



October 2021
Happy Fall!

Friendship Circle

A program for adults 55+

Sandy Andresen
Program Coordinator
(707) 528-1182
friendshipcircle@jccsoco.org

Friendship Circle is a Program of the Jewish Community Center Sonoma County

Monday Mornings from 10:30 AM to Noon

ZOOM All programs are offered using [Zoom](#). (If you have made a reservation we will send you the link to join the weekend prior to the program.) If you are not familiar with Zoom and would like support, please contact our dedicated volunteer: Randi Hulce (206) 499-5422, randihulce@comcast.net

RSVP By NOON the Sunday prior to the program. Contact friendshipcircle@jccsoco.org or call (707) 528-1182

COST **Monday Morning Programs are FREE.** Please consider making a [donation](#) to help Friendship Circle programs remain accessible to all. We welcome donations made in any denomination.

Click here to
[Donate Now](#)

IMPORTANT:
Designate your donation to "Friendship Circle 55+"



OCTOBER 11 Great Piano Sonatas

Pianist Ian Scarfe presents a program of piano sonatas. Like reading a story with many chapters, each piano

sonata is an entire world within itself. From the early examples of Mozart and Beethoven, to more Romantic takes by Schubert and Chopin, this is the archetype of a great classical piano composition.

RSVP by NOON on October 10



OCTOBER 18 Jewish Roma with Micaela Pavoncello

Micaela Pavoncello will present a virtual tour of the history of the Jewish community of Rome from its origins to the present.

She will cover 22 centuries of Jewish life with videos and photos of the ancient times, the Jewish ghetto, the emancipation, War World II, and the structure and organization of Jewish life today with funny anecdotes. And recipes of course!

RSVP by NOON on October 17



Mary Cassatt
'Bust of a Young Woman'
ca. 1885-1890

OCTOBER 25 The Fine Arts Museums of San Francisco presents *Color into Line*

Fine Arts Museums Docent **Karen Libby** presents the highlights of the ***Color into Line: Pastels from the Renaissance to the Present*** exhibition opening at the Legion of Honor on October 20. This exhibition presents a powerful selection of masterpiece drawings in pastel (one of the most versatile and adaptable media in art history.) Spanning from the Renaissance to most recent artistic experimentations—from Rosalba Carriera to Mary Cassatt and Edgar Degas to John Altoon and Wayne Thiebaud—the narrative highlights technical aspects with an emphasis on the design process behind the works.

RSVP by NOON on October 24



Halloween Costume and Variety Show

"In Person" featuring Sandy Andresen and members of the Friendship Circle in a medley from Fiddler on the Roof!

SUNDAY, OCTOBER 31

2 TO 4 PM

Burbank Heights and Orchards Senior Community Social Hall
7777 Bodega Hwy, Sebastopol

For more information contact:

Sandy Andresen at friendshipcircle@jccsoco.org
or call (707) 528-1182.



MAH JONGG IS RETURNING TO THE JCC!

Leslie Kline and Deborah Greenfield will hold Mah Jongg groups and lessons at the JCC offices

WEDNESDAYS FROM 1-3 PM

November 10

November 17

December 8

December 15

LOCATION: Downstairs at the Jewish Community Center, 1301 Farmers Lane, Suite C103, Santa Rosa, CA 95405

Masks and proof of vaccinations are required.

RSVP AND WE'LL HOLD A SEAT FOR YOU!

(707) 528-1182 or friendshipcircle@jccsoco.org



SONOMA COUNTY
VIRTUAL JEWISH FILM FESTIVAL
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STREAMING OCTOBER 5 – NOVEMBER 2

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LIVE!
FILMMAKER TALKS
An exciting opportunity to meet the creative minds behind the movie magic!

COMMANDMENT 613
Thursday, October 14,
6:30 pm
Rabbi Kevin Hale,
Sofer
Miriam Lewin,
Filmmaker

THE NEW JEW
Thursday, October 21,
6:30 pm
Moshe Samuels,
Series Creator

Sending Good Wishes to Our Members with October Birthdays



Shirley Carlston
Shelley Egger
Earl Goldberg
Rita Kagen
Patricia Mandel
Susan Miller
Karen Palmiotti
Adele Pickar
Renee Rappaport
Jeff Snyder
Marge Solomon

Thank you **Mary Valentine**
for volunteering to mail birthday cards.

Please contact our office to let us know your birthday
so we can celebrate YOU!

friendshipcircle@jccsoco.org, (707) 528-1182

Celebrate Getting Older!

Some might say that *aging well* is an oxymoron, but here are some of the *age-old* recommendations for how to celebrate aging and turn getting older into getting better.

- 1. Control stress:** Deep breathing and exercise deliver oxygen to the body and brain which is a great stress reliever.
- 2. Laugh often:** Laughter is known to have curative potential; releasing endorphins and elevating one's mood. Do you remember Norman Cousins?
- 3. Eat and sleep well:** Eat healthy foods and take those power-naps.
- 4. Stay in motion:** Get up from sitting every hour and and move around.
- 5. Use your brain:** Read, write, study, do puzzles, engage in life-long learning.
- 6. Connect with friends and family:** Give and receive love from those that care about you, and those that you care about.
- 7. Maintain a good social network:** Join the Friendship Circle for a luncheon or an excursion as a way to connect and make new friends.
- 8. Treat each day as a gift!**

ALL GOOD SUGGESTIONS, FOR PEOPLE OF ANY AGE!

Love,

Dr. Sandy (Sandy Andresen)

We couldn't do it without you!

We appreciate your generosity!

Donations

Shelley Bauer in addition to membership dues

Deborah Greenfield in addition to membership dues

Arnold and Karen Herskovic
in addition to membership dues

Elinor King in memory of Charles King

Sid and Gerry Lipton in addition to membership dues

Judith Miller in loving memory of Irwin Miller

James and Ethel Snarski
in appreciation of Friendship Circle

Steven, Helen, Hannah, Lev and Ari Snyder
in memory of Charles King, a kind,
gentle and always interested uncle.
May his memory be a blessing.

Susan White in addition to membership dues

Sylvia Jean Wong in appreciation of Friendship Circle

Marcia Zeidman in memory of Charles King

Thank you Elisabeth Van Nuys for helping to keep frail seniors connected to Jewish life by providing outreach programs for Rosh Hashana for Seniors Living Communities.

Thank you Liz Hagen for your talents as an interviewer and composer of our *Spotlight on Members*.

Thank you to the FC Advisory Committee for persevering with love and care of the Friendship Circle.

Thank you Randi Hulce for your countless hours of volunteering to help our seniors connect to Zoom!

If you are remembering someone you hold dear, or would like to celebrate a friend or family member, please consider making a [donation to Friendship Circle](#) in their honor.

Thank you

Spotlight on Friendship Circle Member Jules Bamberger



A Brief Synopsis

As part of this interview, I was asked what the effect of the Holocaust had on my life. My reaction was a kind of stunned silence.

I have to say that the biggest effect on me personally was that throughout my life I've had a feeling that I was an outsider. As an outsider, not feeling comfortable in organized groups, I quickly realized that I would have to live life on my own terms, learn how to be safe, and find places where there was no danger. Although I lived in what appeared to be a perfect suburban environment, my childhood was filled with violence, not only at home, but at school and on the streets. I had a lot of obstacles to contend with to keep safe and at peace.

I found a lot of pleasure in being alone and creative in one way or another. Creativity was something I could do by myself. I would say the main thread in my life has been building and creating things out of what was randomly available at my fingertips. This culminated in my robotics business where I learned to build robots.

Some robots I built to sell, but most robots I would build to use myself for entertainment around the world. I have worked in Berlin, London, Dubai, Oman, Central America, Canada and nearly every state in our great country. My business turned out to be the best possible vehicle for me to travel to many interesting and beautiful places in the world. Not only do I like to rebuild and repair mechanical things, I also love to save dying plants as well as grow healthy plants. In my retirement, gardening is a very big part of my life.

I never became an expert at anything, but I've always enjoyed doing many things. For example, I have played many musical instruments in my life. Sometimes well enough to be part of a band or an orchestra. I never aspired, or was willing, to put in the hard work it takes to become a virtuoso, or even a professional level player. It did not seem very important to me. I guess if you needed a label for me, it would be that I am a dilettante.

Something I do take very seriously is my family. Because the Bamberger family in Germany was nearly wiped out in the Holocaust—reduced to three people—it has been very important for me to keep our family together: loving, growing, sharing and enjoying life. At this I feel very successful. Of course, I did not do this on my own. I had

the partnership of my loving and beautiful wife, Janine, my two children, Jerzy and Jalena, and a strong community of people surrounding us to celebrate with.

In contrast to my earlier statement saying that I felt like an outsider, I have however, throughout my life gathered a very strong group of friends who are also, to some degree, outsiders. You might call them eccentric but above all they have been loyal and loving friends who I can count on and care for very much. I met my oldest friend when we were three years old. We have remained friends and have grown closer over the years. I still have friends from college who I speak with regularly and there are a handful of people from work who are still in my life. They are largely a group of artistic and creative people. As Hillary Clinton said, "it takes a village." And I love my village.

[Click here](#) for a look at Jules' company, Atlas Robotics.

HELP KEEP OUR PROGRAMMING ACCESSIBLE TO ALL!

Become a Sponsor

Friendship Circle is seeking underwriters for our *Monday Morning* programs.

Donate a minimum of \$280, or share the cost with your friends, and become a *Monday Morning* sponsor.

You will help seniors maintain access to community, as well as educational and entertaining programming.

WE APPRECIATE YOUR SUPPORT.



Save The Date

This listing includes all Friendship Circle programs, JCC closures and holidays (for the current and next months).

- September 29 Simchat Torah
- October 5-November 2 **Jewish Film Festival**
- October 11 **Pianist Ian Scarfe: *Great Piano Sonatas***
- October 11 Columbus Day & Indigenous People's Day
- October 14 **Filmmaker Talk** with Director Miriam Lewin and Rabbi Kevin Hale
- October 18 **Jewish Roma with Micaela Pavoncello**
- October 21 **Filmmaker Talk** with *The New Jew* creator Moshe Samuels
- October 25 **FAMSF Presents *Color into Line Exhibition***
- October 31 Halloween Costume and Variety Show
Burbank Heights and Orchards
- November 1 First Day of American Indian Heritage Month
- November 8 **Monday Morning Friendship Circle Event TBD**
- November 10 **Mah Jongg** with Leslie Klein and Deborah Greenfield
- November 15 **FAMSF Presents**
Our Second Skin: Clothing as a Social Language in Art
- November 17 **Mah Jongg** with Leslie Klein and Deborah Greenfield
- November 22 **Monday Morning Friendship Circle Event TBD**



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