

JCHE

JEWISH COMMUNITY
HOUSING FOR THE ELDERLY

Strength to Strength

30 Wallingford Road
Brighton, MA 02135-4753

617-912-8400

www.jche.org

www.facebook.com/jcheonline

Contact us for changes to your mailing information 617-614-5323.



רמבם Maimonides School



We invite you to enjoy all of the amazing classes listed by our Community Partners. If you represent an organization that would like to be included in this activity guide please contact ckatzeff@jche.org or call 617-614-5323. If you or someone you know would like to receive the guide in the mail or via email, please call 617-614-5323.



mekhayil el khayil

FROM *Strength to Strength*

A free Activity Guide for Jewish Seniors

SUPPORTED BY



CJP and our partner agencies have a history of providing assistance to those who have struggled financially within

our Jewish community. When the recession hit in 2008, CJP mobilized a coordinated local response, helping more than 10,000 people toward the path of financial stability. This effort is more important than ever as we work with our partner agencies to address the financial distress currently affecting one in eight Jewish households in Greater Boston. To give HELP or get HELP call CJP Warmlines 1-800-CJP-9500.



Open to seniors of all backgrounds and home to a diverse population of 1,500 residents, JCHE is a leader in

combating loneliness in senior housing. By giving every senior the opportunity to live a full life of connection and purpose in a dynamic, supportive environment we promote successful aging, while shattering biases and misconceptions about older adults. We call this model Aging in Community. Now through our “Wednesday Programs for Senior Learners” held in Newton at The Coleman House, we have opened many of our programs to the community. For more information please call 617-614-5339.

Community Partner Listings

Locations for activities listed below, for more information please contact organization.

B'nai B'rith Housing

34 Washington Street
Brighton, MA 02135
617-731-5290
www.bbhousing.org

Center Communities of Brookline

100 Center Street
Brookline, MA 02446
617-363-8033
www.hebrewseniorlife.org/center-communities-brookline

Center Makor

49 Winchester Street
Newton, MA 02461
617-771-4870
www.centermakor.org

Combined Jewish Philanthropies (CJP)

126 High Street
Boston, MA 02110
617-457-8500
www.cjp.org

Congregation Kehillath Israel

384 Harvard Street
Brookline, MA 02446
617-277-9155
www.congki.org

Congregation Mishkan Tefila

384 Harvard Street
Brookline, MA 02446
www.mishkantefila.org
617-332-7770

JCC Greater Boston

333 Nahanton Street
Newton, MA 02459
617-558-6522
www.bostonjcc.org

Jewish Community Housing for the Elderly

Coleman House
677 Winchester Street
Newton, MA 02459
www.jche.org
ckatzeff@jche.org
617-614-5323

Jewish Family & Children's Service

1430 Main Street
Waltham, MA 02451
781-647-5327
www.jfcsboston.org

Maimonides Kehillah

34 Phillbrook Road
Brookline, MA 02445
617-232-4452
www.maimonides.org

Yachad/National Jewish Council for Disabilities

384 Harvard Street
Brookline, MA 02446
646-628-7003
www.yachad.org/newengland

Temple Beth Zion

1566 Beacon Street
Brookline, MA 02446
617-566-8171
www.tbzbrookline.org

Temple Emeth

194 Grove Street
Chestnut Hill, MA 02467
617-469-9400
www.templemeth.org

Temple Israel of Boston

477 Longwood Avenue
Boston, MA 02215
617-566-3960
www.tisrael.org

Temple Ohabei Shalom

1187 Beacon Street
Brookline, MA 02446
617-277-6610
www.ohabei.org

Temple Sinai

50 Sewall Avenue
Brookline, MA 02446
617-277-5888
www.sinaibrookline.org

Vilna Shul

18 Phillips Street
Boston, MA 02114
617-523-2324
www.vilnashul.org

Young Israel of Brookline

62 Green Street
Brookline, MA 02446
617-734-0276
www.yibrookline.org

Tuesday, August 1, 6:45 p.m.-8:00 p.m.

Ongoing

Tuesday Pizza & Parsha. Every Tuesday at Cafe Eilat, 6:45 p.m. - 8:00 p.m.

All are welcome to this free event! Come enjoy pizza with some parsha! Fun activities. RSVP newenglandyachad@ou.org.

Wednesdays, August 2*, 9, 16 & 23, 10:30 a.m.- 4:15 p.m.

“Wednesdays for Senior Learners” at Coleman House - Summer Series. Enjoy a full day of fantastic classes, speakers, performers, Yiddish and Exercise. Free. The day starts at 10:30 a.m. with a choice between exercise and a writing class, at 11:30 a.m. enjoy a lecture, at 12:30 p.m. we have lunch which features a kosher sandwich, chips and cookie for \$5.00. At 1:15 p.m. there is entertainment, at 2:15 p.m. there is a choice between Yiddish and current events. At 3:30 p.m. take part in an exercise class for seniors. Come for the day or just a class or two! For more information or to order lunch call 617-614-5323. *August 2nd will feature Boston Globe columnist Jeff Jacoby at 11:30 a.m. and at 1:15 p.m.- enjoy an art lecture by ArtMatters the topic is Illusion and Escher. Lunch is a kosher chicken salad sandwich. Coleman House is located at 677 Winchester St., Newton on the JCC Campus.

Wednesdays, August 2, 2:30 p.m.

Ongoing

Join the residents of Center Communities of Brookline at 100 Center Street for a lively Jewish Learning discussion led by Rabbi Jim. Call to confirm 617-363-8100.

Wednesdays, August 2, 10:30 a.m.-12:00 p.m.

Ongoing

Parkinson's Therapeutic Dance for people with Parkinson's and their care partners. JF&CS headquarters 1430 Main St., Waltham. Free. Registration required. Please call for information: 781-693-5684.

Thursday, August 3, 10:30 a.m.-12:00 p.m.

First Thursday of each month. Parkinson's Education and Networking Group.

JF&CS Headquarters, 1430 Main St., Waltham. Parkinson's networking and support group for people with Parkinson's and their care partners. Please call for more information 781-693-5069.

Thursdays, August 3, 11:00 a.m.-12:00 p.m.

Ongoing

Talmud study with Rabbi Joseph Schultz at Congregation Kehillath Israel. No knowledge of Talmud or Hebrew required. For more information call 617-277-9155.

Fridays, August 4, 3:00 p.m.

Shabbat services led by Rabbi Jim at Center Communities of Brookline, 100 Center St. (1st Friday of each month at 3:00 p.m., 2nd, 3rd and 4th Fridays at 6:30 p.m.) Call to confirm 617-363-8100.

Friday, August 4, 10:00 a.m.- 12:00 p.m.

JF&CS Memory Café. Join us as expressive dance and movement specialist Donna Newman-Bluestein shares the power of dance to inspire, uplift and heal. Come for gentle exercise and enjoyment. No experience necessary. JF&CS Memory Café at 1430 Main Street, Waltham.

A memory café is a welcoming place for people with forgetfulness or other changes in thinking and for family and friends. Memory cafés meet at a variety of places, including coffeehouses, museums and community organizations. Locations include JF&CS in Waltham, the Brookline Council on Aging and Temple Emanuel in Newton. For more information visit the Memory Café Directory, www.jfcsboston.org/MemoryCafeDirectory or contact Beth Soltzberg at bsoltzberg@jfcsboston.org or 781-693-5628.

Saturdays, August 5, 9:00 a.m.-10:00 a.m.

Ongoing

Join Reb Moshe, Rav Claudia, and others as they guide us through deep, beautiful study of the weekly Torah Parsha with lively, participatory discussions. This study group is open to everyone; please join us! Temple Beth Zion, in room Gimmel.

Mondays, August 7, 2:00 p.m.-3:00 p.m. & 3:30 p.m.-4:30 p.m.

Ongoing

Join the residents of Center Communities of Brookline at 1550 Beacon Street to enjoy Jewish learning with Rabbi Jim. Please call to confirm class. At 3:30 p.m. Rabbi Jim leads a soul searching, “secular” class of a philosophical nature at 112 Center St. Please call to confirm. 617-363-8100.

Wednesdays, August 9, 10:30 a.m.- 4:15 p.m.

“Wednesday for Senior Learners” at the Coleman House. See above description under Wednesday, August 2nd. August 9th will feature famous author of *Our Bodies Ourselves*, Joan Ditzion and at 1:15 p.m. we will enjoy the Arnie Rosen Duet. Please call if you would like to order lunch (sliced turkey sandwich). 617-614-5339.

Wednesdays, August 9 and 23, 11:00 a.m.-12:00 p.m.

JF&CS Bereavement Group. JF&CS holds a drop-in bereavement group at the JCC.

333 Nahanton St., Newton.

Please call for more information: 781-693-5684.

Wednesday, August 16, 10:30 a.m.-4:15 p.m.

“Wednesday for Senior Learners” at the Coleman House. See above description under Wednesday, August 2nd. August 16 will feature famous historian and professor Gary Hylander (1 of 2) and at 1:15 p.m. we will enjoy a music history lesson with Bruce Hambro discussing Cole Porter and Irving Berlin. Please call if you would like to order lunch (tuna salad sandwich). 617-614-5339.

Wednesday, August 23, 1:30 p.m.-3:30 p.m.

Brookline Memory Connections Café; Brookline Senior Center. Usually the 4th Wednesday of the month; for more information, contact Jamie Donchin, jdonchin@brooklinema.gov or 617-730-2753.

Wednesday August 23. 10:30 a.m.-4:15 p.m.

“Wednesday for Senior Learners” at the Coleman House. See above description under Wednesday, August 2nd. August 23rd will feature famous historian and professor Gary Hylander (2 of 2) and at 1:15 p.m. we will enjoy the music of famed pianist Adam Bergerone. Please call if you would like to order lunch (turkey pastrami sandwich). 617-614-5339.

Friday, August 25, 3:30 p.m.

Shabbat Services in Russian. Join the residents at Center Communities at 1550 Beacon Street for Shabbat Services in Russian. 4th Friday of each month. Please call to confirm 617-363-8100.

Wednesday, August 30, 2:00 p.m.

Brookline Café Hakalah. Congregation Kehillath Israel, Harvard Street Brookline. For Holocaust survivors. Join us for the movie, Keeping the Faith, a comedy-drama about two best friends, a priest and a rabbi, who fall in love with the same woman they knew in their youth, sparking both rivalry and personal dilemmas. The unusual love triangle examines issues of modern religion happiness and competition. As one character in the movie states, “If you have to believe in something, you might as well believe in love.” This is a smart, funny film with many cultural references that will give you a lot to talk about afterwards. Get out of the heat and into the air conditioning and enjoy this entertaining film with us!

Recurring Events

Monday

2:00 p.m.-3:00 p.m.

Jewish Learning with Rabbi Jim CCB, 1550 Beacon St.

3:30 p.m.-4:30 p.m.

Soul Search Class with Rabbi Jim CCB, 112 Center St.

Tuesday

6:45p.m.-8:00 p.m.

Pizza and Parsha
Yachad at Café Eilat

Wednesday

10:30 a.m.-12:00 p.m.

Parkinson’s Dance, JF&CS,
Waltham

11:00 a.m.-12:00 p.m.

JF&CS Drop in bereavement
group at JCC, Newton

Thursday

10:30 a.m.-12:30 p.m.

Parkinson’s Resource Group,
Waltham

11:00 a.m.-12:00 a.m.

Talmud study with Rabbi Joseph
Schultz at Congregation Kehillath
Israel

Saturday

9:00 a.m.-10:00 a.m.

Torah Parsha Study
Temple Beth Zion

12:45 p.m.

Weekly Torah Portion Learning,
Congregation Kehillath Israel

****Please note**

Memory Cafés recur at various times on various dates. Please see www.jfcsboston.org/MemoryCafeDirectory for further information.