

J GOLDEN AGE NEWS

DECEMBER

2019



Wishing everyone a very Happy Hanukkah

The Golden Age Club is a program of the JCC and meets at Adath Israel Congregation, 1958 Lawrenceville Road in Lawrenceville NJ for all its Monday & Wednesday activities.

For questions or directions, call the JCC (609) 606-7070.

WEEKLY SCHEDULE

MONDAYS

10:00 Coffee and Tea

10:15-11:00 – Exercise Class
Join Linda as she leads us in stretching, strengthening and balance exercises. **Exercise class on December 9th this month.**

11:00-11:45 – Meeting, Reports, and Current Events Forum. Phyllis Stoolmacher, a graduate of the Eagleton Institute of Politics will moderate the session.

11:45 – Lunch with Friends
Reservations are required! Call Ketti at (609) 637-0030 to sign up.

 **MARK YOUR CALENDARS!**

#GIVINGTUESDAY

Is December 3rd

We need your support. The JCC is a non-profit and our camp and family life programs are not fully funded by our camper tuition.

Your generous gift today will make a difference in the life of our community for years to come.

Our Golden Age members were very generous last year. May we count on your support again?

Any donation received from a Golden Age member will be so generously MATCHED by Marilyn Holtzman!

DONATE TODAY!

Online: www.jccpmb.org

Check: payable to JCC Princeton Mercer Bucks

Phone it in: 609-606-7070



 **JCC**
Princeton Mercer Bucks
And Surrounding Middlesex & Monmouth Counties

Golden Age Club of the Jewish Community Center

Phone: (609) 606-7070

Mail: 148 Cedarville Road, East Windsor NJ

New Members Always Welcome!



PROGRAMS

December 2

10:00 – Board Meeting

12:30 – “Fire Safety for Older Adults” - Our guest speaker is **Ron Dilapo**, Fire Safety Education Specialist for the Princeton Department of Emergency and Safety Services. Mr. Dilapo will bring informational brochures for each of us. He will be joined by **Eileen Doremus**, Director of the Mercer County Office on Aging, who will give us a brief history of the Fire Safety for Older Adults Committee. There will be ample time for questions as this is an important topic for all to understand.

FIRE SAFETY

December 9

10:15 – Exercise Class

12:30 – “Nutrition for a Better Life”- A presentation by **Helene Y. Dubin**, MS, RDN. Helene is a clinical nutritionist with a Masters of Science in Nutrition and Public Health from the University of Massachusetts. She also has a counseling certificate from the American Heart Association. Some of her previous positions include nutrition counseling with several medical groups and for the past 15 years she has been seeing clients at RWJ Fitness and Wellness Center in Hamilton.

Helene advises people with medical conditions such as diabetes, obesity, gastrointestinal issues, underweight and elevated cholesterol and triglycerides. She guides those interested in introducing vegetarian meals or coping with food allergies.

Today she is here to help you think about setting some goals for optimum health and well-being while getting the full pleasure from food.



December 16

11:30 – Hanukkah Party at Meadow Lakes

Holiday Lunch and Entertainment by Odessa Klezmer Band.

\$10 for members and \$18 for non-members

Reservations are required!!

Reservation deadline is December 3rd



December 23-December 31 Winter Break

We return on January 6 with new programs.

December Birthdays!

Sondra Lampl – December 4

Muriel Olinsky – December 13

Florence Lipstein – December 19



Sharing & Caring

Please call **Trudy Fahey** (609- 720-0030) to make a contribution in honor of any of our celebrants or for any other occasion. With a minimum \$3 donation, a note will be sent to the recipient.

Kosher meals provided by the Greenwood House & partially funded by the Mercer County Office on Aging in partnership with The Jewish Federation, Jewish Family & Children's Services and the JCC.

