

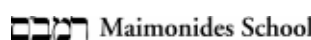


mekhayil el khayil

FROM *Strength to Strength*

A free Activity Guide for Jewish Seniors

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



On November 29th, 2018 at 2:00 p.m. 2Life Communities, Village Center,

will be hosting a presentation by Greg O'Brien, author of

On Pluto: Inside the Mind of Alzheimer's. Greg, a veteran journalist,

will talk about living the past 9 years of his life with Alzheimer's.

Greg has the incredible ability to relate the patient perspective, objectively.

He will talk about his thoughts, processes, strategies and experiences.

Seating will be limited, please call for a reservation,

617-912-8490 or ckatzeff@2lifecommunities.org.



Our Jewish community is here to support you. If you live in Greater Boston and are experiencing a financial crisis, we have experienced and caring professionals who can help. We'll stay by your side, supporting your journey to stability. To get started, simply call the CJP Warmline at 1-800-CJP-9500. Together, we can address immediate needs, like getting dinner on the table and keeping the heat on this winter, as well as provide services that lead to greater stability, such as mentorship and job search support.



JCHE is now 2Life Communities! As we've evolved and the world has evolved, we wanted to update our name and look. We removed the word "elderly" at the request of our tenants; we shortened the name so that "community" (or in this case "communities") would be more prominent; and the double entendre of "2" reflects both a joyous, 2nd phase of life by coming to live with us, and hearkens back to the most popular toast to share joy in Judaism, "TO LIFE" or in Hebrew, "L'CHAIM". Our new tagline is self explanatory: Age Affordably. Live Well. And, if you spell out the "2" our new initials are TLC!!!! Amy Schectman, Pres. and CEO, 2Life Communities.

Community Partner Listings

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

2Life Communities
Coleman House
677 Winchester Street
Newton, MA 02459
www.2lifecommunities.org
ckatzeff@2lifecommunities.org
617-614-5323

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 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

Thursday, November 1, 7:30 p.m.

Israel @ 70. The Jazz Festival featuring Leonid Ptashka, Israel, piano and Yaacov Mayman, USA, saxophone. By the Mishpuha Club, Center Makor, The Campus at 384 Harvard St. Brookline. To call for more information 617-771-4870, to purchase tickets www.centormakor.org or www.eventbrite.com/e/jazz-festival-tickets-50279200442.

Thursday, November 1 through Friday, November 9

Lighting the Way: Images from the Tag Meir Coalition. The world premier exhibiting photos collected by New Israel Fund grantee Tag Meir. Temple Beth Zion. Call for more information and viewing times 617-566-8171.

Thursday, November 1, 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. (Class does not meet on holidays.) For more information call 617-277-9155.

Thursday, November 1, 2:00 p.m.- 3:00 p.m.

Ongoing to December 13
Parkinson's seated strength class. JCC. Class is designed to enhance participants sense of physical and mental well-being by increasing muscle strength, cardiovascular endurance, flexibility and improve balance and coordination. Seated class. Taught by a certified personal trainer. Fee. For more information and to register call 617-667-1276.

Thursday, November 1, 10:00 a.m.- 11:30 a.m.

Ongoing
Join Rabbi Vogel in the Weintraub Family Community Center of Temple Sinai for weekly Torah Study Group. For more information call 617-277-5888.

Friday, November 2, 10:30 a.m.- 11:30 a.m.

Ongoing to December 14.
Parkinson's Total Body Conditioning. JCC. Includes 30 minutes of cardio movement and 20 minutes of strength training followed by 10 minutes of stretching. Participants must be able to stand for the entire class. Taught by a certified group fitness instructor. Fee. For more information and to register call 617-667-1276.

Friday, November 2, 10 a.m. – 12:00 p.m.

JF&CS Memory Café. Please join guest artist Alan O'Hare to share stories of community and heritage. Alan is a Seanchie, a Celtic storyteller, who weaves original stories of joy and wonder with people of all ages celebrating their lives. 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.

Friday, November 2, 9, 23, 30, 6:15 p.m.

Kabbalat Shabbat, Temple Beth Zion. Please call for more information 617-566-8171. Joyful, participatory, inclusive Kabbalat Shabbat service.

Friday, November 2, 9, 16, 23, 30, 6:30 p.m.

Shabbat service at Danesh, 100 Center Street. Call Rabbi Jim to confirm 617-363-8100

Saturday, November 3, 10, 17, 24, 9:00 a.m.

Torah Study followed by Shabbat Service at 10:00 a.m., Temple Beth Zion. Join Reb Moshe and Rav Claudia and others as they guide us through a deep, beautiful study of the weekly Torah Parsha. Everyone is welcome. For more information please call 617-566-8171.

Sunday, November 4, 10:30 a.m.

Free lunch and breast cancer support event, Holiday Inn, 1200 Beacon Street. Sponsored by American Society of Breast Surgeons Foundation. Space is limited, registration required www.breastsurgeonsfoundation.org.

Mondays, November 5, 10:30 a.m.-12:00 p.m.

Ongoing
JF&CS Parkinson's "Tremble Clefs" choral group for people with Parkinson's and their care partners. United Parish of Auburndale, 64 Hancock St., Newton..Free. Registration required. Please call for more information 781-693-5069

Monday, November 5, 12, 19, 26, 1:30 p.m.

Soul Search- Philosophy, short stories, art, poetry and discussion. (Cohen) 112 Centre Street. (Special Interfaith Service of Thanksgiving on Nov. 12). Call to confirm with Rabbi Jim 617-383-8100.

Monday, November 5, 12, 19, 26, 3:00 p.m.

Spiritual Learning at Goldman, 1550 Beacon Street. With Minchah at 4:00 p.m. On November 19th we will have a special interfaith service of Thanksgiving at 3:00 p.m. Call to confirm with Rabbi Jim 617-363-8100.

Tuesday, November 6, 6:30 p.m.- 8:00 p.m.

Ongoing Brookline Pizza and Parsha. Every Tuesday at Café Eilat, 406 Harvard Street, Free event. Come and enjoy pizza with some learning activities, sponsored by Yachad. : RSVP: www.Yachad.org/wnewengland/events/series/2262/pizza-and-parsha-at-cafe-eilat-fall-2018. CONTACT: Lia Almekies, almekiesl@ou.org.

Tuesday, November 6, 2:00 p.m.- 3:00 p.m.

Ongoing to December 11.
Parkinson's NIA (Neuromuscular Integrated Action) A fun cardiovascular workout based on dance movements, martial art and healing arts. JCC. Inspiring music, Taught by a NIA certified instructor. Class may be performed seated or standing. Fee. For more information and to register call 617-667-1276.

Wednesday, November 7, 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 more information 781-693-5069.

Wednesday, November 7 through December 14, 10:30 a.m.- 3:15 p.m.

Ongoing
"Wednesdays for Senior Learners", join your friends at Coleman House, 677 Winchester St., Newton, for a day dedicated to senior adult learning and entertainment with writing classes, exercise components, current events and Yiddish classes to round out the day. For more information call 617-912-8490. Coleman House is a community of 2Life Communities.

Wednesday, November 7, 14, 21, 28, 2:30 p.m.

Spiritual Learning at Danesh, 100 Centre Street. With Minchah at 3:30 p.m. On November 21st we will have a special interfaith service of Thanksgiving at 3:30 p.m. Call to confirm with Rabbi Jim 617-363-8100.

Wednesday, November 7, 6:00 p.m.- 8:00 p.m.

Bimonthly on Wednesdays. Self Advocacy Group at New England Yachad, 384 Harvard Street, Adults with disabilities age 18+ are invited to enjoy a fun and supportive group focused on learning and practicing self-advocacy skills. Dinner is included. Cost: \$80.00 for full series, \$5.00 for session. RSVP: www.yachad.org/newengland/events/series/2259/self-advocacy-group. CONTACT: Yaffa Tilles, tillesy@ou.org.

Sunday, November 11, 10:30 a.m.-2:00 p.m.

Scholar in Residence at Temple Sinai. Rabbi Nehemiah Polen – Opening the Heart with Sacred Memory. For more information please call 617-277-5888.

Wednesday, November 14 and 28, 11:00 – 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.

Friday, November 16, 2:30 p.m.

TGIF Sing-a-long. Cohen, 112 Centre Street, Please call Rabbi Jim to confirm 617-363-8100.

Saturday, November 17

Rabbi Yitz Greenberg, author of Sage Advice, will be speaking at KI during services. Please join your friends at Congregation Kehillath Israel for this riveting talk. For more information please call 617-277-9155.

Friday, November 23, 3:30 p.m.

Russian Language Shabbat Service at Goldman, 1550 Beacon Street, Please call Rabbi Jim to confirm 617-363-8100.

Thursday, November 29, 2:00 p.m.

2Life Communities, Village Center, will be hosting a presentation by Greg O'Brien, author of [On Pluto: Inside the Mind of Alzheimer's](#). Greg, a veteran journalist, will talk about living the past 9 years of his life with Alzheimer's. Greg has the incredible ability to relate the patient perspective, objectively. He will talk about his thoughts, processes, strategies and experiences. Seating will be limited, please call for a reservation, 617-912-8490 or ckatzeff@2LifeCommunities.org The event will be held at Coleman House, 677 Winchester St., Newton.

SAVE the DATE:

On December 2, 2018, Congregation Kehillath Israel will be hosting an open house. Check the Dec.calendar for more details or call KI at 617-277-9155.

On December 3, 2018 at 6:30 p.m. 2Life Communities, in collaboration with Temple Beth Avodah, will be showing, "Etched in Glass", the documentary film of the life of Steve Ross. Mr. Ross is a survivor of 10 concentration camps. He found his way to Boston, got an education and worked for the City of Boston reaching out to at-risk-youth. Steve was also influential in the building of the Holocaust Memorial in Boston. His life is the subject of the recently released book, [From Broken Glass](#). This event will occur at Temple Beth Avodah, 45 Puddingstone Lane, Newton, Ma. It is free and open to the community however, seating will be limited, reservations are required. 617-912-8490 or ckatzeff@2LifeCommunities.org.

If you would like to receive this calendar or you have information for the Senior Adults in Brookline that you would like to have added to this calendar please contact Cindy Katzeff at ckatzeff@2lifecommunities.org or 617-912-8490.