J Chai Lights

SUMMER 2019

	JUNE 2019					
2	12-6pm	Celebrate Israel Family Festival —join this annual community celebration filled with hands-on activities, entertainment & more. Meet Israelis from Moshav Nahalal, our special sister community.	\$5/person			
11	12-1pm	June Cookout Picnic —freshly grilled kosher hotdogs (veggie-dog upon request) and all the fixings. Please reserve your spot by calling at least one day ahead. See you in the sun!	\$5.50/\$3 for 60+			
13	7-8pm	Annual Meeting—Join us to explore the year in review and more, and enjoy a dessert reception.	Zero Fee			
16	4-6pm	Amster Gallery Reception for Artist Sheldon Markel—meet the artist, enjoy refreshments	Zeгo Fee			
19	7-8:30pm	Author Jennifer Weiner Talks with Cynthia Canty—Tickets available at literatibookstore.com	\$28/person			
20	12-1pm	Third Thursday @ the J: Alternatives Movements in Judaism — join the current Executive Director of ALEPH: Alliance for Jewish Renewal along with representatives from our own Reconstructionist and Humanistic congregations. BYO dairy, nut free lunch or reserve a lunch (see Lunch Café)	Zero Fee			
24	9am-4pm	Camp Raanana Opens! The J's annual day camp opens for another season filled with fun and friends.	Fees Vary			
	Holiday Closings: 6/9-10/2019 for Shavuot, 7/4/2019 for Independence Day					
		JULY 2019				
9	12-1pm	July Cookout Picnic—freshly grilled kosher hotdogs (veggie-dog upon request) and all the fixings. Please reserve your spot by calling at least one day ahead. See you in the sun!	\$5.50/\$3 for 60+			
18	12-1pm	Third Thursday @ the J—an entertaining and informative presentation in a "lunch & learn" format.	Zero Fee			
19	6-8pm	Shabbat at the Lake —celebrate Shabbat at the Cedar Lake Nature Center in Chelsea, next to its beautiful lake. Activities will include crafts, dinner, and singing.	Fees Vary			
29	11am-6pm	Fourth Annual Golf Outing for Youth Scholarships —register to golf or make a gift today. Proceeds support financial assistance for our ECC, Camp Raanana, and JCC Maccabi Games & Arts Fest.	Fees Vary			
31	12-6pm	Annual Blood Drive—donations slow down in summer, so please donate! Make an appointment at redcrossblood.org today. Simply fill in "JCC" next to "make your appointment," and scroll to find the Ann Arbor JCC. Walk-ins are of course welcome, but may take more time. We are a power red site.	Zero Fee			
	AUGUST 2019					
4	6-8pm	JCC Maccabi Games & Arts Fest Opening Ceremonies—support the A2 delegation at Little Caesars Arena! Advanced reservations required for security reasons. Contact deborahryan@jccannarbor.org.	Zeгo Fee RSVP REQUIRED			
4-9	All day	Overnight Adventure Week—Camp Raanana & MUCC partner for a week of conservation camp.	\$500/camper			
13	12-1pm	August Cookout Picnic—freshly grilled kosher hotdogs (veggie-dog upon request) and all the fixings. Please reserve your spot by calling at least one day ahead. See you in the sun!	\$5.50/\$3 for 60+			
15	12-1pm	Third Thursday @ the J—an entertaining and informative presentation in a "lunch & learn" format.	Zего Fee			

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HEALTH AND WELLNESS					
M, W, F	9-10AM	Zumba —cardio workout to Latin rhythms and popular music.	\$5/class		
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 can be done either standing or sitting to improve mobility and flexibility.	\$3/class		
W	1-2PM	Tai Chi for Seniors—Improve health via this peaceful martial art. Starts 9 /12.	\$10/semester Mbrs Free		
W	7:30-9:30PM	Israeli Dancing—New & classic dances! All skill levels welcome. High school & college students free. Visit <i>a2rikud.org</i> .	\$5/person		
Th	6:30-7:30PM	Yoga & Meditation —Combination of Ashanga, Slow Flow, Gentle, & Yin styles.	\$10/guest \$7/member		
ADULT ENRICHMENT					
Tu, W, Th	12-1PM	Lunch Café —enjoy a dairy meal by local caterer Carly Balmer. RSVP required by calling the J by one day before lunch.	\$5.50 or \$3 if 60+		
W	11AM-12PM	Yiddish Tish —All levels of proficiency are welcome to join this relaxed group.	Zero Fee		
W	12:30-2PM	Movie Screening—enjoy a different movie each Wednesday afternoon.	Zero Fee		
Th	1-2PM	Current Events —discussion group that explores issues and stories in the news.	Zero Fee		
	CH	ILDREN AND FAMILIES			
F	9:15-10:15AM	Tot Shabbat —hands-on Shabbat fun for families w/ children 0-4, led by our fabulous Early Childhood Center staff.	Zero Fee		
		SPECIAL EVENTS			

SPECIAL EVENTS

6/13 7-8:15pm

Annual Meeting

Celebrate a year of programming achievements, vote on the board of directors, and enjoy a tasty dessert reception.

7/29 11am-6pm

4th Annual Golf Outing for Youth Scholarships

Help raise funds to support families in our community. Golfers and non-golfers can help! Visit *jccannarbor.org* for more.

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4th Annual Golf Outing for Youth Scholarships

Make a difference for our community by joining the J in helping families afford to participate in our care and education programs. Everyone can help. Golfers, please join us for a lighthearted 18 hole scramble. Nongolfers, please join us for the grilled lunch and elegant dinner buffets. Sponsorships are available. Visit *jccannarbor.org* for more.