



NCJW NY celebrates
125 Years this Fall

HAPPY COINCIDENCES

Written by Marion Lyons

There's an old saying: 'what goes around, comes around,' and the story of Thomas Kranidas and Marilyn Lehr confirms it. Theirs is an intergenerational friendship replete with coincidences that started over 50 years ago.

Tom is currently the facilitator of the lively discussion group, 'What's the Question?' which he originated for Council Lifetime Learning (CLL). He starts each session by asking a famous question from literature. "The group creates its own excitement," he says, "because the people who attend are very smart and they promote both openness and collaboration." He became involved in CLL because he was interested in a computer course. He soon discovered the Box Office, where he volunteered. Next, he moved on to lead both the Short Story and Mind Aerobics groups for six years. "I feel very much at home at CLL," he said.



Tom's background is in education. He was a professor for 45 years, 31 of which were at Stony Brook University where he specialized in Renaissance Literature. In 1969, he taught a student named Marilyn Lehr, who attended his course on the poet John Milton. Although there was a 20 year difference in age, they became good friends.

Marilyn graduated from Stony Brook in 1970 and began teaching English in a local school. After two years, she made an exciting career change. She moved to Manhattan and became a technical writer in the computer field and wrote manuals for Medicaid. Then she went to Citibank, wrote user manuals on financial systems, and quickly was promoted to Assistant Vice President.

For several years, Marilyn has volunteered at the Marlene Meyerson Jewish Community Center (JCC) through its Engage Volunteer Program. The Engage Volunteers partner with Council Lifetime Learning to facilitate Tech Soup, where volunteers help participants troubleshoot their technological devices, from cell phones to tablets and everything in between. Tom has participated in the program for many years, and both were astonished and delighted to walk into a session and see each other again at Council House. The two remain close. This time, though, their original roles are reversed, with Marilyn as the instructor and Tom as the student.

P.S. Another coincidence in this story: Tom's daughter was a student in Marilyn's English class 50 years ago!

HEALTHY LIVING

Our new 2019-2020 Healthy Living series is launching this fall and will include monthly presentations and workshops with fellows from the Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai. Dates and topics TBA.

AGING IN PLACE: MAINTAINING A HEALTHY MIND AND BODY

It is never too late and you're never too old to live a more fruitful life. The Eleanor Leff Jewish Women's Resource Center presents a conference devoted to the subject of aging in place.



The conference will emphasize the skills necessary to live a healthy and active life regardless of your physical or mental status.

Speakers:	Ellen Finney, LMSW, Community Outreach Social Worker, Dorot Rosanne Leipzig, MD, PHD, Professor of Geriatrics and Palliative Medicine, Mt. Sinai
Added Bonus:	Andrew Kelly, Comedian
When:	Sunday, November 10, 2019, 10:30 AM - 3:30 PM
Where:	Council House at NCJW NY, 241 W. 72nd Street, New York NY 10023
Cost:	\$30 per person

Registration will open in September at www.ncjwny.org

SAVE THE DATE FOR THE ANNUAL FALL LUNCHEON

Join us on **November 7, 2019 at 11:30 AM** as we honor Congresswoman Nita Lowey with the Rebekah Kohut Award. The event will benefit the Back 2 School Store.

For more information and to register, visit www.ncjwny.org/event/2019-annual-fall-luncheon



**CPR: MUSIC
INVINCIBLE**

American Song Book
September 5th

**JON WEBER WITH
MARISSA MULDER**

Jazz Pianist and Vocalist
September 12th

JANE MARSH

Lecture on the history of the Metropolitan Opera Co.
September 26th

**THEATRE OF
LIGHT**

October 3rd

**ARIELLE LEVIOFF
AND MICHAEL
HAIGLER**

Piano Duo
October 17th

**CONCERTS IN
MOTION**

Rodgers & Hammerstein
October 31st

**MANHATTAN
SCHOOL OF MUSIC**

Cabaret Show
November 14th

TBD

November 21st

TONY MIDDLETON

Jazz Vocalist
December 5th

TBD

December 19th

**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

A GUIDE FOR THE PERPLEXED

by Dara Horn

September 26th

MIRIAM'S KITCHEN: A MEMOIR

by Elizabeth Ehrlich

October 24th

November +

December: **TBA**



**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. Our HIIICAP counselor will be here **9/19, 10/3, 10/17, 10/31, 11/14, 12/5 and 12/19.**

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

LEGAL COUNSELING

We are hosting free legal counseling through the Mobile Legal Help Center of New York Legal Assistance Group (NYLAG) on **October 24th, 2019** from 10 AM to 3 PM. The Mobile Center's staff are bilingual and provide free legal assistance on civil issues. To schedule your appointment, please contact Letitia Maun at (646) 884-9471 or lmaun@ncjwny.org.

HAVE YOU RENEWED YOUR MEMBERSHIP YET?

NCJW NY's membership year runs from July 1st, 2019 - June 30th, 2020. **You must be a member in order to participate in Council Lifetime Learning (CLL) classes.** NCJW NY offers a variety of membership levels:

\$72 - Senior Membership (60+)

\$250 - Includes tote bag and invitation to a special reception on 9/26/19

\$72 - Emerging Leaders Membership (36 and under)

\$500 - Includes commemorative tote bag, invitation to special reception, and ticket to the Fall Luncheon on 11/7/19

\$125 - Standard Membership including a commemorative tote bag

\$1,250 - Includes tote bag, invitation to special reception, ticket to Fall Luncheon, and ticket to Spring Gala (date TBD)

PLEASE NOTE: If you do not renew your membership for the 19-20 program year, this will be your last bulletin until you do so. To check the status of your membership, call Denise Paradiso at 212-687-5030 ext. 0.

TRY A NEW CLASS THIS FALL!

MEDITATION

Wednesdays, 11 to 12:15
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.



BALLET *NEW!

Wednesdays, 4:30 to 5:30
Meli Zinberg

A gentle, fun, anatomically safe ballet class. Ballet is a wonderful vehicle for becoming more aware of and being able to support good posture and alignment, as you increase flexibility, balance and coordination, all while learning traditional ballet positions and steps.



ACTING

Wednesdays, 3 to 4:30
Scott Klavan

This class offers the opportunity for high-level work on scenes, monologues, songs and improvisations. Scott is known for providing individualized attention and helping build self-confidence and public speaking skills. Above all Acting is a positive and fun group experience! All levels are welcome.



BEADING

Mondays, 10 to 12
Rena Rappaport

Start your Monday off beading 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!



FALL 2019 CLL GROUPS & CLASSES

Begins Monday, September 9th and ends Friday, December 13

ART CLASSES

OPEN STUDIO

Mondays, 10 to 12 | Sept 9 to Dec 9 | \$35
Thursdays, 10 to 12, 1 to 3 | Sept 12 to Dec 12 | \$35

BEADING

Mondays, 10 to 12 | Sept 9 to Dec 9 | \$35
Rena Rappaport; Materials included

MIXED MEDIA COLLAGE

Tuesdays, 10 to 12 | Sept 10 to Dec 10 | \$95
Donna Levinstone; Materials included

STAINED GLASS

Tuesdays, 10 to 12 | Sept 10 to Dec 10 | \$80
Thursdays, 10 to 12 | Sept 12 to Dec 12 | \$80
Yvette Bendahan; Materials included

PAINTING IN ALL MEDIA

Wednesdays, 10 to 1 | Sept 11 to Dec 11 | \$140
Wednesdays, 2 to 5 | Sept 11 to Dec 11 | \$140 ***THIS SECTION IS FULL***

Gene Wisniewski

WATERCOLOR

Thursdays, 1 to 3 | Sept 12 to Dec 12 | \$80
Al Bukszpan; Materials Included

WEAVING

Fridays, 10 to 12 | Sept 13 to Dec 13 | \$200
Jamie Boyle

PASTELS

Fridays, 10 to 12:30 | Sept 13 to Dec 13 | \$125
Donna Levinstone; Materials included

FIGURE DRAWING

Fridays, 1 to 3 | Sept 13 to Dec 13 | \$80
Jon Rettich

ZUMBA GOLD

Mondays, 3 to 4 | Sept 9 to Dec 9 | \$60
Roger Puckett

FELDENKRAIS

Tuesdays, 10:30 to 11:30 | Sept 10 to Dec 10 | \$60
Margot Townsend

PILATES

Tuesdays, 3 to 4 | Sept 10 to Dec 10 | \$80
Mike Lesser; Bring your own mat

DISCOVERING CHI

Wednesdays, 11 - 12 | Sept 11 to Dec 11 | \$55
Roger Puckett

BALLET FOR BEGINNERS ***NEW!**

Wednesdays, 4:30 - 5:30 | Sept 11 to Dec 11 | \$100
Meli Zinberg

NIA WISE MOVES

Thursdays, 11 to 12 | Sept 12 to Dec 12 | \$85
Ellen Zimmerli

YOGA

Fridays, 11 to 12 | Sept 13 to Dec 13 | \$65
Agnes Atwood

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

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, 1 to 2
Ruth Taller and Arlene Kossoff

CURRENT EVENTS

Thursdays, 11 to 12
Jeffrey Zadoff

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.

PERFORMING ARTS

INSTRUCTIONAL VOICE

Tuesdays, 3 to 5 | Sept 10 to Dec 10 | \$100
William Lyons Lee

ACTING

Wednesdays, 3 to 4:30 | Sept 11 to Dec 11 | \$115
Scott Klavan

ELLIE RESSLER MUSICAL THEATRE

Fridays, 1 to 2:30 | \$50 for 11 classes
Mark York; *Schedule May Change

EXERCISE

***Please note that CLL will be closed on the following dates: 9/27, 9/30, 10/1, 10/8 (early closing), 10/9, 10/14, 10/15, 10/21, 10/22, 11/28, 11/29**

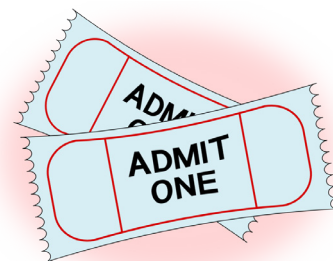
Sign up online at <https://www.ncjwny.org/event/ctl-fall-2019/>, by phone at (212) 687-5030 x 0, or by mailing in the form on the back of the bulletin.

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

Did you know about NCJW NY's Box Office?

All members of NCJW NY are entitled to use the Box Office to purchase discounted tickets to a variety of shows, performances, and other cultural events.

Current tickets are posted on the Box Office Bulletin Board on the first floor. Visit the Box Office on the Fourth Floor for more information.



Hours:

Monday - CLOSED

Tuesday, Wednesday, Thursday, Friday - 10:30 AM - 12:30 PM and 1 PM - 3 PM

DONATE TO THE NCJW NY HUNGER PROGRAM

Since 1984, National Council of Jewish Women New York has helped feed hungry New Yorkers from all walks of life through our twice weekly Community Kitchen and weekly Food Pantry

- Over **one million** New Yorkers have difficulty affording food
- For **\$1.89**, we can provide a nutritious meal to a hungry New Yorker
- Every year, we feed over **30,000 New Yorkers** - including 5,000 children - nearly 200,000 meals

Mail the form in on the back of the bulletin to donate today.

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.



**MAKING CHANGE HAPPEN
THEN & NOW**

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SIGN UP AND CONTRIBUTE

Class (fill in name and price)	Price	Total
I 9-20 Membership		
Hunger Appeal		
Total		

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 _____