

YOU BELONG AT THE



August 29, 2019 - 28 Av 5779

As we all get into the back to school swing, we hope you are enjoying these last few days of summer!

Last week, [Center Day Camp](#)'s 70th summer came to a close. It was another year of learning and friendship on Sebago Lake, and we know our campers leave with memories they will treasure throughout their lives. We are so grateful to Camp Director Dana Zimmerman and her incredible staff for their tireless work to make CDC the best it can be. It was a wonderful summer and we can't wait for next year.

We have an amazing cohort of skilled and dedicated teachers at the [Goldman Family Preschool](#). This week, they are hard at work reviewing policies and protocols, working on curriculum development, and planning the year. We can't wait to join them in welcoming new and returning students next week!

We have a few important updates this week – one of which is that there are [several open positions](#) at the JCA right now! If you've ever thought about working at the J, please get in touch to learn more!

L'shalom,

Molly Curren Rowles
Executive Director

EMPLOYMENT OPPORTUNITIES



Program & Membership Coordinator at the JCA

The Jewish Community Alliance of Southern Maine (JCA) is hiring a full-time Program & Membership Coordinator to help us strengthen and grow our program offerings, and to serve as our primary point person for planning and implementing membership initiatives.



PJ Library Ambassador/Engagement Liaison

PJ Library Ambassadors is a 12-month program that connects Jewish families in neighborhood networks in York County and in the Bath/Brunswick area for development of hyper-local microprogramming. Position is 5 hours/week, grant-funded stipend until mid-August 2020.



KJFS Volunteer Coordinator

KJFS currently maintains a robust social service program utilizing best practices and constantly evolving based on the needs of the surrounding community. KJFS seeks a Volunteer Coordinator to inspire, recruit and train volunteers to offer exceptional service, and retain volunteers so that KJFS can maintain its current level of programs and services.

UPCOMING EVENTS

[JCA Annual Meeting](#)

Thursday, September 19th - 6:00 PM*
JCA - 1342 Congress St. Portland, ME

Join us as we celebrate our second year in our home on Congress Street, honor our annual awardees, and present our 2018-19 Annual Report. Light refreshments served.

* Please note this year's change of date from June to September.



[Culinary Historian Michael Twitty discusses Kosher/Soul](#)

Sunday, October 27th, 6:00 PM
USM Hannaford Hall - Abromson Community Education Center, 88 Bedford St, Portland

Admission: \$10 – JCA members, \$12 – general public
Free for USM students with a valid ID.

Culinary historian Michael Twitty is the James Beard award winning author of *The Cooking Gene – A Journey Through African American Culinary History in the Old South*. *Kosher/Soul* explores what Michael has termed “identity cooking.” Identity cooking isn’t about fusion; rather it’s how we construct complex identities and then express them through how we eat.

Presented by the JCA with funding from the Maine Humanities Council and with generous support from the Sam L. Cohen Foundation. Co-sponsored by the University of Southern Maine Dean of Students Office.

AFTERSCHOOL AT THE J

HANDS ON LEARNING

AFTERSCHOOL AT THE



www.mainejewish.org

The [JCA Afterschool program](#) provides a warm, nurturing environment for children grades K-5, where they have the opportunity to expand the learning of their school day, connect with peers, and build supportive, caring relationships with talented early childhood professionals! [Registration for Fall Semester is open now.](#)

CLUBS, GROUPS, AND GATHERINGS

Wise Aging

Living with JOY, RESILIENCE, & SPIRIT



Rabbi Rachel Cowan
&
Dr. Linda Thal

[Wise Aging Book Club, Discussion & Journaling Group](#)

Facilitated by Teri Wilner and Judi Slotsky

Nine sessions: Thursdays, Sept. 12 - Nov. 7

10:00 AM - 12:00 PM

JCA - 1342 Congress St., Portland

\$18 - JCA members, \$25 - General public

[Advanced registration required.](#)

Come join us as we navigate through this aging process together. Using the book *Wise Aging: Living with Joy, Resilience, and Spirit*, by Rabbi Rachel Cowan and Dr. Linda Thal as a guide, facilitators Teri Wilner and Judi Slotsky will lead the discussions and facilitate journaling based on our readings.

[Challah & Holiday Baking Workshop](#)

With Margaret Hathaway

Thursday, Sept. 26

6:00 - 8:00 PM

JCA members: \$18/person | General public: \$20/person

Min./max enrollment: 9/20 students

Advanced registration required by Sept. 20

A versatile yeast dough can transform your holiday baking! In this hands-on class, we'll use the same enriched dough to make raisin challah, cinnamon apple rolls, and fruit-filled

galette. Each participant will leave with an oven-ready pastry and a sheaf of recipes.

[Margaret Hathaway](#) is an author, unabashed foodie, and goat farmer. She is the author of five books, including two cookbooks. Her most recent book is *The New Portland, Maine Chef's Table*, published in summer 2019. [PLEASE REGISTER IN ADVANCE.](#)



[Open Mah Jongg](#)

Wednesday mornings, 9:30 AM – 12:00 PM

Friday mornings, 9:30 AM – 12:00 PM

Moser Family Library at the JCA
1342 Congress Street, Portland

Free for JCA members, \$5/General public per session. See the JCA website or calendar for holiday closures and weather cancellations.

[Beginner Mah Jongg Classes](#)

Have you always wanted to learn how to play Mah Jongg? Now is your chance! Join instructor Judi Slotsky for this beginners-level course.

The dates for the course are as follows, and all classes take place from 9:30 AM - 11:00 AM at the JCA:

Friday, October 11th
Friday, October 18th
Friday, October 25th
Friday, November 1st
Friday, November 8th
Friday, November 15th



Students are also invited to attend our regular open Mah Jongg play sessions free of charge while taking the course. The cost for the entire course is \$40 for JCA members and \$50 for the general public. [PLEASE REGISTER IN ADVANCE.](#)

SHALOM MAINE - A COMMUNITY COLLABORATION FOR ADULT JEWISH LEARNING



Register now for Shalom Maine adult education courses this Fall! Full class listings and descriptions available at WWW.SHALOMME.COM or call (207) 772-1959 for more

information.

Advanced registration required. Courses are offered with a suggested tuition and are subject to change or cancellation pending minimum enrollment.

- [Jewish Genealogy: How to find good sources for 'your' history](#) – starts Wednesday, Sept. 11
- [American Jewish History](#) – starts Wednesday, Oct. 16
- [Jews, Baseball, & Social Justice](#) – starts Wednesday, Oct. 16

FITNESS OFFERINGS

Mindful Flow Yoga with Ashley Flowers **E-RYT200 / RYT 500 / YACEP**

- **Tuesdays, 11:30 AM – 12:30 PM**
- **Thursdays, 10:15 – 11:15 AM**

JCA - 1342 Congress St.

Bend, balance, stretch and breathe with a mixture of vinyasa, hatha, and yin yoga styles. Enjoy an hour of mindful movement as we flow through yoga postures and breathing exercises. You should expect to leave this class feeling relaxed and rejuvenated. Beginners welcome!



Nia Fitness class with Erin Curren

Wednesdays, 12:15 – 1:00 PM
(Weekly, beginning October 16, 2019)

JCA - 1342 Congress St.

Join Nia Black Belt Teacher, Erin Curren, for joyful fitness following the design of the body. Non-impact, expressive, fun, and healing, Nia ("nee-ah") is the original fusion fitness class and first came on the scene in 1983. Classes are equally suitable for self-described couch potatoes and highly fit athletes as Nia is a practice that can be adapted through conscious movement choices for greater or lesser intensity.

New to Nia?

Try a free introductory class on **September 25th, from 12:15 – 1:00 PM** at the JCA.

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Jewish Community Alliance | (207) 772-1959, 1342 Congress Street, Portland, ME 04102

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