

**January at the New Virtual  
JFCS Center for Senior Enrichment**

Something for everyone! Stay safe – stay healthy – stay engaged! All CSE classes open to all older adults – free and easy! All on ZOOM.

Questions? Contact: [seniorcenter@jfcsaz.org](mailto:seniorcenter@jfcsaz.org) or call

Jennifer Brauner, site director at 602-343-0192

Not familiar with Zoom? We can help – just let us know!

**Upcoming January 2021 Classes**

**Click on the link below each class to get more info and/or to register.**

**MONDAYS**

**Dance and Movement – with Michelle Dionisio – Monday,  
January 4, 11, 18 & 25 -11am-noon**

[https://zoom.us/meeting/register/tJwoc-yprzMuG9M8Na5dQoGLHm\\_qPe6CnPCi](https://zoom.us/meeting/register/tJwoc-yprzMuG9M8Na5dQoGLHm_qPe6CnPCi)

**Schmooze Parlor - Host, Janet Rees -Monday, January 4, 18, 25 -1-2pm**

Bring info and a smile to share!

[https://zoom.us/meeting/register/tJckcuqurzkrHdw3mcFEjZltYDer77AF\\_1tf](https://zoom.us/meeting/register/tJckcuqurzkrHdw3mcFEjZltYDer77AF_1tf)

**'Dispatches in Quarantine' featuring Carl Reiner- Monday, January 11-  
1:30-2:30pm**

You won't want to miss Carl Reiner's last interview before his passing in June, 2020. Presented in cooperation with Silver Screen Studios, followed by a Q & A with Silver Screen founder, Tiffany Woolf.

<https://zoom.us/meeting/register/tJUvd-mqqDMiEtB5Q7LSkop8NIJujFjgObhl>

**TUESDAYS**

**The Curriculum Theatre Company – Tuesday, January 5 - 11 am-noon  
Shakespeare's 7 Stages of Man: Physiology and Performance**

A fascinating look at the Bard's words and meanings.

<https://zoom.us/meeting/register/tJAodOmhpjOuEtAuMNFCTJE4oWwVL2AAjdDR>

**Marshall Shore, Hip Historian – Tuesday, January 12- 11 am-noon  
Blast From The Past: Exploring 1952**

Marshall Shore brings Arizona history to life in a fun and creative way.

<https://zoom.us/meeting/register/tJcoduCvrDgoG92CjGryNCRvchJFpdVpTPk>

**Musical Instrument Museum presents Ethnomusicology– Tuesday, January 12-  
1:30 pm-2:30pm**

Ethnomusicology is the study of music and world cultures, and it's everywhere.

Join Katie Palmer as she challenges some preconceived notions about music and the ways music transcends and transforms. Focusing on sounds from

Africa. <https://zoom.us/meeting/register/tJMkdOuurzMvHtccz5cwrAasaFjuvCb7Up9Z>

**Yiddish Club: Mamaloshen – Tuesday, January 19– 11:15 am-12:15pm**

Share the warmth and humor of Yiddish with Rabbi Laibel Blotner

<https://zoom.us/meeting/register/tJcsf--pqj8tG9yWZFKgvhw-zpUve7l3RKdy>

**Jane Przelica Presentation Series –Tuesday, January 26 – 11 am-noon**

**The Shadow Catcher: American Photographer Edward S. Curtis**

Born in 1868, Edward Sheriff Curtis became one of America's premier photographers and ethnologists as exemplified by his photos of native Americans.

<https://zoom.us/meeting/register/tJAoceytqTijHtEP9kC-N2qvv693rvzKbqKF>

**WEDNESDAYS**

**Fitness Fun with Zoe: Wednesday, January 6, 13, 20, 27-10-10:45 am**

**New in 2021!!**

<https://zoom.us/meeting/register/tJkcmoqTMqHd2OnaiJIQHnIDTJ9POMTAIU>

**Chair Yoga with Zoe: Wednesday, January 6, 13, 20, 27 – 11-11:45 am**

<https://zoom.us/meeting/register/tJMsd-uppjwuHNw-jgMN-flXirLDyiR2jS0e>

**Happy Healthy Hour with Debbie Polisky: Wednesday, January 6 –**

**1:30pm-2:30 pm**

Mindful Self-Compassion: What do you tell yourself daily?. Acquire Tips and Tricks to turn your inner critic into your best friend.

<https://zoom.us/meeting/register/tJcsd-6gqTkvH9eX7IritZITJeEiu5FQFJc4>

**Remember, Recreate, Heal: Expressive Writing About the Self - Wednesday, January 27 – 1:30-3:00 pm**

Explore narrative, reflective, and poetic writing techniques to craft your unique stories. Facilitated by Rosemarie Dombrowski and Melissa Leto of Revisionary Arts. Workshop will repeat each 4<sup>th</sup> Wednesday of the month.

[https://zoom.us/meeting/register/tJMlceuqrjSpHtz\\_103glSwFC8KQ8W4ftRgd](https://zoom.us/meeting/register/tJMlceuqrjSpHtz_103glSwFC8KQ8W4ftRgd)

**THURSDAYS**

**Nicole Pesce Musical Variety Show – Thursday, January 7 – 11 am-noon**  
***Strolling Thru The Great American Songbook - Part 2***

Nicole is known throughout the Valley as an talented and entertaining songstress.

[https://zoom.us/meeting/register/tJlkdOqprD0vGtSw5QYwnrhZam\\_DP4tHR42x](https://zoom.us/meeting/register/tJlkdOqprD0vGtSw5QYwnrhZam_DP4tHR42x)

**The Highlights of Paris – Thursday, January 7– 1:30-2:30 pm**

Join our first virtual tour with Karen Rudel, owner and founder of Sight Seekers Delight to experience the magnificent visual experience of places along the Seine which have collectively have made Paris the most iconic city in the world.

<https://zoom.us/meeting/register/tJMrcuGtrzwsGdl91APMdgFaBlySAbW0ZB9F>

**Phoenix Art Museum –Thursday, January 14- 11 am-noon**

**The Grand Canyon and Mary Colter**

Born in 1869, Mary Colter was one of very few female American architects in her day. She was the designer of many landmark buildings and spaces, notably in Grand Canyon National Park.

<https://zoom.us/meeting/register/tJluf-uvpzMsEtH3xz8KU8YMzvHAGr2-GN3d>

**Phoenix Conservatory of Music –Thursday, January 21 - 11am-12:30pm**

**Miles Davis and his First and Second Great Quintets**

<https://zoom.us/meeting/register/tJEpduCpqiojEtLhWtNWbnevEiMcgFvEhIjA>

**Book Club with Az. Jewish Historical Society - Thursday, January 21 - 2-3:30 pm**

This month's book is *The Last Train to London: A Novel* by Meg Waite Clayton. A pre-World War II-era story, centering on the Kindertransports that carried thousands of children out of Nazi-occupied Europe—and one brave woman who helped them escape to safety.

For more info and/or to register, please email: [seniorcenter@jfc saz.org](mailto:seniorcenter@jfc saz.org)

**Flamenco performance with Yumi La Rosa- Thursday, January 28 – 11am-12 pm**

**This program is pre-recorded due to quality of sound and performance.**

<https://zoom.us/meeting/register/tJMqfu2hpiopHtPf51fbcTMbDgHVoBomQCpz>

## **FRIDAYS**

**Welcome Shabbat – Friday, January 8, 15, 22, 29 – 11:00-11:45 am**

**Special guests each week**

[https://zoom.us/meeting/register/tJEtfuCtrjlpHtxG-Yj\\_NWEwhlITqzP4tMbe](https://zoom.us/meeting/register/tJEtfuCtrjlpHtxG-Yj_NWEwhlITqzP4tMbe)

**Chair Adult Ballet Class with Ballet Theatre of Phoenix – Friday, January 8, 15, 22, 29 – 12:00-12:45 pm**

**New for 2021**

For men as well as women – stretching and movement to improve flexibility and balance.

<https://zoom.us/meeting/register/tJwsduqvrz0uHNRCYxUdDhvLSbPTq7tJh46X>

All above virtual classes are free to attend. Registration is required to receive the Zoom link.

Questions? Please contact Jennifer Brauner at: [seniorcenter@jfcsaz.org](mailto:seniorcenter@jfcsaz.org)  
or 602-343-0192.

Partial funding for the CSE is provided by the Jewish Federation of Greater Phoenix, the Area Agency on Aging individual donors. Jewish Family & Children's Service is a non-profit, non-sectarian organization dedicated to strengthening the community through quality behavioral health, social services and primary medical care to children, families and adults.