

Milton & Betty Katz JCC NEWSLETTER

January/February 2019

jccatlantic.org

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Summer Series

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KICKSTART YOUR NEW YEAR'S RESOLUTION

Simple Lifestyle Changes to Make This Your Best Year Ever



FACILITY HOURS

Monday - Thursday:

5:30 am - 10:00 pm

Friday: 5:30 am - 6:00 pm

Saturday - Sunday:

7:00 am - 5:00 pm

HOLIDAY HOURS

Tuesday, January 1:

8:00 am - 1:00 pm*

*Business Offices Closed

Harry and Jeanette Weinberg
Jewish Community Campus
501 N. Jerome Avenue
Margate, NJ 08402
609.822.1167

The start of a new year brings an abundance of fresh beginnings and unique opportunities for self-improvement. New Year's resolutions are often daunting, so why not make sure you start your new year off right by improving your already awesome self? Here are a few ideas that we at the J can help you with this year to improve your mental, emotional and physical health.

JUST MOVE!

Take advantage of the many treadmills we have on our fitness floor. Studies show a brisk walk or run benefits an individual by burning calories,

improving muscle strength, and working the cardiovascular system. The American Heart Association states walking or running can reduce the risk of breast and colon cancer, heart disease, type 2 Diabetes, osteoporosis, lower high blood pressure and improve blood sugar levels. Studies also show walking or running for at least twenty minutes a day can help improve focus, alleviate headaches, fatigue, and depression, while also improving mental health due to the brain releasing dopamine after such activities. Plus it also gives an individual a sense of achievement, aiding

in self-esteem improvement and physical self-perception.

SWITCH THINGS UP!

By switching up your regular workout routine and trying something different, such as HIIT, Tabata, Pilates or Yoga, not only will you not get bored, but you will also shock your muscles and prevent adaptation, which can create a fitness plateau. By diversifying your chosen workouts, your body will continue to get stronger and lose more weight, allowing you to reach your fitness goals more efficient next time you

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hit the gym, try introducing new exercises into your routine rather than just increasing your reps and weight, though you still want to do this occasionally to improve your strength. Our group exercise schedule here at the J offers a variety of classes to help you switch things up.

TRY WEARABLE TECHNOLOGY

If you like seeing your workouts by the numbers, wearable technology (activity trackers, smart watches and heart rate monitors) can give you interesting feedback about how you move. Many estimate your steps, sleep, standing time, calories burned, and time spent working out.

Heart rate monitors in particular can also give you objective information about how hard you're actually working during a sweat session, which can be helpful if you're training to be in a specific heart rate zone.

How you feel isn't always an effective measure of how hard you're working—factors including the room temperature and how much you like your workout can also influence how hard a workout feels to you.

Our fitness staff is readily available to help you reach your goals! Stop by the Welcome Desk today to see how we can help.

\$99
NEW YEAR*
KICKSTART

- Four 30 Minute Personal Training Sessions
- One 30 Minute Swedish Massage
- One Month Spa Membership
- 5 Guest Passes

*Restrictions Apply. See the Welcome Center for more details.



J-Lounge

We're excited to introduce our new after school program in the J-Lounge!

The J-Lounge is now open for your child grades 5+ to hang out with their friends, get homework done, play video games, play basketball and more in a safe, supervised atmosphere here at the Katz JCC!

The J-Lounge is open every Tuesday and Thursday from 3:00-6:00pm starting January 8. No registration is necessary. Call us or stop by the Welcome Desk for more info!

TOP 5 PERCENT IN THE NATION FOR HEART CARE.

Heart care that's close to home. And miles from ordinary.

When it comes to heart care, quality and convenience are key. The Heart Institute at AtlanticCare Regional Medical Center is the only cardiac program in the region offering both. We feature modern technologies, full surgical capabilities and the expertise of board-certified surgeons. So you can stay right here in southeastern New Jersey for your heart care needs.

To learn more and take our HeartCheck risk assessment, visit www.atlanticare.org/heartcare.
To schedule an appointment, call 609-701-4766.





When School's Out
Camp is Rocking!



**CAMP
CORNER**

No video games and TV here! Your child's days off school will be filled with indoor swimming, sports, games, crafts, nature and more! K-4th grade.

Martin Luther King Day Mini Camp

Monday, January 21

\$36 for Members | \$54 for Guests

President's Day Mini Camp

Friday, February 15

Monday, February 18

\$36 per day for Members | \$54 per day for Guests

Summer Camp 2019

June 24 – August 16

Register and pay in full by May 1 to receive \$100 off PER camper!

To register visit us online at
campbythesea.org, at the Welcome
Desk or call us at 609.822.1167.



KEEP YOUR
LEGACY ALIVE
WITH A GIFT
THAT LASTS
FOREVER!



Share your passion for our community and leave a lasting personal legacy for generations to come and ensure that the JCC remains a vibrant and strong part of our community.

Please remember the Milton & Betty Katz JCC with a gift in your will, trust, retirement account, or life insurance policy.

Ensure your legacy today by contacting **Marg Rosenblatt**,
Chief Operating Officer (609) 822-1167 x142

WHAT'S GOING ON @THE J

For more information on these programs or to register call 609.822.1167 Ext. 0 or visit jccatlantic.org

BRUNCH & LEARN

Learn from a variety of different speakers and watch a documentary film on Judaism, Israel or Jewish history over brunch.

Friday, January 4

10:30am

Presentation: Theresienstadt through Public Memory and the Art of Bedrich Fritta

Josh Cutler, Katz JCC Program Director, Presenter

Film: *Operation Anthropoid*

Thursday, January 24

10:30am

Presentation: Coming to America: 200 Years of US Immigration Policies - How Have We Changed? Meryl Rodgers, Presenter

Film: *They Came for Good*

A History of the Jews in the US: Taking Root, 1820-1880

Wednesday, February 20

10:30am

Performer/Presenter: Shlomo Shai, Accordionist, Composer and Pianist

Film: *Everything is a Present: The Wonder & Grace of Alice Sommer Herz*

Monday, March 4

10:30am

Performer/Presenter: Dr. David Podles, Acclaimed International Concert Violinist

Film: *Orchestra of Exiles*

Advanced Admission

\$4 for Members | \$6 for Guest

Day of Event

\$6 for Members | \$10 for Guests

AMERICAN RED CROSS BLOOD DRIVE

Thursday, February 14

1:00 - 6:00pm

The Katz JCC and the American

Red Cross are teaming up to help ensure that a safe and adequate blood supply is available. Please continue supporting your family, friends, neighbors and coworkers by donating blood on this day. It only takes a small amount of time and one small pinch to become a hero to someone in need. Giving the "Gift of Life" is a mitzvah and one way to help those in need.

DINNER & MOVIE

First Man

Tuesday, January 29

5:00pm

A Star is Born

Tuesday, February 26

5:00pm

Bohemian Rhapsody

Tuesday, March 26

5:00pm

Dinner & Movie includes a movie on the big screen and a full course meal with a kosher meat main course, salad, soup and dessert. Kosher laws will be observed.

\$18 for Members | \$20 for Guests up to one week before the event

\$20 for Members | \$23 for Guests after one week before the event

MAHJONG BRUNCH

Friday, January 25

Friday, February 22

Friday, March 8

10:30am

Don't miss the JCC's delicious brunch spread and a chance to meet other Mahjong and card players in the community. All players and skill levels are welcome. Spaces are limited.

\$14 for Members | \$18 for Guests up to one week before the event

\$18 for Members | \$22 for Guests after one week before the event

COFFEE KLATCH POLITICAL DISCUSSION GROUP

Thursday, January 17

Thursday, February 21

Thursday, March 21

10:30am

The Israel & World Events Coffee

Klatch is a fun, casual, social group that includes coffee, delicious refreshments and great conversation about Israel/U.S. news and world events. Schmooze, kvetch, kvell and enjoy conversation with new and old friends.

Free for JCC and Village at the Shore members | \$4 for guests

JEWISH JOURNEYS: CELEBRATE CHINESE NEW YEAR AT THE JCC

Tuesday, February 5

6:00pm

Join us for an interesting speaker and a delicious Glatt Kosher Chinese buffet. Stick around for Mahjong fun! Presenter David Z. Moster, author of *Eitrog: How A Chinese Fruit Became a Jewish Symbol*, will speak about the etrog fruit from its evolutionary home in Yunnan China to its role in the celebration of Sukkot during the Second Temple period. Learn what Sukkot was like before and after arrival of the Chinese etrog. Stick around after David's talk for dessert and an opportunity to play

the Chinese game of Mahjong.

Advanced Registration Required. Register by 2/4 and receive \$4 off! \$20 for Members | \$24 for Guests

FREE COMPUTER CLASS SERIES

January - February

Mondays & Wednesdays

10:30 am - 11:30 am

- iPhone, iPad or Android device
- Text messaging and group texting
- Taking and managing photos
- Sending and managing email
- Accessing the internet
- Updating your settings

Please bring your smart phone, iPad or Android device with you to class.

PRETTY WOMAN AT THE NEDERLANDER THEATRE

Wednesday, March 6

One of the most beloved films of the 90s, *Pretty Woman* launched the career of Julia Roberts and set the template for every romantic comedy to come. Created by the movie's director, Gary Marshall, his vision is fulfilled with

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Canadian rock legend Bryan Adams providing the score. Directing and choreographing the show is two-time Tony Award winner Jerry Mitchell of Kinky Boots and On Your Feet!

Lunch will be on your own. "Transportation Only" option is available.

ADAPTIVE SWIM LESSON

January 13 – March 3

March 10 – April 28

May 5 – June 23

June 30 – August 18

The Adaptive Swim Lesson program includes individualized lessons based on each child's level of ability with specially trained swim instructors. Additional pool support staff are often needed to help facilitate the lesson.

Cost is \$140 per Eight(8) Week Session

SWIM LESSONS

Winter Session

January 7 - March 3

Registration Opens 12/17/18

Winter Session 2
March 4 - April 28
Registration Opens 2/18/19

Summer Session 1
April 29 - June 23
Registration Opens 4/15/19

INTRODUCTION TO MOSAICS

Jan. 29, 30, Feb. 5, 6 (Feb. 12 is a makeup class)
6:30 – 8:30pm

This four week class for mosaic beginners will teach you the skills to create your own beautiful artwork. Students will learn how to select the proper backer, use of the proper tools, glass and other found items to create their own personalized art. Instructor, Jill Snyder is a local juried artist whose work is shown in galleries across the East Coast. Open to all skill levels. All materials and tools are included.
Limited to 8 participants.

\$125 for Members | \$160 for Guests



EXPERIENCE A COMPASSIONATE STAFF

CareOne at Evesham
870 E. Route 70, Marlton, NJ 08053
856.396.0005

CareOne at Evesham Assisted Living
874 E. Route 70, Marlton, NJ 08053
856.988.2400

CareOne at Moorestown
895 Westfield Rd., Moorestown, NJ 08057
856.914.0444

CareOne Harmony Village at Moorestown
301 N. Stanwick Rd., Moorestown, NJ 08057
856.638.1244

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@  Milton & Betty Katz JCC

Juneau where you're going next summer?

We are traveling to Alaska and that is just the tip of the iceberg!




Campers will explore great locations across the USA and Canada while creating lifelong memories and friendships.

Trip 1: **The Midwest Quest** | June 23 - July 2
 Trip 2: **Amazing Alaska & Canada** | July 16 - July 31


To learn more visit the JCC Welcome Center or visit campbythesea.org


FREE BLACK HISTORY ART RECEPTION

**Thursday, February 7
6:00 pm – 8:00 pm**

Join us for a Black History Month Art Exhibit Reception at The Holtzman Gallery in the Katz JCC. Live music, complimentary wine and light fare. All fine art is available for acquisition

The Holtzman Gallery exhibit is open to the community during the JCC's normal operating hours. JCC Members receive a special discount on acquisitions.



@  Milton & Betty Katz JCC
 Harry and Jeanette Weinberg Jewish Community Campus
 501 N. Jerome Avenue
 Margate, NJ 08402

To learn more, email david@holtzmangallery.com, call **609-992-3353** or visit holtzmangallery.com.



Travel

CHOOSE YOUR OWN ADVENTURE





Enjoy any of these three great trips for **\$3600** each!

<p>South Africa March 11 - 19 Touring Cape Town & Kruger Safari</p>	<p>The Baltic States September 10 - 20 Touring Lithuania, Latvia & Estonia</p>	<p>Israel December 5 - 15 Touring Tel Aviv, Jerusalem & The North</p>
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Learn more at jccatlantic.org or visit the JCC Welcome Center



Tickets on sale this January!

Judy Collins

Thursday, July 18

Sandy Hackett's Rat Pack Show

Thursday, July 25

The Edwards Twins

Thursday, August 8

Paula Poundstone

Thursday, August 22

For more information visit the
JCC Welcome Center or call 609.822.1167

Indoor Pool Schedule

Please note that hours are subject to change due to weather conditions. Please call 609.822.1167 for daily updates.
Any questions? Please contact Aquatics Director, Alicia at 609.822.1167 ext. 133 or email afimple@jccatlantic.org.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00am	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-10:00am 6 Lap Lanes	7:00-9:30am 6 Lap Lanes	7:00-10:00am 6 Lap Lanes
7:00-8:00 am	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-10:00 am 6 Lap Lanes	7:00-9:30 am 6 Lap Lanes	7:00-10:00 am 6 Lap Lanes
9:00 am	9:00-10:00 am Shallow H2O Franklin NO LAP LANES	9:00-10:00 am H2Oproof Donna NO LAP LANES	9:00-10:00 am Shallow H2O Maureen 9:30-10:00 am Early Childhood NO LAP LANES	9:00-10:00 am Tsunami Franklin NO LAP LANES	5:30-10:00 am 6 Lap Lanes	9:30-12:00 pm 4 Lap Lanes 2 Swim Lessons	7:00-10:00 am 6 Lap Lanes
10:00 am	10:00-10:30 am Deep H2O Franklin NO LAP LANES 10:30-3:00 pm 4 Lap Lanes 2 Open Lanes	10:00-10:30 am Deep H2O Donna NO LAP LANES 10:30-11:30 am 4 Lap Lanes 2 Open Lanes	10:00-11:30 am Early Childhood 3 Lap Lanes	10:00-10:30 am Deep Water Franklin NO LAP LANES 10:30-11:30 am 4 Lap Lanes 2 Open Lanes	10:00-11:00 am Water Wellness Franklin 2 Lap Lanes	10:00-12:00 pm 4 Lap Lanes 2 Swim Lessons	10:00-2:00 pm 4 Lap Lanes 2 Swim Lessons
11:00 am	10:30-3:00 pm 4 Lap Lanes 2 Open Lanes	10:30-11:30 am 4 Lap Lanes 2 Open Lanes 11:30-12:30 pm Water Wellness Lisa 2 Lap Lanes	10:00-11:30 am Early Childhood 3 Lap Lanes 11:30-12:30pm 4 Lap Lanes 2 Open Lanes	10:30-11:00 am 3 Lap Lanes 3 Open Lanes 11:00-12:00 pm Water Wellness Franklin 2 Lap Lanes	11:00-12:00 pm Aqua Zumba Vanessa 3 Lap Lanes	11:00-12:00 pm 4 Lap Lanes 2 Swim Lessons	10:00-2:00 pm 4 Lap Lanes 2 Swim Lessons
12:00 - 2:00 pm	12:30-3:00 pm 4 Lap Lanes 2 Open Lanes	12:30-3:00 pm 4 Lap Lanes 2 Open Lanes	12:30-3:00 pm 4 Lap Lanes 2 Open Lanes	12:00-3:00 pm 4 Lap Lanes 2 Open Lanes	12:00-4:00pm 4 Lap Lanes 2 Open Lanes	12:00-1:00 pm Aqua Zumba Vanessa 3 Lap Lanes 1:00-4:45 pm 4 Lap Lanes 2 Open Lanes	10:00-2:00 pm 4 Lap Lanes 2 Swim Lessons 2:00-4:45 pm 4 Lap Lanes 2 Open Lanes
3:00 - 4:00 pm	3:00-5:00 pm 4 Lap Lanes 2 Swim Lessons	3:00-5:00 pm 4 Lap Lanes 2 Swim Lessons	3:00-5:00 pm 4 Lap Lanes 2 Swim Lessons	3:00-5:00 pm 4 Lap Lanes 2 Swim Lessons	4:00-5:30 pm 2 Lap Lanes 2 Swim Team 2 Boys and Girls Club	3:00-4:45 pm 4 Lap Lanes 2 Open Lanes	3:00-4:45 pm 4 Lap Lanes 2 Open Lanes
5:00 - 6:00 pm	5:00-5:30 pm 3 Lap Lanes 3 Swim Team 5:30-7:30 pm Swim Team NO LAP LANES	5:00-5:30 pm 3 Lap Lanes 3 Swim Team 5:30-7:30 pm Swim Team NO LAP LANES	5:00-5:30 pm 3 Lap Lanes 3 Swim Team 5:30-7:30 pm Swim Team NO LAP LANES	5:00-5:30 pm 2 Lap Lanes 2 Swim Lessons 2 Swim Team 5:30-7:30 pm Swim Team NO LAP LANES	5:30-5:45 pm 4 Lap Lanes 2 Boys and Girls Club		
7:00 - 9:00 pm	7:30-9:00 pm 6 Lap Lanes	7:30-9:00 pm 6 Lap Lanes	7:30-9:00 pm 6 Lap Lanes	7:30-9:00 pm 6 Lap Lanes			

Pool Schedule Effective November 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	6:00-7:00am Schwinn Indoor Cycling Sindy	6:00-6:45am Insanity Eileen	6:00-7:00am Schwinn Indoor Cycling Sindy	6:00-7:00am Schwinn Indoor Cycling Deb M. 6:00-6:45am Insanity Eileen	6:00-7:00am Schwinn Indoor Cycling Steve		
7:00 am	7:00-7:45am Zumba Jenny		7:00-7:45am Zumba Franklin	7:15-8:15am Pumpin' Iron Deb M.	7:00-7:45am Zumba Jenny	7:00-7:45am Insanity	
8:00 am	8:00-9:00am Hatha Yoga Janet NEW Time 8:15-9:00am Core Camp Kelly	8:00-8:55am Light Combo Deb M. 8:15-9:15am * Schwinn Indoor Cycling Antoinette 8:30-9:30am Yogalates Level 2 & 3 Sindy	8:00-8:45am Hi/Lo H.I.I.T. Lisa G 8:30-9:30am Pilates Aline	8:15-9:15am * Schwinn Indoor Cycling Antoinette 8:30-9:30am Stretch & Flex with Props Kelly 8:30-9:30am Bender Barre Sindy	8:30-9:30am Total Body Kelly 8:30-9:40am Vinaya Yoga Level 2 Michelle	8:00-9:00am * Schwinn Indoor Cycling Craig "Sparky" 8:00-8:50am Pumpin' Iron Donna I. 9:00a-10:15am Yogalates Kelly	8:30-9:30am * Schwinn Indoor Cycling Steve 8:15-9:15am Zumba Luis 8:15-9:15am Pilates Vanessa
9:00 am	9:15-10:00a Pumpin' Iron Remy 9:30-10:30am * Schwinn Indoor Cycling Deb W.	9:00-10:00am Zumba Arlin 9:30-10:30am * Schwinn Indoor Cycling Steve 9:45-10:45am Mindful Movement Rose	9:00-10:00am Ultimate Barre Karen 9:00-10:00am Boot Camp Greg 9:30-10:30am * Schwinn Indoor Cycling Antoinette	9:30-10:30am * Schwinn Indoor Cycling Tonya 9:30-10:30am Cardio Boxing Jon	9:30-10:30am * Schwinn Indoor Cycling Craig "Sparky" 9:30-10:30am Bender Ball Vanessa 9:45-10:45am Chi Kung John M.	9:00-10:00am Ultimate Barre Karen 9:00-10:00am Zumba Luis 9:30-10:30am * Schwinn Indoor Cycling Sindy	9:30-10:30am Cardio Boxing Jon 9:30-10:30am Bender Barre Vanessa 9:30-10:30am Vinaya Yoga Level 1 & 2 Michelle/Kim
10:00 am	10:45-11:30am Active Adults Maryann 10:45-11:30am Pilates Peggy	10:00-11:00am Bootcamp Boxing Jon 10:45-11:45am MOVEIT-1 Maryann	10:00-10:45am Pumpin' Iron Remy 10:30-11:45am Hatha Yoga Janet	10:45-11:45am MOVEIT Maryann	10:45-11:45am Pilates With Props Kelly	10:15-11:15am Pilates With Props Kelly 10:15-11:00am Insanity	
11:00 am - 12:00 pm	12:00-12:30pm HIIT Remy	12:00-12:30pm Barre Code Tabata & Barre Remy		11:00-12:00pm Hatha Yoga Remy	11:00-12:00pm \$ Jon Simon Boxing		
1:00 pm - 4:00 pm	4:00-4:30pm Kids Boxing Ages 6-10 Jon Simon		4:00-4:30pm Kids Fit Ages 6-10 Jon Simon	4:45-5:30pm * Schwinn Indoor Cycling Shari			
5:00 pm	5:45-6:15pm Insanity Eileen 5:00-6:00p Bender Barre Method Remy			5:45-6:30pm Insanity Anthony			
6:00 pm	6:00-7:15pm Vinaya Yoga Level 1 & 2 Val	6:00-6:45pm * Schwinn Indoor Cycling Shari 6:00-7:15pm Kripalu Yoga Debra	6:00-6:45pm * Schwinn Indoor Cycling Eileen 6:00-7:15pm Power Vinaya Kim	6:00-7:15pm Hatha Yoga Janet			
7:00 pm		7:00-8:00pm \$ Jon Simon Boxing		7:00-8:00pm \$ Jon Simon Boxing			

FITNESS SCHEDULE EFFECTIVE JANUARY 7

FACILITY HOURS

Monday - Thursday: 5:30 am - 10:00 pm
Friday: 5:30 am - 6:00 pm
Saturday - Sunday: 7:00 am - 5:00 pm

CLASS LOCATION COLOR KEY:

Spin Room

*Reservation Required 2 hours prior to class time.

Group X Studio

Mind & Body Studio (2nd Floor)

Gymnasium

Fitness Gallery