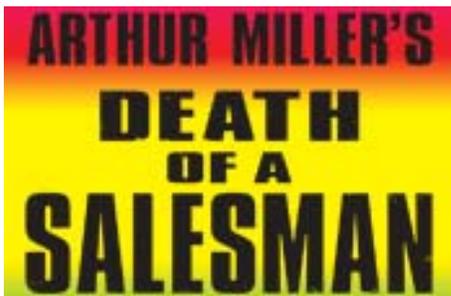


EVELYN RUBENSTEIN JEWISH COMMUNITY CENTER

THE COURIER

Pauline Sterne Wolff Center for Senior Services Newsletter

OCTOBER 2012



THEATRE AND LUNCH

Tuesday, October 16

The bus will depart from the ERJCC at 8:45 am

\$15 ERJCC Members/ \$20 Public (the cost of lunch is not included)

The return to the Alley of Arthur Miller's Tony Award- and Pulitzer Prize-winning masterpiece could not be more relevant in a post-recession world. The play juxtaposes the American Dream with the realities of a fluctuating economy, unequal opportunities, and unfair advantages, with vivid characters and consummate theatricality. As salesman Willy Loman (Alley Company Artist James Black) approaches the end of his working life, he must reconcile his unrealized dreams while struggling against the current world.

We will have lunch after the show at Prontos. **Please RSVP by Friday, October 5 to Esther at 713-729-3200 ext. 3258 or ebethke@erjcchouston.org**

Cleburne's and Sam Houston Boat Tour

Tuesday, October 23

The bus will depart the ERJCC at 11:30 a.m.

\$5 ERJCC Member/ \$10 Public (*the cost of lunch is not included*)

Experience an unforgettable waterborne voyage through one of the busiest ports in the world aboard the Port of Houston Authority's tour boat. Embarking from the port's Sam Houston Pavilion, visiting sightseers aboard the *M/V Sam Houston* can enjoy passing views of international cargo vessels, and operations at the port's Turning Basin Terminal. The 95-ft. vessel features air-conditioned lounge seating as well as standing room outside on the boat's deck. Our trip will begin with lunch at Cleburne's Cafeteria.

Please RSVP by Thursday, October 18 to Esther.



Dear Friends,

This time of the year signifies a fresh start with new beginnings, right here at the EVELYN RUBENSTEIN JEWISH COMMUNITY CENTER!

As your new Adult Program Supervisor I like to think that we are a perfect fit. My goals are to work with you by giving you new and innovative programming, programs that will feed your mind, as well as your body. The ERJCC is a place where you can make new friends and enjoy the company of old friends. As you walk through the doors, we want you to feel this is your home away from home.

As a new beginning, I feel it is time to change the format of the COURIER, our Senior Newsletter. I am asking you for your ideas and suggestions for a new name. You may submit your suggestions by sending me an email or dropping your suggestions in the box located in my office no later than October 18th. Should your name be chosen as the winner of this contest, you will receive a coupon for \$10.00 off an ERJCC sponsored day trip.

There are many plans in the making, some you may have already noticed and have taken part in. Some of our plans are as simple as making the Lounge on the first floor to feel more homelike. I am dedicated to improve your quality of life right here at the ERJCC. Together we can build relationships, pursue new hobbies, learn new games, attend educational seminars and enjoy day trips to the theater and much much more. My door is always open, so please feel free to stop by.

L'shannah Tovah

Morgan Steinberg

MITZVAH FUND

The Mitzvah Fund is a wonderful way to tell someone that you have remembered him or her. For a \$5.00 donation, we will send an acknowledgement of your congratulations, condolences or wishes for a speedy recovery. The Mitzvah Fund contributions appear monthly in the Courier.

Thanks to the staff at the ERJCC and all of my friends and family for making my 100th birthday celebration so special.

- **Anne Lichtenstein**



NOTES from the NURSE

Hello- October 15 starts this years Medicare enrollment period. It can be very confusing with all the new plans and options. If you like your plan, you DON'T have to change, unless you have received written notification from your current plan.

If you do choose to change:

1. Make sure your doctors are in the network.
2. Make sure the hospital(s) are ones that you feel comfortable with.
3. Check how much all your medications will cost.
4. Make sure the plan covers all your medications.

Feel free to come by with any questions- I can help! I am at the center every week on Monday and Thursday at 10:00 a.m.

Janet Pinner, RN, MSN, CCM

BULLETIN BOARD


HAPPY BIRTHDAY to everyone who has an October birthday!


CONTEST! Help us rename this newsletter. Submit your ideas by email or drop your suggestion in the box in Morgan's office. The winner will receive a coupon for \$10.00 off an ERJCC sponsored day trip.


CONTACT INFORMATION

Morgan Steinberg
Adult Program Supervisor
713-595-8170
msteinberg@erjchouston.org


Bring your **Mah Jongg** group to the ERJCC. Every Tuesday, the lounge on the first floor is open for members and non-members to play mahjongg. We will provide coffee!
Contact Esther to reserve a table!

Esther Bethke
Administrative Assistant
713-729-3200 ext 3258
ebethke@erjchouston.org

Transportation Reservation
Voicemail
713-729-3200 ext 3284

The ERJCC's **Symposium: Lifelong Learning Institute** classes provide a stimulating intellectual and social environment for active adults. Peer led courses consist of four consecutive weekly, one-hour sessions.

INFLUENCES IN POLITICS

October 16, 23, 30, November 6 10:00 a.m. - 11:00 a.m.

We have all heard that our political system is influenced by a number of forces and that the system is broken. Redistricting, lobbying and campaign finance affect both national and state politics every day. At this very important time in our national history we need to inform ourselves about these important issues.



EXPLORE ISLAM

October 16, 23, 30, November 6 11:30 a.m. – 12:30 p.m.

Explore Islam through the eyes and experience of Houston Muslims. Learn the historical and religious basis for the Muslim tradition and how it affects local Muslims.



YOUR TABLE: FAMILY, FRIENDSHIP AND FOOD

October 17, 24, 31, November 7 10:00 a.m. - 11:00 a.m.

In four entertaining sessions (with recipes included) Chef Alan Cohn will show you how to make time in your kitchen and around your table more fun, interesting and healthful for you, your family and your friends.



To register contact Esther at 713-729-3200 ext 3258.

1 class - \$28 ERJCC Member / \$39 Public

2 classes - \$46 ERJCC Member / \$68 Public

3 classes - \$64 ERJCC Member / \$97 Public

SHABBAT ZAHAV

Shabbat Lunch - Friday, October 12 at Noon

There will be a D'var Torah given by Jonathon Fass. Lunch includes challah, matzah ball soup, apricot chicken, veggies and mashed potatoes.

\$3.50m/\$6.50p *RSVP required*



Shabbat Dinner - Friday, October 26 at 6:00 pm

Gather with old and new friends as we welcome Shabbat. A short service is followed by a delicious dinner.

\$8m/\$10p \$1 more for fish *RSVP required*

Elton and Janet Lipnick, David Lipnick, and Myles and Amy Kelman underwrite Shabbat Dinners in memory of Paul Lipnick, an active senior participant, so that other active adults can enjoy the traditional meal and meaningful service to usher in Shabbat. Paul Lipnick enjoyed dining with friends, and his family has chosen this special way to honor his memory.

DESSERT IN THE SUKKAH

Wednesday, October 4 at 12:45 p.m.

Join Nomi in the Sukkah after lunch for dessert! She will be sharing with us the customs of the holiday, Sukkot.

*Dreidel, Dreidel, Dreidel, I made it out of clay
When it's dry and ready, dreidel, I will glaze.*



PAINT YOUR OWN DRIEDELS!

November 15 at 12:30 p.m.

\$5.00 (members only)

Due to limited space, you will need to sign up for this class by November 1st.

Each person will receive 3 pre-made ceramic dreidels to paint.

FREE Friday Film

Friday, October 19

1:00 pm

The Thomashefskys: Music and Memories of a Life in the

Yiddish Theater, a celebration of Yiddish theater pioneers Boris and Bessie Thomashefsky. This story presents a musical sound that few have heard, assimilating Eastern European klezmer and cantorial modes with American tunes and rhythms. Over time, as the Jewish American music theater writers became absorbed in their new surroundings, they greatly influenced the American Songbook.

To sign up for a program, contact Esther at 713-729-3200 ext 3258 or ebethke@erjcchouston.org

WEEKLY ACTIVITIES

Nurses Hours 10:00 a.m. - 11:00 a.m.
Monday & Thursday in the Lounge on the first floor
Janet Pinner, our resident nurse, will answer any of your medical questions and concerns.

Bingo 12:45 p.m. - 2:00 p.m.
Monday & Thursday in the Rich Library
Join us for your change to win a FREE lunch.
Bingo Caller: Sol Markel For members only

Chatting with Mac 10:15 a.m. - 11:00 a.m.
Monday, October 15 & 29
Mac leads discussions on politics, learning about travel in foreign countries, and various Israeli issues.
Facilitator: Mac Katzin For members only

Today's News 10:30 a.m. - 11:30 a.m.
Thursday in the Rich Library
Engage in thought provoking discussions on current events. Join this peer led discussion group focusing on the headlines of today.
Facilitator: Walter Dubov

SAVE THE DATE

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Friday, November 9 at Noon
Shabbat Lunch & Film

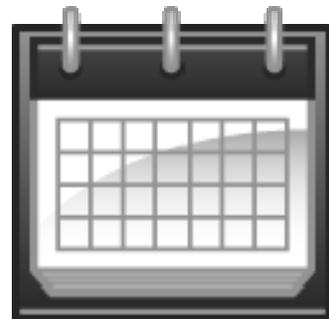
Monday, November 12 at Noon
Jewish War Veterans Luncheon

Wednesday, November 14 at 10:30 a.m.
Bus trip to the City Hall Farmers Market

Thursday, November 15 at 12:30 p.m.
Ceramics- Painting driedels

Friday, November 16 at 6:00 p.m.
Shabbat Dinner

Thursday, November 29 at 12:30 p.m.
Country Place Ragtimers Band- entertainment



At-A-Glance

Dessert in the Sukkah

Wednesday, October 3 at 12:45 pm

Book Club Meeting

Wednesday, October 3 at 12:45 pm

Shabbat Lunch

Friday, October 12 at Noon

Medicare Made Clear

Monday, October 15 at 1:00 p.m. in the Lounge

Get answers to your questions. AARP Medicare Complete from United Healthcare Medicare Advantage health plans work hard to bring you more Medicare benefits and services

Alley Theatre- Death of a Salesman

Tuesday, October 16

The bus will depart from the ERJCC at 8:45 am. The show begins at 10:00 am. After the show we will have lunch at Pronto's.

Friday Flicks Free

Friday, October 19 at 1:00 p.m.

After lunch, join us in the Kaplan Theatre for the showing of *The Thomashefskys: Music and Memories of a Life in the Yiddish Theater*.

Day Trip: Cleburne's Cafeteria & the Sam Houston Boat Tour

Tuesday, October 23 at 11:30 a.m.

Experience an unforgettable waterborne voyage through one of the busiest ports in the world aboard the Port of Houston Authority's tour boat. We will have lunch before the boat tour.

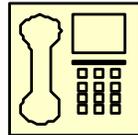
Shabbat Dinner

Friday, October 26 at 6:00 p.m.

Speaker: Diabetes Self-Management Program

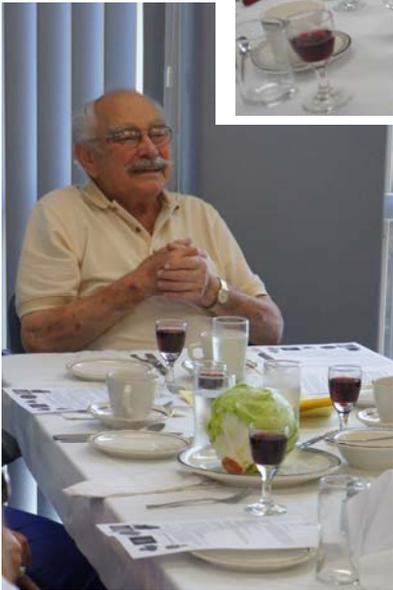
Thursday, October 31 at Noon

Learn more about the Better Choices, Better Health: Diabetes Self-Management program.

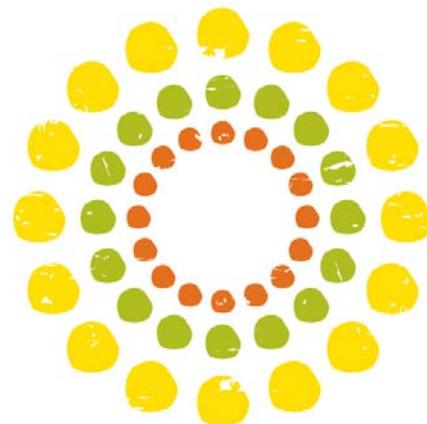


To sign up for a program, contact Esther at 713-729-3200 ext 3258 or ebethke@erjcchouston.org

BE SCENE AT THE ERJCC



Better Choices, Better Health



Tuesday, November 13- December 18
10:00 a.m.- Noon
6 week class

The Evelyn Rubenstein Jewish Community Center is proud to be partnering with Sheltering Arms Senior Services, a division of Neighborhood Centers, Inc., to bring to you the **Better Choices, Better Health: Diabetes Self- Management Program**.

This class is designed specifically for adults living with diabetes. You will learn several techniques for monitoring your condition. Topics include:

- Avoiding disease complications
- Healthy eating
- Exercise
- Medication and dealing with stress

A manual and a relaxation CD will be available for each participant.

This class is **FREE!** There are a limited number of spaces available. Please register for the class with Morgan Steinberg at 713- 595-8170.

Do you want to learn more?

On October 31st at Noon, a staff person from Neighborhood Centers will join us at lunch to provide an overview of the program and answer your questions.

Take control of your health by signing up for this FREE workshop today

FALL 2012 ADULT CLASSES

To register for classes contact Esther at 713-729-3200 ext 3258

Beginning Ring Making

Thursday, November 8- December 20

6:30 p.m. - 9:30 p.m.

This class will equip students with basic ring fabrication knowledge. Unlike a general beginning metals class, this class will focus on a specialized skill set within metal-smithing, affording students the opportunity to create refined objects. Beginners are welcome. In this class we will make one band ring in silver with a stone setting. Topics covered include texture on metal, sawing, metal properties, stone setting, soldering, and design. This workshop will meet once a week for three hours each class. Instructor:

Kristi Wilson **6 classes \$155m/\$185p (includes fee for materials)**

Jewelry Making

Tuesday, October 2- November 6

6:30 p.m. - 9:30 p.m.

Learn the basic beginning skills to create your own jewelry. In this introductory metal-smithing class, learn design layout, sawing piercing, riveting, and beginning soldering. You will create at least one piece of jewelry.

Instructor: Kristi Wilson **6 classes \$155m/\$185p (includes fee for materials)**

Advanced Drawing

Thursday, October 11- November 29

1:00 p.m.- 4:00 p.m.

(No class Oct 18 and Nov 22)

For 65+ adults. This class is for anyone who has taken Gerry's Beginning Drawing class or by permission of the instructor. The student will pick something they want to draw, and they will receive individual instruction on how to achieve that goal with friendly, gentle critiques along the way. Projects can be rendered in graphite, colored pencil, oil pastels or charcoal. Drawing is very relaxing and rewarding so come and take a break from your busy day. Instructor: Gerry Melot **6 classes \$66m/\$92p**

Painting

Tuesday, October 16- November 20

12:30 p.m. - 3:30 p.m.

Wednesday, October 10- November 14

10:00 p.m. - 1:00 p.m.

For 65+ adults. Explore the world of painting, as you try your hand at creating landscapes, still life, or your very own special original masterpiece.

Instructor: Helen Mintz **6 classes \$44m/\$62p**

Ceramics

Wednesday, November 14- December 26

1:00 p.m. – 3:00 p.m.

(No class Nov 21)

Basics of hand-building, under glazing, over glazing and use of ceramic molds will be taught. Continued individualized instruction of detail development will also be given. Fees include all materials, glazes, and firings.

Instructor: Judy Mellon **6 classes \$105m/\$135p (includes fee for materials)**

Beginning Drawing

Wednesday, October 31- December 12 (No class Nov. 21)

9:30 a.m. - 12:30 p.m. or 7:00 p.m.- 10:00 p.m.

Think you can't draw a straight line? Think only talented people can draw? Think again! In this dynamic course you will be given the basic tools and tricks of the trade that will allow you to see better and draw exactly what you see. Composition, proportion, shading, and much more is covered. Bring a #2 pencil and some 8X11 paper to the first class.

Instructor: Gerry Melot **6 classes \$140m/\$198p**

Mah Jongg Lessons

Tuesday and Thursdays

10:00 a.m. - 12:00 p.m.

October 16- October 25

November 6- November 15

December 4- December 13

Join the fun! Learn to play this ancient Chinese tile game of both skill and luck. You will learn the basics of this fascinating game in just four sessions! An official Standard Hands and Rule card is required. Mah Jongg sets will be provided.

Instructor: Linda block **4 lessons \$42m/\$60p**

Senior Water Fitness

M/W/F October 3- October 31

9:00 a.m. - 9:45 a.m.

A moderate temp, low impact exercise program that will improve aerobic fitness, range of motion and coordination. The class is perfect for those with arthritis, fibromyalgia, low back pain or individuals that find weight-bearing exercise difficult. The resistance of the water provides support for the joints while adding intensity to the workout.

Instructor: Shirley Kayser **12 classes Free fitness center members/ \$35 m per mo**

50+ Hatha Yoga

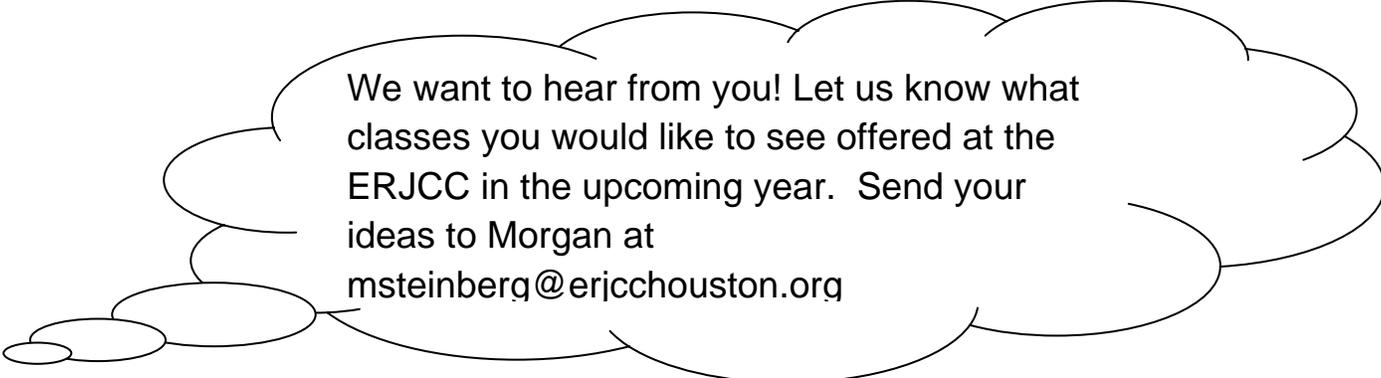
Wednesday, November 7- December 12

10:30 a.m.- 11:30 a.m.

(no class on Nov 21)

This ancient physical exercise for age 50 and up uses classic asanas or postures combined with pranayama breathing and meditation techniques.

Instructor: Gudrun Danburg **5 classes Free fitness center members/ \$45m/ \$60 p**



We want to hear from you! Let us know what classes you would like to see offered at the ERJCC in the upcoming year. Send your ideas to Morgan at msteinberg@ericchouston.org

OCTOBER 2012- Please note that the menu is subject to change.

The Evelyn Rubenstein Jewish Community Center of Houston has a wonderful Kosher Senior Lunch program. You have the option of the planned meal for the day or a sandwich. To make a lunch reservation, contact Esther at 713-729-3200 ext 3258 before 3:00 p.m. the day before you plan on joining us for lunch. An egg salad sandwich is available for drop-ins. **\$2.50 ERJCC Members/ \$5. 00 to be our guest**

Monday	Tuesday	Wednesday	Thursday	Friday
1 ERJCC Closed No lunch served due to Holiday Observance	2 ERJCC Closed No lunch served due to Holiday Observance	3 Split pea soup, spaghetti and meatballs, veggies Dessert in the Sukkah Sandwich Option: Tuna Salad	4 Mushroom barley soup, baked fish, veggies, brown rice, green salad Sandwich Option: Chicken Salad	5 Matzah ball soup, southern Fried chicken, cole slaw, potato salad, Sandwich Option: Egg Salad
8 ERJCC Closed No lunch served due to Holiday Observance	9 ERJCC Closed No lunch served due to Holiday Observance	10 Cabbage soup, BBQ drumsticks, veggies, yams Sandwich Option: Tuna Salad	11 Mushroom barley soup, salisbury steak, veggies, egg noodles Sandwich Option: Chicken Salad	12 Matzah ball soup, apricot chicken, veggies, mashed potatoes Sandwich Option: Egg Salad
15 Lentil soup, baked fish, veggies, spinach mandarin salad Sandwich Option: Chicken Salad	16 Tomato soup, falafel, potato wedges, pita, Israeli salad Sandwich Option: Egg Salad	17 Vegetable soup, Swedish meatballs, veggies, egg noodles Sandwich Option: Tuna Salad	18 Mushroom barley soup, pasta marinara with chicken, green salad, veggies, Sandwich Option: Egg Salad	19 Matzah ball soup, pineapple chicken, veggies, mashed yams Sandwich Option: Tuna Salad
22 Mushroom barley soup, stuffed bell peppers, veggies, brown rice Sandwich Option: Tuna Salad	23 Sweet potato soup chicken salad, new pea salad, beet & onion salad Sandwich Option: Tuna Salad	24 Minestrone soup, spaghetti and meat sauce, green salad, veggies Sandwich Option: Chicken Salad	25 Vegetable soup, beef stew, steamed brown rice, veggies Sandwich Option: Egg Salad	26 Matzah ball soup, baked chicken, potato kugel, roasted eggplant Sandwich Option: Tuna Salad
29 Tomato rice soup, fish sandwich, oven-baked fries, veggies Sandwich Option: Chicken Salad	30 Split pea soup, tuna salad, garden salad, cucumber and onions Sandwich Option: Egg Salad	31 Cabbage soup, meat loaf, brown rice, veggies Sandwich Option: Chicken Salad	<i>A dessert is offered at every meal. This includes fruit, cookie or cake.</i>	