



# Valley Jewish Community Center

## Program Guide

### Children and Teen Activities

#### **Baby and Me (3 months - 1 year)**

A place where caregivers (mom/dad/grandparent/nanny/etc.) come together for support, connection and play, as well as to build friendships that will carry them through as baby grows. In this class, we will create an open and comfortable environment to enable sharing and discussion of a variety of weekly topics geared towards baby care and support. Baby and Me activities help build intimate connections between caregiver and baby through singing, movement and play. All of the activities encourage child development in fine and gross motor skills. Discussions about the holidays and creating Jewish traditions will be a part of each class.

#### **JCC Maccabi Games (Ages 13 - 16)**

The JCC Maccabi Games® are an Olympic-style sporting competition held each summer in North America and is the second largest organized sports program for Jewish teenagers in the world. VJCC is pleased to announce it will send a delegation to participate in the 2015 JCC Maccabi Games in Dallas, Texas. For more information regarding the 2016 JCC Maccabi Games®, please send an email to [jccmaccabi@valleyjcc.org](mailto:jccmaccabi@valleyjcc.org) or call the VJCC office at (818) 360-2211.

### Adult Classes

#### **Mah Jongg Lessons**

Did you always want to learn how to play Mah Jongg? We are offering beginning Mah Jongg lessons. For more information, email [judi@mahjonggfunla.com](mailto:judi@mahjonggfunla.com) or call her at (818) 764-6240.

#### **Cooking**

Gourmet Cooking Made Easy – Come cook with Chef Howard. Help create tasty and unique dishes. There will be lots of food to take home and share. For more information, contact Ellen at (818) 360-2211 or email [Ellen@valleyjcc.org](mailto:Ellen@valleyjcc.org).

### Adult Social Groups

#### **Havurah**

Monthly activities are planned by Havurah members, e.g., community theater nights, picnics, concerts, game nights, etc. The group also plans trips and celebrates Jewish Holidays together.

#### **The Young Generation Group**

Join our Young Generation Group as we build long lasting memories and friendships through our fun and exciting events! Activities include monthly Women's Bunco Night to our Annual Family Hanukkah party to our Chili Cook-off and summer pool parties.

#### **F/Stops Camera Club**

Do you like taking pictures? Would you like your work to be critiqued by a professional? Are you looking for a club that shares your passion for photography? For more information, please call Monica at (818) 512-4206. Second Thursday of every month, 7 p.m. - 9:30 p.m. Meeting at the Village @ Northridge, 9222 Corbin Ave, Northridge.

Information and Registration – please call the VJCC at 818-360-2211 or e-mail us at [info@valleyjcc.org](mailto:info@valleyjcc.org)



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### Adult Social Groups

#### **Book Club**

Open to all ages and meets every four weeks at a restaurant or in the home of one of the group members. Dinner is followed by lively discussion of the current book of the month from 7:00 - 10:00 p.m. The book selection is decided upon by the group prior to the next meeting.

#### **Dining Out**

Join us as we visit some unique eating places around Los Angeles. Be adventurous and sample an ethnic cuisine you may have never tried before. Find great hole-in-the-wall eateries and established all-time favorites. For more information, please contact Ellen at (818) 360-2211 or [Ellen@valleyjcc.org](mailto:Ellen@valleyjcc.org)

### Healthy Life

#### **Type 2 Diabetes Prevention Program Classes**

As part of the national Diabetes Prevention Program, our classes follow the guidelines established by the Center of Disease Control. Our Lifestyle Coach, Cheri Neiman, helps attendees make simple lifestyle changes to improve health and reduce the risk of developing Type 2 Diabetes.

#### **Support Group for Families with Special Needs Children**

Parents of special needs children face an unplanned struggle for family development. This group provides parents with a supportive outlet in which to share their daily struggles. Facilitated by a Licensed Clinical Social Worker (LCSW), parents find guidance, resources and the support of other parents. Difficult days are shared and good days celebrated. You are not alone. For more information please contact Rose Liebermann at (818) 360-2211 or [roseliebermannlcsw@gmail.com](mailto:roseliebermannlcsw@gmail.com)

#### **Renewable Relationship Workshops**

A series of marriage workshops that set a new paradigm for the health and wellness of marriage through a process of renewal. These "how to" workshops and "tools" apply to all relationships, and are effective for singles as well as married couples. The new paradigm and stage-based scenarios will help participants to enhance relationships and establish a healthy future with the joy of renewal.

#### **Senior Table Tennis Therapy**

VJCC and Sport and Art Educational Foundation are co-sponsors of Senior Table Tennis Therapy. This program is offered FREE to all seniors wanting to maintain a sharp mind and a healthy body as well as those with Alzheimer's, Dementia or memory loss.

### Speaker Series

The first speaker for the 2016 Valley Jewish Community Center's Speaker Series will be on January 20<sup>th</sup>, 2016.

Information and Registration – please call the VJCC at 818-360-2211 or e-mail us at [info@valleyjcc.org](mailto:info@valleyjcc.org)



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