMS: A Journey Through the Heart of America’s Fast-Food Kingdom by Adam Chandler & lunch from DC’s Modern Israeli Street Food: SHOUK

Tuesday, December 10, 11am

"This fun, argumentative, and frequently surprising pop history of American fast food will thrill and educate food lovers of all speeds." — Publishers Weekly. Most any honest person can own up to harboring at least one fast-food guilty pleasure.

In Drive-Thru Dreams, Adam Chandler explores the inseparable link between fast food and American life for the past century. The dark underbelly of the industry’s largest players has long been scrutinized but, fast food is also deeply personal and emblematic of a larger than life image of America.

Vegetarian lunch* is available for purchase from SHOUK, a new Modern Israeli Street Food restaurant in DC, winner of Washington Post’s “Best Fast Casual” and named Fast Casual of the Year by Eater DC.

*Menu available at registration. Certified Kosher under the supervision of DC Kosher.

Tickets:

$10
Ticket and book: $25
Lunch: $15
Books at the event: $20
https://fastlunch.bpt.me

This event is presented in collaboration with the J’s Adult Learning Institute.
J members and staff are invited to share their artwork: Whatever your medium — drawings, oils, watercolor, fiber arts, ceramics, beads — we’d love to put it on display! Applications available at theJ.org/arts and in the lobby.

When Colors Get Along
Mara Clawson
January 16–March 5
Mara is an artist who uses pastels and iPad technology to realize and share her creative vision of the world. She lives with Familial Dysautonomia. Art is her means of connection to various communities and has opened doors to her exciting professional life. Mara is a 2016–2017 winner of a VSA/Kennedy Center Emerging Young Artists with Disabilities award. “I love the colors. I work until ‘the colors get along’.”

ADULT DEPARTMENT SUPPORTERS

August 1 – October 31, 2019
(includes NV Rides, Positive Aging Fair)

Suzanne Brooks
Marvin Burstein
Susan Carbo
Fairfax County
Anita Flower
Elisabeth Franklin
Paul Gonson
Kathryn Grumbmeyer
Galit Holtslag
Jewish Council for the Aging of Greater Washington
Gloria Krause
Metropolitan Washington Council of Governments
(WASH COG)
Sam Samuels
Andrea Serotkin
Julianne Sherman
The Jewish Federation of Greater Washington
The Mather
United Jewish Endowment Fund

CONTACT INFORMATION

ADULT SERVICES DEPARTMENT

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Lead Adult Group Coordinator
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Adult Group Coordinators
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Julie Koppel, 703.537.3012 • Julie.Koppel@theJ.org

Adult Program Assistant
Elana Plotnick, 703.537.3060 • Elana.Plotnick@theJ.org

Administrative Assistant
Marcia Gordon, 703.537.3066 • Marcia.Gordon@theJ.org

Adult Program Advisor
Mimi Rosenberg

New Americans Group Coordinator
Helen Getter

NV RIDES
Manager
Jennifer Kanarek, 703.537.3071 • Jennifer.Kanarek@theJ.org

Media and Communications Coordinator
Ana Persky, 703.537.3070 • Anna.Persky@theJ.org

Marketing and Outreach Coordinator
Rachel Simon, 703.537.3070 • Rachel.Simon@theJ.org

The Adult Services Department is partially underwritten by the Adler-Bennett Endowment Fund and the Lore Edidin Memorial fund.

THE VOICE IS PUBLISHED BY

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8900 Little River Turnpike, Fairfax, VA 22031-3123
Phone: 703.323.0880 • Fax: 703.323.1993
Email: shalom@theJ.org • Website: theJ.org

Marketing & Communications Director: Laura Adler
Marketing & Communications Coordinator: Alexis Medina
Communications Coordinator: Jennifer DeAngelis
Design: Oasis Creative

RESOURCES

Bender JCC of Greater Washington
301.881.0100

Edlavitch DCJCC
202.518.9400

Hebrew Home of Greater Washington
301.881.0300
The best home to be in is your own.  
Home Instead offers personalized in-home services.

703.750.6644  
HomeInstead/Annandale

Create a Jewish Legacy

Leave a stronger community; Leave a lasting impression.

Leaving a legacy gift empowers you to complete the work of your heart — ensuring that the Pozez Jewish Community Center of Northern Virginia meets the evolving needs of our expanding community and that it will remain a vibrant hub where Judaic values and programming will serve the community for many generations to come.

To find out how to include the Pozez JCC in your estate plans, contact Jeff Dannick, Executive Director, at 703.537.3023 or Jeff.Dannick@theJ.org.
New! J-Fit Health Club in Fairfax

Schedule a tour today and ask about our membership special!

703.323.0880 • Membership@theJ.org

High-tech Fitness with a Neighborhood Vibe

» New fitness center with state-of-the-art equipment, indoor & outdoor HIIT spaces, and Spin® studio
» Full court gymnasium
» 25 meter, heated indoor pool with lap lanes & accessible ramp
» Individual & small group training
» Group & private swim lessons & competitive swim teams

Now Open!

J-FIT Health Club
Registration Form

Member # ________________________________
Participant’s First Name ____________________ Participant’s Last Name ____________________

Gender Identity:  □ Male   □ Female   □ Gender Non-conforming   □ Other

Parent/Guardian’s name if participant is a minor

Address
City__________________________State__________Zip__________________________Apt

Email__________________________Home Phone__________________________Work Phone__________________________

DOB ____________________________If Child, Age ____________________________If Child, Grade ____________________________

Emergency Contact Name__________________________Relation__________________________Contact Phone__________________________

Name of other participants attending program (must live in same household). If not, please fill out a separate registration form
for participant:
First Name ____________________________Last Name ____________________________DOB ____________________________

Become part of our J community!
☐ SIGN ME UP FOR J-PASS – Cardholders receive seamless entry to the J, access to fee-based programs, and limited access
to community events (fees may apply). This membership is for those who want to be connected to the J and participate
in community and select fee-based programs. J-Pass does not include access to the J-Fit Health Club, fitness classes, and
educational/recreational programming that is included in J-Family and J-Journey membership categories. A day pass may be
purchased to participate in J-Family and J-Journey programming. Day pass upgrades for current cardholders or accompanying
guests are $10; $20 for visitors or non-cardholders.

Facility Waivers
Use of any recreational facility and participation in any activity involves a risk of accidental injury despite all safety precautions.
Having been informed of the activities to be conducted by the Pozez JCC of Northern Virginia (the J) at 8900 Little River
Turnpike, Fairfax, VA 22031, I/we, as an individual or as a parent or guardian of the participants named herein, assume all risks
and hazards incidental to the activities, and release from responsibility and all liability, claims, costs and damages including
attorney fees and costs and agree to indemnify and hold harmless the J, their officers, directors, independent contractors,
volunteers, and all employees of any illness, injury, or damage to me or my children, or my family.

The Pozez JCC reserves the right to photograph and/or videotape activities for use in publicity and promotional materials.
Please notify the J in writing if you do not want photos of yourself or your family members to be used. Send in a recent photo
so that we can be sure that you and/or your family membership are not included in any materials by emailing Laura.Adler@theJ.org.

Signature Required ____________________________Date ____________________________

Program Information

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<tr>
<th>Code</th>
<th>Activity Description*</th>
<th>Price</th>
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*Please consult your physician before beginning any physical activity or engaging in any physical program.

Support impactful programs at the Pozez JCC by making a donation to one or more of our funds (suggested gift: $18)

$____ Early Childhood $____ Camps $____ Adult Programming $____ Health and Fitness
$____ Aquatics $____ Cultural Arts $____ Community Engagement $____ Special Needs
$____ Other (please indicate)______________

Payment Method:
Total Enclosed (include program and donation totals)__________________________

Check One: ☐ Cash  ☐ Check #__________________________ ☐ Visa  ☐ MasterCard  ☐ American Express  ☐ Discover
☐ Card on file (must provide last four digits)__________________________
Cardholder’s Name (please print)__________________________Card Number ____________________________
Expiration Date ____________________________Security Code ____________________________Signature __________________________________

Pozez Jewish Community Center of Northern Virginia
8900 Little River Turnpike • Fairfax, VA 22031
theJ.org • 703.323.0880 • Fax 703.323.1993
Pozez JCC Adult 55+ programming is partially supported by The Jewish Federation of Greater Washington and United Jewish Endowment Fund, Fairfax County, Metropolitan Washington Council of Governments, and by generous individuals and businesses.

### TRIPS AT-A-GLANCE: DETAILED INFORMATION CAN BE FOUND WITHIN THE VOICE.

**Codes:**
- BEHC – Beth El Hebrew Congregation, Alexandria
- GGJC – Greater Gainesville Jewish Community
- Pozez JCC – Pozez JCC of Northern Virginia, Fairfax
- NVHC – Northern Virginia Hebrew Congregation, Reston

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<tr>
<th>DAY</th>
<th>LOCATION CODE</th>
<th>DEPART TIME</th>
<th>DESTINATION</th>
<th>COST</th>
<th>TOUR*</th>
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<td><strong>December Trips</strong></td>
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<tr>
<td>Thursday</td>
<td>Pozez JCC</td>
<td>8:30am</td>
<td>Winterthur - &quot;The Crown&quot; exhibit, etc</td>
<td>$80</td>
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<tr>
<td>Wednesday</td>
<td>Pozez JCC</td>
<td>10:30am</td>
<td>Nat’l Mus of Women in the Arts</td>
<td>$24</td>
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<td>Sunday</td>
<td>Pozez JCC</td>
<td>11:15am</td>
<td>&quot;Newsies&quot; at Arena Stage</td>
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<td><strong>January Trips</strong></td>
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<td>Sunday</td>
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<td>Keyboard Conversat-GMU Center for the Arts</td>
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<td><strong>February Trips</strong></td>
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<td>Woodrow Wilson House</td>
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<td>Wednesday</td>
<td>Pozez JCC</td>
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<td>Smiths Amer Art Mus/Nat’l Portrait Gallery</td>
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Separate charge, cash only morning of trip.  

^ “$”—Yes, available for purchase; “Incl.”—Yes, included in price