

NCJΣ<sup>®</sup>|NY

National Council of Jewish Women New York

the bulletin  
summer 2019



Cover Art by Council Lifetime Learning Student Angela Fiorentino



# KEEP FIT AND HAVE FUN

*Written by Marion Lyons*

Roger Puckett started teaching at Council Lifetime Learning a few years ago, as the instructor of the Zumba Gold class (Zumba Gold is a low-impact version of Zumba) and now of the new Discovering Chi class. He believes in finding health and wellness through movement, and at 82, he is a sterling example of how that philosophy has paid off.

Roger came to New York as a young professional dancer from Texas. He has always danced, even paying for his college tuition by dancing. “I did Ballet and Jazz and even danced on Broadway and at the Metropolitan Opera when it was still on 40th Street.” His first job was in the show *Kean*, and then in *The Unsinkable Molly Brown*. His “big break” came at the 1965 New York World’s Fair where he performed in eight shows a day at the DuPont Pavilion. Shortly after, he fell in love and married his wife, Yvonne, also a dancer, and decided he wanted a steady job as he started his family. In 1965, he bought an old frame shop and established the now-famed Triton Gallery, a must-visit spot for theatre lovers that houses a massive collection of Broadway posters. 52 years later, in 2017, he sold Triton in order to pursue dancing and movement again, and to share his love of movement with seniors. Roger and Yvonne have two children and three grandchildren. Their daughter is a dance instructor and their son is a music composer for movies and television commercials.



Roger loves the people here at CLL. “They have a curiosity about what Zumba and Chi are and they want to learn about Latin music.” Roger, who epitomizes that you have to keep moving to stay young, invites more members to join him for health and enjoyment.

“Teaching at CLL is very fulfilling and gratifying,” Roger says. “The classes are places where everyone finds his or her own rhythms where the body heals itself. This applies to both classes [Zumba Gold and Discovering Chi].” He noted, “I am a guide—we’re not auditioning. They are serious disciplines, but I am determined to have fun.”

## HEALTHY LIVING

*Friday, July 12th from 1 pm - 2 pm  
First Floor Café*

Please join us for “Use Your Diet to Combat Chronic Disease,” a presentation by Lianna Levine Reisner, the Network Director and Manhattan Borough Organizer for Plant Powered Metro New York. Learn about the connection between diet and chronic disease, and the extensive evidence about how a whole food, plant-based diet can prevent and sometimes reverse many common diseases.

## COUNCIL LIFETIME LEARNING OPEN HOUSE

*Thursday, September 5th  
Details to be announced*

Check out all that Council Lifetime Learning has to offer this Fall. From Acting to Collage, Musical Theatre to Pilates, and everything in between, there’s something for everyone at CLL.

Jump back into something you once loved or try something completely new!

# “FRESH FOOD FOR SENIORS” RETURNS THIS SUMMER

For only \$8, you can purchase a bag of fresh produce. You must order and pay 8 days in advance.

2019 Order/Pickup schedule is:

Order by:	For pickup on:
Tuesday, July 2	Wednesday, July 10
Tuesday, July 16	Wednesday, July 24
Tuesday, July 30	Wednesday, August 7
Tuesday, August 13	Wednesday, August 21
Tuesday, August 27	Wednesday, September 4
Tuesday, September 10	Wednesday, September 18
Tuesday, September 24	Wednesday, October 2
Tuesday, October 8	Wednesday, October 16
Tuesday, October 22	Wednesday, October 30
Tuesday, November 5	Wednesday, November 13



To order and pay, see Denise Paradiso at the front desk, Tuesday through Friday from 10:00 AM - 1:00 PM. Payments are accepted in **cash only**.

*Sponsored by the Offices of Manhattan Borough President Gale A. Brewer and New York City Council Member Helen Rosenthal*

## CELEBRATING THE PAST YEAR AT THE ANNUAL MEETING

On June 13th, NCJW NY members and staff came together for the Annual Meeting, where members approved the proposed slate for the Board of Directors for FY'20 and heard about the exciting moments of the past year. NCJW NY has a lot to celebrate as we close the year, from launching our ProTruth Campaign to fight against “crisis pregnancy centers,” expanding our Children’s Literacy Program to a fourth tutoring site, introducing the Council Lifetime Learning Ambassadors and Curators Committees, and more.

We welcomed two accomplished women to the Board of Directors: Leah Zisfein and Melissa Steinberg. We are so excited to work with Leah, Melissa, and the rest of the Board to build on the success of the last year.



*Board President Susan Siegel delivers the President's Report*

## CONCERTS IN MOTION

Classical Piano: The Three B's: Beethoven, Bach, Brahms  
July 11th

## MEL HABER

Lecture on Bette Midler  
July 25th

## LIORA MICHELLE

Soprano singer of Gilbert & Sullivan  
August 8th

## ALLEGRO SINGERS

Opera with Inna Leytush  
August 15th

# GERSON CULTURAL ARTS

THURSDAYS AT 1PM

*These events are free and open to the public, thanks to a generous grant from the Gerson Family Foundation. Refreshments are served.*



## ELEANOR LEFF JEWISH WOMEN'S RESOURCE CENTER

## BOOK GROUP

THURSDAYS AT 11 AM

## THE MARCH

by E.L. Doctorow  
July 25th

## SAVING SOPHIE

by Ronald Balson  
August 29th



## HEALTH INSURANCE COUNSELING

NCJW NY continues to provide free bi-weekly health insurance counseling from the Health Insurance Information Counseling and Assistance Program (HIIICAP). Bring your questions regarding Medicare enrollment or coverage, Medicare Advantage plans, Medigap plans, Medicare prescription drug plans and/or meeting the costs of long term care.

**Upcoming Sessions: 7/11, 7/25, 8/8, and 8/18.**

*Please contact Letitia Maun at (646) 884-9471 or [lmaun@ncjwny.org](mailto:lmaun@ncjwny.org) to schedule an appointment*

# IT'S TIME TO RENEW YOUR MEMBERSHIP!

Renewing your NCJW NY Membership allows you to:

- **Become part of our community.** Join other compassionate and courageous individuals working towards social justice and systemic change.
- **Serve New Yorkers in need.** Our volunteer opportunities offer something for everyone, whether it's boosting literacy skills for disadvantaged children, serving hot meals to the hungry, or working with the elderly.
- **Advocate for progressive policy change.** Add your voice and amplify the progressive agenda at federal, state, and local levels.
- **Join us for events and celebrations.** Receive invitations to our Annual Meeting, Fall Membership event, and other special events.
- **Keep growing and learning.** Attend Council Lifetime Learning classes and discussion groups.

**This year, to honor our 125th Anniversary, we're excited to announce new membership levels that can give you access to different experiences throughout the year.**

**\$125** for standard membership, which includes a commemorative tote bag

**\$250** for a commemorative tote bag and invitation to a Fall Donor Reception\*

**\$500** for a commemorative tote bag, Fall Donor Reception invitation, and a Fall Luncheon ticket\*

**\$1,250** for a commemorative tote bag, Fall Donor Reception Invitation, Fall Luncheon Ticket, and Spring Gala Ticket\*

\*Exact dates to be announced

To renew your membership, fill out and send the form on the back of the bulletin, or visit [www.ncjwny.org/membership](http://www.ncjwny.org/membership).

*Note: Senior memberships and Emerging Leaders memberships for \$72 are still available. Life Members of NCJW NY can receive a bag with a donation of \$72.*

*Membership is valid until June 30, 2020.*



# SUMMER 2019 CLL GROUPS & CLASSES

## ART CLASSES

### OPEN STUDIO

Mondays, 10 to 12 | July 1 to Aug 12 | \$35  
Thursdays, 1 to 3 | July 11 to Aug 15 | \$35

### BEADING

Mondays, 10 to 12 | July 1 to Aug 12 \$35  
Rena Rappaport; Materials included

### MIXED MEDIA COLLAGE

Tuesdays, 10 to 12 | July 2 to Aug 13 | \$60  
Donna Levinstone; Materials included

### STAINED GLASS

Tuesdays, 10 to 12 | July 2 to Aug 13 | \$45  
Yvette Bendahan; Materials included

### PAINTING IN ALL MEDIA

Wednesdays, 10 to 1 | July 3 to Aug 14 | \$90  
Wednesdays, 2 to 5 | July 3 to Aug 14 | \$90 \*This section is full\*

Gene Wisniewski

### WEAVING

Fridays, 10 to 12 | July 5 to Aug 16 | \$120  
Jamie Boyle

### PASTELS

Fridays, 10 to 12:30 | July 5 to Aug 16 | \$80  
Donna Levinstone; Materials included

### ZUMBA GOLD

Mondays, 3 to 4 | July 1 to Aug 12 | \$40

Roger Puckett

### FELDENKRAIS

Tuesdays, 10:30 to 11:30 | July 2 to Aug 13 | \$40  
Margot Townsend

### PILATES

Tuesdays, 3 to 4 | July 9 to July 30 | \$50 (four sessions)  
Mike Lesser

### DISCOVERING CHI

Wednesdays, 11 - 12 | July 3 to Aug 14 | \$40  
Roger Puckett

### NIA WISE MOVES

Thursdays, 11 to 12 | July 11 to Aug 15 | \$40  
Ellen Zimmerli

**\*Please note that CLL will be closed on the following dates: 7/4, 8/1, 8/2, 8/5, 8/6 (8/6 closure is until 11 AM only).**

## DISCUSSION

### TECH SOUP 101

Mondays, 10 to 12  
Volunteers from Engage at the JCC

### SHORT STORY

Mondays, 11 to 12  
Ruth Taller & Betty Feldman

### WOMEN'S GROUP

Mondays, 12:10 to 1:10  
Marcia Ostwind

### CLL COLLEGE: VIDEO LECTURE

Mondays, 1:15 to 2:15 | \$10

### WHAT'S THE QUESTION?

Tuesdays, 11 to 12

Tom Kranidas

### MEN'S LIFE GROUP

Tuesdays, 12:10 to 1:10

Howard Fischer

### ASTRONOMY

Tuesdays, 12:35 to 1:35

Laird Whitehill

### MEDITATION

Wednesdays, 11 to 12:15

Richard Goldberg

### SHORT READS, LONG CONVERSATIONS

Wednesdays in July, 1 to 2 \*On hiatus in Aug

Ruth Taller and Arlene Kossoff

### EMOTIONAL ASPECTS OF AGING

Thursdays 2:15 to 3:15

Howard Fischer

**Unless otherwise noted, Discussion groups are free to members, and are offered year-round.**

## EXERCISE

## PERFORMING ARTS

### INSTRUCTIONAL VOICE

Tuesdays, 3 to 5 | July 2 to Aug 13 | \$70  
William Lyons Lee

### ACTING

Wednesdays, 3 to 4:30 | July 10 to Aug 14 | \$90  
Scott Klavan

### ELLIE RESSLER MUSICAL THEATRE

Fridays, 1 to 2:30 | \$45 for 10 classes  
Mark York; \*Schedule May Change

**THE SUMMER CLL TERM BEGINS MONDAY, JULY 1ST AND ENDS FRIDAY, AUGUST 16TH**

Sign up online at <https://www.ncjwny.org/event/summer-2019-ctl-classes/>, by phone at (212) 687-5030 x 0, or by mailing in the form on the back of the bulletin.

**6** Classes are open only to members in good standing. Scholarships are available to those in need.



**\$180 provides one child with all they need to go back to school with confidence**



This summer, Council House will be transformed into a “pop-up” department store. Guided by a “personal shopper,” nearly 200 children will be able to choose a brand new outfit (shirt, pants, parka, sneakers, underwear and socks) as well as a backpack filled with school supplies, entirely free of charge. We’re so excited that this year, the Back 2 School Store will be held on two days: August 4th and August 5th, 2019, allowing more children to access this service.

Supporting the Back 2 School Store ensures that our kids return to their classrooms with pride and enthusiasm, prepared for a successful school year.

To donate, visit [ncjwny.org/donate](http://ncjwny.org/donate), or use the form on the back of the bulletin.

P.S. Can’t donate but want to be involved? Fill out our Back 2 School Store Volunteer Application at: [www.ncjwny.org/event/b2ss2019](http://www.ncjwny.org/event/b2ss2019)

## **Rebekah’s Legacy**

*Safeguard the Future by Including NCJW NY in Your Estate Plans*

You can support the vital work we do by joining **REBEKAH’S LEGACY**, our exclusive planned giving society. The society is named in memory of NCJW NY’s first president, Rebekah Kohut, whose legacy of public service lives on in our diverse programming and dedication to our community.

***Help us achieve another 125 years of service.***

**For more information on how you can leave a legacy gift, please contact our Director of Development, Sarah Waldbott, at (646) 884-9462 or [swaldbott@ncjwny.org](mailto:swaldbott@ncjwny.org).**



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## SIGN UP AND CONTRIBUTE

Class (fill in name and price)	Price	Total
19-20 Membership		
Back 2 School Store Appeal		
<b>Total</b>		

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

☐ My check in the amount of \$ \_\_\_\_\_, payable to NCJW NY, is enclosed.

☐ Please charge my credit card \$ \_\_\_\_\_. ☐ Visa ☐ MasterCard ☐ AmEx  
Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security \_\_\_\_\_  
Signature \_\_\_\_\_