

CenterView



JAN / FEB 2008 • TEVET / SHEVAT / ADAR I 5768

NEWSLETTER OF THE PENINSULA JEWISH COMMUNITY CENTER

THIS ISSUE

- Walk Your Way to Health
- Understanding Jewish Weddings
- Tu B'Shevat
- Open House
- Your Gift is the Key
- Artistic Ketubot
- What's New at the Center
- Bring a Friend Friday
- Annual Coat Drive
- Program Spotlights
- Holidays Hours

Email Newsletter

Visit www.pjcc.org to sign up now!

Online Registration

Register for your favorite class at "Online Registration" at www.pjcc.org.

For More Information

Learn more about PJCC programs or events. Visit www.pjcc.org or call 650.212.PJCC (7522).

Questions or Comments?

Your feedback is welcome at editor@pjcc.org.

CenterView is published by:

Peninsula Jewish Community Center

800 Foster City Blvd.
Foster City, CA 94404
P 650.212.PJCC (7522)
F 650.378.2799
www.pjcc.org



A beneficiary agency of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties.



Get Started Now!

The PJCC's staff offers these tips for a successful walking program:

Bend your elbows

This will cause your arms to swing faster, which in turn will help your legs move faster.

Keep your stride short

Don't take long strides that feel awkward.

Think heel-to-toe

Push off with your heel. Toes should leave the ground last.

Keep your abs pulled in and tight

Include interval training

Walks should include periods of very brisk walking, followed by slower recovery times.

For additional workout tips and suggestions, contact a PJCC personal trainer at 650.378.2775.

Walk Your Way to a Healthy New Year

Walking is a gentle, low-impact exercise with numerous benefits that can ease you into a higher level of fitness and health. It's safe, simple, and doesn't require practice. Walking indoors on a treadmill can be enjoyed at any time. It's a great way to burn calories, exercise your walking muscles and practice your form. Here's more about why walking is so good for you.

Reduce risk of a heart attack. Walking keeps your heart healthy by lowering low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol) and raising high-density lipoprotein (HDL) cholesterol (the "good" cholesterol).

Reduce risk of developing type 2 diabetes. Walking can improve your body's ability to process sugar (glucose tolerance). If you already have type 2 diabetes, walking can improve your body's ability to process sugar, lower your blood sugar, reduce your risk of heart disease and help you live longer.

Manage weight. Walking burns calories, which can help manage weight. For example, middle-aged women who walk more than 10,000 steps a day have lower levels of body fat than do women who are less active.

Manage stress and boost spirits. Going for a brisk walk is a great way to reduce stress. Regular walking also can reduce feelings of depression and anxiety.

Stay strong and active. As you get older, walking for physical fitness can prevent falls, help you stay mobile and maintain your independence.

Adapted from the Mayo Clinic: www.mayoclinic.com/health/walking.



You're Invited! A Jewish Wedding Sunday, January 13 • 2:00 pm

Kick up your heels and rejoice at a Jewish wedding, complete with a happy mock couple and joyous reception! We'll have cake, dancing and live music, featuring the animated KlezCalifornia All Stars, led by Gerry Tenney. Dance instruction will be

provided by Bruce Bierman, artistic director of the Jewish Dance Theater. All ages welcome; transportation will be provided with demand. \$33 Members, \$36 Non-Members, \$30 Seniors/Youth, 17 and under. Get your tickets today by calling 650.212.PJCC (7522).

Understanding Jewish Weddings

There are many customs in the rich pageantry of Jewish practice, and a traditional Jewish wedding is no exception. The *chuppah* (canopy) represents the home to be shared by the couple. Two cups of wine (symbolic of joy) are sipped by the *chatan* (groom) and *kallah* (bride) as blessings are recited. A simple gold ring, without blemishes or ornamentation, symbolizes the hope that the marriage will also be one of simple beauty. A beautiful work of art, known as the *ketubah*,

is a marriage "contract" that outlines the various responsibilities the couple has vowed to embrace. The shattering of the wine glass under the foot of the chatan represents the destruction of the first Temple and the anguish of the Jewish people throughout history. It is also a reminder that relationships are as fragile as glass and must always be treated with care, love and respect. And to cheerful cries of *Mazel Tov!* (good fortune), a festive reception follows.

Presented as part of the **Love and Companionship** chapter of the PJCC's **Jewish Life Cycle Season**. The PJCC Cultural Arts Jewish Life Cycle is made possible by generous grants from the Walter and Elise Haas Fund, the Koret Foundation and the Eva Chernov Lokey Endowment for Programs. Coming soon: March/April: The Wisdom Years May/June: Endings.

The **Jewish Life Cycle**
CULTURAL EVENTS EXPLORING LIFE IN ALL ITS FULLNESS

The Jewish Arbor Day Tu B'Shevat



CELEBRATE AT THE CENTER!

Tu B'Shevat in the Lobby
Tuesday, January 22
1:00 – 4:00 pm • Free!

Celebrate the Jewish New Year of the Trees with an afternoon of music, crafts and snacks!

Tu B'Shevat, the 15th day of the Jewish month of Shevat, is a holiday also known as the Jewish New Year for the Trees. Originally, in post-biblical times, *Tu B'Shevat* was simply the yearly date for reckoning the age of trees for purposes of taxes and of *orlah* (the first three years during which a tree's fruit was considered strictly God's property and not to be eaten). In modern times *Tu B'Shevat* is celebrated with much enthusiasm in Jewish schools, synagogues and communities. The main activity is planting trees in open places in Israel.



OPEN HOUSE

SUNDAY, JANUARY 27 • 10:00 AM – 1:00 PM

Bring your friends and explore the many paths to health and fitness! Meet representatives from **Kaiser Permanente, Weight Watchers, MORE Physical Therapy Clinic, Road Runner Sports and Cyclepath Bicycles.**

You'll also meet managers from **Get Up & Go, Camp** and many more PJCC programs. From free chair massages to tasty refreshments, you'll discover just how fun "fit" can be!

BLOOD DRIVE

SUNDAY, JANUARY 27 • 9:30 AM – 1:00 PM

While you're enjoying Open House festivities, do a mitzvah (good deed) and donate blood. For nearly 5 million people who receive blood transfusions every year, your donation can make the difference between life and death.

For more information, call 650.212.7522.

Your Gift is the Key!

Help Us Open the Door for Our Entire Community



People regularly tell us about the special environment we've created at the PJCC. Our many programs and services keep people active, learning, engaged and forging friendships that last a lifetime.

The PJCC thrives because of committed members, donors, volunteers and community partners. Like most non-profit organizations, each year a substantial portion of our budget comes from contributions. These donations give us the resources needed to carry out our mission: *"...to build a caring and connected community...in a center with an environment that is welcoming to all people at every stage of life."*

People rave about our Byer Athletic Center. But did you know that we receive similar raves for programs like senior transportation, preschool, camp, and the Teen lounJe? Our doors to the broader community are kept open thanks to annual gifts from people like you.

If you "like what you see" at the PJCC, we invite you to join hundreds of your fellow members in making a tax-deductible gift. And if you're already a donor or volunteer, **thank you!** Simply use the enclosed envelope, call or come into the office, or visit www.pjcc.org (click on "Connect With Us"). **You make it all possible!**

What's New @ the Center

Thanks to generous Fund-A-Need donations, the ECE Multi Purpose Room has now been equipped with the following items. **Thank you Fund-A-Need Donors!**

- ¥New flooring in the ECE Multi Purpose Room for concerts and dances
- ¥New sound system and lighting for theatrical presentations
- ¥New music stands and podium

What are Members saying about the PJCC?

"This place is phenomenal! The facilities are outstanding, the pools are top notch. Overall, the best gym I've found on the Peninsula."

"This is a great place. Nice location, clean equipment. This is the most you can get for your money..."

"Peninsula Jewish Community Center, how I love thee, let me count the ways: I know it's not right to love something material, but I work out often so I'm okay with the fact that I love my gym."

Here's something else to love!

Every time you refer a friend who becomes a Center Member, **you get a \$75 referral gift voucher!** It's our way of saying thank you for spreading the news. Call the Membership office at 650.378.2701.



Bring-a-Friend Friday January 18 and February 15

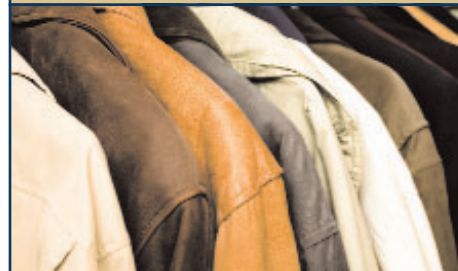
Enjoy working out with a friend! Simply bring your guest to the Membership office on designated Fridays for their FREE guest pass. For more information, call 650.378.2701.

Artistic Ketubot

The Jewish
Life Cycle
CULTURAL EVENTS EXPLORING
LIFE IN ALL ITS FULLNESS

December 18 – February 28 • PJCC Art Gallery

Sometimes referred to as a Jewish marriage contract, the *Ketubah* (ka-TOO-ba) serves as a reminder of a couple's vows and responsibilities. Appreciate the beauty of this Jewish art form in this very special exhibition featuring private Ketubot loaned by generous PJCC members.



Annual Coat Drive Through January 15

Have you cleaned out your closet yet? Let's break last year's amazing record of 800 coats and help the less fortunate stay warm this winter. Drop off your donations in the Lobby and we'll take it from there. Questions? Call 650.212.PJCC (7522).

Regular Hours	Tue, Jan. 1 New Year's Day	Mon, Jan. 21 MLK Day	Mon, Feb. 18 President's Day
Byer Athletic Center Mon – Fri 5:30 am – 11:00 pm Sat – Sun 7:00 am – 7:00 pm	8:00 am – 1:00*pm	5:30 am – 11:00*pm	5:30 am – 11:00*pm
Early Childhood Education Mon – Fri 7:30 am – 6:00 pm	Closed	Closed	Closed
Membership Office Mon – Fri 9:00 am – 8:00 pm Sat – Sun 9:00 am – 5:00 pm	9:00 am – 12:00 pm	9:00 am – 8:00 pm	9:00 am – 8:00 pm
Administration Office Mon – Fri 8:30 am – 5:00 pm	Closed	Closed	Closed
Welcome Center Mon – Fri 8:00 am – 8:00 pm Sat – Sun 9:00 am – 5:00 pm	Closed	Closed	Closed

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



Peninsula Jewish
Community Center
800 Foster City Blvd.
Foster City, CA 94404

ADDRESS SERVICE REQUESTED

Nonprofit
Organization
U.S. Postage PAID
San Mateo, CA
Permit No. 822

Program Spotlights

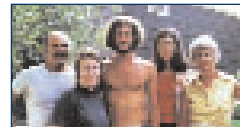


Make the Internet Work for You
Thursdays, January 3, 10, 17 & 24
Sign up for the topic(s) that interest you and learn how your computer can make life so much easier! \$3M/\$5 NM*.

Mah Jongg for Beginners
Tuesdays, January 22 – February 12
7:00 – 9:00 pm
Learn the basics of this popular ancient Chinese game. No experience necessary. \$58M/\$76NM*.



Jr. NBA/WNBA Youth Basketball League: Ages 7 – 12
Sundays, January 13 – March 16
Call for session times (by age)
Skill development, team play and fitness are emphasized in this fun, instructional league. \$85M/\$110NM*.



Sunday Cinema Presents: 51 Birch Street
Sunday, February 3 • 2:00 pm
How well do we really know our parents? That's the question posed in this documentary that addresses the filmmaker's startling discovery about his parents' marriage. \$5M/\$6NM*.



Ballroom Dance
Thursdays
January 17 – February 21
7:00 – 8:00 pm
Discover why ballroom dance remains the most popular dance form in America! \$90M/\$105NM*.



Keep Your Brain Active
Free for Members!
Mondays, February 4 & 11 • 2:00 – 3:00 pm
Discover the vital connection between staying active and keeping your brain healthy. Per session: \$4 NM*.



2008 Entertainment Books Are Here

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.