



JCHC University
WHERE LEARNING IS FOR LIFE!

Fall 2016
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, September 12th 2:00 p.m.

Healing with Herbs and Spices

Presenter: Roberta Atti

Location: Village Apartments

Roberta M. Atti, is a member of American Association of Nutritional Consultants. She has been teaching principles of nutrition and holistic health for more than two decades, as a way to promote social harmony and world peace.

We often think of herbs and spices as just a way to make a meal tastier or prettier to look at but did you know they're jam-packed full of health benefits? That's right - your spice rack is a nutritional wonderland. Learn how you can improve your wellbeing and add great flavor to your meals by adding herbs and spices to your cooking!



Monday, September 19th 2:00 p.m.

“Mah Jongg and Me”

Presented by: Karen Gooen

A.B., Brown University; M.A. Teacher’s College, Columbia University

Location: Jewish Federation Plaza

Karen Gooen has held various administrative jobs in hospitals and pharmaceutical corporations. She has also done freelance medical, sports and travel writing. She worked as Transportation Director for MetroWest Camp Deeny Riback in Flanders for several years, but she never found her true passion until she sat down at a mah jongg table.

Karen has been teaching mah jongg for 4 years. Her first book, “Searching for Bubbe Fischer,” was a huge success—she has spoken at JCC, Sisterhood and Hadassah events all over the United States. She plans to take her second book, “Small World,” out on tour this Fall. She and her husband have been married 25 years. She lives in Morris County and has two daughters.

Author and mah jongg instructor Karen Gooen will discuss her experiences writing and self-publishing two books about mah jongg: “Searching for Bubbe Fischer” and “Small World: A Mah Jongg Table Talk Tale.” She will tell stories from her adventures in tournaments and on her book tour, and hold a Q&A session about mah jongg.



Monday, October 10th 2:00 p.m.

You Know More Yiddish Than You Think

Presenter: Bennett Muraskin

Location: Lester

*Bennett Muraskin is a contributing writer to **Jewish Currents** and the author of **The Association of Jewish Libraries Guide to Yiddish Short Stories**, **Let Justice Well Up Like Water: Progressive Jews from Hillel to Helen Suzman**, and **Humanist Readings in Jewish Folklore**, among other books.*

This talk will illustrate how many Yiddish words and expressions have entered into our everyday English vocabulary. It is an interactive program. All attendees will receive an exhaustive list of these words and expressions.

balagan **klutz** leyn heimish
mensch drash schmutz
naches kvetch yofi bashert
mazel tov davka **spiel**
macher shul bentsch nu?

Monday, October 31st 2:00 p.m.

Maine “The Lighthouse State”

Presenter: Lavinia Walker

Location: B’nai B’rith

Lavinia Walker has been a resident of SOBBFH since 1993. She has done some presentations on various subjects for notable holidays which were well received.

There are 65 historical lighthouses still standing and spread out along 5,000 miles of coastline, inlets and islands. Maine is commonly referred to as the Lighthouse state. You are invited to take a journey of exploration of these amazing structures.



Monday, November 7th 2:00 p.m.

Self Defense

Presenter: Mark Grebenau
A.A., B.A. M.S., M.B.A. JD, M.D., Ph.D.
Location: Village Apartments

Dr. Grebenau has been going to school for the last 60 years; during this time, he became a physician/scientist and spent over 25 years at Novartis Pharmaceuticals where he was involved with the progression of organ transplantation from a desperate experimental procedure to an accepted part of medical therapy. Although he no longer works at Novartis, he continues to learn, and to teach by giving instructive lectures on a wide range of topics to audiences of all ages.

Dr. Grebenau is a martial artist (first degree black belt) in Tora Dojo Martial Arts. He will provide practical advice on what to do in case of a terrorist attack (e.g., an active shooter) or a personal attack (e.g., robbery).



Monday, November 14th 2:00 p.m.

Nutrition & Wellness Q & A

Presenter: Roberta Atti

Location: Plaza

Roberta M. Atti, is a member of American Association of Nutritional Consultants. She has been teaching principles of nutrition and holistic health for more than two decades, as a way to promote social harmony and world peace.

Come join us today and take this opportunity to ask questions about nutrition, shopping for quality ingredients and whole foods cuisine. Although we'll start with one question per person, time permitting, all questions will be addressed.



Monday, November 21st, 2:00 p.m.

Wise Aging

Presenter: Karen Frank R.N.

Location: B'nai B'rith

*Karen Frank R.N. is Director, Project SHIN
Jewish Congregational Nursing*

Wise Aging- what does it mean to age wisely? What is the difference between becoming old and becoming an elder? How can we view this time of life as one of challenge, perhaps, but opportunity instead of "decline"?

Monday, November 28th, 2:00 p.m.

The Spanish Inquisition and the Expulsion of Jews from Spain

Presenter: Rabbi Zvi Karpel

B.A., M.S.W., B.C.J.C. (Board Certified Jewish Chaplin)

Lester Senior Housing

Rabbi Karpel received his B.A. from SUNY Albany. He later earned his semicha and his MSW from Yeshiva University. For 32 years Rabbi Karpel has worked as Rabbi/Chaplin at Daughters of Israel in West Orange. His is a Board Certified Chaplain through the National Association of Jewish Chaplains. Additionally, he holds the position of Chairman of the Essex County Regional Ethics Committee. He is active with the consortium of long term care regional ethics committees under the umbrella of the Office of the Ombudsman of the State of New Jersey.

This talk will discuss a bit about the background to the rich culture and life that the Jews had under Modelem rule from the 800's to the early Middle Ages. The primary part of the talk will address the Inquisition that occurred under the rule of King Ferdinand and Queen Isabella (primarily known to be the rulers when Columbus "discovered America". Also to be addressed is the actual expulsion of the Jews from Spain one day before Columbus sailed.





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Course Registration Form
Please circle the class you wish to enroll

Course	Location	Date	Time
Healing with Herbs & Spices	Village	Mon, Sept 12	2:00 p.m
Mah Jongg & Me	Plaza	Mon, Sept 19	2:00 p.m
You Know More Yiddish than You Think	Lester	Mon, Oct 10	2:00 p.m
Maine "The Lighthouse State"	B'nai B'rith	Mon, Oct 31	2:00 p.m
Self Defense	Village	Mon, Nov 07	2:00 p.m
Nutrition & Wellness Q&A	Plaza	Mon, Nov 14	2:00 p.m
Wise Aging	B'nai B'rith	Mon, Nov 21	2:00 p.m
The Spanish Inquisition & the Expulsion of Jews from Spain	Lester	Mon, Nov 28	2:00 p.m

Name: _____

JCHC Community _____

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

Free Transportation will be provided for first 20 participants.

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