



# Chai Lights

## SUMMER 2016

### JUNE 2016

1	All day	<b>Camp Raanana Registration</b> —pre-registered campers should be paid in full. Families may continue to register for camp all summer. Fees will be due at registration. <a href="http://camp.jccannarbor.org">camp.jccannarbor.org</a>	<b>Fees Vary</b>
2	1—2PM	<b>Lunch &amp; Learn: Citizens' Climate Lobby</b> —Dr. John Seely will speak about this national nonprofit, nonpartisan grassroots organization that aims to create policies to address climate change.	<b>Zero Fee</b> Lunch Café on reverse
9	1—2PM	<b>Lunch &amp; Learn: Ypsilanti Food Co-op</b> —Corinne Sikorski, General Manager, shares information about this local community grocery store and the important resource it provides.	<b>Zero Fee</b> Lunch Café on reverse
14—17	9AM—4PM	<b>KidZone Vacation Days</b> —enjoy fun & adventure when schools have scheduled closings! Pre/post care options available for additional charge. Visit the website for more info.	<b>Fees Vary</b>
16	1—2PM	<b>Lunch &amp; Learn: Rabbi Levy</b> —Rabbi Levy of Temple Beth Emeth will be speaking on "The Difference Between Sour Cream and Apple Sauce."	<b>Zero Fee</b> Lunch Café on reverse
21	7-8:30PM	<b>Camp Raanana Open House</b> —head out to the Cedar Lake Nature Center to meet camp staff and enjoy a variety of camp activities. Hot/veggie dog dinner provided. Rain date 6/22.	<b>Zero Fee</b>
23	1—2PM	<b>Lunch &amp; Learn: Coloring for Grownups</b> —we supply the crayons, you enjoy the proven benefits of coloring: reduce anxiety, increase mindfulness, and strengthen brain connections. RSVP requested.	<b>Zero Fee</b> Lunch Café on reverse
26	5—7PM	<b>Amster Gallery Reception: Sophie Grillet</b> —meet the artist of these modern, color rich paintings.	<b>Zero Fee</b>
27	9AM—4PM	<b>Camp Raanana Begins</b> —camp heads out to Cedar Lake for a summer of fun in the sun!	<b>Fees Vary</b>
30	1—2PM	<b>Lunch &amp; Learn: Congresswoman Debbi Dingell</b> —celebrate July 4th with a visit from the Michigan 12th District's Representative Dingell.	<b>Zero Fee</b> Lunch Café on reverse

### JULY 2016

7	1—2PM	<b>Lunch &amp; Learn: Avoid Investment Fraud</b> —a representative from the Office of Consumer Protection will share information and strategies to avoid fraud and prevent falling victim to scams.	<b>Zero Fee</b> Lunch Café on reverse
14	1—2PM	<b>Lunch &amp; Learn: Walgreens Pharmacists</b> —meet the new pharmacists working at our local Walgreens locations and have an open Q&A to get your prescription questions answered.	<b>Zero Fee</b> Lunch Café on reverse
21	1—2PM	<b>Lunch &amp; Learn: Deborah Ryan Performs</b> —the J's own staff member, Deborah, is back by popular demand to play the piano and entertain us.	<b>Zero Fee</b> Lunch Café on reverse
28	1—2PM	<b>Lunch &amp; Learn: TheraPaws</b> —the inaugural bi-monthly visit from our therapy dog friends.	<b>Zero Fee</b>

**Holiday Closings: Shavuot 6/11—6/13, Independence Day 7/4**

### AUGUST 2016

15	10:30 Register	<b>Youth Scholarship Golf Outing</b> —join us for some fun fundraising to help kids participate @ the J!	More @ <a href="http://jccannarbor.com">jccannarbor.com</a>
4,11,18,25	1-2:30PM	<b>Lunch &amp; Learn</b> —visits from The Center for Michigan (restoring public trust), Washtenaw County Historical Society, Washtenaw County ID Project, and Rabbi Josh Whinston (Temple Beth Emeth)	<b>Zero Fee</b> Lunch Café on reverse

# ANN ARBOR JCC

## HEALTH AND WELLNESS

Su M, W	11:15—12:15PM 6:15—7:15PM	<b>Kangoo Power</b> —Ultimate cardio Jumps® rebounding boots workout. Use ours or bring your own.	Fees Vary
Su, M, W, F	9—10AM	<b>Zumba</b> —cardio workout to Latin rhythms and popular music.	\$5/class
Su Tu	10:15—11:15AM 7—8PM	<b>Booty Barre</b> —energetic workout combining dance, Pilates, & yoga to tone the whole body.	Fees Vary
Tu Th	11—12PM 10—11AM	<b>Low Impact Exercise</b> —exercise either standing or sitting to improve both mobility & flexibility.	\$3/class
Th	7:30—9:30PM	<b>Israeli Dancing</b> —new dances & classic favorites! All skill levels welcome. Free for high school & college students. <a href="http://a2rikud.org">a2rikud.org</a>	\$5/person

## ADULT ENRICHMENT

Tu	1—3PM	<b>Quilting Circle</b> —1st & 3rd Tuesday of each month, make quilts to donate to Mott Hospital.	Zero Fee
Th	11—12PM	<b>Current Events</b> —discussion group for issues in the news.	Zero Fee
Tu Th	12—1PM	<b>Lunch Café</b> —enjoy a dairy lunch & lively conversation. RSVP requested.	\$5/person \$3 if 60+
Th	12—2PM	<b>Lunch &amp; Learn</b> —Enjoy the Thurs. Lunch Café, then stay for the guest lectures, performances, & more, listed on the reverse or on the website.	Zero Fee
F	1:30—3PM	<b>Yiddish Group</b> —All skill levels speak & read this rich language.	Zero Fee

### Apples & Honey & Lots, Lots More!

Sunday 9/25, 2—5PM

*Thanks to generous sponsors, this year's event will have no entrance fee.*

### Summer Fun at GTCC!

*Members of the J receive discounts on Georgetown Country Club fees.*

*For more information contact Larry, [gtccgm@gmail.com](mailto:gtccgm@gmail.com).*



# Chai Lights

live up



Photo by Carrie Bank

### Golf Outing to Support Scholarships

The J will host its first ever golf outing, Monday, 8/15 at the Lake Forest Golf Club. Participation is open to all. Proceeds support scholarships to families who would not otherwise be able to afford our Early Childhood Center & Camp Raanana. Sponsorship opportunities & outing schedule are on our website.