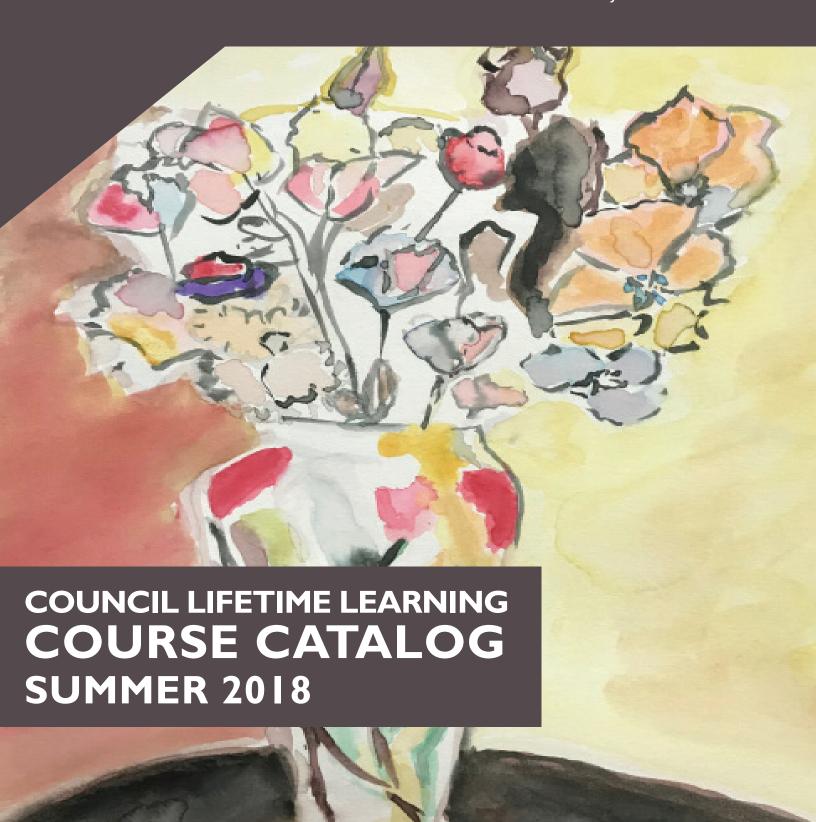


National Council of Jewish Women New York



cover art by Jane Hirsch, art student

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art by Toni laccolucci

### **OUR MISSION**

NCJW NY is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW NY strives for social justice by improving the quality of life for women, children, and families and by safeguarding individual rights and freedoms. NCJW NY serves New Yorkers from all walks of life, from all racial and religious backgrounds. For more than 120 years, NCJW NY has been fostering women's leadership and addressing the city's inequities through both direct social services and advocacy for systemic change.

#### **COUNCIL HOUSE**

241 West 72nd Street Phone: (212) 687.5030 Web: www.ncjwny.org Email: info@ncjwny.org

#### **STAFF**

Naomi Skop Richter Program Director (646) 884.9461 nsr@ncjwny.org Letitia Maun Social Worker (646) 884.9471 Imaun@ncjwny.org Denise Paradiso Program Assistant (212) 687.5030 x0 denise@ncjwny.org

# **FULL CLASS LIST**

## **CREATE**

OPEN STUDIO Mon 10 to 12; Thurs 1 to 3 BEADING Mon 10 to 12 CERAMICS Mon 2:45 to 4:45 MIXED MEDIA COLLAGE Tues 10 to 12 STAINED GLASS Tue 10 to 12 PAINTING Wed 10 to 1; 2 to 5 WEAVING Fri 10 to 12 PASTELS Fri 10 to 12:30

## **EXERCISE**

**ZUMBA GOLD** Mon 3 to 4 **FELDENKRAIS** Tue 10:30 to 11:30 **NIA WISE** Thurs 11 to 12

## **PERFORM**

**INSTRUCTIONAL VOICE** Tue 3 to 5 **MUSICAL THEATRE** Fri 1 to 2:30

## **LEARN**

TECH SOUP Mon 10 to 12
SHORT STORY Mon 11 to 12
WOMEN'S GROUP Mon 12 to 1
CLL COLLEGE Mon 1:15 to 2:15
MIND AEROBICS Tue 11 to 12
MEN'S GROUP Tue 12 to 1
ASTRONOMY Tue 12:35 to 1:45
CLL COLLEGE Tue 2 to 3
SPANISH Wed 9:30 to 10:30
MEDITATION Wed 11 to 12
SHORT READS Wed 1 to 2
CLASSIC FILMS Select Wed 2:15-3:45
ASPECTS OF AGING Thurs 2:15 to 3:15

CLL will be closed on the following dates:

Tuesday, 7/4 Thursday, 8/2 Friday, 8/3 Monday, 8/6

### **OUR CLASSES**

Founded in 1946, Council Lifetime Learning (CLL) is the first and longest established cultural center for older adults in New York City. Many of our programs are designed and facilitated by CLL members and volunteers. CLL is the place to be for active New Yorkers who value life-long learning and broadening their social networks. CLL attracts the best and brightest teachers, volunteers and members and provides a wide range of arts, humanities, cultural, educational and recreational programming. Research has proven that arts and culture offer a natural, joyous means of learning, sharing and maintaining a healthy lifestyle through all stages of life. An average of 200 older adults come through our doors each week, and over the last year, approximately 500 active seniors have participated in a broad range of programs.

### **OUR MEMBERS**

Join the ranks of NCJW NY: As a member, you will impact your community and the world at large by becoming part of a growing network of courageous and compassionate individuals who improve the lives of women, children, and families every day. NCJW NY has over 900 members locally and we join with over 95,000 other women and men nationally to make our voices heard in both New York State and in Washington, D.C. Since our founding in 1894, NCJW NY has been a membership organization, meaning that our members have the responsibility and privilege of electing the board of directors at the Annual Meeting and Luncheon each year. To be a fully active player in NCIW NY life involves being a member. Members are able to take a variety of classes, receive a quarterly bulletin mailed directly to their homes, and invitations to membership events and special volunteer opportunities.

CLL programming is open to members only. Membership costs \$72 per year for CLL students who receive our Senior price (60 years of age or older). \*For those in financial need, scholarships are available.

### **REGISTRATION**

To register for classes and/or renew your membership, contact Denise, CLL Program Assistant, at (212) 687-5030 x0 from Tues-Friday from 9:30AM to 2:30PM.

#### **BEADING STUDIO**

Mondays, 10 to 12 | July 2 to Aug 13 | \$35

This offering provides a welcoming environment to bead among friends. Some equipment will be provided, and students are encouraged to bring their own. Beaders can bring broken necklaces to fix, jewelry needing redesign or they can make new jewelry. Open to beginners!

#### **CERAMICS**

Mondays, 2:45 to 4:45 | July 2 to Aug 13 | \$90 | David Hollingsworth

Beginners will learn the basic hand building techniques like pinch pots, slab-building, and coil pots. We'll use these techniques to work on projects such as planters, cups, trays, and small sculptures. More advanced students can continue their pottery practice and have an instructor available for advice on how to tackle their next project.

#### **MIXED MEDIA COLLAGE**

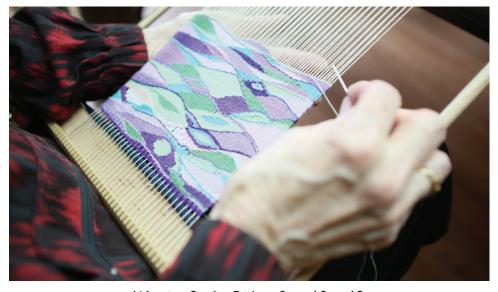
Tuesdays, 10 to 12 | July 3 to Aug 14 | \$65 | Donna Levinstone

This class explores traditional collage, using paper and various found objects. Students are encouraged to explore printmaking techniques and a variety of drawing and painting materials. At the end of each class students hang their work on the wall and have a group discussion. This provides endless inspiration as each student expresses himself/herself in unique ways. Students are also exposed to the work of professional collage artists and painters to learn about different styles and techniques throughout time.

#### **OPEN STUDIO**

Mondays, 10 to 12 | July 2 to Aug 13; Thursdays, 1 to 3 | July 5 to Aug 16 | \$35

Twice a week the art studio is open for individuals to come work independently on their artwork. For enrolled art students, this time is included in their class fee. There is a small charge for individuals who wish to work during this time who are not enrolled in art classes.



Weaving Studio, Fridays from 10 to 12.

#### PAINTING IN ALL MEDIA

Wednesdays, 10 to 1 & 2 to 5 | July 11 to Aug 15 | \$85 | Gene Wisniewski

Students will enjoy highly personalized instruction in drawing and painting in a fun, casual atmosphere. They will learn to express themselves and improve their technical skills in all media including charcoal, pencil, oil, acrylic, and watercolor. Students can work from photographs or develop their own abstract style.

#### **PASTELS**

Fridays, 10 to 12:30 | July 6 to Aug 17 | \$65 | Donna Levinstone

The pastel class explores traditional and abstract pastel drawing. Students learn about the different types of pastel that are being used today, including soft pastel, hard pastel, oil pastel and even water soluble oil pastel. Participants work both from observation and imagination. Work includes pastels in a mixed media capacity combining them with other medium such as marker, watercolor and even collage. Students will have an opportunity to learn about pastel painting through looking at different artists throughout history.

#### STAINED GLASS

Tuesdays, 10 to 12 | July 3 to Aug 14 | \$65 | Yvette Bendahan

This class incorporates three levels: beginner, intermediate and advanced. Students learn how to cut the glass, assemble pieces according to a pattern or create something original in color, shape and form. The final accomplishment is a thing of beauty in color and design.

#### **WEAVING STUDIO**

Fridays, 10 to 12 | July 6 to Aug 17 | \$35 | Independent work

Students will work independently on tapestry, weaving and looms in a welcoming environment. We offer weaving on a 4 harness loom, as well as rug hooking. Learn the whole process and make a scarf or cushion. Appropriate for experienced weavers.



Painting in all Media, Wednesdays from 10 to 12 and 2 to 5.

#### **FELDENKRAIS**

Tuesdays, 10:30 to 11:30 | July 3 to Aug 14 | \$40 | Margot Townsend

These effective and comfortable guided lessons will help you to improve your balance, flexibility and ability to function in daily movements.

#### **NIA WISE MOVES**

Thursdays, II to I2 | July 5 to Aug I6 | \$40 | Ellen Zimmerli

Nia Technique is an intelligent fitness practice that blends the movements of dance, martial arts, and healing arts. This wonderful blend of safe and fun exercise is designed to help your whole body feel stronger. You will develop better posture, more flexibility and have more energy for all the things you love to do.

#### **ZUMBA GOLD**

Mondays, 3 to 4 | July 2 to Aug 13 | \$40 | Roger Puckett

A lower intensity Zumba class designed to focus on balance, range of motion, and coordination. The Zumba choreography is easy to follow and you will leave feeling empowered and strong!



Pastels in the 4th floor art studio.

#### **ELLIE RESSLER MUSICAL THEATRE**

Fridays, I to 2:30 | \$25 for 6 classes | Mark York

Whether or not you have a great voice, come join us and celebrate classic musical theatre from Broadway. All songs are from the 1980s and before. All that is required is your love for classic Broadway music.

#### **INSTRUCTIONAL VOICE**

Tuesdays, 3 to 5 | July 3 to Aug 14 | \$70 | William Lyons Lee

Each class, open to all levels, begins with warm-ups and site reading exercises, and progresses to vocal pieces from various sources. Singing is great for the health and the spirit, especially in groups!



Students dance in our tap class. Fridays from 12 to 1.

Unless otherwise noted, discussion classes are free to members, and are offered year-round.

#### **ASTRONOMY**

Tuesdays, 12:35 to 1:45 | FREE | Laird Whitehill

The course begins where you are, and is always at your level. The universe is big, really big. Bigger than you imagine. Even bigger than that. The students' job in this course is to try to imagine the universe as the teacher takes them through it. The universe is a spectacular place, and members tour it, week by week, as they explore the planets, moons, stars, and galaxies — their histories, their stories, their pictures.

#### **CLL COLLEGE**

Mondays, I to 2 and Tuesdays, 2 to 3 | \$10 annually

Cultural arts classes are taught by University Professors through a series of professionally produced DVDs. Offerings vary and participant-led group discussions often follow DVDs. Specific offerings vary. On Mondays, participants watch Verdi; On Tuesdays, The Crusades.

#### **CONVERSATIONAL SPANISH**

Wednesdays, 9:30 to 10:30 | FREE | Sarah Jimenez

Advanced reading and conversational Spanish.

#### **EMOTIONAL ASPECTS OF AGING**

Thursdays, 2:15 to 3:15 | FREE | Member led

A weekly discussion of topics pertaining to how it FEELS to age. Topics include coping with physical and mental disabilities, financial concerns, loss of loved ones, etc.

#### **MEDITATION**

Wednesdays, 11 to 12 | FREE | Richard Goldberg

Members practice the art of meditation through silence, relaxation, gentle movement, and conversation. Newcomers are always instructed in the procedure and all questions regarding practice are answered.

#### **MEN'S GROUP**

Tuesdays, 12 to 1 | FREE | Howard Fischer

Male members discuss issues that affect their lives - problems they have, resources they need, how they order their lives, physical and mental health issues, friendship, etc.

#### **MIND AEROBICS**

Tuesdays, 11 to 12 | FREE | Member led

Mind Aerobics meets weekly to discuss relevant current topics. The intent is to stimulate thinking on one's feet and articulating clearly one's position on important ethical subject matters. Religious and political subjects are excluded. "We're here to Stretch not to Kvetch."

#### SHORT READS, LONG CONVERSATIONS

Mondays, I to 2 | FREE | Arlene Kossoff and Ruth Taller

Members read a new article or non-fiction essay each week and come for a stimulating discussion.

#### **SHORT STORY**

Mondays, 11 to 12 | FREE | Betty Feldman and Ruth Taller

Each week members read a short story, provided one week in advance, and participate in a facilitated discussion about that story. Discussions are lively and thought-provoking!

#### **TECH SOUP 101**

Mondays, 10 to 12 | FREE | Engage Jewish Service Corps at the JCC of Manhattan

A help desk for questions regarding phones, tablets and laptops. Please bring your own devices when possible. Schedule in advance by calling (212)  $687-5030 \times 0$ 

#### **WOMEN'S GROUP**

Mondays, 12 to 1 | FREE | Marcia Ostwind

A space for women to share problems and discuss solutions, while building connections and community. New members are always welcome.



phone: (212) 687.5030 x 0

online: ncjwny.org/event/winter-classes in person: take the 1 2 3 to 72nd Street

National Council of Jewish Women 241 West 72nd Street, New York, NY 10023

# **MORE PROGRAMS**

### **HEALTHY LIVING**

Our Healthy Living program for older adults includes ongoing support and discussion groups as well as special workshops and presentations. Our staff social worker conducts several support groups, including two bereavement groups, titled "Recovering from Loss," for men and women who have lost loved ones. In recent years, we have seen a growing demand for our bereavement groups, both in terms of the number of participants and the length of their participation. Grief is a complex, individualized process that does not resolve itself on any set time frame.

#### SUPPORT GROUPS FOR CAREGIVERS

Our staff social worker also leads a support group, in collaboration with CaringKind, for caregivers of persons with memory loss primarily due to Alzheimer's Disease. Caregivers share advice, insights, and frustrations in a safe and supportive environment, helping each other to identify effective coping strategies for the unique challenges of caring for a loved one with memory loss.

#### AGING EDUCATIONAL FORUMS

Our Healthy Living program hosts educational forums and interactive workshops to address many aspects of growing older, including the psycho-social impacts of aging, the legal and financial aspects of long-term planning, and how one can live life to the fullest. In addition, some of the emotional and social needs of our older members are met through discussion groups such as Emotional Aspects of Aging, Women's Discussion Group, and Men's Discussion Group.

For more information, including group times, please call our social worker, Letitia Maun, at 646.884.9471.



Art by Ronnie Grill



We hope you will join us!

### HELEN BLOOM LINC PROGRAM: LUNCH, INTERACTION, NURTURING, & COMPANIONSHIP

The Helen Bloom LINC Program provides a stimulating, supportive, and joyful atmosphere for elders suffering from memory loss, along with their caregivers. The program is led by a professional facilitator three times a week, on Mondays, Wednesdays and Fridays from 11:30 am to 2:30 pm. Participants are welcomed individually and helped to settle in for the day's activities. Participants may explore a poem, a piece of art, or discuss a news story together — each interacting at his/her own level. Participants enjoy lunch together followed by a sing-along led by a professional pianist. LINC is based on the philosophy that stimulating activities geared to participants' interests and capacities can help to stave off continued decline and boost overall mood throughout the day and week. The program models positive interaction for caregivers.

The LINC program costs \$45 per day for NCJW NY members, and this includes lunch for the participant and caregiver.

For more information, please call our social worker, Letitia Maun, at 646.884.9471



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