



# GOLDEN AGE CLUB

Princeton Mercer Bucks

April 2022



April programs are back IN-PERSON! We welcome spring and gathering safely in person at Adath Israel. [See Adath's Covid Policy Update attachment here.](#)

Hope you are ready to “come on down” to our meetings, programs, schmoozing and lunch. Just in time for our Annual Golden Age Seder!

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## IN-PERSON PROGRAMS

Monday, April 4th

*"What We All Need to Know and Do to Protect Our Environment!"*

Tirza S. Wahrman, Founder of Law Office by Tirza S. Wahrman, LLC



Tirza, a graduate from Yale Law School and Barnard College has public-sector and law firm experience. She lives in West Windsor with her husband Warren Mitlak and has three adult daughters--one of whom is a lawyer (and constantly teased about this).

Tirza became an environmental lawyer because one day, many years ago the Port Authority (where she worked) was sued by an environmental group. She learned the law literally on the run. And took that case to the Third Circuit Court of Appeals.

Most recently, she has her own practice, and serves as a court-qualified mediator and brings parties together to settle a range of disputes, including but not limited to environmental disputes. Last year she ran for Mayor of West Windsor. Although she didn't win, it was a great experience and is happy to share.

Tirza will talk with us about New Jersey as a warehouse economy, and due to the growth of warehouse construction and how it directly affects our communities, our roads, our air quality, and our way of life

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Monday, April 11th  
"Golden Age Club Seder"  
Led by Hazzan Arthur Katlin



The JCC Golden Age Club provides both virtual and in-person weekly programs featuring speakers, health & wellness, Jewish culture, and celebrations for seniors in their Golden Years.  
[www.jccpmb.org/golden-age-club](http://www.jccpmb.org/golden-age-club)

## Annual Passover Seder

**Monday, April 11th, 11am**

Adath Israel Congregation

Let's celebrate Passover together!  
Join us for our model Seder with all the ceremonial trimmings, followed by a delicious Passover meal.

**FREE for GA Members**  
**\$15 for guests**

SPONSORED BY  
 **THE JEWISH FEDERATION**  
Princeton Mercer Bucks

**Register [www.jccpmb.org/golden-age-club](http://www.jccpmb.org/golden-age-club)**



Let's celebrate Passover together! Join us for our model Seder with all the ceremonial trimmings, followed by a delicious Passover meal. Free for GA members. \$15 for non-members. Open to the community, but all must register in advance.

[Click to register here](#)

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Monday, April 18th  
Closed in observance of Passover

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Monday, April 25th  
"How to Downsize"  
Art Katlin, Licensed NJ Realtor



Art has an academic background in Interior Architectural Design, is a member of multiple real estate associations and is familiar to us as a spiritual leader and educator in our community.

He will offer tips on how to make those difficult decisions when getting ready to downsize, what is involved in the process, ways to make it work for all.

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## **AGENDA FOR THE DAY**

- 11:00 - Coffee and Catching Up
  - 11:30 - Business Meeting
  - 12:00 - Lunch Time - Bring your own, dairy or pareve lunch and enjoy it along with your friends. Your lunch must follow Adath Israel's "Potluck Policy" for kashruth.
  - 12:30 - Program of the Week
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## **SAVE THE DATE**

Coming in June!  
"Our 70th Anniversary"

This June we are going to celebrate the 70th year of our Golden Age Club!!! Plans for a special affair to mark the occasion



are being made. Keep June's Mondays available for the Big Announcement.

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## VIRTUAL PROGRAMS

Every Tuesday at 10am

Join us virtually for "Exercise & Stability"  
with Bob from Bob's Fun Fitness



Every Tuesday @ 10am for one hour zoom exercise will take place with Bob from Bob's Fun Fitness. Focus is on stretching, balance, movement, and coordination.

[Click to join the Zoom exercise class](#)

Or copy this link into your web browser:  
[https://us02web.zoom.us/j/84695123956?  
pwd=OXVHM29wVHg0ai9OOSs0ZnlpQjY5UT09](https://us02web.zoom.us/j/84695123956?pwd=OXVHM29wVHg0ai9OOSs0ZnlpQjY5UT09)

Meeting ID: 846 9512 3956  
Passcode: 978869

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## REMINDERS

Please remember for all in-person gatherings, attendees must be fully vaccinated and have a participant waiver on file. Masks are strongly encouraged to be worn at all times except while eating.

If you are sick, please stay home. Come healthy!

[Click for Participation Waiver](#)

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# BIRTHDAYS

Ellen Schwab – April 8

Gilda Gittleman – April 13

Harriet Sanders – April 26

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**SPONSORED BY**



The Golden Age Club is a program of the JCC Princeton Mercer Bucks and Abrams Camps. It provides a place for socialization, education, and entertainment for those in their golden years. Our seniors enjoy speakers, celebrating Jewish events, and a sense of community.

**New members are always welcome!**

To learn about membership contact the JCC at **(609) 606-7070**.

JCC Princeton Mercer Bucks & Abrams Camps

148 Cedarville Road, East Windsor NJ 08520 | 609.606.7070

[www.jccpmb.org/golden-age-club](http://www.jccpmb.org/golden-age-club)

STAY CONNECTED

