

March 2023



We do not know if March will come in like a lion or a lamb ---but we do know that we will be having four very exciting as well as thought-provoking programs throughout the month! Put these on your calendar now.

Marilyn Holtzman
Golden Age Chairperson



WEEKLY PROGRAMS

Unless otherwise noted, all our meetings and programs are held at Adath Israel Congregation, 1958 Lawrenceville Rd, Lawrenceville.

Monday, March 6th
"TEA AND HAMENTASHEN WITH A PURIM SHPIEL"

Join us as we celebrate this joyous holiday together with the *ganse megillah* in Golden Age style. Masks or costumes desired, but not required – your

choice!



Monday, March 13th

“OUR COMPASSION JOURNEY”

Roseann Cervelli, M.S., LCADC, CCS, CPS



Roseann is kindly returning for Part 2 of her heartening presentation on self-compassion and compassion for others. At our request, she will include dealing with depression as we continue our Compassion Journey with her.

Feel free to bring your copy of Roseann’s handbook that she provided for each of us on her last visit.

Monday, March 20th

“PROVOCATIVE TALES FROM TALMUD”

Anne Berman-Waldorf, RJE



The stories of the Talmud depict earthy and frank experiences of love, suffering, hope and persistence that all humans grapple with as we move through life. Join Anne Berman-Waldorf for a lively discussion of how our ancient rabbis spoke about intimate details of the human experience.

Monday, March 27th

“IN THE AGE OF A.I.”

Charles B. Holtzman



Join us for an introduction to Artificial Intelligence, what it is, how it works, and how you can make it a part of your life. There will be live demonstrations of A.I. chat bots, smart speakers, and other modern wonders that will be both educational and entertaining.

Our speaker, Charles Holtzman, is a computer consultant and technology enthusiast.



OUR OWN DENISE BRAND

We are so proud to announce that Denise will be the Torah Fund honoree for Adath Israel's Women's League this year. She will be celebrated on Sunday, March 19th at 2:00 with a Dessert Reception following the

presentation.

We are all invited to attend; just register with Gale Cohen, at GABIKE4@aol.com or 609-575-0527.

There is no charge for the affair; a voluntary donation is suggested.

SAVE THE DATE



Monday, April 3, 2023 11:00AM
ANNUAL GOLDEN AGE SEDER

Our joint seder and dinner with our friends in Café Europa – The Holocaust Survivors Group - will be led by Rabbi Benjamin Adler of Adath Israel Congregation.

AGENDA FOR THE DAY

- 11:00 - Coffee and Catching Up
- 11:30 - Meeting, Announcements, Current Events
- 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

BIRTHDAYS

No birthdays this month

Interested in becoming a NEW Member?

As we enter into a New Year



5783, now is a good time to join the Golden age Club! For more information click [here](#).

Learn More

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.

SPONSORED BY



THE JEWISH FEDERATION
Princeton Mercer Bucks

JCC Princeton Mercer Bucks & Abrams Camps
148 Cedarville Road, East Windsor NJ 08520 | 609.606.7070
www.jccpmb.org/golden-age-club

STAY CONNECTED

