

Life Lessons

The William & Margery Sadovsky Center for Adult Learning

Passover Wine Tasting & Sale!

FORMAL TASTING:

TUESDAY, MARCH 6
6:00 – 8:00 P.M.

INFORMAL LOBBY TASTINGS:

WEDNESDAY, MARCH 7 &

THURSDAY, MARCH 8 4:30 – 6:30 P.M.

LOCATION: SPRINGFIELD JCC

FREE



#001 Sample over 50 different wines and choose from a huge selection of Kosher for Passover wines at our Passover Wine Sale. Order forms available at the JCC or can be downloaded from www.springfieldjcc.org in mid February. Representatives from Gordon's Fine Wines & Liquors will be available on March 6 to assist with your selections. A 10% case discount will be offered for orders of 12 or more bottles. Order deadline is March 16 with pickup March 27 thru March 30. JGS' Bubbies Catering will also be accepting orders for Passover food.

COST: Free of Charge

American Composers: An Evening of Musical Conversation & Performance featuring Kevin Rhodes

WEDNESDAY, FEBRUARY 29

6:30 – 9:00 P.M. LOCATION: SPRINGFIELD JCC

#002 Join us for a very special evening of music featuring The Springfield Symphony Orchestra's Conductor and Musical Director, Kevin Rhodes, and performances by talented students from The Community Music School's Chamber Groups. Mr. Rhodes will focus on the music of several American composers including Schuman, Hovhanness, Harris, Barber, Piston, Gershwin, Bernstein and Joplin. He will trace basic elements of music from American 20th century composers and help listeners unravel the sometimes perplexing world of this music. Listeners who are familiar with many of their pieces will begin to hear them in fresh ways and newer listeners will discover a new world of sonic pleasure.

COST: \$20 JCC members, \$25 general public, \$10 students

This program is a collaboration between The Community Music School, The Springfield Symphony Orchestra and The Springfield Jewish Community Center. Photo by John Williams



Winter/Spring 2012

The Course Guide to Adult Education Programs at the Springfield Jewish Community Center

Time Dated Material

NON-PROFIT ORGANIZATION U.S. POSTAGE **PAID** SPRINGFIELD, MA PERMIT #91

Life Lessons

The William & Margery Sadovsky Center for Adult Learning

From Composers to The Constitution, see what you can learn at the JCC!



Scott & Tiffany Greene

JCCs of North America

Springfield Jewish Community Center
Neal Webber Building
1160 Dickinson Street
Springfield, MA 01108

Visit us on the web at
www.springfieldjcc.org

The Jewish Federation OF WESTERN MASSACHUSETTS
Serving Hampshire, Hampshire & Franklin Counties

The JCC is a beneficiary agency of the Community United Way of the Pioneer Valley and the Jewish Federation of Western Massachusetts

Life Lessons on the Road



Matthew Broderick in Nice Work If You Can Get It on Broadway

SUNDAY, MAY 20

8:45 A.M. – 9:30 P.M.

#003 Featuring a veritable hit parade of George and Ira Gershwin songs, don't miss three-time Tony nominee Kelli O'Hara as a tough as nails bootlegger who meets two-time Tony Award winner Matthew Broderick, playing a wealthy playboy, on the weekend of his wedding and mayhem ensues. This brand new musical comedy combines laughter, romance and musical magic. Bus will depart the JCC at 8:45 a.m. Enjoy brunch/lunch, shopping or a museum on your own prior to the 3:00 p.m. matinee. At the conclusion of the show, you will have approximately one hour to pick up dinner or a snack for the ride home. Trip includes roundtrip transportation, driver gratuity and orchestra seat. Bus will depart for Springfield at 6:30 p.m. Families welcome.

COST: \$175 members, \$190 general public

GHOST, The Musical on Broadway

SUNDAY, SEPTEMBER 9

8:45 A.M. – 9:30 P.M.

#004 Ghost The Musical is based on the smash-hit 1990 movie about the power of love. A ghost (played by Patrick Swayze in the movie) tries to communicate with his girlfriend through a fake psychic in hopes of saving her from his murderer. The Broadway production follows a successful run in London and has been noted for its incredible special effects and soul-touching ballads. The music and lyrics are by Grammy Award winners Glen Ballard and Dave Stewart of the Eurythmics. Bus will depart the JCC at 8:45 a.m. Enjoy brunch/lunch, shopping or a museum on your own prior to the 3:00 p.m. matinee. At the conclusion of the show, you will have approximately one hour to pick up dinner or a snack for the ride home. Trip includes roundtrip transportation, driver gratuity and orchestra seat. Bus will depart for Springfield at 6:30 p.m.

COST: \$165 members, \$180 general public



Connecticut Flower & Garden Show Traditions of Nature

THURSDAY, FEBRUARY 23

1:00 P.M. – 6:00 P.M.

#005 Think Spring when you attend the 31st Annual Connecticut Flower & Garden Show at the Connecticut Convention Center, which promises to be their most spectacular show ever. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment & much more at the "Traditions of Nature" themed show. View beautifully landscaped gardens and visit the Federated Garden Clubs of Connecticut design & horticulture competition based on the theme "Fabulous Fifties." Choose seminars and demonstrations, which are included in your admission ticket. Trip includes all transportation costs and entrance to the Flower Show. Transportation will depart Hartford at 5:00 p.m.

COST: \$30 members, \$40 general public

REGISTRATION DEADLINE FEBRUARY 17

Family Trip to the Boston Aquarium and Quincy Market

SUNDAY, APRIL 15

7:30 A.M. – 7:00 P.M.

#006 Parents, grandparents and children of all ages are invited to join us for a Boston adventure. Experience more than 70 exhibits featuring aquatic animals from around the world and don't miss the African penguins, the shark and ray touch tank, and the Atlantic harbor seals. At the four-story Giant Ocean Tank, home to more than 600 Caribbean coral reef dwellers, be sure to see Myrtle the Turtle, who came to the Aquarium in 1970 and has been the leader of the tank ever since. The Aquarium, located right on the Boston waterfront, is a 5 minute walk to the famous Quincy Market which features more than 150 stores, pushcarts, restaurants, and food vendors. Pack a lunch or take advantage of all The Market has to offer. The bus will bring us to the Aquarium and then the day is yours. We'll depart at 5:00 pm from the Aquarium. The trip includes roundtrip transportation, driver gratuity, and your Aquarium/IMAX combo ticket.

COST MEMBERS: \$60 for adults, \$55 for adults 62+, \$50 for children ages 3-12 and \$20 for children under 3. **COST GENERAL PUBLIC:** \$65 for adults, \$60 for adults 62+, \$55 for children ages 3-12 and \$25 for children under 3.

REGISTRATION DEADLINE MARCH 25

The Kingston Trio at the Springfield Symphony

SATURDAY, FEBRUARY 11

7:30 P.M. LOCATION: SYMPHONY HALL, 34 COURT STREET, SPRINGFIELD

#007 Join a group from the JCC at a "Folk Revival" with the 2011 recipients of the Grammy's Lifetime Achievement Award, The Kingston Trio as they join The Springfield Symphony Orchestra. They will bring their vocal harmonies and acoustic instrumentation to the concert hall including Tom Dooley, Charlie on the M.T.A. and many more. A limited number of orchestra seats available.

COST: \$55 members, \$60 non-members (below box office prices)

REGISTRATION DEADLINE FEBRUARY 3



New Orleans Swing at the Springfield Symphony

SATURDAY, MARCH 31

7:30 P.M.

LOCATION: SYMPHONY HALL, 34 COURT STREET, SPRINGFIELD

#008 Trumpeter/vocalist Byron Stripling joins The Springfield Symphony Orchestra for a program featuring blues, gospel, swing and jazz performances. Selections include Amazing Grace, Go Tell It on the Mountain and When the Saints Go Marchin' In. Byron Stripling's trumpet playing and vocals are reminiscent of Louis Armstrong, yet very much his own. Join a group from the JCC for a great concert! A limited number of orchestra seats available.

COST: \$55 members, \$60 non-members (below box office prices)

REGISTRATION DEADLINE MARCH 21

Trip to New York City and the 9/11 Memorial

SUNDAY, APRIL 29

8:30 A.M. – 6:45 P.M.

#009 Join us for a trip to see the National September 11 Memorial which is a tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center site, near Shanksville, PA., and at the Pentagon, as well as the six people killed in the World Trade Center bombing in February, 1993. Though we have 2:30 pm reservations at the memorial, we will stop earlier along 5th Avenue in the 50's and at South Street Seaport to allow plenty of time to see N.Y., shop, or have lunch before you meet us at the memorial at the corner of Trinity Place and Thames Street at 2:15 pm. Pickup at the end of the day will be on 6th Avenue between 55th and 56th. A portion of the ticket price will be donated to the National September 11 Memorial.

COST: \$50 for JCC members, \$60 for general public

REGISTRATION DEADLINE APRIL 1



Photo by Kai Brinker

Registration Form

ENROLLMENT INFORMATION

Name _____
Address _____
City _____ State _____ Zip _____
Email _____
Home Phone (____) _____ Work Phone (____) _____

Birthdate (MM/DD/YYYY) _____ / _____ / _____

COURSE OR EVENT SELECTION

3-digit Course or Event Number	Start or Event Date Month / Day	Free Class Register Only JCC member Non-member	How Many People	Cost Each	Total
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>

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<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>

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<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>

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<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>

3-digit Course or Event Number	Start or Event Date Month / Day	Free Class Register Only JCC member Non-member	How Many People	Cost Each	Total
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>

3-digit Course or Event Number	Start or Event Date Month / Day	Free Class Register Only JCC member Non-member	How Many People	Cost Each	Total
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>

Grand Total

Enclosed is my check for \$ _____ payable to Springfield Jewish Community Center.

Please charge my a total of \$ _____

Name on Card _____
Signature **X** _____
Card Number _____
Expiration Date (MM/YYYY) _____ / _____

Please return this form to: Springfield Jewish Community Center,
1160 Dickinson Street, Springfield, MA 01108
If you are paying by credit card, you can fax this form to (413) 739-4747 or call (413) 739-4715.

Calendar

- JAN 17** The Joy of Knitting Session I Begins
- FEB 6** How Does the Brain Work, Anyway? Class Begins
- FEB 8** Classic Pastry Hands-On Cooking Class
- FEB 9** The Truth About Low Carb Dieting – How It Can Work For You!
- FEB 11** The Kingston Trio at the Springfield Symphony
- FEB 12** Mira Bartok, author, "The Memory Palace"
- FEB 15** Headache Relief
- FEB 23** Connecticut Flower & Garden Show Trip
- FEB 26** Bake Hammantashen with Your Child or Grandchild
- FEB 27** Creative Writing Class Begins
- FEB 28** Creative Writing Class Begins
- FEB 28** Swing I Dance Class Begins
- FEB 28** Salsa I Dance Class Begins
- FEB 29** American Composers: Evening of Musical Conversation & Performance

- MAR 2** Creative Writing Class Begins
- MAR 6** Key Elections in U.S. History Class Begins
- MAR 6** Passover Wine Tasting (Formal Tasting)
- MAR 7,8** Passover Wine Tastings (Informal – Lobby)
- MAR 11** Cabaret Show
- MAR 13** The Joy of Knitting Session II Begins
- MAR 18** Adult and Child First Aid/CPR Class Begins
- MAR 18** Hands-On Appetizer Cooking Class and Wine Tasting
- MAR 20** Demystifying Hospice Care – p.m.
- MAR 20** Vietnam: The Hot War Within the Cold War Class Begins
- MAR 25** New York On Your Own
- MAR 29** Create Your Own Designer Rug – Free Demo & Ordering
- MAR 31** New Orleans Swing at The Springfield Symphony

- APR 2** Discover the Language of Love Class Begins
- APR 3** Salsa II Class Begins
- APR 3** Swing II Class Begins
- APR 10** Constitution Café
- APR 15** Family Trip to The Boston Aquarium & Quincy Market
- APR 17** Demystifying Hospice Care – a.m.
- APR 19** Learn to Become a Chocolatier
- APR 19** Create Your Own Designer Rug Class Begins
- APR 23** All You Need to Know About Medicare
- APR 24** Fred Sokol, author, "Mendel and Morris"
- APR 29** Trip to New York and the 9/11 Memorial
- APR 29** New York On Your Own
- APR 30** The Art of Bicycle Maintenance
- MAY 1** The Joy of Knitting Session III Begins
- MAY 1** Fearful of Facebook? Workshop
- MAY 8** Matthew Polly, author, "Tapped Out: An Odyssey in Mixed Martial Arts"
- MAY 9** Day Trip to Kripalu
- MAY 20** Nice Work If You Can Get It Theater Trip to New York
- MAY 20** New York On Your Own
- SEP 9** Ghost The Musical Theater Trip to New York
- SEP 9** New York On Your Own
- OCT 12-14** Trip to Historic Philadelphia

Watch for details on our **JCC Travel Programs to Israel**. Interested in a sneak peak? Contact **Bev Nadler** at bnadler@springfieldjcc.org or call (413) 739-4715.



During our trip to Historic Philadelphia, visit the National Museum of American Jewish History

FRIDAY, OCTOBER 12 – SUNDAY, OCTOBER 14, 2012

#010 Join a group from the JCC as we travel by deluxe motorcoach to historic Philadelphia. The bus will depart Springfield at 7:30 a.m. and, upon arrival, we will have lunch and tour Beth Shalom Synagogue, a National Historic Landmark designed by Frank Lloyd Wright. After checking into our hotel, we will have dinner at the hotel and those interested can walk to Congregation Mikveh Israel for Shabbat services or spend the evening exploring Philadelphia. Saturday morning begins with a guided walking tour of historic Philadelphia, lunch on your own and the afternoon at the National Museum of American Jewish History. The group will have dinner at City Tavern. After breakfast on Sunday, we will visit Longwood Gardens where you may purchase lunch and then head home with an on-your-own dinner stop, arriving in Springfield at approximately 8:30 p.m. Trip includes roundtrip transportation, two nights at the Holiday Inn Historic District, two breakfast buffets, one box lunch, two dinners and admission and guided tour of the National Museum of American Jewish History, the only museum dedicated exclusively to exhibiting and interpreting the story of American Jews from 1654 to the present. Also included are admission to Beth Shalom and Longwood Gardens, baggage handling for one bag and all taxes and gratuities.

COST: \$495 double, \$655 single, \$445 triple, members; \$525 double, \$685 single, \$475 triple, general public

OPTIONAL TRIP INSURANCE AVAILABLE. REGISTRATION DEADLINE AUGUST 31

Photo of National Museum of American Jewish History © Jeff Goldberg/Esto

New York On Your Own

- #011** SUNDAY, MARCH 25
- #012** SUNDAY, APRIL 29
- #013** SUNDAY, MAY 20
- #014** SUNDAY, SEPTEMBER 9

COST: \$40 members, \$50 general public



AIC at the JCC

College for Lifelong Learning

The School of Continuing Education at AIC is offering the College for Lifelong Learning at the Springfield JCC, designed for anyone who just wants to learn for the joy of learning - no tests, quizzes, papers, or grades!

How Does the Brain Work, Anyway?

MONDAYS, FEBRUARY 6 – MARCH 12
(5 WEEKS, NO CLASS FEBRUARY 20)
7:00 – 9:00 P.M. LOCATION: SPRINGFIELD JCC

#015 The brain is the most influential organ in the body. It controls our ability to perform daily activities, the way we perceive and interact with the world, and it even regulates the heartbeat, which gives us life. This course will introduce and explain some of the most fascinating facets of brain function. You will learn about the relationship of the nervous system to 'supernatural' strength in emergency situations, sleep paralysis, prosopagnosia (the inability to recognize faces), déjà vu, phantom limbs, out-of-body experiences, and various neurological disorders.

INSTRUCTOR: Destinee Chambers is an Assistant Professor of Psychology at AIC. She received her B.A. in Biology and her Ph.D. in Neuroscience & Behavior from the University of Massachusetts. She has a love for studying the neurological mechanisms underlying everyday life situations and focuses her research on the study of the mechanisms underlying visual cognition and attention.

COST: \$80 JCC member, \$110 general public

Key Elections in U.S. History

TUESDAYS, MARCH 6 – APRIL 3 (5 WEEKS)
7:00 – 9:00 P.M. LOCATION: SPRINGFIELD JCC

#016 Examine key issues involved in presidential elections at turning points in U.S. history. Included will be discussions on the elections of Lincoln, McKinley, Wilson, FDR, Nixon and Reagan. We will focus on the key themes in U.S. elections such as race, class, war and cultural conflict.

INSTRUCTOR: Allen Agnitti has taught history courses since the mid 1990s in N.Y. and Western Mass. and has been a Professor of History at AIC for over ten years. He earned an M.A. in Intellectual History from the University of Sussex/UK and a J.D. from North-eastern University.

COST: \$80 JCC member, \$110 general public

Descubra la Lengua del Amor! (Discover the Language of Love!)

MONDAYS, APRIL 2 – APRIL 30 (5 WEEKS)
7:00 P.M. LOCATION: SPRINGFIELD JCC

#017 Prepare for your next trip to a Spanish speaking country! This course will introduce some vocabulary, basic phrases and popular expressions used daily in several Hispanic countries. Experience the Spanish culture through short stories, films, lectures, and handouts, and learn about beautiful places and people, all while enjoying the sounds of the Spanish language; the language of love in a relaxed atmosphere. You do not need a Spanish-speaking background to enjoy this class.

INSTRUCTOR: Yolanda Natella, a native of Mexico City, is a Professor of Spanish with more than fifteen years of experience throughout Mexico and the U.S. She is also an artist with a lively interest in the popular culture of Latin America.

COST: \$80 JCC member, \$110 general public

Life Lessons Speaker Series

FREE OPEN TO THE PUBLIC

"SPEAKER SERIES" PRE-REGISTRATION IS REQUESTED TO AVOID CANCELLATION and to allow proper planning. It's easy, Simply send an email to bnadler@springfieldjcc.org or call 739-4715.

Headache Relief

WEDNESDAY, FEBRUARY 15
7:00 P.M. LOCATION: SPRINGFIELD JCC

#018 Do you or a family member suffer from headaches? Join Dr. Karin Johnson for an informative presentation on various types of headaches, with special emphasis on the most common of severe headaches, migraines. She will discuss the causes and theories about the physiology of migraines as well as headache treatment options including trigger prevention, myofascial release, and abortive and preventative medications. Find out what you need to do to get headache relief!

SPEAKER: Dr. Karin Johnson is a neurologist at Baystate Medical Center. She is a graduate of Harvard University and the University of Chicago School of Medicine and did a neurology residency at Brown University.

Co-sponsored by Bay Path College's Kaleidoscope, Perspectives on Culture, Life and Learning

Demystifying Hospice Care

#019 TUESDAY, MARCH 20 7:00 P.M.
#020 TUESDAY, APRIL 17 10:30 A.M.
LOCATION: SPRINGFIELD JCC

Whether it's for a loved one or you just want to educate yourself, learn what hospice care really is and what it is not. Included in the discussion will be the myths about medications such as morphine as well as the goals providers have for care while anyone is in hospice. You have a voice, and you have a choice in the care you receive at the end of life! Be educated about the options.

SPEAKER: Jodi DiTusa, LICSW, MED, is a Hospice Social Worker at Spectrum Home Health and Hospice Care.

Constitution Café

TUESDAY, APRIL 10
8:00 P.M. LOCATION: BAY PATH COLLEGE DINING COMMONS, BLAKE STUDENT COMMONS

#021 A person on a mission, Christopher Phillips draws on our nation's rebellious past to incite meaningful change today. Thomas Jefferson is his visionary guide as he taps into Americans' timeless concerns about the need to give our country's democratic framework a makeover. After the American Revolution was won, Jefferson maintained that our Constitution should be a rallying post for building common cause among motley Americans. To that end, he proposed that we revise the Constitution every so often, not just to reflect the changing times, but also to revive and perpetuate our original revolutionary spirit.

Enter Constitution Café, an offbeat and innovative project in which Phillips engages Americans of all stripes as they grapple with how they would sculpt the U.S. Constitution if they could start from scratch. If Phillips has his way, Constitution Café will be the launching pad for a new Constitutional Convention. Come and join in the conversation.

SPEAKER: Christopher Phillips, Author and Philosopher, earned his Ph.D. in Communications from Edith Cowan University. He has taught at the graduate program at New York University.

Co-sponsored by Bay Path College's Kaleidoscope, Perspectives on Culture, Life and Learning

All You Need to Know About Medicare

MONDAY, APRIL 23
7:00 P.M. LOCATION: SPRINGFIELD JCC

#022 So many baby boomers will be approaching the age when they will be eligible for Medicare, our public option, yet many know very little about their future benefits. Come to a workshop where you will learn all you need to know! The goal of this program is for you to understand what Medicare is and how the private sector builds on and/or enhances it. It will also dispel the complexity of the Medicare system and give participants a broader understanding of how to maximize their Medicare benefits.

SPEAKER: Deborah Hollingsworth, LSW, is the Geriatric Resources Advisor at Greater Springfield Senior Services, and has more than 30 years experience working with seniors and their families.

Cabaret Show

SUNDAY, MARCH 11
7:00 P.M. LOCATION: SPRINGFIELD JCC

#023 Join us as JCC and community members debut as cabaret singers on their opening night. This show is the culmination of the JCC Cabaret class and each performer will sing songs of their choosing. Some of last year's performers may be back for an encore! Instructor and award winner cabaret performer Jane Schecker will also entertain the crowd with piano accompanist Frank Jackson. Support your friends and neighbors!

COST: \$5 Children, \$8 JCC members, \$10 general public

JCC Book Club for Adults

DATES VARY 7:00 P.M. LOCATION: VARIED

#032 Are you an avid reader? Do you love to curl up with a good book? Would you like to find others who want to share their insights about their favorite reads? Join us for the JCC Adult Book Club as we venture into literature every month to discuss books from a variety of authors and genres. Each month a participant will choose a selection and a date and act as the host and the facilitator of the discussion. We will be meeting at a variety of locations, including participants' homes. If you are interested, please email Carlin Trietsch at ctrietsch@jcc.org or call at (413) 739-4715.

COST: Free of charge

Vietnam: The Hot War within The Cold War

TUESDAYS, MARCH 20 – APRIL 3 (3 WEEKS)
7:00 – 9:00 P.M. LOCATION: SPRINGFIELD JCC

#024 The Vietnam War is one of the most divisive issues in American history. To understand why America poured its wealth and blood into this faraway land, it is important to come to grips with the World War II history of Southeast Asia. In the first week, topics to be discussed are the cold war history including the fall of French Indochina, the formation of North & South Vietnam as well as the Southeast Asia Treaty Organization and its ties to the U.S. Week two will address the three phases of the hot war with the period of advisors, sending of U.S. ground forces and the tactics and strategy of America's generals. In the final week, explore what alternatives existed to the American strategies, the draft system and its damage to American society, the destruction of American morale, the withdrawal of American troops and the fall of Saigon.

INSTRUCTOR: Stuart Greene, JCC's Director of Health & Physical Education, is a retired Captain of Artillery in the U.S. Army and is a Vietnam Veteran.

COST: \$60 members, \$75 general public

Creative Writing

#025 FEBRUARY 27 – MAY 14
MONDAYS, 9:45 – 11:30 A.M. (10 WEEKS, NO CLASSES APRIL 2 & 9)
#026 FEBRUARY 28 – MAY 5
TUESDAYS, 9:45 – 11:30 A.M. (10 WEEKS, NO CLASSES APRIL 3 & 10)
#027 MARCH 2 – MAY 18
FRIDAYS, 9:45 – 11:30 A.M. (10 WEEKS, NO CLASSES APRIL 5 & 13)
LOCATION: SPRINGFIELD JCC

Develop and enhance your writing skills while using life experience as source material. Class sessions emphasize style and language and are supportive and non-competitive. Sharpen your skills and maybe you'll experience the thrill of seeing your work in print!

INSTRUCTOR: Sylvia Rosen earned her Master of Education degree at AIC. She has been a teacher, freelance writer and long-time columnist for the Springfield Sunday Republican.

COST: \$75 members, \$85 general public

Fearful of Facebook?

TUESDAY, MAY 1
7:00 – 9:00 P.M. LOCATION: SPRINGFIELD JCC

#028 Want to know what's new with your children and grandchildren? They're not calling anymore but are sharing their lives on Facebook. Want in on the Facebook frenzy? Join us to learn what social networking is all about, set up your own Facebook account and learn about basic account settings. You must have a valid email address to set up an account.

INSTRUCTOR: Jeff Rembrandt, JCC Assistant Executive Director, is a Facebook aficionado.

COST: \$15 members, \$25 general public

Life Lessons In Their Words

"IN THEIR WORDS" PRE-REGISTRATION FOR JCC members & the general public requested. Books will be sold at author events.

COST FOR ALL EVENTS: FREE FOR JCC MEMBERS, \$5 GENERAL PUBLIC
LOCATION FOR ALL EVENTS: SPRINGFIELD JCC

Mira Bartok, author of "The Memory Palace"

SUNDAY, FEBRUARY 12 2:00 P.M.

#029 *The Memory Palace* is Mira Bartok's gorgeous, visceral, memoir about the impact of her mother's schizophrenia on her life. Told with rich imagery and resonant prose, this literary memoir about the ties that bind reverberates with a rare blend of passion, conflict and raw emotion.

SPEAKER: Mira Bartok is an artist and writer and author of twenty-eight children's books. Her writing has appeared in literary journals and anthologies and has been noted in *The Best American Essays* series. *The Memory Palace* is her first book for adults.

Fred Sokol, author of "Mendel and Morris"

TUESDAY, APRIL 24 7:00 P.M.

#030 *Mendel and Morris* is a story of two elderly Jewish shuffleboard players based in the Forest Park neighborhood in Springfield. These men hear of a tourney in Florida, make the journey there, and meet two elderly Jewish women who also play shuffleboard. The novel is comic slice-of-life fare, complete with musings and philosophizing. *Mendel and Morris* is a charming and conversational novel.

SPEAKER: Fred Sokol is the Director of Theater Arts at AIC and directed nearly forty shows at Asnuntuck Community College. He wrote theater commentary for The Springfield Republican for twenty-five years. He received a B.A. from Hobart College, M.A. from Goddard College and Ph.D. from The Union Institute and University. He is co-author of *Muses in Arcadia: Cultural Life in the Berkshires*.

Matthew Polly, author of "Tapped Out: An Odyssey in Mixed Martial Arts"

TUESDAY, MAY 8 7:00 P.M.

#031 After writing *American Shaolin*, Matthew Polly set out to discover more about the hottest new sport in the country: mixed martial arts (MMA). In order to get inside the sport, he spent two years training with the best MMA fighters in the world, traveling from Thailand to Brazil to Russia to Las Vegas. He met fascinating groups of characters that he recounts in his trademark humor style. Matthew will be speaking about the history of the sport and its implications on American culture.

SPEAKER: Matthew Polly is a Princeton University graduate and Rhodes Scholar. His work has been in *Esquire*, *Playboy* and *The Nation* and is the author of *American Shaolin*. He's married to Longmeadow's Marla Geha.

Learn to Dance! Swing I

TUESDAYS, FEBRUARY 28 – MARCH 20
7:00 – 8:00 P.M. (4 WEEKS) LOCATION: SPRINGFIELD JCC

#033 Learn how to swing to the rhythms of big band and rock! Tailored to the new dancer, this class breaks down basic steps and builds upon them at a relaxed pace. Instruction emphasizes partner connection, rhythm, and basic technique to swiftly build your confidence on the dance floor.

Learn to Dance! Salsa I

TUESDAYS, FEBRUARY 28 – MARCH 20
8:00 – 9:00 P.M. (4 WEEKS) LOCATION: SPRINGFIELD JCC

#034 Shake your hips to Latin and Afro-Caribbean beats in this high-energy introductory-level class! Conquer the fundamentals of salsa in an easy-going, fun class designed for new salsaers. Classes break steps down into digestible parts and prepare students for learning more advanced combinations.

Learn to Dance! Swing II

TUESDAYS, APRIL 3 – 24
7:00 – 8:00 P.M. (4 WEEKS) LOCATION: SPRINGFIELD JCC

#035 Jazz up your dancing with fun, impressive swing moves! Polish your style through refined dance technique and musicality. This class is suitable for beginner students who have taken Swing I or are comfortable dancing a basic step, under-arm turn, and throwout.

Learn to Dance! Salsa II

TUESDAYS, APRIL 3 – 24
8:00 – 9:00 P.M. (4 WEEKS) LOCATION: SPRINGFIELD JCC

#036 Discover the spicy salsa moves that will make you the envy of the dance floor! Take your dancing to the next level with Cuban hip motion and Latin arm styling. This class is recommended for students who have taken Salsa I or are comfortable dancing a basic step, spot turn, and cross-body lead.

INSTRUCTORS: Mike Schilling and Jordana Starr both learned to dance in college, where they competed on the Tufts University ballroom dance team. After teaching for studios in the Hartford area, they moved to Arlington, Virginia and taught as independent dance instructors throughout the D.C. area. Mike and Jordana recently returned to Massachusetts and are excited to be teaching at Jordana's childhood stomping grounds, the Springfield JCC!

COST: Each 4-week, 1-hour session: \$40 members, \$50 general public

PRIVATE BALLROOM DANCE LESSONS for individuals, couples, and small groups are available by appointment. For more information contact Beverly Nadler at 739-4715 x355 or bnadler@springfieldjcc.org.

Life Lessons Healthy Living

SUNDAYS, MARCH 18 – 25
9:00 A.M. – NOON (2 WEEKS) LOCATION: SPRINGFIELD JCC

#037 Be prepared for emergency situations and hopefully you'll never need to use these skills! The American Red Cross Standard Adult and Child First Aid with CPR class will help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Learn skills to provide immediate care to a suddenly injured or ill person until more advanced medical personnel arrive. Participants will receive a CPR keychain with a breathing barrier in a pouch, a First Aid/CPR Participants Manual, Adult and Child CPR/ First Aid Reference Guide as well as Red Cross Certification, which is valid for two years.

INSTRUCTOR: Becca Coolong is the Elementary Director for the Springfield JCC. She has been certified in CPR for eighteen years and has been an instructor for three years. Becca is responsible for training the staff at the JCC as well as outside groups.

COST: \$100 members, \$110 general public

The Truth About Low Carb Dieting – How It Can Work For You!

THURSDAYS, FEBRUARY 9 – MARCH 1
7:00 – 8:30 P.M. LOCATION: SPRINGFIELD JCC (3 WEEKS, NO CLASS FEBRUARY 23)

#038 Why do low carb diets work? How can the weight loss be easily maintained by learning how to use the glycemic index? Learn the truth about carbohydrate controlled eating, why it works and how. If used properly, it can be the healthiest eating plan known, based on current reputable studies. Find out why this way of eating is improving cardiac disease, lowering diabetes incidence, and lowering risks of some kinds of cancer. Most importantly, after the holidays, find out how to lose weight and keep it off, healthfully. This is the first weight loss plan Sue Chanin has endorsed, as it is based on solid science and has proven to be successful in her own family.

INSTRUCTOR: Sue Chanin, MA, RD, LD, is a dietitian with over thirty years of experience in a variety of subjects related to nutrition. She has worked in both clinical and counseling settings and has taught at Springfield College, Lego, Providence Hospital and other local institutions.

COST: \$60 members, \$75 general public

Trip to Kripalu

THURSDAY, MAY 9 7:30 A.M. – 9:00 P.M.
LOCATION: KRIPALU CENTER FOR YOGA & HEALTH IN STOCKBRIDGE, MA

#039 Treat yourself to a day of R & R at Kripalu and you'll feel like a new person! Join Yoga Instructor Patty Zubini-Weiss and a group from the JCC for a full day at Kripalu. Enjoy three delicious all-natural meals, all Retreat & Renewal classes and activities (yoga and YogaDance classes, experiential workshops and guided outdoor activities) and amenities including sauna, whirlpool, walking & hiking trails and more. Carpooling will be arranged from the JCC. If you've wanted to go to Kripalu, here's your chance!

COST: \$95 members, \$100 general public

REGISTRATION DEADLINE APRIL 25.

IF YOU NEED TRANSPORTATION TO A PROGRAM, PLEASE CALL THE JCC AT (413) 739-4715.



Life Lessons What's Cooking

Do you love to cook? Are you interested in learning new cooking techniques?

Hands-On Classic Pastry

WEDNESDAY, FEBRUARY 8
6:30 P.M. – 9:00 P.M. LOCATION: WHAT'S COOKING D, 41 MAPLE STREET, EAST LONGMEADOW

Create Your Own Designer Rug

DEMONSTRATION, RUG SELECTION & ORDERING:

THURSDAY, MARCH 29 7:00 P.M. (FREE OF CHARGE)

CLASS: THURSDAYS, APRIL 19 – MAY 24 7:00 – 9:00 P.M. (6 WEEKS)

LOCATION: SPRINGFIELD JCC

#041 Learn to create your own Persian, Oriental, Southwestern or Modern design rug in just 6 classes. Most designs are taken from Museum pieces and can be made in the colors of your choice using the Chinese punch needle method and 100% wool. No previous craft experience or artistic ability needed. Supplies are purchased from the instructor and the cost will depend upon the size and design selected. Students will be taught all skills needed to complete their rug, which will look like it was purchased at a store. Work at your own pace or make it a family project. If you miss a class, the lesson will be repeated. Reunion classes will be scheduled to allow for additional assistance at a later date. Create a beautiful family heirloom and punch away your stress! Class size limited to 10 and will include new and returning students.

Join us for a free demonstration on March 29 to learn more. Pre-registration is suggested to determine level of interest. Call 739-4715 or email bnadler@springfieldjcc.org.

INSTRUCTOR: Babs Liverant, experienced rug maker

COST: \$60 members, \$75 general public



The Joy of Knitting

#042 SESSION I TUESDAYS, JANUARY 17 – FEBRUARY 14

10:00 A.M. – NOON (5 WEEKS)

#043 SESSION II TUESDAYS, MARCH 13 – APRIL 10

10:00 A.M. – NOON (5 WEEKS)

#044 SESSION III TUESDAYS, MAY 1 – MAY 29

10:00 A.M. – NOON (5 WEEKS)

This class is geared to those with a desire to learn basic knitting skills as well as those who want to choose their own project and receive support along the way. Beginning and experienced knitters are welcome. Get out an unfinished project and this class will motivate you to completion. The Joy of Knitting will provide you with the inspiration to continue a lifetime of knitting. Come to the first class with either a selected project and yarn or with ideas to discuss with instructor. Class size limited to 12.

INSTRUCTOR: Mollie Plotkin, experienced knitter & designer

COST: \$50 members, \$62.50 general public (*Fee pro-rated for late sign-ups.*)



Our Fitness Department is constantly striving to upgrade our class offerings to meet the diverse needs of our members. Whether you prefer weight training, intense cardio, or a more mind-body approach, there is something here for everyone. We encourage you to stop by and look forward to working with you!

ALL CLASS SCHEDULES ARE SUBJECT TO CHANGE. To get the most up-to date information on class dates and times, please visit www.springfieldjcc.org and click on the Health & Fitness link.

NO PRE-REGISTRATION, availability on a first-come, first-serve basis.

COST OF ALL FITNESS CLASSES: Free to JCC fitness members, JCC members (non-Fitness members) \$5, non-JCC members \$10, Private sessions: Single session \$60 (*Packages available at reduced prices.*)

For a complete list of all Fitness Department classes, visit www.springfieldjcc.org → [Health & Fitness link](#)

Volleyball

THURSDAYS, 7:45 – 9:30 P.M.

This co-ed, high school and older group welcomes players of all levels

COST: Free for JCC members, \$8 general public, \$5 for students with school ID

Centered and Balanced

THURSDAYS, 11:30 A.M. – 12:15 P.M.

If you've always wanted to try Yoga but struggle with the idea that you're not flexible enough, not strong enough, don't have good balance, have injuries from past or present, or maybe you think you're too old – then this is the PERFECT Yoga class for you! Engage in the mind-body connection through dynamic movement to improve strength, flexibility, balance and focus.

INSTRUCTOR: Debbie Padden, Fitness Instructor

Muscular Development

TUESDAYS, 9:15 – 10:15 A.M.

This isn't your average weight class. As we age, we can lose up to one pound of muscle per year. If you want to keep that muscle, build more, create definition, build bone density, this class is for you. Expect training complexes where weight, body weight and sometimes plyometric (optional) exercises are blended to target both fast and short twitch muscle fibers. Expect an elevated heart rate. Don't expect it to be easy. Expect to sweat. Don't expect there to be time for conversation. Expect to recognize that you're stronger than you think you are!

INSTRUCTOR: Elizabeth Lenart, Fitness Director

Sole Synthesis

WEDNESDAYS, 9:15 – 10:15 A.M.

FRIDAYS, 6:00 – 7:00 A.M. (CLASS IS PART SOLE AND PART PILATES)

SATURDAYS, 9:20 – 10:00 A.M.

When barefoot training meets strength, cardio and flexibility in one workout, fitness takes on a whole new meaning. Sole Synthesis, a Balletone program, is "simplicity through triplicity" – the idea is to use a movement you've done for ages and transform it seamlessly in three different ways with ONE outcome – a proactive workout rooted in functional training that will leave you strong, centered and actively flexible from the ground up.

INSTRUCTORS: Elizabeth Lenart, Fitness Director, Balletone Master Trainer and Julie Lynch, Balletone MBA



ZUMBA

WEDNESDAYS, 6:00 – 7:00 P.M. WITH JULIE

SATURDAYS, 8:15 – 9:15 A.M. WITH YASIE

Ditch the workout, join the party! Tone and sculpt your body while burning fat. Zumba is a fusion of Latin & International music- dance themes that create an exciting, dynamic and effective fitness system. No dance experience necessary!

ZUMBA GOLD

MONDAYS, 10:30 – 11:15 A.M.

Perfect for the active older adult, the true beginner, people not used to exercising or those with physical limitations.

INSTRUCTOR: Raychel Setless, Youth Wellness Director

Active Older Adults

WEDNESDAYS, THURSDAYS & FRIDAYS, 10:30 – 11:15 A.M.

Have fun while getting in shape! This class welcomes participants of ALL ages who want a low impact workout that offers a variety of exercises to improve strength, flexibility, balance and endurance.

INSTRUCTOR: Debbie Padden, Fitness Instructor

Cycling



SUNDAYS, 8:15 A.M. WITH DOUG

MONDAYS, 6:00 A.M. WITH SABRINA

MONDAYS, 9:15 A.M. TURN & BURN

(½ HR. CYCLING & ½ HR. WEIGHTS) WITH ELIZABETH

MONDAYS, 6:30 P.M. TURN & PUMP WITH DONNA S.

TUESDAYS, 6:07 A.M. WITH DOUG

WEDNESDAYS, 6:00 A.M. WITH ELIZABETH

WEDNESDAYS, 9:15 A.M. TURN & BURN

(½ HR. CYCLING & ½ HR. WEIGHTS) WITH MIKE

THURSDAYS, 6:07 A.M. WITH DOUG

THURSDAYS, 6:00 P.M. WITH NINA

FRIDAYS, 6:07 A.M. WITH DOUG

FRIDAYS, 9:07 A.M. WITH DOUG

SATURDAYS, 8:15 A.M. WITH ELIZABETH



BODYPUMP™

SUNDAYS, 10:30 A.M.

MONDAYS, 6:30 P.M. TURN & PUMP WITH DONNA S.

TUESDAYS, 5:50 P.M.

THURSDAYS, 7:05 P.M.

The ORIGINAL barbell class created by Les Mills that strengthens the entire body. This 60-minute program challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Get the results you come for! Class sizes range from 20-40 depending upon location of class. Find out what everyone is talking about!

INSTRUCTORS: Cassie Chapman, Marc Newman & Donna Sexton

Pilates with Props

MONDAYS, 5:15 – 5:55 P.M.

FRIDAYS, 9:45 – 10:30 A.M.

SATURDAYS, 10:00 – 11:00 A.M.

A unique, functional approach to Mat Pilates that challenges your body to the core! A variety of equipment will be utilized to enhance your Pilates experience. Equipment may include: Gliding Discs, BOSU Balance Trainer, flat bands, Fitballs.

INSTRUCTORS: Elizabeth Lenart, Fitness Director, Debbie Padden and Sabrina Styles, Fitness Instructors

Gentle Yoga

THURSDAYS, 6:30 – 7:45 P.M.

Join us for a gentle yoga class where the focus is decreasing tension. Not only will this class help you take care of your aches and pains, this practice improves balance, posture, and flexibility. This user-friendly class is suited for everyone, regardless of experience. Pillows and eye pillows will be provided to help you restore your body.

INSTRUCTOR: Anne Marie Doyle, Yoga Instructor

Vinyaysa Flow

MONDAYS, 6:00 – 7:00 A.M.

Looking to explore mind, body, and spiritual awareness while exercising? Find balance in all areas of your life by reducing stress levels, overcoming physical and emotional obstacles, and promoting self-empowerment.

INSTRUCTOR: Patty Zubini-Weiss, Yoga Instructor/Therapist

The Pool Water Is Warm - Come Back to Water Aerobics!

Water Aerobics

MONDAYS, 5:35 – 6:25 P.M.

WEDNESDAYS, 5:35 – 6:25 P.M.

SATURDAYS, 9:00 – 10:00 A.M.

Water exercise will allow you to get all the benefits of land aerobics without all the stress to your joints. Low impact, high intensity workouts that are great for all ages. Work your body through "full range of motion" water exercises using the large muscle groups to burn fat and tone up.

INSTRUCTORS: Stephanie Smith, JCC Aquatics Director, Kim Levy, Lauren Chavin, Kelly Hellstein, Carrie Anne Connor, Aquatics Instructors



2012 Pioneer Valley Film Festival

WEDNESDAY, MARCH 14 7:00 P.M.

THE HUMAN RESOURCES MANAGER

BASKETBALL HALL OF FAME, SPRINGFIELD

THURSDAY, MARCH 15 DINNER/RECEPTION @ 6:00 P.M., FILM @ 7:00 P.M.

THE PEOPLE VS. LEO FRANK

SPRINGFIELD JCC

SUNDAY, MARCH 18 12:30 P.M.

SOMETHING FROM NOTHING

SPRINGFIELD JCC

TUESDAY, MARCH 20 1:00 P.M.

MAKING TROUBLE: THREE GENERATIONS OF FUNNY WOMEN

SPRINGFIELD JCC

WEDNESDAY, MARCH 21 7:00 P.M.

CARRYING THE LIGHT

MARSH CHAPEL, SPRINGFIELD COLLEGE, SPRINGFIELD

THURSDAY, MARCH 22 RECEPTION AT 6:30 P.M., FILM AT 7:30 P.M.

REUNITING THE RUBINS

RAVE CINEMAS, WEST SPRINGFIELD

SATURDAY, MARCH 24 8:30 P.M.

THE ROUND UP

BASKETBALL HALL OF FAME, SPRINGFIELD

SUNDAY, MARCH 25 2:00 P.M.

THE FORGOTTEN REFUGEES

SPRINGFIELD MUSEUMS, SPRINGFIELD

TUESDAY, MARCH 27 7:00 P.M.

TORN

ELMS COLLEGE, CHICOPEE

WEDNESDAY, MARCH 28 7:00 P.M.

DAVID

BAY PATH COLLEGE, LONGMEADOW

THURSDAY, MARCH 29 7:30 P.M.

SARAH'S KEY

SPRINGFIELD COLLEGE, SPRINGFIELD

FOR MORE INFORMATION, VISIT WWW.VALLEYJEWISHFILM.ORG



Adult Swim Lessons

The Aquatics Department offers swim lessons for all ages and all levels. Whether you're a first-time swimmer or a tri-athlete trying to improve – our staff can help you! For more information, contact Stephanie Smith, Aquatics Director at 739-4715 or at ssmith@springfieldjcc.org.

BOSU Smackdown!

MONDAYS, 6:05 – 6:55 P.M.

THURSDAYS, 9:15 – 10:15 A.M.

Meet the challenge of high intensity interval training with tabatas, monster sets and more. We commit to the same set of drills and skills, targeting both upper and lower body, for a month at a time so participants can track and FEEL progress from week to week. Great indoor training for outdoor obstacle-based competitions too. Train like an athlete and set your goals on a personal best! Class is not recommended for participants with pre-existing knee and/or ankle injuries.

Instructor: Elizabeth Lenart, Fitness Director, Master Trainer for BOSU & Gliding

6th Annual Superbowl Indoor Triathlon

SUNDAY, FEBRUARY 5 9:00 A.M. (CHECK-IN 8:40-8:50 A.M.)

Before sitting down to those yummy Super Bowl snacks, join us for the 6th Annual Indoor Triathlon. Participants must complete ½ hour of swimming, ½ hour on a cycling bike, and ½ hour on a treadmill or EFX. Limited to 36 participants, age 16+. First twenty registrants will receive a t-shirt.

COST: \$25 members, \$40 general public

TRX® - The Latest Rage!



Experience the revolutionary fitness method developed for U.S. Navy SEALs. Suspension training utilizes strong, versatile TRX® straps to leverage individual bodyweight into hundreds of safe exercises that build power, strength, flexibility and balance. Choose your own intensity. The TRX® is more than just the most versatile piece of exercise equipment available, it's a complete training system. Appropriate for all fitness levels.

FEEL FREE TO CONTACT THE FITNESS DEPARTMENT for information on ongoing and upcoming programs, (413) 739-4715, or visit www.springfieldjcc.org for up-to-date information.

About Life Lessons



How to Enroll

There are several ways to register for a class or event. Complete the registration form inside this catalog and:

- **MAIL IT TO THE JCC:**
Springfield Jewish Community Center
1160 Dickinson Street
Springfield, MA 01108
- **FAX IT TO THE JCC:** (413) 739-4747
- **DROP IT OFF AT THE JCC FRONT DESK**
- **CALL THE JCC AND REGISTER BY PHONE:** (413) 739-4715
- **FOR FREE PROGRAMS, EMAIL:**
bnadler@springfieldjcc.org

If there is a cost associated with your class or event, payment by check or credit card is due with your registration. Checks should be made payable to the Springfield Jewish Community Center. We also accept Visa, MasterCard and Discover.

Pre-register or enroll as soon as possible. Many classes have limited enrollment or deadlines which may determine availability.

What are Life Lessons?

Life Lessons: The William & Margery Sadowsky Center for Adult Learning is the result of support from the Jewish Endowment Foundation (a committee of the Jewish Federation of Western Massachusetts) and a very generous donation to the JCC INFund from the Sadowsky family. "We saw a great

opportunity to promote Adult Education at the JCC, which is the central address for the Jewish Community in Western Massachusetts," said Jim Sadowsky.

The Adult Life Department offers cultural, social, educational and recreational programming aimed towards adults. Whether you're looking to develop a new skill, challenge your mind or body, explore new areas, meet new people, or just have fun, you'll want to be part of our programming.

Program dates and times can be found at www.springfieldjcc.org and click on the "Adult Life" link. Suggestions for new offerings are always welcome. Please contact **Bev Nadler**, Director of Life Lessons: The William & Margery Sadowsky Center for Adult Learning at (413) 739-4715 or email her at bnadler@springfieldjcc.org.

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