

It's a great day at the J

Programs and events for PrimeTime Adults, Cultural Arts, Culinary Arts, JCC Cares and more

LIFELONG LEARNING LUNCH WITH PROFESSOR PAMELA NADELL ANTISEMITISM, AN AMERICAN TRADITION

Wednesday, February 4, 12 - 2 P.M.
Lunch at 12 P.M. and speaker at 1 P.M.

Professor Pamela Nadell, the Chair in Women's and Gender History at American University, is an award-winning historian of American Jewish women and antisemitism. She authored *America's Jewish Women*, winner of the 2019 National Jewish Book Award, and *Antisemitism, an American Tradition* (2025), supported by a National Endowment for the Humanities Public Scholars Award. Nadell has testified before Congress multiple times, including a high-profile hearing involving the presidents of Harvard, MIT, and the University of Pennsylvania. A past president of the Association for Jewish Studies, she teaches courses on antisemitism, the Holocaust, and American Jewish history, lectures widely in the U.S. and abroad, and consults for major museums.

A collaboration of Merage JCC and Congregation Shir Ha-Ma'alot.

Location: Congregation Shir Ha-Ma'alot

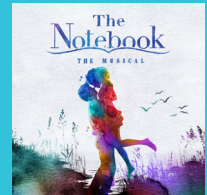
Partially funded by a grant from the Jewish Community Foundation of Orange County.

JCC & SHM Members: \$25 Public: \$30 Register by 1/28



J TIX AT SCFTA

JCC Priority Front
Orchestra Seating.
Tickets assigned in the
order of purchase
and groups.



THE NOTEBOOK
SUNDAY, FEBRUARY 8
AT 6:30 P.M.

JCC Members: \$150
Public: \$160
Purchase by 12/31

MAH JONGG & CHOCOLATE DAY

**SUNDAY,
FEBRUARY 1**
11 A.M. - 3 P.M.



Mah Jongg & Chocolate Day Bams, Cracks, Dots and Chocolate Sunday, February 1

11 a.m. - 12 p.m. Catered Brunch

12 - 1 p.m. Diane Stein MD, Chocolate sommelier presentation, tastings & sales

1 - 3 p.m. Open Play

Join us for an unforgettable Mah Jongg event with guest speaker Dr. Diane Stein, local chocolate maker and educator. Enjoy chocolate stories, a bit of mischief; and nutty, fruity, tart, earthy flavors when you are treated to several sample chocolates that will delight you. Additionally, her chocolates and artisan chocolate covered caramels will be available throughout our event for purchase.

Early Bird by January 9: JCC Members: \$50 Public: \$55

After January 9: JCC Members: \$55 Public: \$60

PRE-ORDER YOUR 2026 MAH JONGG CARD ONLINE AT JCCOC.ORG

January

BALANCE, FLEXIBILITY & BODY ALIGNMENT

Tuesdays, January 6 - February 24, 12 - 1 P.M.

Learn exercises that help the body regain a healthy posture and improved balance. Increase your range of motion, functionality and learn how to reduce pain.

Instructor: Shane Johnston, Egoscue Postural Assessment Specialist
JCC Members Only: \$115 (8 class series)

BONE DENSITY BOOTCAMP

Thursdays, January 8 - February 26, 1 - 1:50 P.M.

This class focuses on improving bone density by including weight bearing exercises.

Instructor: Shane Johnston, Certified Personal Trainer
JCC Members Only: \$115 (8 class series)

TASTE OF ISRAEL: HUMMUS

Thursday, January 8, 3:30 - 4:30 P.M.

Join us each month for a different taste of Jewish traditions, history and cultures. Hummus comes in many flavors, come try some and let us know which you like best.

MAKE & TAKE CHALLAH ON MAIN STREET

Friday, January 9, 10 A.M. - 12 P.M.

Stop by and visit with our Israeli shinshinim, Doron & Noam, and braid your own challah to take home and bake for Shabbat.

COOK WITH US, PIZZA PARTY FAMILY CLASS WITH CHEF ELI MEYER

Sunday, January 11, 2 - 4:30 P.M.

Pizza is the ultimate comfort food—especially when shared with family! Join us for a fun, family-focused cooking experience where you'll create a delicious meal together and make memories that everyone will treasure. Perfect for young chefs ages 5 & up, this class is a wonderful way to connect as a family around the joy of food. Price per child.

JCC Members: \$36 Public: \$50

WELLNESS WISDOM:

WHAT YOUR BODY KNOWS ABOUT HAPPINESS WITH JANICE KAPLAN

Wednesday, January 14, 10:30 - 11:30

Her new book *What Your Body Knows About Happiness* has been hailed as a "master class in happiness." Widely known as a writer, magazine editor, and keynote speaker, Janice is the author of fifteen popular books, including the New York Times bestseller *The Gratitude Diaries* and *The Genius of Women*.

JCC Members: No Charge Public: \$12



MADE BY CHEF LIRON:

SPINACH & CHEESE CHALLAH

Order by Wednesday, January 14, 2 P.M.

Pick up on Friday, January 16, 12 - 3 P.M.

Traditional: \$10 Spinach & Cheese: \$12

MAH JONGG: LEARN TO PLAY

Thursdays, January 15 - February 19, 11:30 A.M. - 1:30 P.M.

Learn to play with a small, friendly class at the JCC.

Instructor: Lezlie Schreiber

Sign up in advance to reserve your spot.

JCC Members: \$220 Public: \$235 (six weekly classes/2 hours/week)

COOK WITH US, FLAVORS OF WINTER WITH CHEF ELI MEYER

Thursday, January 15, 5:30 - 8 P.M.

Step into the heart of winter's kitchen, where every dish reflects the season's warmth and comfort. Rooted in age-old traditions of gathering around hearty meals, winter cooking has long been about turning simple, seasonal ingredients into nourishment that brings people together.

JCC Members: \$65 Public: \$80

SUNDAYS IN SILENCE AND SPIRIT: JEWISH MEDITATION WITH RABBI K'VOD WIEDER

Sundays, January 18, February 15, March 15, 9:30 - 10:45 A.M.

In collaboration with Jewish Collaborative of OC
No Charge and Open to the Community

SODA

Saturday, January 24, 7 P.M.

Eva, a beautiful seamstress, moves with her daughter to a neighborhood of Holocaust survivors in 1956. Shalom Gottlieb, a former partisan leader and current soda factory foreman, falls for Eva, who offers him a chance at happiness and a life filled with beauty and laughter.

Dramatic comedy, 99 minutes, Director: Erez Tadmor
JCC Members: \$10 Public: \$15

NEWS & VIEWS PRESENTS:

A GERMAN JEW'S TRIUMPH: FRITZ OPPENHEIMER AND THE DENAZIFICATION OF GERMANY

Monday, January 26, 10 A.M. - 12 P.M.

This book tells the true story of Fritz Oppenheimer, a wealthy German Jewish lawyer and World War I veteran who fled Nazi Germany, joined the U.S. Army in his 40s, and played a crucial role in the denazification of Germany after the war. His work included helping to establish a fair justice system and interrogating top Nazi leaders.

Author Cindy Handler appearing virtually, participants meet at JCC
JCC Members: No Charge Public: \$10



BOOKS & BAGELS

THE RIGHTEOUS BY RONALD H. BALSON

Tuesday, January 27, 10 - 11 A.M.

From the New York Times bestselling and National Jewish Book Award-winning author, a gripping novel of foreboding, betrayal, heroism, and hope set in World War II Budapest. Led by Dana Susson, Esq.

Author appears virtually, participants meet at JCC
JCC Members & Community: No Charge



WOMEN'S CONNECTION

Thursday, January 29, 11 A.M. - 12:30 P.M.

Join our friendly, vibrant women's discussion! Share thought provoking conversations, personal journeys and embrace new possibilities with a supportive group of women. Led by Bernardina Wilcox.

JCC Members only: No Charge

February

WELLNESS WISDOM

TINY PEP TALKS BY JOSH LINDEN AND PAULA SKAGGS

Wednesday, February 11, 10:30 - 11:30 A.M.

Anybody can tell you "You can do it!" before the big job interview, a big change in your life. Who's going to pep you up for all of life's low-stakes situations when you need an extra push?

Authors appear virtually, participants in person at the JCC
JCC Members: No Charge Public: \$12



TASTE OF ISRAEL: OLIVE FOCCACCIA BREAD

Thursday, February 12, 3:30 - 4:30 P.M.

Join us each month for a different taste of Jewish traditions, history and cultures. While Tu B'Shvat is usually celebrated by eating fruity desserts, many savory dishes can incorporate the 7 species.

COOK WITH US, SABOR JUDÍO (JEWISH MEXICAN CUISINE) WITH CHEF ELI MEYER

Thursday, February 12, 5:30 - 8 P.M.

Discover the vibrant crossroads where Jewish tradition meets Mexican soul! In this hands-on class, we'll explore how Jewish immigrants—many arriving in Mexico from Europe and the Middle East—wove their culinary heritage into the rich tapestry of Mexican cuisine.

JCC Members: \$65 Public: \$80

NEWS & VIEWS PRESENTS:

AMERICAN INTIFADA: ISRAEL, THE GAZA WAR AND THE NEW ANTISEMITISM WITH AUTHOR URI KAUFMAN

Monday, February 16, 10 A.M. - 12 P.M.

In *American Intifada: Israel, the Gaza War, and the New Antisemitism*, Kaufman traces the ideological shift that has made hostility to Israel commonplace among American progressives — often at the expense of historical truth.

Author appears virtually, participants in person or virtual

JCC Members: No Charge Public \$10

UNRAVELING UNRWA

Thursday, February 12, 7 P.M.

The documentary's impressive research traces UNRWA's 75-year evolution, from its post-1948 origins as a temporary relief organization for Palestine refugees to its pivotal and often controversial role amidst the decades-long Israeli-Palestinian conflict. Winner, Investigative Documentary Award, Haifa International Film Festival

JCC Members: \$10 Public: \$15

BOOKS & BAGELS

SUCH GOOD PEOPLE BY AMY BLUMENFELD

Tuesday, February 17, 10 - 11 A.M.

"A poignant story of love, loss, loyalty, and being torn between right and wrong." - Emily Liebert, USA Today best-selling author. Led by Dana Susson, Esq.

Author appears virtually, participants in person

JCC Members & Community: No Charge

LOVE, STATISTICALLY SPEAKING

Saturday, February 21, 7 P.M.

When Reueven, an 80-year-old actuary who lives by statistics, loses both his wife and her insurance money at the swimming pool, he's forced into a reluctant partnership with his free-spirited granddaughter.

Dramatic comedy, 90 minutes, Director: Amichai Greenberg

JCC Members: \$10 Public: \$15

MADE BY CHEF LIRON: HAMANTASCHEN

Order by Monday, February 23, 6 P.M.

Make your Purim holiday special with a box filled with beautiful hamantaschen baked by Chef Liron in our Stern Family Teaching Kitchen. Enjoy with your family or give to friends as part of your mishloach manot. Limited quantities are available. Assortment of flavors available for purchase.

Pick up on Friday, February 27, 12-3 p.m. from the front desk.

1/2 Dozen: \$10 Dozen: \$18

MAKE & TAKE CHALLAH ON MAIN STREET

Friday, February 27, 10 A.M. - 12 P.M.

Stop by and visit with our Israeli shinshinim, Doron & Noam, and braid your own challah to take home and bake for Shabbat.



CREATE AND DELIVER PURIM TREATS FOR THE J'S SENIOR MEMBERS WITH JCC CARES

Friday, February 27, 10:30 A.M.

On the festive Jewish holiday of Purim, March 2, it is traditional to give mishloach manot, gifts of food, including hamantaschen, to friends and family. We are gathering a crew of volunteers to assemble gift boxes and deliver them to the doorsteps of JCC seniors.

Questions? Contact Heather Zucker, heatherz@jccoc.org

WOMEN'S CONNECTION

Thursday, February 29, 11 A.M. - 12:30 P.M.

Join our friendly, vibrant women's discussion! Share thought provoking conversations, personal journeys and embrace new possibilities with a supportive group of women. Led by Bernardina Wilcox.

JCC Members Only: No Charge

March

JCC CARES BLOOD DRIVE

Wednesday, March 4, 10 A.M. - 4 P.M.

Register and schedule your appointment to join JCC Cares and the San Diego Bloodbank in donating blood to help save a life.

COOK WITH US, FLAVORS OF BANGKOK WITH CHEF ELI MEYER

Thursday, March 5, 5:30 - 8 P.M.

Experience the vibrant world of Thai cuisine as we explore the rich culinary traditions of Bangkok and beyond. In this hands-on class, you'll discover how Thai chefs balance bold flavors, fresh herbs, and signature techniques that make this cuisine so unique.

\$65 Members \$80 Public

MAH JONGG: LEARN TO PLAY

Thursdays, March 5 - April 9, 11:30 A.M. - 1:30 P.M.

Learn to play with a small, friendly class at the JCC.

Instructor: Lezlie Schreiber

Sign up in advance to reserve your spot.

JCC Members: \$220, Public: \$235 (six weekly classes/2 hours/week)

MATCHMAKING 2

Saturday, March 7, 7 P.M.

The delightful sequel to the 2022 Israeli box office hit rom-com, follows a love-struck bachelor in a Jerusalem yeshiva pressured to find his soulmate before it's too late. With humor and heart, director Erez Tadmor gives modern Orthodox dating a playful twist, blending love's challenges with sharp insights on identity, prejudice, and the clash of secular and religious values.

Romantic comedy, 109 minutes, Director: Erez Tadmor

JCC Members: \$10 Public: \$15

BALANCE, FLEXIBILITY & BODY ALIGNMENT

Tuesdays, March 10 - April 28, 12 - 1 P.M.

Learn exercises that help the body regain a healthy posture and improved balance. Increase your range of motion, functionality and learn how to become pain free.

Instructor: Shane Johnston, Egoscue Postural Assessment Specialist

JCC Members Only: \$115 (8 class series)

WOMEN'S HISTORY MONTH

WE THE MEN: HOW FORGETTING WOMEN'S STRUGGLES FOR EQUALITY PERPETUATES INEQUALITY BY PROFESSOR JILL HASDAY

Tuesday, March 10, 6:30 - 7:30 P.M.

Professor Hasday teaches and writes about anti-discrimination law, constitutional law, family law, and legal history. Also, she is the author of *Family Law Reimagined*, *Intimate Lies* and *the Law*.

Speaker will be virtual, participants join on zoom

JCC Members: No Charge Public \$12



March cont.

BONE DENSITY BOOTCAMP

Thursdays, March 12 - April 30, 1 - 1:50 P.M.

This class focuses on improving bone density by including weight bearing exercises. With the use of free weights, bands, and your own body weight this class is designed to help restore and maintain muscle mass, bone density, and range of motion.

Instructor: Shane Johnston, Certified Personal Trainer
JCC Members Only: \$115 (8 class series)

TASTE OF ISRAEL: HAMANTASCHEN

Thursday, March 12, 3:30 - 4:30 P.M.

Join us each month for a different taste of Jewish traditions, history and cultures. What is the best hamantaschen filling? Try some and let us know which filling reigns supreme.

MAKE & TAKE CHALLAH ON MAIN STREET

Friday, March 13, 10 A.M. - 12 P.M.

Stop by and visit with our Israeli shinshinim, Doron & Noam, and braid your own challah to take home and bake for Shabbat.

MADE BY CHEF LIRON: UNICORN CHALLAH

Order by Wednesday, March 18, 2 P.M.

Pick up on Friday, March 20, 12 - 3 P.M.

Traditional: \$10 Unicorn: \$12

DINNER AT RONALD MCDONALD HOUSE

Thursday, March 19, 4 - 7 P.M.

Join JCC Cares for a fun night of giving back on February 26. We will be meeting at the house at 4 P.M. to prepare a homecooked meal for the guests of Ronald McDonald house.

BOOKS & BAGELS

COUNT MY LIES WITH AUTHOR SOPHIE STAVA APPEARING IN PERSON

Tuesday, March 24, 10 - 11 A.M.

A Good Morning America Book Club Pick. Soon To Be A HULU Television Series Starring Lindsay Lohan And Shailine Woodley.
Led by Dana Susson Esq.

JCC Members & Community: No Charge

JConnect: Singles 60+

A MORNING MINGLE: BRUNCH AT JULIETTE'S

Sunday, January 11, 11 A.M.

1501 Westcliff Dr., ste. 110, Newport Beach

NOSH AND A MOVIE AT THE MERAGE JCC SODA

Saturday, January 24, 6:15 P.M.

MIX, MINGLE & WINE DOWN AT BACCHUS BAR AND BISTRO

Sunday, February 8, 5 P.M.

NOSH AND A MOVIE AT THE MERAGE JCC LOVE, STATISTICALLY SPEAKING

Saturday, February 21, 6:15 P.M.

PRE-PESACH MORNING BRUNCH AT THE MERAGE JCC

Sunday, March 28, 11 A.M.

COOK WITH US, PERFECT PICNIC - FAMILY CLASS WITH CHEF ELI MEYER

Sunday, March 29, 2 - 4:30 P.M.

A perfect picnic starts with great food—and even better company! Join us for a fun, family-centered cooking experience where you'll prepare a basket full of delicious, picnic-ready dishes together. Designed for young chefs ages 5 and up, this hands-on class is a wonderful opportunity to cook side by side, learn new skills, and create shared memories that last. Price per child.

JCC Members: \$36 Public: \$50

New Weekly Program

No Charge & Open to the Community

BEREAVEMENT SUPPORT GROUP

Thursdays, 1 P.M. starting February 26

This ongoing, in-person group helps individuals navigate through the challenges of loss.

Facilitated by Chaplain Fran Chalin, BCC/MSW

Co-sponsored by the Jewish Collaborative of Orange County

Weekly Programs

JCC Members Only: No Charge

NEWS & VIEWS - Mondays, 10 a.m.

News and Views is a weekly open forum for members to learn and discuss local and world issues such as current events, politics, Israel and economy. In-Person and Hybrid
Facilitator: Bruce D. Spivack, Ph.D., MBA

MEN'S CLUB DISCUSSION GROUP

Fridays, 10 a.m.

Come for the friendships, stimulating discussions and the bagels. Our members come from many business and professional backgrounds, and have varied and freely-expressed opinions on topics of interest, both of a Jewish and secular nature.
Facilitator: Martin Dymm Ph.D.

GENTLE YOGA

Mondays, Wednesdays & Fridays, 9:15 or 10:30 a.m.

This gentle approach to yoga helps you increase flexibility, improve circulation and experience more energy during a relaxing Yoga experience. Instructors: Instructors: Dianne Daucher RYT, Eli Vared Ruben RYT

MAH JONGG: CALLING JCC PLAYERS

Wednesdays, 1 p.m.

If you know how to play, drop in at the JCC to play this popular game and meet other friendly Mah Jongg players.

CANASTA: CALLING JCC PLAYERS

Mondays, 12 - 2:30 p.m.

If you know how to play, join in at the JCC to play this popular game and meet other friendly Canasta players. Contact Mary Ann if you are interested: magholson@gmail.com



Merage Jewish Community
Center of Orange County

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