



## ADULTS TRIPS & EVENTS

September, October, November 2018

### Sunday, October 21<sup>st</sup> **Garden Club – Fall Garden Day!**

Bring your families and friends to finish harvesting our herbs and veggies. We'll also give away some plants that can live in your homes over the winter. Help plant 200 daffodil bulbs in the Center's raised bed garden that will sprout next Spring! 12:00 – 2:00 PM. No charge. Please RSVP to Linda Eber.

### Tuesday, October 23<sup>rd</sup> **MET Live in HD: Samson et Dalila**

Experience the Live performance of the Metropolitan Opera at the Walter Reade Theater—specially equipped with high definition movie screens and surround sound! (Film Society of Lincoln Center). Bus departs at 11:00 AM from The Center and will return by 6:00 PM. Please bring your own lunch and snacks. Price: Members \$28. Non-members \$30. Register at [Scclive.org](http://Scclive.org) or at the front desk. Code: 8033.

### Thursday, October 25<sup>th</sup> **MEN'S CLUB- HEALTH SEMINAR: UNDERSTANDING AND MANAGING PAIN**

Learn why you have pain and what to do about it. Presentation by David Ettinger, PT, DPT, GCS, Dr. of Physical Therapy, Board Certified Geriatric Specialist, and Founder of Forward Physical Therapy. Light refreshments at 1:00 PM, Program at 1:15 PM. No charge. Please RSVP to Linda Eber.

### Monday, October 29<sup>th</sup>, 2018 **EDUCATIONAL SEMINAR: MEDICARE EXPLAINED**

Understand your options, benefits, policy changes, and the open enrollment period for signing up. Presentation by Mitchell Coopersmith, Financial Representative at Guardian Life and former Claims Representative at the Social Security Administration. Choose to attend either session: 12 noon or 7:00 PM. Open to all. No charge. Please RSVP to Linda Eber.

#### **CANCELLATION AND REFUND POLICY:**

Participants may cancel their registration without penalty up until 7 days prior to the event or trip. Cancellations received less than 7 days before an event or trip will incur a 50% cancellation fee. Cancellations received the day before, the day of, or after an event or trip will not be eligible for a refund or credit.

For more information, contact the Front Desk at 718-627-4300, Ashley Rosen at 718-954-3128,

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Tuesday, October 30<sup>th</sup>

### LONGWOOD GARDENS

with a special stop at Rittenhouse Square in Philadelphia.

Walk through the world of Longwood Gardens, where garden design, horticulture, education, and the arts interplay to inspire and enlighten. From the intricate fountain systems to the meticulous gardens to the architectural grandeur, awe-inspiring discoveries await at every turn. Please dress for the weather and wear comfortable shoes. Be ready to walk and stand for long periods of time. On our way back to Brooklyn, we will stop at Rittenhouse Square in Philadelphia for a quick shopping break. **Bus departs from The Center at 8:00 AM and will return by 7:00 PM.** Price: Members \$35. Non-members \$40. Register at [Scclive.org](http://Scclive.org) or at the front desk. Code: 8034.

Monday, November 5<sup>th</sup>

### SEMINAR: HEALTHY BRAIN AGING & MEMORY SCREENINGS

Presentation by Minnelly Vasquez, LMSW, NYU Langone Health Center for Cognitive Neurology. This presentation will provide an overview of the difference between normal memory and abnormal memory loss. Learn about current research findings and what you can do to keep your brain healthy. **Presentation at 12:00-1:15 PM.** After the presentation, individual memory screenings (10 minutes each) will be offered by appointment only. To schedule, please call Linda at 718-954-3154. No charge.

Tuesday, November 6<sup>th</sup>

### CHINA INSTITUTE and LUNCH

Discover China through Art, with a docent-led tour. Learn about the mountains in China and their importance in Chinese history, art, culture, and life. A special hands-on art workshop will follow the tour. Glatt Kosher Asian Fusion lunch will be served upon returning to The Center. **Bus departs from The Center at 9:00 AM and will return by 1:00 PM for lunch.** Price (lunch included): Members \$35. Non-members \$40. Register at [Scclive.org](http://Scclive.org) or at the front desk. Code: 8035.

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**Wednesday, November 7<sup>th</sup> Don't Be a Victim:  
Protect Yourself and the Seniors You Care About**

Presentation by Faye Wilbur, LCSW-R, Deputy Director of Jewish Community Services for the Jewish Board. Learn what elder abuse looks like, how to identify the signs and symptoms of abuse, protecting oneself, and seeking help if needed. **12:30 PM.** Please RSVP to Linda Eber. No charge.

**Monday, November 12<sup>th</sup> WORKSHOP: BRAIN GYM!**

Facilitated by Minnelly Vasquez, LMSW, NYU Langone Health Center for Cognitive Neurology. Scientists think that various activities may protect the brain by establishing a "cognitive reserve." Join this fun group session to learn brain exercises that you can also practice at home. **12:00-1:15 PM.** Please RSVP to Linda Eber. No charge.

**Tuesday, November 13<sup>th</sup> GRAND CENTRAL TERMINAL PRIVATE TOUR**

Join us for a magical private tour and Holiday Fair shopping experience at the Grand Central Terminal. **Bus departs from The Center at 10:00 AM and will return by 5:30 PM.** Price: Members \$35. Non-members \$40. **NO REFUNDS AFTER OCTOBER 30<sup>TH</sup>.** Register at [Sclive.org](http://Sclive.org) or at the front desk. Code: 8036.

**Wednesday, November 14<sup>th</sup> NEW BEGINNINGS: SOCIAL CLUB FOR WIDOWS:**

**RECIPE & STORY SWAP** with pre-Thanksgiving and Chanukah food demonstration.

Bring a favorite food story and a recipe to share. Kathy Shabot, SCC's Culinary Dept. Coordinator, will demonstrate making a colorful fall quinoa salad, pumpkin pancakes with a toasted pecan maple syrup, and parve cheesecake mouse. Light dinner at **6:30 PM;** program at **7:15 PM.** Price: Members \$5. Non-members \$7. Please RSVP to Linda Eber by Monday morning, November 12<sup>th</sup>.

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**Thursday, November 15<sup>th</sup> MOVIE MATINEE: Young @ Heart (107 min)**

Enjoy a documentary about a chorus of spirited senior citizens, averaging 81 years old, who deliver a triumphant performance covering songs by Jimi Hendrix, James Brown, Prince, Coldplay, and other unexpected musicians. Refusing to grow old in spirit, this testament to friendship and creative inspiration defies assumptions about old age, love, sex, and death. **Movie starts at 1:30 PM.** No charge. Register at [Sclive.org](http://Sclive.org) or at the front desk.

**Tuesday, November 27<sup>th</sup> HEALTH SEMINAR: SCIATICA and BACK PAIN**

Learn what it is and tips for prevention and management. Presentation by David Ettinger, PT, DPT, GCS, Dr. of Physical Therapy, Board Certified Geriatric Specialist, and Founder of Forward Physical Therapy. **12:00 PM.** Please RSVP to Linda Eber. No charge.

**Wednesday, November 28<sup>th</sup> Empire City Casino**

Spend the day at the Empire City Casino. **Bus departs from The Center at 9:30 AM and will return by 4:00 PM.** Please bring your own lunch and snacks. Price: Members \$15. Non-members \$18. Register at [Sclive.org](http://Sclive.org) or at the front desk. Code: 8037.

### Caregivers Support Group.

This twice monthly group is for spouses and adult children caring for people with any disease or condition, facilitated by Jan Yaffe, MFT. Before attending the first time, you must first pre-register by calling Linda Eber at 718-954-3154. No charge.

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