

SENIOR DAY

at the **MJCCA**

FEE:
\$5
\$10 at the door

**MONDAY,
DECEMBER 9**
10:15 am – 2:00 pm

**Meet 'N Greet and
Registration at 9:30 am**



Need a ride? Call JF&CS Alterman JETS at 770.677.9339 before **December 4 for free transportation!**

Choose one activity for each session:

(Class selections are not guaranteed.)

Visit
the senior
resource fair along
the MJCCA's Main Street!

SESSION 1 (10:15–11:05 am)

- ☐ **Guest Speaker - Melissa Wikoff:** Audiologist and founder of Peachtree Hearing, Melissa Wikoff, will discuss the importance of maintaining better hearing as we age.
- ☐ **Guest Speaker - Elizabeth Head:** Elizabeth Head is the Older Driver Safety Coordinator of the Georgia Department of Public Health. She will provide an engaging presentation on driver safety.
- ☐ **Cooking Class – Latke Making:** Join Chefs Howard Schreiber and Debbie Lewis as they make this classic Hanukkah favorite from zucchini and sweet potatoes!

SESSION 2 (11:20 am–12:10 pm)

- ☐ **Guest Speaker - Amy Hennessy:** Amy Hennessy is the Director of Outreach and Economic Education at the Federal Reserve Bank of Atlanta. She will discuss the fascinating topic of cryptocurrency.
- ☐ **Fitness Class - Zumba®:** This fun dance workout fuses hypnotic Latin rhythms and easy-to-follow moves. No dance experience required!
- ☐ **Cooking Class – Latke Making:** Join Chefs Howard Schreiber and Debbie Lewis as they make this classic Hanukkah favorite from zucchini and sweet potatoes!

LUNCH (12:25–1:05 pm)

- ☐ Chinese Chicken Salad
- ☐ Grilled Veggie Wrap w/Grilled Sweet Corn Salad

SESSION 3 (1:10–2:00 pm)

- ☐ **Jewish Learning Class - Hanukkah & Tzedakah:** The Lisa F. Brill Institute for Jewish Learning will present the history and connection between the holiday of Hanukkah and daily mitzvah.
- ☐ **SuperSculpt Fitness Class:** Strengthen and challenge yourself with various resistance tools to sculpt and define your body!
- ☐ **Shinshinim Sing-Along:** Learn Hanukkah songs in English and Hebrew and enjoy a musical performance by the Shinshinim (Israeli emissaries)!

**Sign up by
December 4**

**Three Ways
to Register:**

1. Register online at atlantajcc.org/seniorday
2. Complete the registration form and return it to the MJCCA's membership office
3. Contact Earl Finley at 678.812.4070 or matureadults@atlantajcc.org



MJCCA | 5342 Tilly Mill Road, Dunwoody, GA 30338 | 678.812.4000 | [f/MJCCA](https://www.facebook.com/MJCCA) | atlantajcc.org

MJCCA Registration Form

MJCCA Participant Waiver

I/We (the "Undersigned") do hereby agree to the following as a program participant of the Marcus Jewish Community Center of Atlanta, Inc. (the "MJCCA"). In connection with the participation in MJCCA activities ("Activities") and/or use of MJCCA facilities ("Facilities"), the Undersigned (i) on his or her behalf, (ii) on behalf of his or her personal representatives, heirs, next of kin:

1. Hereby releases, waives, discharges and covenants not to sue the MJCCA and all of its directors, officers, board members, trustees, employees, volunteers, agents, contractors and sponsors, including any agent who assists in the performance of the Activities and/or use of MJCCA Facilities (hereinafter "Releasees"), for any and all loss, damage or expense to the Undersigned, and any claims or demands therefore on account of injury to the person or property, or resulting in the death of the Undersigned arising out of or related to (i) the Undersigned's participation in the MJCCA Activities and/or use of MJCCA Facilities; (ii) transportation of the Undersigned to or from MJCCA Activities and/or use of MJCCA Facilities, or (iii) any dental or medical assistance or treatment of the Undersigned, whether caused by the negligence of the Releasees or otherwise.
2. Hereby assumes full responsibility for any risk of bodily injury, including but not limited to permanent disability, death or property damage arising out of or related to the Undersigned's participation in the Activities, transportation of the Undersigned to or from Activities, and/or use of the MJCCA Facilities, and any dental or medical assistance or treatment of the Undersigned, whether caused by the negligence of the Releasees or otherwise.
3. Hereby acknowledges that participation in the activities and /or use of the MJCCA Facilities and premises, is voluntary and may be declined at any time, and that any and all of the Activities involve hazards and risks of injury, some of which are known, and some of which are unknown, but all of which are inherent and are understood to be part of the Activities to be undertaken. The Undersigned hereby freely and voluntarily acknowledges these risks and hereby releases, waives, discharges, and agrees not to sue, should a known or unknown hazard, which is inherent to any particular Activity, lead to injury or death.
4. Hereby agrees that this release extends to all acts of negligence by the Releasees, including rescue operations or procedures and is intended to be as broad and inclusive as is permitted by the laws of the State of Georgia and if any portion of this release is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.
5. In accordance with Georgia law, the MJCCA hereby provides this Notice: WARNING! Under Georgia Law, an equine activity sponsor or equine professional is not liable for any injury to or the death of a participant in equine activities resulting from the inherent risks of equine activities, pursuant to Chapter 12 of Title 4 of the Official Code of Georgia Annotated.
6. Hereby gives permission to the MJCCA and its directors, officers, employees, coaches and managers to provide routine health care and to administer any over-the-counter medications as deemed necessary by any of the foregoing.
7. Hereby authorizes the MJCCA to take, use, and publish photographs, video or audio recordings, or quotations from interviews of me/my family members which may be used for editorial, fundraising, and/or promotional and advertising purposes and in any manner and medium; and to alter and composite the same without restriction and without inspection or approval. I agree that there is to be no financial compensation for said use or publication, and hereby releases the MJCCA and persons functioning under its authority from all claims and liability relating to the same. I understand that to revoke this photo/video/testimonial release, I must do so in writing to the MJCCA Membership Department, membership@atlantajcc.org.

Refund Policy: Please be advised that the MJCCA operates on an MJCCA credit-only policy and does not issue any refunds unless otherwise advised and approved. Refunds are not available on tickets for plays, concerts, special events, or holiday programs. Refund policies for camps and preschools are stated in their registration materials.

Weapons Policy: The MJCCA prohibits members and guests from bringing onto MJCCA property dangerous weapons or unauthorized materials such as explosives, firearms (either concealed or otherwise), knives, or other similar items that might be considered dangerous or that could cause harm. MJCCA property is defined as all MJCCA-owned or leased buildings and surrounding areas such as sidewalks, walkways, driveways and parking lots under the MJCCA's ownership or control. The MJCCA reserves the right at any time and at its discretion to conduct lawful searches for the purpose of determining whether any weapon has been brought onto its property or premises in violation of this policy.

Immunization Policy: I certify that my child is up to date on all required immunizations appropriate for the child's age. If not, I agree to provide appropriate documentation for a medical exemption. (Certification by parent or legal guardian required).

Automatic Membership Renewal Policy for Those Enrolled in MJCCA Programs: Programs offered at the MJCCA require a current center membership, unless otherwise stated. When registering for one of these programs, members acknowledge that a membership is required throughout the entire program. If your membership renewal date occurs prior to or during the time of the program, your membership will automatically renew at prevailing rates and dues will be charged to the credit card provided for registration on a monthly basis unless other payment arrangements have been made with the membership department. If a credit card is not provided, it is the member's responsibility to contact the membership department and make payment arrangements.

By providing your contact information, the MJCCA reserves the right to send you (via email or direct mail) information regarding upcoming programs and events of interest to you. We do not share this information with entities outside the MJCCA, except with the Jewish Federation of Greater Atlanta.

I HAVE READ THE MARCUS JEWISH COMMUNITY CENTER OF ATLANTA RELEASE, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY MY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE, CONTINUING AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT OF THE LAW.

Signature _____ Date _____

PARTICIPANT INFORMATION:

First Name: _____ Last Name: _____

Gender : M F DOB: _____ Age _____ Grade _____ (if applicable)

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ (fill out information if under 18)

Participant Email: _____ Parent Email: _____

Parent First Name: _____ Parent Last Name: _____

REGISTER:

Course Name & Barcode: _____ Fee: _____

Course Name & Barcode: _____ Fee: _____

PAYMENT:

Total Amount Due: \$ _____ Check Enclosed (made payable to MJCCA) ☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover

Name on Card: _____

Card Number: _____ Exp. Date: _____