

J Chai Lights

FALL 2015-2016

SEPTEMBER 2016

1	1-2PM	Huron Valley PACE: All Your Healthcare in One Place While You Live at Home	Zero Fee
5	3:20-6PM	KidZone Afterschool Begins—the J's premier afterschool program runs M-F thru June.	Fees Vary
7	9:30-11:30AM	Dr. Liz Fried: Jewish Views of the Messiah—Wednesdays thru 11/2, register at first class.	\$10 guest/\$0 mbrs
8	1-2PM	Carol Finerman Speaks—local quilt artist shares her thoughts.	Zero Fee
14	1-2:30PM	Tai Chi for Seniors—Wednesdays thru 11/20, register at first class.	\$10 guest/\$0 mbrs
15	1-2PM	Mindfulness Meditation w/ Paulette—explore the benefits of this meditation style.	Zero Fee
15	6:30-8:30PM	Amster Gallery Reception—"Life Posed and Unposed" w/ Lynn Malinoff, photographer.	Zero Fee
22	1-2PM	TheraPaws—monthly visit by therapy dog/handler teams to reduce stress and bring joy.	Zero Fee
25	2-5PM	Apples & Honey & Lots, Lots More—Community wide celebration of fall Jewish holidays.	Zero Fee
29	1-2PM	Eric Bermann: Psychology, Aging, & Art—presentation on his art & the influence of aging.	Zero Fee

Fall Holiday Closings (all day unless noted): 9/5, 10/2@3pm, 10/3-4, 10/11@3pm, 10/12, 10/16@3pm, 10/17-18, 10/23-25, 11/24-25

OCTOBER 2016

6	12:30-2PM	FILM: The Life and Times of Hank Greenberg—in the run up to the world series, watch this documentary about America's first Jewish baseball star.	Fees Vary
13	1-2PM	Nicola's Books—come hear about this local literary treasure.	Zero Fee
20	1-2PM	Kelsey Archeology Museum—dig into what Kelsey is uncovering this winter.	Zero Fee
31	1-2:30PM	A2SO Music w/ Friends—small ensemble performances by members of the Ann Arbor Symphony Orchestra. Series discount available. Information at a2so.org.	\$10/concert

NOVEMBER 2016

10	11AM-4PM	Medicare Open Enrollment—Jewish Family Services helps adults navigate enrollment.	Zero Fee
10	1-2PM	Max Glick's Visit to Israel w/ 14 Teens—stories from the Nahalal Student Exchange program.	Zero Fee
13	4-6PM	Amster Gallery Reception—w/ Larry Hauptman, photographer.	Zero Fee
16	9AM-4PM	Kidzone Vacation—school's out, we're in! Pre/post care available. See website for info.	Fees Vary
17	1-2PM	Ypsilanti District Library—learn about the resources the Ypsi library has to offer.	Zero Fee

ANN ARBOR JCC

HEALTH AND WELLNESS

Su	11:30—12:30PM	Kangoo Power —Ultimate cardio Jumps® rebounding boots workout. Use ours or bring your own.	Fees Vary
W	6:15—7:15PM		
Su, M, W, F	9—10AM	Zumba —cardio workout to Latin rhythms and popular music.	\$5/class
Su	10:15—11:15AM	Booty Barre —energetic workout combining dance, Pilates, & yoga to tone the whole body.	Fees Vary
Tu	11—12PM	Low Impact Exercise —upbeat workout either standing or sitting to improve both mobility & flexibility.	\$3/class
Th	10—11AM		
Th	7:30—9:30PM	Israeli Dancing —new dances & classic favorites! All skill levels welcome. Free for high school & college students. a2rikud.org	\$5/person

ADULT ENRICHMENT

Th	11—12PM	Current Events —discussion group focusing on issues in the news.	Zero Fee
Tu	12—1PM	Lunch Café —enjoy a dairy lunch & lively conversation. RSVP requested.	\$5/person \$3 if 60+
Th	12—2PM	Lunch & Learn —Enjoy the Thurs. Lunch Café, then stay for the guest lectures, performances, & more, listed in Chai Lights by date & on the website.	Zero Fee
F	1:30—3PM	Yiddish Group —All skill levels can learn & enjoy this heritage language.	Zero Fee

CHILDREN AND FAMILIES

F	9:15-10:15AM	Tot Shabbat —families with children 0-4 years old enjoy a weekly guided hands-on Shabbat experience.	Zero Fee
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Arts Around Town: Jewish Book & Arts Festival—Family Fun!			
F	11/11	4-6PM	Book Fair Kick-off & Scavenger Hunt —activities for all @ Barnes & Noble. Zero Fee
Su	11/13	3:30PM	Rick Recht Concert —w/PJ Library @ the J \$15/member family, \$25/guest family \$15/\$25
Su	11/20	10-11AM 11-12PM	Curious George Does Science —workshop w/ Stacey Martin (3-5yrs @10AM, 6-8yrs @11AM) @ Barnes & Noble. \$5/child

J Chai Lights

live up



Apples & Honey & Lots, Lots More!

Everything is re-imagined for this 28th annual festival celebrating the fall Jewish holidays. Free to attend—enjoy holiday themed crafts, activities, and entertainment as a community!

Arts Around Town: Jewish Book & Arts Festival

Our 29th annual book festival has been re-envisioned! Celebrate authors, books, & arts of all kinds at this 6 week festival with events for all ages. See book.jccann Arbor.org for more!