



CenterView



Paul Agronin: “Exercise Saved My Life.”

When Center Member **Paul Agronin** says that exercise saved his life, he isn't kidding. Shortly after joining the PJCC last year, the 67-year old discovered that he lacked the stamina for even a mild elliptical workout. He also suffered from chest pain, fatigue and an increased heart rate that wouldn't come down for hours after exercising.

His wife **Nancy**, a registered nurse, recognized the red flags and urged him to get a physical. Not only did Paul

flunk the stress test, but an angiogram revealed that his arteries were 90% blocked! An emergency stent procedure was performed and just three weeks later, Paul was in the pink and back at the PJCC resuming his workouts.

“I would have never known that something was wrong if I hadn't tried to exercise,” Paul says. Today the San Carlos couple enjoys working out together at least three times a week and favors the elliptical machines, bicycles and weights.



Making a Difference for Local Kids

By Sheila Lederer, PJCC Board of Directors

For many years the Jewish Coalition for Literacy (JCL) has provided volunteers nationwide to tutor elementary school children in reading and writing. For over five years I've had the privilege of serving as a volunteer tutor in several San Mateo schools.

Three years ago the PJCC took Fiesta Gardens International School in San Mateo under its wing. Volunteers were encouraged to help in this special place where the student body is primarily Spanish speaking. The principal, the librarian and teachers are so welcoming, I feel like I've found my niche because we are so appreciated and needed.

The 3rd and 4th grade girls I tutor, Dyanna, Jennifer and Amy, are bilingual, but at home they rarely converse in English. I encourage them to speak to me in English and we share stories, read and discuss books and newspaper articles, and tell jokes. Our interaction breeds interesting results, builds confidence and helps their self esteem.



George and Sheila Lederer with the students they tutor at Fiesta Gardens International School in San Mateo.

All of these critical traits help place children on the path to becoming more accomplished in school, such as one 5th grader I tutored last year. At the start of the year she was painfully shy, but I watched as she blossomed and gained confidence. By the end of the year she will be ready to move on to middle school and her growth will serve her well academically. This year I'm tutoring younger children so I'll have more

time to prepare them for middle school.

My husband George, now semi retired, brings another dimension to the JCL/ PJCC partnership. This is his second year as a tutor. He is fluent in Spanish and a sports aficionado, which helps him relate to the boys. He's also an excellent teacher and is able to converse with his 5th grade boys, Gio and Jean Louise, in two languages. George likes to say that he teaches life. Many of these youngsters live in single parent households and George serves as a great role model.

We have been married for almost 32 years and feel incredibly lucky to have the time to volunteer and make a difference. A couple of hours a week is wonderfully fulfilling for us and gives these children the priceless gift of one-on-one time, helping them towards a more successful life. We hope you will join our ranks.

*To learn how you can become a reading tutor and make a difference, please contact **Michele Solomon at 650.378.2780 or msolomon@pjcc.org***



WHAT IS YOUR FAVORITE HIGH HOLY DAYS TRADITION?

Karen Bloom, Member since 2008

“I love to hear my 4-year old son Danny sing the Happy New Year song: *“I like to hear the shofar blast, sometimes slow and sometimes fast, I like to hear the shofar blast, happy happy happy new year!”*”

Read more members' holiday favorites inside.



JEWISH HOLIDAYS EXPLAINED

TU B'AV: THE JEWISH DAY OF LOVE
AV 15, 5770 · JULY 26, 2010



In ancient times, *Tu B'Av* was an agricultural holiday in Israel as well as a day of matchmaking. Today the “day of love” is marked by the exchange of flowers and chocolate, as well as a music festival on the shores of the Sea of Galilee. It is also a popular wedding date. *Tu B'Av* also marks six weeks until *Rosh HaShanah*, the beginning of the Jewish year.

ROSH HANAHANAH:
THE JEWISH NEW YEAR
ELUL 29, 5770 - TISHRI 2, 5771
SEPTEMBER 8 – 10, 2010



Rosh HaShanah, the Jewish New Year, begins at sundown on Wednesday, September 8. *Rosh HaShanah* is a day of celebration and joy, with a serious undertone of thankfulness and recognition of the fragility of life. For the traditional, the day is spent in synagogue in prayer, expressing hopes for the upcoming year. For many, the holiday is marked with meals that include special foods such as apples and honey, fish, carrots, and pomegranates, all symbolizing our wish for a year of sweetness and plenty.

YOM KIPPUR:
THE DAY OF ATONEMENT
TISHRI 9 – 10, 5771
SEPTEMBER 17- 18, 2010

Observed this year from sundown, September 17 to sunset September 18, *Yom Kippur* is the second holiday of the Jewish High Holy Days and the most solemn. It is observed with a 25-hour fast from all food and drink, and abstaining from all forms of work and enjoyment. Many spend at least a portion of the day, if not the entire day at synagogue in prayer. During the ten days between *Rosh HaShanah* and *Yom Kippur*, it is customary to review one's deeds and seek forgiveness from those one has wronged.

SUKKOT:
THE FALL HARVEST FESTIVAL
TISHRI 15 – 21, 5771
SEPTEMBER 22 – 24, 2010



Sukkot marks a remembrance of the time when the Jews dwelt in the Sinai wilderness on their way to the Promised Land of Israel, and is a celebration of the fall harvest. Following the solemn atonement of *Yom Kippur*, the mood of this holiday is one of renewal, thanksgiving, and joy. In recognition of the religious-historical event, *sukkot* (temporary huts) are built and decorated with symbols of the harvest such as pumpkins and gourds. During the week-long festival, festive parties and meals take place inside the *Sukkah*.

SHEMINI ATZERET:
COMMUNITY GATHERING
TISHRI 22, 5771 · SEPTEMBER 29 – 30 2010



The community is invited to gather in synagogue to recite a prayer for rain on *Shemini Atzeret*. This day marks the official end of the harvest and expresses hopes for a life-giving rainy season in Israel.

SIMCHAT TORAH:
REJOICING IN THE TORAH
TISHRI 22/23, 5771
SEPTEMBER 29/OCTOBER 1, 2010



Simchat Torah (Joy of the Torah) marks both the ending and the beginning of the annual *Torah* reading cycle. The holiday is celebrated by dancing and marching with the *Torah*—reading from the very end of the book of Deuteronomy and beginning again with the start of Genesis—and often consecrating a new group of religious school students who will begin their life-long journey of studying the *Torah*.

Celebrate at the Center!

***Rosh Hashanah* in the Lobby**

Thursday, September 2 • 1:00 – 3:30 pm

Celebrate the Jewish New Year with arts and crafts and delicious holiday treats!

Check your Program Guide for additional holiday programs.

Art Show Celebrates Local Talent

By Kimberly Gordon, PJCC Cultural Arts Director

The next time you stroll through the PJCC Art Gallery, take a careful look at the text panels; the artist just might be someone you know!

From July 2 through August 29 our gallery is proud to showcase outstanding works by local artists. The PJCC's first-ever juried community art show features art in three disciplines: Mixed Media,

Photography and Three-Dimensional works. With a \$500 grand prize in each category and so much incredible talent, the competition is bound to be stiff.

Do you see a piece that stands out as a particular favorite? Cast your vote by July 25 for the Community Choice Award. This talented "Best in Show" artist will receive a three-month PJCC membership.



Autumn Red, Christine Ong-Dijcks



Bridge, Foster City #3, Timothy Smith

Don't miss the

PJCC COMMUNITY ART SHOW RECEPTION AND AWARDS CEREMONY

Sunday, July 25 • 2:00 – 4:00 pm

Join us as we honor and celebrate our local artists—and find out who the grand prize winners are! Don't forget to vote for your favorite by July 25.



It's Not Too Late for Summer Camp!

Visit www.pjcc.org to learn more about our exciting one-, two- and three-week options for kids ages 2-18.

Bring-a-Friend Friday
July 30 • August 27 • September 24



Save the Date!

Health & Fitness Open House
Sunday, September 26

**The PJCC and Blood Centers
of the Pacific Blood Drives**
Thursday, July 15 • 3:30 - 7:30 pm
Wednesday, Sept. 15 • 8:30 am - 12:30 pm

Did you know ...



... the **PJCC** is a non-profit organization that relies upon generous donations to continue serving our community and those in need?

Learn how you can help.
Contact **Art Wolf** at
650.378.2759.

PJCC GUIDING PRINCIPLES

עיקרים • *Ikkarim*

JEWISH LIFE

חוויה יהודית • *Chavaya Yehudit*

WELCOMING ALL

הכנסת אורחים • *Hachnasat Or'chim*

OUR COMMUNITY OF FAMILY AND FRIENDS

קהילה ומשפחה • *Kehilla u'Mishpacha*

WHOLENESS OF BODY, MIND AND SPIRIT

שלמות • *Shleimut*

REPAIRING THE WORLD

תקון עולם • *Tikkun Olam*

A Fitness Prescription for Every Age By Michael O'Shea, Parade Magazine



Whether you're 19 or 91, you can reap the rewards of a sound fitness plan—even if you've never exercised before. For the best results and to avoid injury, tailor your program to your life stage. Here's your personal prescription for decades of good health.

In Your 20s Now is the time to create a foundation for your later years. Both sexes should be able to push themselves at this point.

For men at this age, cross-training will help maintain and build muscle while strengthening your heart and lungs. Rally your friends together for regular games of pickup basketball or tennis.

For women in their 20s, building strong bones to prevent osteoporosis is crucial. The best way to do this is through weight-bearing exercises such as jumping rope or step classes.

In Your 30s This is the decade when you'll notice your metabolism slowing down. Regular exercise will help you maintain your weight—and your sanity.

Men, there's no need to back off the all-out workouts if you make a few adjustments. Remember to stretch before and after exercise to keep muscles from tightening up or tearing.

For women at this age, childbearing, a slowing metabolism and loss of muscle can make weight gain a real risk. Make exercise a priority. Try interval training outdoors or on a treadmill.

In Your 40s Your body can't—and shouldn't—take the pounding it once did, but that doesn't mean you can't achieve and maintain a high level of fitness.

Men—low-impact activities such as spinning classes, elliptical training, or walking uphill will be easy on your joints, while offering optimum training for your heart. When it comes to lifting weights, go lighter with more repetitions.

For women in their 40s, strength training will help with weakening bones as well as weight gain. Buy a set of light and medium weights and a DVD to get started.



In Your 50s and Beyond As you age, exercise can improve quality of life, decrease the risk of falls, and increase mental capacity. Even people in their 90s can benefit from it.

For men at this age, aerobic exercise such as fast-paced walking, swimming, or bike-riding lowers the risk of certain cancers and maintains sexual health. For women in their 50s, exercise can reduce menopause symptoms, including hot flashes, depression, and weight gain. Try to do 30 minutes of cardio most days of the week. To maintain flexibility and reduce stress, add yoga to your program. Modifications such as chair yoga make it possible to do at any age. *Reprinted with permission from the August 2, 2009 issue of Parade Magazine. Copyright 2009 Parade Publications. All rights reserved.*

Learn how to create a customized fitness plan that works for you. Talk with a PJCC personal trainer at **650.378.2775**.



Welcome Back, Art Wolf

"Who says you can't go home again" is Art Wolf's new mantra as the PJCC's "new" Director of Development. His involvement with the Center actually began as a preschool parent more than 18 years ago. He's been a part of the Center's community ever since.

"My professional work with the Center dates back to the 1990s, including a prior stint as Development Director during the capital campaign to build our beautiful Foster City Campus."

"As a Jewish community, the Peninsula feels vastly different from my native New York, where so many in our neighborhood were Jewish. Here, it's important to proactively create and

nurture a Jewish community within a geographic diaspora."

"I relish the opportunity to again be part of building the strongest, most vibrant, and most welcoming Jewish community imaginable—right here in San Mateo County. Most of all, I look forward to connecting with our members and donors. When you see me around the Center, please say hi. I'm 6'4" and hard to miss!"

A Center for Everyone by Scott Maltz, President

Welcome, all. As I assume the role of President, I'd like to quote one of our Guiding Principles and indeed "welcome all" to our wonderful Center. I have served on the Board of Directors since our Belmont days (our former location) and am proud of the amazing growth we've experienced over the years.

My sons can often be found on the basketball court, and I enjoy the occasional elliptical workout. But whatever your passion, you'll find something for every member of your family. And if not, please drop a suggestion in our suggestion box!

More than just a health and wellness facility, we are a Center for the Jewish

community on the Peninsula and for local residents at large. From learning about nutritious foods at our recent Food Symposium (which featured tasty samples), attending a book reading, enjoying a concert or attending a lecture, our Center is driven to excel across many dimensions, led by a core set of values we call our Guiding Principles.

I also want to thank our recent Presidents; from **Bruce Pasternack** who guided the Center to its opening in Foster City; **Don Williams** who successfully transitioned us through the challenges and excitement of a center three times the size of our former facility; to our outgoing President **Scott Hartley** who



The Maltz Family: Scott, Susan, Jennifer, Steven and (front) Kevin.

has done a magnificent job shaping our future.

I am honored to serve the PJCC and our community, and look forward to continue building upon the strong foundation set by my predecessors. Welcome, all.

WHAT IS YOUR FAVORITE HIGH HOLY DAYS TRADITION?

Vanessa Weinfield and son Seth
Center Member since 2004

"We had such a good time at the PJCC Sukkot Sleepover, we now have our own. We sleep outside, eat pizza and have fun!"



Helen Hauser and daughter Christina
Members since 2004

"We aren't Jewish, but love learning about the Jewish culture. Christina loves eating apples and honey at Rosh HaShanah."



Joel Davis
Member since 2006

"I enjoy eating after fasting, and appreciating God's bountiful earth."



Sari Spector
Center Member since 1983

"Last year my family went to the beach at sunset to perform tashlich (tossing bread crumbs representing sins in a body of moving water). It was a very moving experience that brought tears to our eyes."



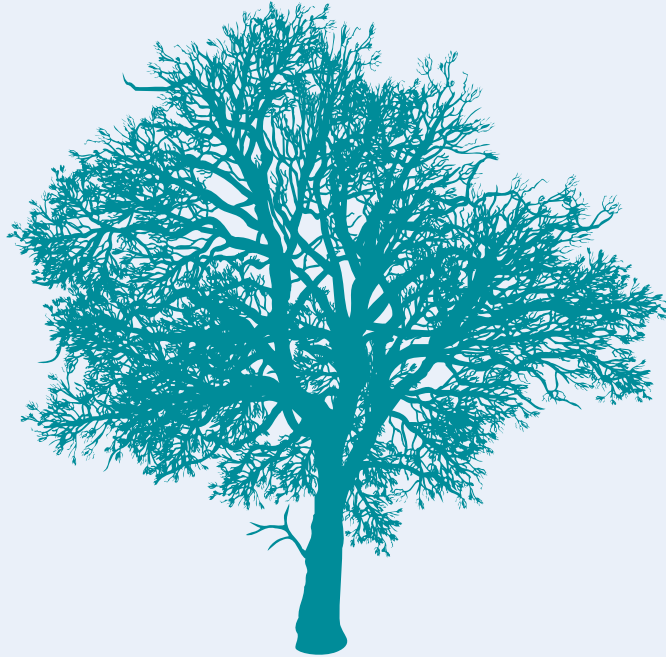
Robert Silverman
Center Member since 2004

"I like having one day out of the entire year to cast off all my sins. Then I get to start all over again!"



In Appreciation to Our Donors for their Gifts and Contributions

January 1 – March 30, 2010



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Katherine Papp

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You!

Todah Rabah to the generous sponsors and individuals who made
Celebrate the PJCC with a Taste of Spain

a most memorable and successful event! Your attendance and support help benefit the PJCC's early childhood education, senior transportation and services, health and wellness and scholarship programs.

A Taste of Spain auction and in-Kind donors will be thankfully acknowledged in the fall issue of *CenterView*.

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800 Foster City Blvd.
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CIRCUS BELLA AT THE PJCC



Crazy clown antics!



Live music!



Amazing aerial feats!



SUNDAY
AUGUST 22 • 4:00 PM

GET YOUR TICKETS TODAY!

BAC Holiday Hours July/August/September 2010

Sunday, July 4	Independence Day	8:00 am – 5:00*pm
Monday, September 6	Labor Day	5:00 am – 5:00*pm
Thursday, September 9	Rosh HaShanah-1 st Day	Closed
Friday, September 10	Rosh HaShanah-2 nd Day	Closed
Friday, September 17	Yom Kippur	8:00 am – 5:00*pm
Saturday, September 18	Yom Kippur	Closed

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

CenterView is published by:
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