

J Chai Lights

FALL 2017

SEPTEMBER 2017

5	3:20-6PM	KidZone Afterschool Begins —the J's premier afterschool program runs M-F thru June.	Fees Vary
6	9:30-11:30AM	Dr. Liz Fried: Noah and the Flood —Wednesdays thru 10/25. Register online prior to the 1st class.	\$10 guest/\$0 mbrs
11	7-8:30PM	Film Discussion w/ Russ Collins —first session of screenings and discussions led by the Director of the Michigan Theater. Meets monthly thru May. Registration required (late registrations are not prorated).	\$120guest \$100 mbrs
12	1-6PM	Flu Shot Clinic —CVS will provide this important vaccine at no cost under most health insurances.	Fees Vary
13	1-2:30PM	Tai Chi for Seniors —Wednesdays thru 11/15. Register online prior to the 1st class.	\$10 guest/\$0 mbrs
17	2-5PM	Apples & Honey & Lots, Lots More —Community wide celebration of fall Jewish holidays.	Zero Fee
24	10-11:45AM	Happy Birthday World —PJ Library & Beth Israel celebrate Rosh Hashanah @ Gallup Park.	Zero Fee
28	1-2PM	TheraPaws —monthly visit by therapy dog/handler teams to reduce stress and bring joy.	Zero Fee

Fall Holiday Closings (all day unless noted): 9/4, 9/20@3pm, 9/21-22, 9/29@3pm, 10/4@3pm, 10/5-6, 10/12-13, 11/23-24

OCTOBER 2017

8	4:30-6:30PM	Sukkot at the Lake —have subs in the Sukkah & more at Cedar Lake, the site of Camp Raanana.	\$7/person, \$25/household
16	1:30-3PM	A2SO Music w/ Friends —small ensemble performances by members of the Ann Arbor Symphony Orchestra. Series discount available. Information at a2so.org.	\$10/concert
19	12-1PM	Third Thursday —Regional speakers on a variety of topics. Lunch available through our Lunch Café.	Zero Fee
25	7-8:30PM	Arts Around Town —Professor Andrei Markovits presents his book <i>Hillel at Michigan 1926-1945: Struggles of Jewish Identity in a Pivotal Era</i> .	Zero Fee

NOVEMBER 2017

1	7-9PM	Arts Around Town —Dr. Howard Markel presents his book <i>The Kelloggs: Battling Brothers of Battle Creek</i> .	\$5/person
2	11AM-4PM	Medicare Open Enrollment —Jewish Family Services helps adults navigate Medicare enrollment.	Zero Fee
2	7-8:30PM	Arts Around Town —History of Michigan Synagogues presented by the Historical Society of Michigan.	\$5/person
5	3-5PM	Arts Around Town —Celebrate the photography of George Levy shown in the J's Amster Gallery.	Zero Fee
7	7-8:30PM	Arts Around Town —Alexandra Zapruder presents her book <i>Twenty Six Seconds</i> @ AADL downtown.	Zero Free
9	12-1PM	Arts Around Town/Third Thursday —Amy Emberling presents <i>Zingerman's Bakehouse, The Cook Book</i> .	Zero Fee
13	1:30-3PM	A2SO Music w/ Friends —small ensemble performances by members of the Ann Arbor Symphony Orchestra. Series discount available. Information at a2so.org.	\$10/concert
13	7-8:30PM	Arts Around Town —Literati & the J co-host Pulitzer finalist Nathan Englander who will speak about his new book <i>Dinner at the Center of the Earth</i> @ Zingerman's Greyline. Tickets required.	For tickets visit literatibookstore.com

ANN ARBOR JCC

HEALTH AND WELLNESS

Su M, W, F	9:30-10:30AM 9-10AM	Zumba —cardio workout to Latin rhythms and popular music.	Fees Vary
M	7:30-9:30PM	Israeli Dancing — <i>now on Mondays!</i> New dances & classic favorites! All skill levels welcome. Free for high school & college students. More at a2rikud.org	\$5/person
Tu	6:30-7:30PM	Yoga & Meditation —a combination of Ashanga, Slow Flow, & Yin Yoga. Modifications offered for postures.	Fees Vary
Tu, Th	9:30-10:30AM	Callanetics —safe, non-impact exercise plan that strengthens and tones	\$14/class
Tu, Th	11AM-12PM	Low Impact Exercise —upbeat workout either standing or sitting to improve both mobility & flexibility.	\$3/class

ADULT ENRICHMENT

Tu Th	12-1PM	Lunch Café —enjoy a dairy meal by local caterer Karan Balmer. RSVP online; required by the day before lunch.	\$5.50 or \$3 if 60+
3rd Th	12-1PM	Third Thursday —Presentations every 3rd Thursday of the month. BYO nut-free, dairy lunch or see our Lunch Café above.	Zero Fee
Th	11AM-12PM	Current Events —discussion group to explore issues and stories in the news.	Zero Fee
F	1:30-3PM	Yiddish Readers —All reading levels are invited to participate.	Zero Fee

CHILDREN AND FAMILIES

F	9:15-10:15AM	Tot Shabbat —hands-on Shabbat fun for community families with children 0-4 years old led by our ECC director.	Zero Fee
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SAVE THE DATE

9/17 2-5PM	Apples and Honey, and Lots, Lots More <i>Free to attend this celebration of the fall Jewish holidays!</i>
11/1	Camp Raanana 2018 Registration Opens! <i>Register now and receive 2017 pricing & exclusive swag. Visit camp.jccannarbor.org for more information.</i>
Oct - Nov	Arts Around Town: Jewish Book & Arts Festival <i>A variety of authors, artists, and more. Visit book.jccannarbor.org.</i>

J Chai Lights

live up



Apples & Honey & Lots, Lots More!

Join in the 29th annual community wide festival that celebrates the fall Jewish holidays. This free event includes holiday themed interactive activities, food, & fun! See jccannarbor.org for more.

Arts Around Town: Jewish Book & Arts Festival

Our 30th annual festival brings celebrated authors and a variety of presentations to town. See book.jccannarbor.org for more!