



JCHC University

WHERE LEARNING IS FOR LIFE!

Spring 2015

Course Catalog

To promote healthy aging and provide lifelong learning experiences to the residents of Jewish Community Housing Corporation, by offering unique and interesting courses for personal and educational growth.

A non-accredited adult learning program

Please sign up for the courses that you would like to attend. This is a free program brought to you by the Jewish Community Housing Corporation. For your convenience, we will provide transportation to all of the course locations.



Monday, May 4th 1:00 p.m.

Listen n' Learn: Life & Music of Ella Fitzgerald

Presenter: Mary Anne Christiano & Carol Erickson
Jewish Federation Plaza

Mary Anne Christiano is the proprietor of Pear Tree Enterprises. Mary Anne and singer Carol Erickson take us back in time as we learn about the life and music of music legend Ella Fitzgerald.

Monday, May 11th 2:00 p.m.

A True Story of my Life in the Holocaust

Presenter: Paulette Dorflauer
Jewish Federation Plaza

Author Paulette Dorflauer has written about her story as a Holocaust survivor. Ms. Dorflauer's book is in several Holocaust museums including NYC and Washington DC.

Thursday, May 14th 2:00 p.m.

Deep Sea Fishing

Presenter: Andrew Donaldson
Village Apartments

Andrew Donaldson is an avid fisherman. Join Andrew as he relates tales of his fishing adventures across the world. There will be a gift to all attendees.

Monday, May 18th 2:00 p.m.

Weathering the Storm: New Jersey Weather in History

Cheryl Kasye
Village Apartments

Do you remember the storms and hurricanes as a child? Is it global warming or just the cycle of seasons? Enjoy this seminar that will explore fun facts about weather and "weathering the weather." Each attendee will receive a small "weather the weather" gift.

Monday, June 1st 2:00 p.m.

“Jews in America: Where Are We? What’s Next? You Tell Me!”

Presenter: Chaim Lauer
Lester Senior Housing

As we approach the end of our year long-course on American Jewish History and Literature, we will take stock of what we have discovered as a basis of a group discussion on the possible futures and directions of the American Jewish community.

Monday, June 8th, 1:00 p.m.

How Mindfulness Can Make You Happy

Presenter: Karen Frank
B’nai B’rith

What is all the talk about “mindfulness” and how does one bring it into daily life? Find out how it can reduce stress, increase gratitude and just lead to a happier life.

Thursday, June 11st, 2:00 p.m.

Dance

Presenters: Ann Marie Bass & April Osborne
Jewish Federation Plaza

This program will explore how humans are affected by dance. We will discover how this unique form of self-expression can make a tremendous difference to participants and spectators alike.

Monday, June 22nd, 2:00 p.m.

Culture of Cambodia

Presenter: Emma Redding
Jewish Federation Plaza

Cambodian culture and tradition have had a rich, varied history dating back many centuries. At this seminar, attendees will enjoy a delightful experience of the sounds and sights of this beautiful ancient culture. Each attendee will receive a small gift from Cambodia.



JCHC University
Spring 2015 Course Registration Form

Please circle the class(es) in which you wish to enroll

Class	Location	Date	Time
Listen n' Learn: Life & Music of Ella Fitzgerald	Plaza	Monday, May 4	1pm
A True Story of My Life in the Holocaust	Plaza	Monday, May 11	2pm
Deep Sea Fishing	Village	Thursday, May 14	2pm
Weathering the Storm: New Jersey Weather in History	Village	Monday, May 18	2pm
Jews in America: Where are We? What's Next? You Tell Me!	Lester	Monday, June 1	2pm
How Mindfulness Can Make You Happy	B'nai B'rith	Thursday, June 8	1pm
Dance	Plaza	Thursday, June 11	2pm
Culture of Cambodia	Plaza	Monday, June 22	2pm

Name: _____

JCHC Community: _____

Note: Please submit your completed application to your Building's Activity Coordinator.

Transportation will be provided for first 20 participants.

Course start time is reflected above.
Please refer to your building calendar for transportation pickup time.