JCC MetroWest
Center for Adult Enrichment

760 Northfield Avenue, West Orange, NJ 07052
Satellite Facility: 901 Route 10 East, Whippany, NJ 07981
www.jccmetrowest.org
JCC MetroWest is a beneficiary agency of Jewish Federation of Greater MetroWest NJ.

October 2026

Monday	Tuesday	Wednesday	Thursday
			1 **Soft Rock Favorites** Live Performance: Adam & Howard 1:00pm
5 **Jewish American Fashion Designers** Lecture Presented By: Robbie Amodeo 1:00pm	**6** Women's Health & Hormones 1:30-2:30pm	**7** **LIFE LONG LEARNING** Israel Update & Oct 7th Commemoration Presented By: Daniella Gefen 1:00pm *Free & Open to the Community*	**8** **American Folk Hits** Live Performance: Dave Rimelis 1:00pm
12 **The Sounds of Jazz** Live Performance: Cecilia 1:00pm	**13** Women's Health & Sleep 1:30-2:30pm	**14** **LIFE LONG LEARNING** Balance & Falls Presented By: Dr. Kristen Vasconcelos 1:00pm *Free & Open to the Community*	**15** **2 EVENTS TODAY at 1pm!!** **Life Long Learning** - Webinar Program Conversations w/ Rabbi Angela Buchdahl JCC Members: Free; Guests $15 Live Music Performance: Candy Nelson
19 **1951- A New Balance of Power** Lecture Presented By: Evan Weiner 1:00pm	**20**	**21** **LIFE LONG LEARNING** How Your Medicine Gets Made Presented By: Dr. Daniel Gordin 1:00pm JCC Members: Free; Guests $15	**22** **Broadway's Standards** Live Performance: Dan Yates 1:00pm
26 **Spreading Joy Through Music** Live Performance: Flip Peters 1:00pm	**27**	**28** **LIFE LONG LEARNING** ChatGPT, Robots, & You Presented By: Chris Strom 1:00pm JCC Members: Free; Guests $15	**29** **Golden Age of Music** Live Performance: Matt Mattheiss 1:00pm

ALL EVENTS ARE FREE FOR JCC FITNESS AND SOCIAL MEMBERS. PLEASE JOIN US TODAY!

Questions/Concerns
Please contact the Director of Adult Enrichment, Gina Goldman.
(PH) 973.530.3448
(Email) ggoldman@jccmetrowest.org

****SENIOR FITNESS CLASSES****
Senior Fitness with Jackie:
Thursday 11:00am-11:45pm
Tai Chi with Billy:
Wednesday 11:30am-12:30pm
Friday 11:25am-12:25pm

Lectures and entertainment are generously sponsored by the family of William Margulies & the Hirschhorn Foundation