



Fall 2014

# Chai Lights

For Adults...

## THIS WEEK IN THE MIDDLE EAST

David Shtulman, Executive Director of the Jewish Federation, will lead "This Week in the Middle East." This discussion group will focus on major events of the week and explore how these events are covered and interpreted by American, Israeli, European, and Arab newspapers.

**Tuesdays, 7pm @ the JCC**

**September 9, September 23, September 30**

*The program may be extended based on community interest.*

For more information, contact David Shtulman at [david@jewishannarbor.org](mailto:david@jewishannarbor.org) or 734-677-0100.

## KRAV MAGA

Commando Krav Maga (CKM) is a reality-based self-defense system utilized by the Israeli Special Forces. Students learn the techniques needed to survive violent or aggressive encounters, including knife defense techniques, gun disarming, getting out of chokes and holds, hand-to-hand defenses, how to survive on the ground, and proper psychology to be used during an aggressive encounter. The primary goal of the class is survival. Instructor Mike Trester is a level 6 certified Commando Krav Maga instructor with over 23 years of law enforcement experience, including 18 years as a Special Weapons and Tactical team member. He is one of 9 CKM instructors holding a level 6 or higher in the United States. Two Krav Maga classes are being offered:

**KRAV MAGA—FIGHT LIKE A GIRL (class for women only)**

**Sundays—1pm to 2:15pm @ the JCC**

**COMMANDO KRAV MAGA**

**Sundays—2:30pm to 3:45pm @ the JCC**

**Session 1: September 7 through October 5**

**Session 2: October 12 through November 9**

**\$50.00 for JCC Members per session (pay to instructors), \$60.00 for community members per session (pay to instructors)**

For more information contact Karen Freedland at [karenfreedland@jccfed.org](mailto:karenfreedland@jccfed.org) or 734-971-0990.

## JEWISH HIKERS OF MICHIGAN

The JCC and Jewish Hikers of Michigan venture out to view the scenes in nature that are unique to this time of year.

**Sunday, October 26—11 am @ Barton Park**

For more information, contact Karen Freedland at [karenfreedland@jccfed.org](mailto:karenfreedland@jccfed.org) or Eli Avny at [jewish.hikers@gmail.com](mailto:jewish.hikers@gmail.com)

## RUSS COLLINS FILM DISCUSSION

Join Russell Collins, Executive Director of the Michigan Theater and co-host of WEMU's Cinema Chat for a monthly discussion of movie plots, characters and the unique cinematic elements that send subtle messages to viewers. Films will include blockbusters, independent films, dramas, thrillers, and more. Refreshments provided. Space is limited, so register today!

**Meets one Monday per month—7pm to 9pm @ the JCC**

**September 15, October 13, November 24, December 22, January 12, February 23, March 23, April 27, May 11, June 15**

**\$90.00 for JCC Members, \$110.00 Community Members**

For more information contact Karen Freedland at [karenfreedland@jccfed.org](mailto:karenfreedland@jccfed.org) or 734-971-0990.

## ZUMBA @ THE JCC

Zumba is the latest dance—aerobics exercise craze! Join Karen Silverman as she leads the hour-long workouts. Classes ongoing. Call the JCC at 734-971-0990 for more information.

**Sundays, Mondays, Wednesdays,  
and Fridays—9am to 10am  
Tuesdays—6pm to 7pm  
\$5.00 per class**



**Jewish Community Center of Greater Ann Arbor**  
2935 Birch Hollow Drive  
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(734) 971-0990  
[www.jccannarbor.org](http://www.jccannarbor.org)



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## ISRAELI DANCING

Join Israeli Dancing of Ann Arbor each Thursday to learn Israeli folk dances, line dances, and more. All skill levels welcome.

**Thursdays—7pm to 9:30pm @ the JCC**

**\$5.00 per session, no cost for students.**

For more information contact [a2rikud@gmail.com](mailto:a2rikud@gmail.com) or call Laura & Amnon Steiner at 734-395-4226.

## J POETS SOCIETY & POETRY SLAM

Writer Vivianne Shnitze leads a monthly creative session for poets and writers to develop their work. Share the results at the Poetry Slam with guest artist, EMU Professor Marty Shichtman.

**Wednesdays—7pm to 8:30pm**

**October 8, November 9, December 10—Poetry Slam**

For more information, contact Karen Freedland at [karenfreedland@jccfed.org](mailto:karenfreedland@jccfed.org) or 734-971-0990.

## DRAWING ON THE RIGHT SIDE OF THE BRAIN

Drawing on the Right Side of the Brain has enabled millions of people around the world to learn to draw. Instructor Suzanne Rockind will introduce the technique. You will produce art that demonstrates its effectiveness. Materials included in the price.

**Mondays, October 13 & 20—7pm to 8:30pm**

**\$50.00 for JCC Members, \$60.00 for Community Members**

For more information, contact Karen Freedland at [karenfreedland@jccfed.org](mailto:karenfreedland@jccfed.org) or 734-971-0990.

## SUNDAY BRUNCH CONCERT

Enjoy bagels, lox, and music performed by the U of M Life Sciences Orchestra and Campus Symphony Orchestra.

**Sunday, October 19—11am @ the JCC**

**\$10.00**

For more information, please contact Karen Freedland at [karenfreedland@jccfed.org](mailto:karenfreedland@jccfed.org) or 734-971-0990.

## AFTERNOON DELIGHTS

Ann Arbor Symphony Orchestra small ensembles perform in a 5 concert series. Tickets are available through the AASO.

**Fridays—1pm coffee & dessert, 1:30pm concert @ the JCC**

**October 24, November 21, January 16, March 27, May 1**

**\$10.00 (for tickets to all 5 concerts, contact the AASO for series pricing)**

For more information, contact Karen Freedland at [karenfreedland@jccfed.org](mailto:karenfreedland@jccfed.org) or 734-971-0990.

## FALAFEL AND A FILM

Enjoy a crispy falafel dinner followed by a movie and discussion! December's film will be *Footnote*.

**December 6—7pm @ the JCC**

**\$10.00 for JCC member, \$12.00 for community members**

For more information, please contact Karen Freedland at [karenfreedland@jccfed.org](mailto:karenfreedland@jccfed.org) or 734-971-0990.

## CHAVERIM B'SHIRIM

Join this volunteer choir which rehearses each Wednesday and performs two concerts each year, one in the Spring and one in the Fall. For auditions sing Happy Birthday.

**Wednesdays—7pm to 8:30pm @ the JCC11**

For more information or to audition contact Marilyn Krimm

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at [mkrimm@umich.org](mailto:mkrimm@umich.org) or 734-663-1978.