

Discover programming that awakens your spirit and revitalizes your soul!

LEAPS 'N BOUNDS

Bi-Monthly Publication of the Peninsula Jewish Community Center Adult Department



Films exploring the best in Jewish Cinema



Sunday Cinema presents *Five Days Without Nora (Nora's Will)*

Sunday, March 27
2:00 pm • Board Room
\$5 M / \$6 P* • Code: 27743

In this dark comedy, Nora schemes a plan to make Jose, her ex-husband, take care of her body after she takes her life. But events are not so simple due to the upcoming Passover holiday and a mysterious photograph forgotten under the bed. *Spanish, with English subtitles, 90 min.*



Transportation provided with sufficient demand \$5 person.

Additional support from **THE KORET-TAUBE INITIATIVE**
A NEW LOOK AT JEWISH CULTURE AND PEOPLEHOOD



KAISER PERMANENTE® **thrive**
Wellness Lecture Series

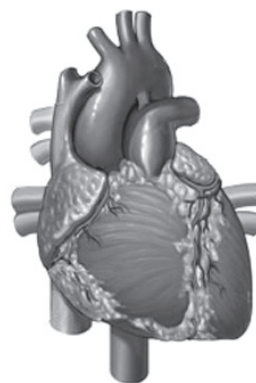
Presented in partnership with Kaiser Permanente Redwood City Medical Center.

Get Heart Smart

Wednesday, March 2
10:30 am – 12:15 pm
Board Room • Code: 28462



Heart disease is the leading cause of death in the United States. Join Craig Hoffman, MD from Kaiser Permanente, Redwood City Medical Center as he discusses the importance of heart health and the



risk factors for heart disease with special emphasis on cholesterol and blood pressure. You'll learn about preventative strategies to reduce the risk of heart disease and resources to stay healthy. Free blood pressure screening, olive oil tasting, and education about heart healthy fats.

Free and open to the entire community. These lectures provide an excellent opportunity to interact with a Kaiser physician and ask questions important to you and your health. Pre-registration is required. Please call either the PJCC at 650.212.7522 or Paul Munda at Kaiser Permanente, 650.299.4991.

Each person attending will be entered in a drawing to win the new cookbook, *EatingWell in Season: The Farmers' Market Cookbook*.

FOR YOUR INFORMATION

SHABBAT SHUTTLE

The PJCC offers weekly door-to-door transportation to Friday night services at synagogues on the Peninsula. Make your reservations by calling the PJCC at 650.212.7522 by Thursday of each week. There is no charge.

This service is made possible by a grant from the Jewish Community Endowment Newhouse Fund of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties.

Shabbat Shuttle

March 4	6:30 pm	Peninsula Temple Beth El <i>Shabbat Halelu</i>
March 11	7:30 pm	Peninsula Temple Sholom <i>Hava Nashir</i>
March 18	6:30 pm	Peninsula Temple Sholom
March 25	7:30 pm	Peninsula Temple Sholom <i>Sholom Women Shabbat</i>
April 1	6:30 pm	Peninsula Temple Beth El <i>Shabbat Halelu</i>
April 8	7:30 pm	Peninsula Temple Sholom <i>Hava Nashir</i>
April 15	6:30 pm	Peninsula Temple Beth El
April 22	7:30 pm	Peninsula Temple Sholom
April 29	7:30 pm	Peninsula Temple Beth El

ADULT DEPARTMENT STAFF

Kimberly Gordon, Department Director
Betty Burr, MA, *Get Up & Go* Program Manager
Crystal DyFoon, Driver
Maria Taylor, Driver
Rhonda Press, LCSW, Adult Program Coordinator
Debra Reetz, MS, Transportation Coordinator
Ellen Saliman, MA, MSW, Adult Program Coordinator



Made possible by THE KORET TAUBE INITIATIVE
A NEW LOOK AT JEWISH CULTURE AND PEOPLEHOOD

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

The Peninsula Jewish Community Center acknowledges the Jewish Community Endowment Newhouse Fund, the Senior Excursion Fund, and the Paul and Ruth Steiner Permanent Endowment Fund of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties, as well as the Koret Foundation, for their continued support of Adult programs and transportation.



Programs indicated by this symbol are made possible by The Koret Taube Initiative: A New Look at Jewish Culture and Peoplehood.



Explore and enjoy cultures around the world with programs featuring this globe icon.

REGISTRATION PROCEDURES

1. Call the PJCC at 650.212.7522 and ask to speak with program assistant. Any fees may be paid by credit card.
2. You may register for programs that do not involve transportation online using the PJCC website: www.pjcc.org. Click on "Register Online for Classes." When you find a program in which you are interested, add that course to your basket and follow the instructions to obtain a Login ID and PIN.
3. You may mail in a check. Be sure to include a note with your name, address and phone number, and the Code for the program. If there is transportation involved, please indicate your pick-up location and seating request if applicable.

**Discounts on Non-Member rates available to Foster City residents for these programs. Quantities are limited. To register, call 650.212.7522 to speak with a program assistant.*

VOLUNTEERS

Many thanks to our dedicated volunteers:

Ellen Gellman	Shirley Rosenberg
Dan Heller	Molly Rosenfeld
Frank Jonas	Marcy Seidscher
Ruth Krumbein	Irv Share
Susan May	Cindy Strause
Joan Mechalovitz	Bonnie Taubman
Barbara Mikulic	
Sandy Morse	
David Nigel	

DONATIONS

Richard Raines, *Get Up & Go* program
Sunya Shaw, *Get Up & Go* program
Bernard & Hellen Dolling, Automobile

In Memory of Ruth Eisenman

Rhonda Press
Susan L. Ammons
Leonor Luna

GET UP & GO

Get Up & Go provides programs at the PJCC and transportation to them for older adults who no longer drive, as well as transportation for errands and appointments three days each week. People who drive are welcome to attend *Get Up & Go* programs at the PJCC on a space available basis.

Request a schedule and pre-register by calling 650.376.2750 no later than Thursday the week before a program or appointment. Transportation is \$5 round trip.

**Do a Good Deed!
Volunteer for *Get Up & Go***

Volunteer to help a senior who needs a supportive arm and/or help with shopping or other errands. Occasional availability is ok—no regular commitment required. Call Betty Burr at 650-378-2698.

Get Up & Go Programs at the PJCC

12:00 pm Lunch *with reservations only* \$5 M & P
 1:00 pm Program Free M**/ \$ 4 P
 **(PJCC & *Get Up and Go* Members)

Take a Walk Down Memory Lane with the Jewel Tones

Wednesday, March 2 • Code: 28457
 Wearing authentic costumes from another era, this versatile group of 10 Bay Area women perform songs from the turn of the century through the 1950s with an emphasis on the great old songs of the 40s. Even Rosie the Riveter shows up.

Jazz at the Center

Wednesday, March 23 • Code: 28461
 Jeff Sanford is well known all over the Bay Area for his saxophone, clarinet and flute playing. He has played with the SF Symphony and at jazz venues all around the Bay. For this performance, Jeff is joined by pianist Andy Ostwald, active in the local jazz scene for over 20 years.

Monet, Pissarro and the Impressionist Movement

Wednesday, March 30 • Code: 28460
 In Paris in 1874, the Impressionists exhibited together, supported each other, and formed the new movement that would forever change the way we experience art. Artist and educator Marlene Aron will show and explain over one hundred works of art by Monet, Renoir, Pissarro, Cezanne, Lautrec, Morisot, Sisley, Degas, Van Gogh and Gauguin.

Masters of the Keyboard Over Three Centuries

Wednesday, April 13 • Code: 28458
 Pianist Eman Isadiar will perform and narrate a musical journey through three centuries of works by the great masters of the keyboard. He will also include a special selection to honor Passover.

Laughing for the Health of It!

Wednesday, April 27 • Code: 28459
 Certified Laugh Leader, Bev Bender, demonstrates simple techniques to reduce stress and anxiety and laughing exercises that promote healthy aging. She will also discuss amusing things to do everyday that are fun, free and non-fattening!
Get Up & Go is supported by gifts to the PJCC and grants from The Jewish Community Endowment Fund of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties; Mills-Peninsula Health Services; and the Metropolitan Transportation Commission's New Freedom Program.

Errand/Appointment Transportation for Non-Driving Older Adults

Cost: \$5 round trip
 Mondays: March 7, 14, 21, 28 • April 4, 11, 18
 Tuesdays: March 1, 8, 15, 22, 29 • April 5, 12, 26
 Fridays: March 4, 11, 18, 25 • April 1, 8, 15, 22, 29
 For doctor appointments, shopping or personal appointments in San Mateo County on a first-come, first-served basis. Service is door to door. No same day requests. Call 650.378.2750 no later than the Thursday in the week before the date you want.

MONDAY

MARCH FOOD FOR THOUGHT

Perspectives on the Self
 2:00 pm • Board Room • Free M / \$4 P* per session
 Code: 28431

March 7: Celebrating Creativity and Age
When Last on the Mountain: The View from Writers Over 50 is a collection of essays, stories and poems that represent the voices of older writers. With grace and humor, these writers peer soberly at the future while maintaining their gaze on the past. Co-editor Vicky Lettmann will speak about this anthology.

DROP-IN GROUPS • CLUBS



March 21: Jewish Women and Their Bodies

Rabbi Melanie Aron will explore Jewish teachings concerning the body, with a focus on how those teachings have affected women's attitudes toward their bodies. Specific topics will include: What are our obligations and rights to our own bodies and how have attitudes towards Jews influenced our feelings about them?

APRIL FOOD FOR THOUGHT

The 21st Century American Presidency

April 4 • 2:00 pm • Board Room

Free M / \$4 P* per session • Code: 28432

Has the current global economic crisis and the fallout from America's involvement in Iraq and Afghanistan changed how the world views the U.S.? Hear how our status as a world leader has been altered by the policies and politics of modern U.S. presidents. Areas of discussion will include global threats, the world's hot spots and environmental issues that influence our national security. Instructor David Rader teaches at the Osher Institute and numerous other Lifelong Learning programs.

THE BEST IN CINEMA: MONDAY AT THE MOVIES

2:00 pm • Classroom AB • \$3 M / \$4 P*

Enjoy a rare opportunity to see these thought-provoking films. Pre-registration is strongly recommended. Space is limited.



Buena Vista Social Club

March 14 • Code: 27755

In this fascinating Oscar-nominated documentary, American guitarist Ry Cooder brings together a group of legendary Cuban folk musicians (some in their 90s) to record a Grammy-winning CD in their native city of Havana. The result is a spectacular compilation of concert footage from the group's gigs and fascinating life stories of the musicians. *Spanish with English subtitles.* (105 min.) 1999



La Misma Luna • March 28 • Code: 27756

A little boy, missing his mother who is working illegally in the United States, leaves his home in Mexico to find her. An already treacherous journey becomes even more so when he is separated from his smugglers while he stows away on their van that is headed for the border. *Spanish with English subtitles.* (109 min.) 2007



Afghan Star

April 11 • Code: 28423

Director Havana Marking's eye-opening documentary captures the resurgence of pop culture in Afghanistan after three decades of Taliban rule. Following four "American Idol"-type contestants from auditions to finals in Kabul, Marking reveals a new precedent in this suppressed and war-torn nation: all ethnicities, genders and age groups are now equal—but everyone competing risks their lives to sing for enthusiastic audiences. (88 min.) 2008

Sit & Knit • Drop-In / All Levels

10:00 am – 12:00 pm • Adult Lounge

Free for Everyone • Code: 27712 (no meeting 4/25)

Many people use knitting and crocheting as a creative outlet and escape from life's hectic pace. All it takes is a pair of knitting needles and yarn.

TUESDAY

Yiddish Club

March 1, 15 • April 5 • 10:30 am – 12:00 pm

Classroom C • Free M / \$3 P* per session

Code: 28418

Keep Yiddish alive with others who share your love of the language, through conversation, songs, movies and food. Fluent Yiddish mastery not required. Peer-led.

Drop-in Bridge

1:00 – 3:30 pm • Classroom AB

Free M / \$3 P* per session • Code: 28421

Intermediate players may drop in for a weekly game of afternoon bridge.



Jewish Book Discussion Group

Join other readers for a lively discussion of Jewish-themed books on loan from the Jewish Community Library's *Book Club in a Box*. Facilitator Jim Van Buskirk leads an interesting and intelligent discussion each month. *This group is made possible by The Koret Taube Initiative a New Look at Jewish Culture and Peoplehood.*

The Finkler Question by Howard Jacobson

March 29 • 10:30 am – 12:00 pm • Classroom C

Free M / \$3 P • Code: 28542

Winner of the prestigious Man Booker Prize, this brashly comic novel follows the lives of three men as it tackles the anxiety of what it means to be a Jew in Britain as well as the nature of male friendship.

Wherever You Go by Joan Leegant

April 26 • 10:30 am – 12:00 pm • Classroom C
Free M / \$3 P • Code: 28543

Three young American Jews are drawn to Israel for different reasons. Their lives intersect unexpectedly in Jerusalem when they become caught in the vortex of religious and political extremism.

WEDNESDAY

Let's Talk About It

2:00–3:15 pm • Classroom C
Free for Everyone • Code: 27710 • No class 4/20

Each week Shirley Rosenberg leads a lively discussion about the events of the day. All opinions are welcome.

THURSDAY

An Afternoon of Mah Jongg Drop-in Play

1:00–4:00 pm • Classroom AB
Free M / \$3 P* • Code: 28422

For intermediate level players. No instructor will be present. Bring your current Mah Jongg card. Pre-registration is suggested.

Monthly Drop-in Canasta Club

March 24 & April 28 • 7:00 pm – 9:00 pm • Classroom B
Free M / \$3 P* • Code: 28424 March • Code: 28425 April

Join us monthly for 2 hours of Canasta fun. Beginning level Canasta knowledge recommended. Pre-registration is suggested. Call Rhonda Press at 650.378.2717 with questions.

**Beth El Senior Friendship Club
in conjunction with the PJCC**

Group meets at Peninsula Temple Beth El, 1700 Alameda de las Pulgas, San Mateo. Transportation is available depending on location. Cost is \$5 /round trip. Call 650.378.2717 for transportation information.

12:00 pm **Brown Bag Lunch**
1:00 pm **Program begins**
2:00 pm **"Afterthoughts" program**

March 3

Tour and lunch at the Magnolia of Millbrae. Visit with our friends who are living at the Magnolia. Depart Temple Beth El at 10:30. Reservations required by February 24. Call Rhonda Press at 378-2717. \$5 for transportation payable on day of trip. For those who will drive themselves, tour starts at 11:00 am.

March 10

Ellen Gellman shows her slides of the Temple Beth El trip to Eastern Europe and shares her experiences.

2:00 Marion Mostny discusses her book *Conversation with My Grandchildren*.

March 17

Bring your bag lunch and enjoy the movie, *The Boys Are Back*. Following the sudden death of his wife, an Australian sportswriter struggles to cope with his grief and comfort his young son in this tale of a family in flux, based on a memoir by Simon Carr. (104 min.)

March 24

Mike and Marian Billo entertain with some favorite show tunes and oldies.

2:00 Current Events with David Nigel

March 31

Barbara Murray's program *Fashion of the Women's Early Suffrage Movement* includes costumes and provides a social, historical, and cultural perspective.

2:00 Current Events with David Nigel

April 7

Show tunes, old-time songs, Beatles favorites, cowboy ballads, opera arias—The Eclectics sing it all. Join Michael Mendelsohn and Erfert Fenton for an afternoon of music.

2:00 Discussion with Rabbi Eisner

April 14

Join us for a traditional Passover Seder with a light lunch, including the traditional seder plate foods and dessert. Beth El Senior Friendship Club Members \$5; Public \$8. Paid reservations must be received by March 31. Call Rhonda Press 378-2717 for reservations.

2:00 Current Events with David Nigel

April 21

Through story and video clips, Bonnie Weiss presents *Song and Dance Men of the Silver Screen: Gene Kelly*.

2:00 Current Events with David Nigel

April 28 No Group today. See page 8 for April 29 trip information in lieu of Thursday meeting.

The **Circle of Life** Fund
The Gift That Lives Forever
To learn how you can support the PJCC with a planned gift, contact Art Wolf at 650.378.2759.

MARCH 2011

SU	MON	TUES	WED	THURS	FRI	SAT
		Get Up & Go Errands 10:00 am Intermediate Bridge 10:30 am Yiddish Club 1:00 pm Drop-in Bridge <p style="text-align: right;">1</p>	Get Up & Go at the PJCC 10:00 am Kaiser Lecture: Get Heart Smart 2:00 pm Let's Talk About It <p style="text-align: right;">2</p>	12:00 pm Beth El Senior Friendship Club 1:00 pm Mah Jongg <p style="text-align: right;">3</p>	Get Up & Go Errands 1:00 pm Beginning Bridge Shabbat Shuttle 6:30 pm Services @ Penin Temple Beth El <p style="text-align: right;">4</p>	Trip SF Ballet <p style="text-align: right;">5</p>
	Get Up & Go Errands 10:00 am Sit & Knit 2:00 pm Food for Thought <p style="text-align: right;">6</p>	Get Up & Go Errands 10:00 am Intermediate Bridge 1:00 pm Drop-in Bridge <p style="text-align: right;">7</p>	2:00 pm Let's Talk About It <p style="text-align: right;">8</p>	12:00 pm Beth El Senior Friendship Club 1:00 pm Mah Jongg 8:00 pm Concert: David Buckbinder's Odessa/Havana <p style="text-align: right;">9</p>	Get Up & Go Errands 10:00 am Morning of Mah Jongg 1:00 pm Beginning Bridge Shabbat Shuttle 7:30 pm Services @ Penin Temple Sholom <p style="text-align: right;">10</p>	<p style="text-align: right;">11</p>
Trip SF Symphony <p style="text-align: right;">12</p>	Get Up & Go Errands 10:00 am Sit & Knit 2:00 pm Monday at the Movies <p style="text-align: right;">13</p>	Get Up & Go Errands 10:00 am Intermediate Bridge 10:30 am Yiddish Club 1:00 pm Drop-in Bridge <p style="text-align: right;">14</p>	2:00 pm Let's Talk About It <p style="text-align: right;">15</p>	12:00 pm Beth El Senior Friendship Club 1:00 pm Mah Jongg Trip Bouquets to Art <p style="text-align: right;">16</p>	Get Up & Go Errands 1:00 pm Beg Bridge Prep for the Met Shabbat Shuttle 6:30 pm Services @ Penin Temple Beth El <p style="text-align: right;">17</p>	<p style="text-align: right;">18</p>
	Get Up & Go Errands 10:00 am Sit & Knit 10:30 am Men's Discussion Group 2:00 pm Food for Thought <p style="text-align: right;">19</p>	Get Up & Go Errands 10:00 am Intermediate Bridge 1:00 pm Drop-in Bridge <p style="text-align: right;">20</p>	Get Up & Go at the PJCC 2:00 pm Let's Talk About It <p style="text-align: right;">21</p>	12:00 pm Beth El Senior Friendship Club 1:00 pm Mah Jongg 7:00 pm Canasta Club <p style="text-align: right;">22</p>	Get Up & Go Errands 10:00 am Morning of Mah Jongg 1:00 pm Beginning Bridge Shabbat Shuttle 7:30 pm Services @ Penin Temple Sholom <p style="text-align: right;">23</p>	Trip SF Ballet <p style="text-align: right;">24</p>
2:00 pm Sunday Cinema <i>Nora's Will</i> <p style="text-align: right;">25</p>	Get Up & Go Errands 10:00 am Sit & Knit 2:00 pm Monday at the Movies <p style="text-align: right;">26</p>	Get Up & Go Errands 10:00 am Intermediate Bridge 10:30 am Jewish Book Discussion Group 1:00 pm Drop-in Bridge <p style="text-align: right;">27</p>	Get Up & Go at the PJCC 2:00 pm Let's Talk About It <p style="text-align: right;">28</p>	12:00 pm Beth El Senior Friendship Club 1:00 pm Mah Jongg 7:00 pm Canasta Club Trip SF Symphony <p style="text-align: right;">29</p>		

APRIL 2011

SU	MON	TUES	WED	THURS	FRI	SAT
					Get Up & Go Errands 1:00 pm Beginning Bridge Shabbat Shuttle 6:30 pm Services @ Penin Temple Beth El	8:00 pm UpClose Concert: The Harlem Quartet
	Get Up & Go Errands 10:00 am Sit & Knit 2:00 pm Food for Thought	Get Up & Go Errands 10:00 am Intermediate Bridge 10:30 am Yiddish Club 1:00 pm Drop-in Bridge	2:00 pm Let's Talk About It Trip Presidio Habitats	12:00 pm Beth El Senior Friendship Club 1:00 pm Mah Jongg	Get Up & Go Errands 10:00 am Morning Mah Jongg 1:00 pm Beg Bridge Prep for the Met Shabbat Shuttle 7:30 pm Services @ Penin Temple Sholom	
3	4	5	6	7	8	9
Family Health and Fitness Day 7:00 pm Concert Yuval Ron Ensemble: Sacred Music of the Middle East	Get Up & Go Errands 10:00 am Sit & Knit 2:00 pm Monday at the Movies	Get Up & Go Errands 10:00 am Intermediate Bridge 1:00 pm Drop-in Bridge 7:00 pm Reverse Exodus Class	Get Up & Go at the PJCC 2:00 pm Let's Talk About It	12:00 pm Beth El Senior Friendship Club 1:00 pm Mah Jongg Trip SF Symphony	Get Up & Go Errands 1:00 pm Beg Bridge Shabbat Shuttle 6:30 pm Services @ Penin Temple Beth El	Trip SF Ballet
10	11	12	13	14	15	16
	Get Up & Go Errands 10:00 am Sit & Knit 10:30 am Men's Discussion Group	1ST DAY PASSOVER PJCC OFFICES CLOSED	2ND DAY PASSOVER PJCC OFFICES CLOSED	12:00 pm Beth El Senior Friendship Club 1:00 pm Mah Jongg	Get Up & Go Errands 10:00 am Morning of Mah Jongg 1:00 pm Beg Bridge Shabbat Shuttle 7:30 pm Services @ Penin Temple Sholom	
17	18	19	20	21	22	23
	7TH DAY PASSOVER PJCC OFFICES CLOSED	Get Up & Go Errands 10:00 am Intermediate Bridge 10:30 am Jewish Book Discussion Group 1:00 pm Drop-in Bridge	Get Up & Go at the PJCC 2:00 pm Let's Talk About It	NO BETH EL SENIOR FRIENDSHIP CLUB 1:00 pm Mah Jongg 7:00 pm Canasta Club	Get Up & Go Errands BETH EL TRIP: Lunchtime Cabaret 1:00 pm Prep for the Met Class Shabbat Shuttle 7:30 pm Services @ Penin Temple Beth El	
24	25	26	27	28	29	30

Special Event for Beth El Senior Friendship Club Members!

LUNCHEON AND MUSICAL PROGRAM

FRIDAY, APRIL 29, 2011 • 12:00 – 2:30 PM
 VILLA D'ESTE RESTAURANT
 2623 OCEAN, SAN FRANCISCO



Join us for a noon lunch followed by a musical show at Villa D'Este Restaurant in San Francisco. Kathy Holly and Friends present *Around the World in 90 Minutes*. They will take you on an international musical cruise with songs from Italy, Spain, France, Germany and the Caribbean saluting Edith Piaf, Marlena Dietrich, Placido Domingo, Harry Belafonte and many others.

Transportation is provided by the Peninsula Jewish Community Center. We will depart from Temple Beth El at 11:00 am and return to Temple Beth El around 3:30 pm. Tickets are \$25 which includes lunch, musical program, and transportation. Checks should be made out to the Beth El Senior Friendship Club.

Priority registration is given to members of the Beth El Senior Friendship Club until April 13. After that date, trip will be open to all.

Tickets are available on a first come first served basis and space is limited. Contact Rhonda Press at the 650.378.2717 to register. Please indicate meal choice of either Chicken Piccata, Fish with potatoes, or Vegetarian Pasta.

This excursion is subsidized by a grant from the Senior Excursion Fund of the Jewish Community Endowment Fund for seniors who are mobility, financially or physically impaired and for whom this trip would not be possible without a subsidized fee.

FRIDAY

A Morning of Mah Jongg Drop-in Play

March 11, 25 • April 8, 22 • 10:00 am – 12:00 pm
 Classroom AB • Free M / \$3 P* • Code: 28444

For beginning to intermediate level players. No instructor will be present. Bring your current Mah Jongg card. Pre-registration is suggested.

Women Who Lunch

Join a group that meets for lunch the first Friday of each month and explore different restaurants in the area. Expand your acquaintance and enjoy conversation and food; newcomers welcome! Call Charlotte Fish at 650.349.7467 for details.

TRIPS

Bouquets to Art at the de Young Museum

Thursday, March 17 • San Francisco • \$54 M / \$70 P
 Home pickups \$10/location • Code 28426

The 27th annual *Bouquets to Art* exhibition returns to the de Young Museum in March, featuring 150 floral displays interpreting the Museum's permanent collection. Organized and produced by the volunteer members of the San Francisco Auxiliary of the Fine Arts Museums, with generous support by community donors and museum staff, *Bouquets to Art* raises funds for special exhibitions, acquisitions, and education programs. Trip price includes museum admission and afternoon tea. No discounts for Museum members. Festive hat-wearing is encouraged at tea.

Departures		Returns
11:15 am	PJCC	5:45 pm
11:30 am	San Carlos train station	5:30 pm
11:45 am	5th & El Camino**	5:00 pm
11:50 am	Peninsula Regent	4:55 pm
12:00 pm	Woodlake	4:45 pm

**EastWest Bank

Presidio Habitats San Francisco

Wednesday, April 6 • \$42 M / \$55 P
 Home pick-ups: \$10/location • Code 28428

Join your "On The Level" (no hills or steps) tour guide for an adventure at the Presidio. Our local national park is sponsoring a year-long outdoor art exhibit called Presidio Habitats. We will visit the exhibit hall first which is housed in re-purposed shipping containers! Then we will drive around Fort Scott and the surrounding area to view all eleven of the outdoor exhibits (habitats) which encourage animals and birds to live in the Presidio. There will be stops to see the art

up close as well as the newest awesome viewpoints at the Presidio. Lastly we will visit Thoreau Center for Sustainability for an indoor art exhibit. No-host lunch will be on historic Union Street. Restaurant suggestions will be provided. Some walking required.

The Lod Mosaic at the Legion of Honor

Wednesday, May 18 • Legion of Honor, San Francisco
\$30 M / \$39 P* • Home pick-ups \$10/location
Code: 28710



The Roman mosaic from Lod, Israel was discovered in 1996 during highway construction in Lod (formerly Lydda). A rescue excavation was immediately conducted by the Israel Antiquities Authority, revealing a series of mosaic floors measuring approximately 50 feet long by 27 feet wide. Removed from the ground in September 2009, the large central square panel and two adjacent rectangular panels will be exhibited at the Legion of Honor in San Francisco. No-host lunch in the museum café. Museum members may deduct \$7 from trip price.

For details about a 2-session course about the Lod Mosaic on May 5 and 12, see page 11.

<u>Departures</u>		<u>Returns</u>
9:30 am	PJCC	3:30 pm
9:45 am	San Carlos train	3:15 pm
10:00 am	5th & El Camino**	3:00 pm
10:05 am	Peninsula Regent	2:55 pm
10:15 am	Woodlake	2:45 pm

**EastWest Bank

Tales of the City

Saturday, May 28 • Geary Theater, San Francisco
\$25 M / \$30 P* • Home pick-ups \$10/location
Code: 28715

This World Premiere musical by the American Conservatory Theater is based on Armistead Maupin’s *Tales of the City* and *More Tales of the City*. On the bustling streets of 1970s San Francisco, neon lights pierce through the fog-drenched skies, disco music explodes from crowded nightclubs, and a wide-eyed Midwestern girl finds a new home—and creates a new kind of family—with the characters at 28 Barbary Lane. Three decades after Armistead Maupin mesmerized millions with his daily column in the city’s newspapers, his iconic San Francisco saga comes home as a momentous new musical. There will be time provided for a no-host lunch in the Union Square area.

This trip is made possible by a grant from the Community-wide Senior Excursion Fund of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma, for seniors who are mobility, financially or physically impaired and for whom this trip would not otherwise be possible.

Departures

PJCC	10:45 am
San Carlos train	11:00 am
5th & El Camino**	11:15 am
Peninsula Regent	11:20 am
Woodlake	11:30 am

** EastWest Bank

2011 San Francisco Ballet Series ~~SOLD OUT~~

Single tickets sold on a cancellation basis only.

This 5-ballet series is only available to adults 65 and older.

Tickets to this series may be purchased with or without transportation. Time for lunch in the Civic Center area before each performance

Saturday, March 5, 2011

Theme and Variations • Winter Dreams • An additional work to be announced

Saturday, March 26, 2011

Coppelia

Saturday, April 16, 2011

Underskin • Wheeldon • Petrouchka

Transportation Schedule

PJCC	10:45 am
San Carlos train	11:00 am
The Stratford, 601 Laurel Ave, SM	11:15 am
Peninsula Regent	11:20 am
Woodlake	11:25 am

CLASSES AT THE PJCC • EVENTS

2010 – 2011 San Francisco Symphony Senior Subscription Series *SOLD OUT*

Single tickets sold on a cancellation basis only.

All concerts begin at 2:00 pm. Free pre-concert talk one hour prior to 2:00 pm Thursday concerts.

Cost per performance with Transportation
M \$53 / \$63 P • Code: 27134

Cost per performance without Transportation
M \$40 / \$45 P • Code: 27135

Transportation Schedule

PJCC	9:55 am
San Carlos train station	10:15 am
9th & El Camino	10:30 am
5th & El Camino**	10:35 am
Woodlake Apts.	10:45 am

** EastWest Bank

Remaining 2011 concert dates:

March 13 • March 31 • April 14 • May 1

Prep for the Met



**1:00 – 2:30 pm • Board Room • Series \$35 M / \$40 P*;
Per class: \$10 M / \$15 P* • Code: 28464**

Get the insider's perspective on opera from a local professional. Learn how the combination of libretto, music and spectacle of the theatre combine to create masterpieces. Hear the stories and scandals behind the great operas being simulcast by America's top opera company, the Met. Be prepared when you attend the *Live at the Met* Opera performances at local presenting theaters.

March 18, 2011 *Lucia de Lammermoor* by Donizetti

April 8, 2011 *Le Comte Ory* by Rossini

April 29, 2011 *Il Trovatore* by Verdi

Instructor **Deborah Rosengaus**, mezzo-soprano, has performed internationally in Eastern Asia and Australia, with recitals in Italy, Mexico and across the United States. She holds a Bachelor's degree from the University of Southern California Thornton School of Music and Master's in Vocal Performance from the Manhattan School of Music.

CLASSES AT THE PJCC

Beginning Bridge

**Fridays, March 4 – April 22 • 1:00 – 3:00 pm
Classroom AB • \$104 M / \$136 P* • Code: 28419**

Beginning Bridge students with some previous bridge knowledge are welcome and will learn the current basics of Contract Bridge with an emphasis on bidding and the play of the hand. Instructor: Sandy Dennison.

Intermediate Bridge with Supervised Play

**Tuesdays, March 1 – April 26 (no class 4/19)
10:00 am - 12:00 pm • Classroom AB
\$104 M / \$136 P* • Code: 28420**

Learn more about bidding and additional conventions. Instructor: Sandy Dennison.

KT The Reverse Exodus: The Jews of Egypt Through the Ages

**Tuesday, April 12 • 7:00 – 8:30 pm • \$10 M / \$15 P*
Classroom AB • Code: 28429**



Courtesy of Historical Society of Jews from Egypt

Jews have lived in Egypt, from the time of the kings of Israel and Judah well into the 20th century. This richly illustrated session will explore the lives and lifestyles of those who "went back" to Egypt, from a reluctant Jeremiah, to the temple worshippers of Elephantine and Leontopolis, to Maimonides' vibrant medieval community. We'll also touch on the fate of Egypt's Jewish community in the modern era.

Jehon Grist, Ph.D., is Executive Director of Lehrhaus Judaica. He earned his doctorate in Near Eastern Studies from UC Berkeley, where he was a Regents' Fellow. He has conducted field research in Israel, the Gaza Strip, and the Valley of the Queens in southern Egypt. Co-sponsored with Lehrhaus Judaica.

This program is made possible by The Koret Taube Initiative on Jewish Peoplehood.

KT The Lod Mosaic: A Third Century Masterpiece

Thursdays, May 5 and 12 • 7:00 – 8:30 pm
\$20 M / \$30 P* • Classroom AB • Code 28711

Discover the largest, fully conserved mosaic floor ever excavated in Israel. Found near the Lod airport in 1996, the floor was only recently excavated and conserved. Created by master mosaic artists over 1700 years ago, the Lod Mosaic offers unparalleled beauty in its portrayal of animals, sea creatures, ancient ships, and more. Our course will explain methods used for this and other exquisite pieces being featured in the exhibition at the Legion of Honor.

For information on the instructor, Jehon Grist, see the course listed above. See page 8 for information on the May 18 PJCC trip to the Legion of Honor to see the Lod Mosaic exhibition.

This program is made possible by The Koret Taube Initiative on Jewish Peoplehood.

A Discussion Group for Men

Mondays, 3/21 and 4/18 • 10:30 – 12:00 pm
Classroom AB • Free M / \$3 P per session
Code: 28440 March • Code: 28441 April

All men are welcome, regardless of age or viewpoint. The focus of this group is on intelligent conversation, not arguing or therapy. The group is peer-led.

EVENTS**KT David Buchbinder's Odessa/Havana**

Thursday, March 10 • 8:00 pm • Club Fox, Redwood City • \$15 M / \$18 P / \$20 Door • Code: 28437

Award-winning trumpeter and composer David Buchbinder leads an ensemble of Canada's top jazz and world musicians in an explosive Jewish/Cuban musical mash-up. *Presented as part of the 26th Jewish Music Festival.*

The Harlem Quartet

Saturday, April 2 8:00 pm • PJCC Lobby
\$20 M / \$25 P / \$25 Door • Code: 28436

The PJCC "Up Close" concert series continues with a second Music at Kohl Mansion musical conversation. The celebrated Harlem Quartet, comprised of First Place Laureates of the Sphinx Competition, strives to advance diversity in classical music. Minority composers are highlighted in this original program that showcases the quartet's commanding artistry.

Yuval Ron Ensemble: Sacred Music of the Middle East

Sunday, April 10, 7:00 pm • Peninsula Temple Beth El
\$15 M / \$18 P / \$20 Door • Tickets available at www.brownpapertickets.com/event/138561

The Yuval Ron Ensemble, comprised of Arabic, Jewish and Christian artists, endeavors to alleviate national, racial, religious and cultural divides by uniting through the mystical, spiritual and inspiring music of the Middle East. Discover the ancient intercultural connection between these three traditions and the musical influences they share. *"By the end of the concert, the audience once again believes in the possibilities for peace and friendship among Muslims, Christians and Jews."* — Oregon Education Association.

Presented in Partnership with Peninsula Temple Beth El's Civic Interreligious Outreach Committee.

vibrantBrains at the PJCC**Posit Science Insight**

Improve the quality and quantity of information your brain absorbs with your eyes through computer exercises designed to speed up visual processing, sharpen visual precision and improve visual working memory.

Posit Science Brain Fitness Program

Focus on the auditory part of your brain with these stimulating computer exercises designed to clear up "fuzzy" processing. Exercises help you to interpret what you hear quickly and remember it accurately.

MindFit™

Avoid age-related functional decline, assess mental skills and promote overall cognitive vitality with this patented-proven technology that challenges your mind to build everyday skills and abilities.

If you are interested in any of the classes listed above, please call vibrantBrains at 415.775.1138 or email vibrantbrains@pjcc.org.

Did You Know ...

Cognitive training can actually improve the driving abilities of older people, according to a new study published last month in the Journal of the American Geriatrics Society.

Source: www.aarp.org

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



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HiCAP

Health Insurance
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Comes to the PJCC



HICAP provides unbiased information and counseling to help you make an informed decision for your individual health care needs. It does not sell, endorse or recommend any specific insurance product. It is a state-sponsored, volunteer program providing free confidential services to Medicare beneficiaries, their families or representatives and those about to become eligible for Medicare. HICAP counselors can discuss the following Medicare topics:

- Understanding original Medicare, part A & B
- Medigap & Medicare Advantage plans
- Prescription Drug Plan • Medicare Savings Programs
- Employee Group Health Coverage & Retiree Health Insurance
- Medi-Cal • Long-term care insurance

Appointments are available at the PJCC from 9:30 – 11:30 am
on the 2nd and 4th Thursday of each month. Upcoming dates are:

March 10
March 24

April 14
April 28

May 12
May 26

June 9
June 23

Call HICAP at 800.434.0222 today to schedule your appointment.