Nurse’s Hours 10:30 AM - Noon
Monday & Wednesday
Janet Pinner, our resident nurse, will answer your medical questions and concerns.

**Bingo**
Monday & Wednesday Join us for a chance to win a FREE lunch.
February 26 BINGO Caller: Stephanie Barrocas with The Medallion Assisted Living Residence

**Bridge at the J**
Tuesday & Wednesday | 1:00 PM - 2:00 PM
Do you enjoy bridge? If so, please join us for weekly bridge games every Tuesday and Wednesday. For more information, please contact Walter Arnold at 281.497.3208, 281.380.0568 or waltarm@sbglobal.net.

**Great Books Discussion**
Tuesday, February 18 | 10:00 AM
Great Books discussion groups are lively, friendly, sometimes contentious - and a good deal of fun. Participants challenge their own and others’ beliefs and opinions in the light of a rich, thought-provoking text.

**Loaves of Love**
Wednesday, February 12 | 12:45 PM
Join the Torah Day School students for lunch and challah baking. You will take home a challah and one challah will be sent to the homes of our Kosher Meals on Wheels clients. Lunch will be served at Noon and challah baking will begin at 12:45. RSVP is required, please contact Morgan at 713.595.8170. Future date: April 29

**Coffee with Houston Jewish Funerals**
Wednesday, February 12 | 10:00 AM - 11:15 AM
Don’t pass up the opportunity to meet Josh Reinitz, the Pre-Planning Advisor with Houston Jewish Funerals. This is your chance to ask questions and learn more about the benefits of pre-planning. Find Josh on the first floor in the lobby.

**Book Club**
Join us monthly for friendly and thought-provoking discussions on books of Jewish content or by Jewish authors. The book club meets at 12:45 in room 2A on the first floor of the J. For more information, please contact Morgan at msteinberg@erjcchouston.org

February 3 - Beneath the Scarlet Sky by Mark Sullivan
March 2 - From Sand and Ash by Amy Harmon

Arts in the Afternoon
We are proud to offer the community a wide variety of daytime cultural events. Experience a world of culture through films, dance and music performances and book signings with best-selling and emerging authors.

**Music | Opera to Go! with the Houston Grand Opera**
Wednesday, February 5 | 1:00 PM
Experience a high-energy 45 minute opera in a fully staged, 45-minute performance. Performances are sung in English and are designed for today’s young audiences. Opera to Go! Performances are part of the Houston Grand Opera community outreach. **This program is sponsored by The Medallion Assisted Living Residence and Seven Acres Jewish Senior Care Services.**

**Dance | FLY Dance Company**
Friday, February 14 | 1:00 PM
FLY is wowing concert audiences all over U.S., receiving one standing ovation after another. Why? Because FLY is pure fun — youthful energy, risk-taking movement, and clever choreography set to a mix of surprising musical selections.

Based in Houston, FLY Dance Company’s performance style is called theatrical hip hop — “theatrical” in that acting is an essential element of the style. FLY’s performing repertory is varied musically and choreographically and its dancers are skilled and highly adaptable.

**$8 Member | $12 Public**
FLY Dance Company performance is supported with a grant from the Texas Commission on the Arts.

**Arts in the Afternoon is funded in part by the City of Houston through Houston Arts Alliance.**

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WELLNESS

Balance Workshop
Thursdays, February 20 – May 7 | 11:00 AM – Noon
Balance Work for Seniors returns by popular demand for a 10-week series of classes designed to improve balance through the practice of contemporary dance. This unique approach to fall prevention led by University of Houston’s Associate Professor of Dance Teresa Chapman utilizes improvisational dance structures to improve kinesthetic awareness, promote strength and engage critical thinking. Each 60-minute class is packed with goal-oriented movement games that focus the mind while the body adjusts to changes in shape, space and time.

$30 Member | $50 Public

LIFELONG LEARNING

NITE OWLS

The Nite Owls is a social group for adults with special needs. Programs include coming to J performances, doing art, participating in activities outside the J such as restaurants, ball games and theatre. If you know someone that would love to join the Nite Owls please contact Carol Silverman or Morgan Steinberg at niteowls@erjcchouston.org

Tuesday, February 4 at 7:00 PM
It is Art Night at the J with the focus on the word Shalom. We will be glazing a Shalom ceramic piece that you can later bead to hang on your wall. Following the painting project, Ruthi Mitelman will lead everyone in a Shalom collage art project.

Tuesday, February 11 at 7:00 PM
Pickleball has been identified as one of the fastest growing sports in America. Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two or four players use solid paddles to hit a whiffle ball over a net. Melanie Kaplan will provide you with the instructions on how to play this fun game.

Thursday, February 20 at 6:00 PM
Meeting Location: We will leave the JCC at 6:00 PM
ReelAbilities Film & Arts Festival culminates with ReelMusic, a night of jazz, rock and more, where accomplished musicians with disabilities join the ReelMusic house band on stage! The doors open at 6:30 and the show begins at 7:00.

Tuesday, February 25 at 6:30
Location: Torchy’s Taco at 5537 Weslayan
Join us for the best tacos at Torchy’s Tacos. We will meet at the restaurant.

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Lifelong Learning

We offer monthly opportunities to hear from a variety of top thinkers and innovators in intimate conversations that connect, enrich, and inspire. Join us on Wednesdays from 10:00 AM – 11:00 AM for the following topics:

Collecting Political Memorabilia: A Quick and Fun way to Learn American History with Dr. David Fairbanks, Professor Emeritus, University of Houston-Downtown
Wednesday, February 12 | 10:00 AM
Before advertising on television and social media, presidential campaigns relied heavily on objects such as buttons; ribbons and various trinkets of get their messages across to voters. These items from earlier campaigns provide interesting reminders of how presidential campaigns have changed and of the people who led them. Professor David Fairbanks, who has been teaching courses on the American presidency and campaign.

George Washington, Robert E. Lee and the Arlington National Cemetery with Wesley E. Wright
Wednesday, March 18 | 10:00 AM
Discover how the lives of George Washington and Robert E. Lee intersected resulting in the creation of the most famous cemetery in the United States of America.

$8 Member | $12 Public per class
This program is sponsored by The Village of Meyerland and The Village of Tanglewood.

Legacy Letter Workshop
February 12 & February 19 | 1:00 pm – 3:00 pm
Share your legacy of values, beliefs, experience, wisdom, hopes for the future and, above all, love. Create a legacy letter for your loved ones for such milestones as births, commencements, graduations, weddings or to leave as a memento for your descendants and theirs. Participate in structured exercises and leave with a draft of your legacy letter. This 2 session course will stimulate ideas and guide you through the process of writing a legacy letter.

The course will be led by Dr. Thelma Zirkelbach, a certified legacy letter navigator who has written her own letter for her children and grandchildren. She is a native Texan, born in Austin, who has lived in Houston for many years. She is passionate about the value of legacy letters and believes they are gifts any recipient will cherish. $50 Member | $75 Public

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LUNCH PROGRAM

Lunch is served at Noon in the board room on the main floor. Lunch reservations need to be made by 1:00 pm two days before you plan to join us for lunch. Walk-ins are welcomed but are not guaranteed the meal that is on the menu. We can accommodate walk-ins with a tuna sandwich.

Reservations Contact: Esther, 713.595.8186  $4 Member | $6 Public

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<th>Monday</th>
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<tr>
<td>3</td>
<td>Tomato soup</td>
<td>Cauliflower soup, salmon patties, quinoa w/veggies</td>
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<td>5</td>
<td>Salad Bar</td>
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<td>10</td>
<td>Broccoli soup</td>
<td>Butternut squash soup, bagel, lox, tomato, cucumbers,</td>
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<td>12</td>
<td>Salad Bar</td>
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<td>17</td>
<td>Zucchini soup</td>
<td>Mushroom barley soup, Grilled Chicken with roasted veggies, couscous</td>
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<td>Salad Bar</td>
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<td>24</td>
<td>Vegetable soup</td>
<td>Broccoli soup Spaghetti and meatballs, vegetables</td>
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<td>26</td>
<td>Salad Bar</td>
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Lunch and Schmooze with the Shlacha!

Wednesday, February 19 | Noon

Learn about Israel from an Israeli. Meet and learn from Hadas Levy, the Houston Jewish Community Shlacha. She will share Israel through her personal story, teach about things you may not know about Israel and give you insight on modern day Israeli society.
Future Dates: March 11, May 6

Shabbat Lunch

Friday, February 21 | Noon

Join us for a traditional Shabbat meal. Every person will go home with a Challah. This lunch is sponsored by The Brookdale Galleria.

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**FILM**

The Trial of Adolf Eichmann

*Introduction by Horvitz Scholar-in-Residence Dr. Hanna Yablonka of Ben-Gurion University*

**Thursday, February 20 | 7:30 PM**
Directed by Michaël Prazan | France | 2011 | 90 minutes

The 1961 trial of Adolf Eichmann, held in an Israeli courtroom and broadcast around the globe, was a benchmark event in the historiography of the Holocaust. Employing new video and broadcast technologies, the trial was also a milestone in media and journalism coverage. This absorbing, comprehensive documentary features detailed accounts of Eichmann's capture, the drama in the courtroom and behind the scenes, and reactions to the trial from around the world.

$12.50 Member | $17.50 Public

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From Slavery to Freedom

*Thursday, March 5 | 1:00 PM & 7:30 PM*
Directed by Arkady Kogan | Israel | 2019 | 84 minutes

In 1977, Natan Sharansky, a famous human rights activist, was arrested on charges of spying for the USA, treason and anti-Soviet agitation. Revisit a Soviet era where there was an overwhelming sense of fear and insecurity in the face of the system.

Sharansky defied this system in his fight for freedom and national identification and, after spending years in prison, ultimately won the struggle, paving the way for all of Soviet Jewry.

This program is sponsored by The Medallion Assisted Living Residence and Seven Acres Jewish Senior Care Services.

1:00 PM Screening | 7:30 PM Screening

$6.50 Member | $9.50 Public | $12.50 Member | $17.50 Public

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**CONTACT US**

Morgan Steinberg, Adult Department Director
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Esther Bethke, Administrative Assistant
713.595.8186 | ebethke@erjchouston.org

Maxine Silverstein, Adult Art and Dance Class Coordinator
713.551.7217 | msilverstein@erjchouston.org

Judy Weil, Adult and CJLL Program Assistant
713.595.8173 | jweil@erjchouston.org

Kari Stein, Meals on Wheels Coordinator
832.408.3532 | kstein@erjchouston.org

**J Ride Reservations**
713.595.8191 | erjchouston.org/J Ride

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**ART**

**Arts & Crafts**

Reconnect with your creative side and explore the exciting world of arts & crafts. There will be two projects each month. There is no charge for the classes but registration is required for all Arts & Craft classes. Please contact Morgan to sign up for a class.

**Wednesday, February 5 | 10:00 AM**

**Decorative Yarn Ball Project** with Susan Wingfield - In this 1 hour class you will finish one ball. These balls are great for home décor!

**Monday, February 17 | 12:45 PM**

**Abstract Painting 101**: In this Abstract Painting class you will learn the basics of composition, technique, color theory, and methodology. Abstract painting is fun for everyone and no prior experience, ability or knowledge is required. This class is being taught by Ruthi Mittelman

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**Deutser Art Gallery**

Our Deutser Art Gallery is a non-profit exhibition and education space created to promote awareness, appreciation and interest in visual arts, reflecting the diversity of the Jewish people.

**Julianne Kelley**

The Secret Life of Trees
Jan 6-Feb 21, 2020
Reception: February 5 | 6:30 PM- 7:30 PM

We are only just beginning to understand and appreciate the secret life of trees. Trees or people, we are all in it together. Trees live in community with each other, and with their environment. So do human beings. An exhibit to coincide with the holiday of Tu B’Shevat, artist Julianne Kelley expresses and shows the web of connections and relationships among humans and non-humans. A walk in the woods is a reminder that none of us walk alone.

**Adult Visual Arts Showcase**

Feb 28-Apr 3, 2020
Reception | Sunday, March 15

The Adult Spring Visual Arts Showcase celebrates the work created by the painting/drawing and ceramic students at the J. Students develop their artistic talents in the J’s classes that incorporate their interests.

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