

\*Note: Pools close 30 minutes prior to the close of the Byer Athletic Center.

REGULAR HOURS					
Byer Athletic Center	Mon — Fri 5:30 am — 1:00 pm Sat — Sun 7:00 am — 7:00 pm	8:00 am — 1:00* pm	5:30 am — 5:00* pm	8:00 am — 1:00* pm	8:00 am — 1:00* pm
Early Childhood Education	Mon — Fri 7:30 am — 6:00 pm	Closed	Closed	Closed	Closed
Membership Office	Mon — Fri 9:00 am — 8:00 pm Sat — Sun 9:00 am — 5:00 pm	Closed	9:00 am — 4:30 pm	9:00 am — 4:30 pm	9:00 am — 12:30 pm
Administrative Office	Mon — Fri 8:30 am — 5:00 pm	8:30 am — 1:00 pm	8:30 am — 5:00 pm	8:30 am — 1:00 pm	Closed
Welcome Center	Mon — Fri 8:00 am — 8:00 pm Sat — Sun 9:00 am — 5:00 pm	8:00 am — 1:00 pm	8:00 am — 5:00 pm	8:00 am — 5:00 pm	Closed

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Learn the luck of the puck in this fun new class.  
*Thursdays, November 8 – January 10*  
**Coed Ages 7 – 12**  
**NHL Floor Hockey League:**  
Ages 7 - 9 \$4:00 - 5:00 pm  
Ages 10 - 12 \$5:00 - 6:00 pm.  
\$85 M/\$110 NM\*.

**Joseph and the Amazing Technicolor Dreamcoat**  
*Saturday, November 3 • 7:30 pm*  
PJCC Members - enjoy a special 10% discount when you call 650.992.PJED (7433) and mention the code PJCC. Includes a private backstage tour after the show! Adults \$16/\$12 Seniors/Children. For more information, visit [www.PiedPiperPlayers.org](http://www.PiedPiperPlayers.org).

**Flu & Pneumonia Shots**  
*Tuesday, November 13 • 7:30 – 10:30 am*  
No appointment necessary. Please note: doctor's note required for first trimester pregnancy and children ages 9 – 13 (no children under 9). Medicare billing available for non-HMO seniors with card. Flu shots \$25/pneumonia shots \$35.  
**Annual ECE Toy & Book Fair**  
*Tuesday, November 27 – Friday, November 30*  
ECE Multi-Purpose Room  
Help support early childhood programs at the PJCC when you purchase beautiful, high quality games and literature for children.  
For times, call 650.278.2670.

**New Years 3 on 3 Basketball Tournament: Ages 12 – 18**  
*Friday, December 28 • 6:00 – 10:30 pm*  
Join the fun during this exciting one day tournament \$15 M / \$20 NM\*  
**2008 Entertainment Books Here**  
It's full of discounts from local restaurants, hotels, entertainment venues and more! Buy yours today for just \$25 at the Welcome Center.  
**Fee Information:**\*Discount on Non-Member rates available to Foster City residents for most programs. Quantities are limited.  
A beneficiary agency of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties.

**SAVE THE DATE!**

After nearly a quarter century at the PJCC, our Executive Director

*Judy Edelson*

is retiring. Her leadership and dedication are enduring gifts to our Peninsula community. Please join us for a very special Oneg Shabbat celebrating Judy's distinguished career.

**Friday, December 14**  
**4:00 to 6:15 pm**

We gratefully acknowledge Roy Bukstein, Bruce Pasternack and Don Williams, past Presidents of the PJCC, for their generosity in underwriting this celebration.

Rsvp to Cindy Velasquez at [cvelasquez@pjcc.org](mailto:cvelasquez@pjcc.org) or 650.378.2707



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# Center View



NOV / DEC 2007 • CHESHVAN / KISLEV / TEVET 5768

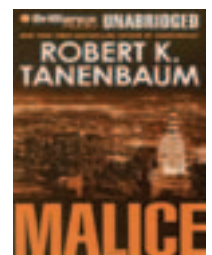
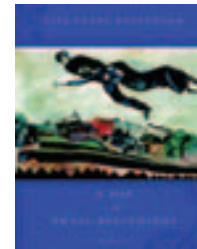
NEWSLETTER OF THE PENINSULA JEWISH COMMUNITY CENTER

## THIS ISSUE

- 4th Annual Celebration of Jewish Authors
- Read for the Record
- Latkepalooza
- Make Your Workout Work Out!
- The PJCC is #1 Again!
- The Jewish Life Cycle Coming of Age
- What's New at the PJCC

## 4th Annual Celebration of Jewish Authors

Sunday, Nov. 11  
11:30 am - 5:00 pm  
**FREE!**



It's autumn and that can only mean one thing: time to gear up for the PJCC's Annual Celebration of Jewish Authors! This year's lineup is truly amazing. From memoirs and mysteries to essays and novels, there's a genre sure to please even the most discriminating reader. Discover how Jewish identity helps shape the creativity of these best-selling authors. Learn about their writing process, influences and roadblocks. Drop-in for a specific speaker or stay for the entire day. Shop at the Jewish book fair in the Lobby or treat your child to an engaging *Tell Me a Story* session. Relish the joys of reading and don't miss this event-filled day!

12:00 pm  
**Lynn Freed**  
*Reading, Writing and Leaving Home*

12:45 pm  
**Victoria Zacheim**  
*The Other Woman*

1:00 & 2:15 pm  
**Amy Friedman**  
*Tell Me a Story*

1:45 pm  
**Frances Lefkowitz**  
*Coming of Age essays*

1:45  
**Joshua Braff**  
*How to Spell Chanukah*

3:00 – 3:45 pm  
**Lisa Pearl Rosenbaum**  
*A Day of Small Beginnings*

4:00 pm  
**Robert K. Tanenbaum**  
*Malice*

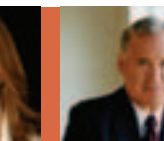
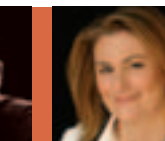
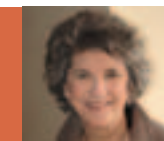


Photo of Lynn Freed taken by Nancy Crampton.

**Bay Area Parent Family Favorite Winner 2007**

**Family Favorite Private Daycare & Preschool**

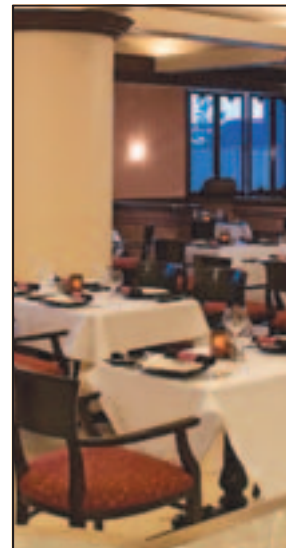
**Family Favorite Swim School**

## ECE Alum Makes Good, Reads for the Record at the PJCC

Former California State Assembly member, **Ted Lempert**, recently returned to the PJCC preschool, where he himself once attended as a child. His visit on September 20 was in celebration of Jumpstart's *Read for the Record*, a national campaign designed to increase awareness about early literacy by encouraging children and adults to read the same book on the same day. Over 85 excited preschoolers enjoyed Mr. Lempert's reading of the official campaign book for 2007: *The Story of Ferdinand*. The Foster City program was presented by the PJCC and Hyatt Regency San Francisco Airport.



Children listen intently as Ted Lempert reads *The Story of Ferdinand*.



The Peninsula's finest in Northern Italian Cuisine. For more information or reservations, please call 650.696.2666. Valet parking is always free at Scalini.



1333 Bayshore Highway  
Burlingame, CA 94010

Hyatt Regency San Francisco Airport is the official Hotel Sponsor for 2007– 2008 Cultural Arts at the PJCC.

# The Festival of Lights: Hanukkah

**H**anukkah (Hebrew for “rededication”) starts on the 25th of Kislev on the Hebrew calendar (the evening of December 4) and lasts for eight days. Hanukkah is also known as “The Festival of Lights” and commemorates the rededication of the Temple in Jerusalem after its desecration by foreign forces over 2,000 years ago. After looking everywhere for oil, a small flask was found, however it contained only enough oil to light the menorah (the temple lamp) for one day. Miraculously, the oil lasted for eight. Today Jews celebrate Hanukkah for eight days by lighting candles in a menorah every night.

## CELEBRATE AT THE CENTER

**Latkepalooza! Sunday, December 9**

**1:00 – 4:00 pm**

**FREE!**

This year, the festive Hanukkah celebration features the jazz, world-music Israeli band, **Seeds of Sun**, plus special programs, lots o' latkes (potato pancakes) and a special candle-lighting service marking the 6th night of Hanukkah.

*Support for this program is provided by generous grants from the Koret Foundation and Richard and Rhoda Goldman Fund. Sponsored by the North Peninsula Jewish Conference.*



## Hanukkah Candle Lighting in the Lobby

**December 4 – 11 (excluding Sat/Sun)  
4:00 pm**

## Make Your Workout Work Out!

**E**xercising isn't complicated, but injuries can occur when failing to follow proper techniques. Enjoy a productive workout when you avoid these common pitfalls.

### • Too Much, Too Soon

Work with a trainer to develop a plan that accommodates your current fitness level.

### • Pie in the Sky Goals

It's unrealistic to think you can have Hollywood abs simply by doing 10 minutes of crunches a day. Goals are good, but be sure they aren't too aggressive and periodically re-define them.

### • Ignoring Expert Advice

Consult your physician before starting an exercise program. Work with fitness professional so you can learn proper technique and fitness tips.

### • Over-Exercising

Recognize the importance of balance. Consider reducing the frequency or

intensity of your workouts and periodically resting for a few days.

### • Improper Breathing

Incorrect breathing can lead to lack of oxygen and even faintness. Don't breathe too shallowly and try to breathe through the nose and out the mouth.

### • Lifting the Wrong Size Weight

Weights that are too heavy can lead to improper form and injuries. Weights that are too light can be ineffective. Consult a fitness trainer to determine the correct weight for your size, strength and goals.

### • Not Staying Hydrated

Try to consume 1 to 2 cups of water about 30 minutes before you begin working out. Drink 16 ounces for every hour of exercise you complete.

### • Eating Too Little

No, that's not a typo! When the body is not fed consistently, it goes into a starvation mode. Five to six smaller meals, evenly spaced throughout the day, helps

keep your metabolism running smoothly. Just be sure to control portion size.

### • Obsessing Over the Scale

Think the scale doesn't lie? Many professional athletes would be considered obese based on their weight alone. Notice how your clothes fit and how you feel, not what the scale says.

Utilize the expertise of a trainer and make sure you're maximizing your time at the gym.

**Call 650.378.2775.**



# Todah Rabah! The PJCC is #1 Again!

Once again, readers of J. Jewish News Weekly have bestowed first place honors upon the PJCC! Your Center for Life was recognized as best South Bay/Peninsula health club, best Jewish Community Center, best Jewish lectures and best fundraiser (annual benefit). Our warmest thanks to everyone who cast their votes.



Congratulations to Center Member, **Dr. Harvey Kaplan**, pictured above left with Byer Athletic Center Director, **Dan Burns**. Harvey's name was drawn from over 1,000 entries, as the lucky winner of the Tuscany Limited Edition Propane Grill drawing.



## WHAT'S NEW AT THE PJCC

- A brand new 42-inch LCD color monitor in the Lobby for current Center news!
- Convenient faucets to fill your water bottles on the fountains in the BAC hallway.

### Bring a Friend Friday

November 16 & December 21  
Center Members: bring a friend as your **FREE** guest and discover all that the PJCC Byer Athletic Center has to offer. *Sucha deal!*  
For more information, call 650.378.2701.

### Volunteer at Latkepalooza

From greeting people and serving latkes to decorating and planning youth activities, you'll have a "latke" fun taking part in this joyous annual event. For more information, call 650.212.7522.

### Cure Winter Blahs with Winter Camp!

Winter Camp: Preschool – Grade 6  
December 24 – 28  
December 31 – January 4  
Keep an eye on your mailbox for the new brochure, or pick one up at the Welcome Center.



### ANNUAL COAT DRIVE December 9 – January 15

Last year, thanks to your generous donations, the PJCC collected a record-breaking 800 coats for the *One Warm Coat* community project. Let's top that number this year! Bring clean donations to the lobby and we'll take it from there. Questions? Contact Laurie Reinelt at 650.378.2708 or [lreinelt@pjcc.org](mailto:lreinelt@pjcc.org).



## The Jewish Life Cycle continues with *Coming of Age*

The transition into adolescence and adulthood is a journey of many wonders: joy, discovery, anxiety and angst, all wrapped in one amazing and mysterious package.

Learn how to navigate the challenges of parenting with **Dr. Wendy Mogel**, nationally known clinical psychologist and author of the best-selling book, *The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children*. She's making a rare Bay Area appearance on Tuesday, November 13 at the Hillbarn Theatre in Foster City.

And if you need a reminder about the awkwardness of adolescence, relive teenage angst with *Mortified's Guide to Jewish Guilt* on December 13 at the PJCC. Hailed as a cultural phenomenon by Newsweek Magazine, *Mortified* is a totally awesome and wildly entertaining presentation of mortifying moments.

Both events are sure to sell out, so get your tickets today! Visit the Welcome Center or call 650.212.PJCC (7522).

*The PJCC Cultural Arts Jewish Life Cycle is made possible with the generous support of the Walter and Elise Haas Fund, the Koret Foundation, the Richard and Rhoda Goldman Fund and the Eva Chernov Lokey Endowment for Programs.*



### Coming Soon!

January/February

**Love and Companionship**

March/April

**The Wisdom Years**

May/June

**Endings**