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of Greater Washington

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Cover photo: Bender Early Childhood Center students enjoy the new playground.



FALL 2017 PROGRAM GUIDE

Registration opens August 1 for members
and August 14 for the general public.

benderjccgw.org



A TOP
VOTE GETTER

2016 | Best Gym for People Over 40
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HOURS

HEALTH & FITNESS

Monday–Thursday	5:30 AM-10 PM
Friday	5:30 AM-8 PM
Saturday	7 AM-8 PM*
Sunday	7 AM-8 PM

The building closes ½ hour after the Fitness Center closes.

INDOOR POOL

Monday–Thursday	6 AM-10 PM
Friday	6 AM-8 PM
Saturday	7-10 AM & 12:30-8 PM*
Sunday	7 AM-8 PM

*Open until 8:30 PM November 10 through March 9.

OUTDOOR POOL

August 13-September 3

Monday through Friday	6-9 AM & 1-8 PM
Saturday & Sunday	7 AM-8 PM

September 4 - Labor Day 7 AM-6 PM

September 5-17

Monday through Friday	6-9 AM & 4-7 PM
Saturday	7 AM-6 PM
Sunday	7 AM-6 PM

MEMBER & GUEST SERVICES

Monday-Thursday	8 AM-9 PM
Friday	8 AM-6 PM
Sunday	9 AM-8 PM

MEMBERSHIP SALES

Monday-Thursday	9 AM-7 PM
Friday	9 AM-5 PM
Sunday	10 AM-5 PM



HEALTH & FITNESS OPEN HOUSE

Sunday, October 29
10 AM-1 PM

**Join Us for Health,
Community & Fun!**

Group Exercise Demos

Fitness Assessments

Family Gym

Health Information Sessions

Free Raffles

Refreshments

Membership Specials



**All are
Welcome!**

benderjccgw.org/OpenHouse

301.881.0100

Session Calendar

FALL 2017

Skip dates subject to change; please confirm with instructor.

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
SEPTEMBER						1	2
	3	★ 4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	★ 20	★ 21	★ 22	23
	24	25	26	27	28	★ 29	★ 30

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
OCTOBER	1	2	3	★ 4	★ 5	★ 6	7
	8	9	10	11	★ 12	★ 13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
NOVEMBER				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	★ 23	24	25
	26	27	28	29	30		

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
DECEMBER						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	★ 25	26	27	28	29	30

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
JANUARY		★ 1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	★ 15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			

COLOR & SYMBOL KEY

- Fall Session 1: September 3-November 11
- Fall Session 2: November 12-January 27
- Skip Dates: Youth classes not held
- ★ Holidays: See next column for hours and closures.

Holiday Schedule

Monday, September 4

Labor Day
H&F open 7 AM-6 PM
Offices & Preschool are closed

Friday, October 6

Sukkot II
H&F open 5:30 AM-8 PM
Offices & Preschool are closed

Wednesday, September 20

Erev Rosh Hashanah
Preschool closes at 12:30 PM
Bender JCC closes at 3 PM

Thursday, October 12

Shemini Atzeret
H&F open 5:30 AM-10 PM
Offices & Preschool are closed

Thursday, September 21

Rosh Hashanah
Bender JCC is closed

Friday, October 13

Simchat Torah
H&F open 5:30 AM-8 PM
Offices & Preschool are closed

Friday, September 22

Rosh Hashanah
Bender JCC is closed

Thursday, November 23

Thanksgiving
H&F open 7 AM-3 PM
Offices & Preschool are closed

Friday, September 29

Kol Nidre
Preschool closes at 12:30 PM
Bender JCC closes at 1 PM

Monday, December 25

H&F open 7 AM-8 PM
Preschool closed

Saturday, September 30

Yom Kippur
Bender JCC is closed

Sunday, December 31

H&F open 7 AM-3 PM

Wednesday, October 4

Erev Sukkot
H&F open 5:30 AM-10 PM

Monday, January 1

H&F open 7 AM-8 PM
Offices & Preschool are closed

Thursday, October 5

Sukkot I
H&F open 5:30 AM-10 PM
Offices & Preschool are closed

Monday, January 15

Martin Luther King Jr. Day
H&F & Offices open regular hours
Preschool closed

To receive Bender JCC text alerts, please visit benderjccgw.org/textalerts.

ALL ARE WELCOME

The Bender JCC embraces and welcomes the diversity of our community and encourages everyone to seek meaning and fulfillment by participating in our rich programming inspired by our Jewish heritage. We open our doors to everyone, including people of all backgrounds, religions, abilities and sexual orientations, and interfaith couples and families.

All of our programs are open to people of all abilities, and we are committed to inclusion and accessibility. Please let us know if you have any particular accommodation needs. We also offer programming designed to meet specific needs identified to us by people with disabilities and their families. For more information, please contact Leah Schwartz, director of inclusion and special services, at 301.348.3735 or lschwartz@benderjccgw.org.

Inclusion permeates our Center. Inclusion is belonging.



Aquatics

Caroline Cardullo

301.348.3890 | ccardullo@benderjccgw.org

GROUP SWIM LESSONS

Swim Lessons – Waterbabies 6-18 mos

Parent and child learn together in the water. This introduction-to-the-water class uses a gentle, low-key approach with techniques to aid in each child's progress.

Sa	Sep 9-Nov 11	9-9:30 AM	\$113m/\$135p	16905
Su	Sep 10-Nov 5	9-9:30 AM	\$113m/\$135p	16865
Sa	Nov 18-Jan 27	9-9:30 AM	\$101m/\$120p	17436
Su	Nov 12-Jan 21	9-9:30 AM	\$101m/\$120p	17365

Swim Lessons – Watertots 18 mos-3 yrs

Parent and child learn together in the water in this class that introduces basic swimming skills such as back float, kicking, reaching and blowing bubbles.

Sa	Sep 9-Nov 11	9:30-10 AM	\$113m/\$135p	16914
Su	Sep 10-Nov 5	9:30-10 AM	\$113m/\$135p	16915
Sa	Nov 18-Jan 27	9:30-10 AM	\$101m/\$120p	17359
Su	Nov 12-Jan 21	9:30-10 AM	\$101m/\$120p	17423

Swim Lessons – Level 1 3-5 yrs

Focusing on water acclimation, this course is for children who are unable to be in the water on their own without using a flotation device. Children are in the water with the instructor.

M	Sep 11-Nov 6	4-4:30 PM	\$113m/\$135p	16929
Tu	Sep 5-Nov 7	4-4:30 PM	\$126m/\$150p	17018
W	Sep 6-Nov 8	4-4:30 PM	\$113m/\$135p	16938
Th	Sep 7-Nov 9	4-4:30 PM	\$88m/\$105p	17019
Sa	Sep 9-Nov 11	9-9:30 AM	\$113m/\$135p	16994
Su	Sep 10-Nov 5	10-10:30 AM	\$113m/\$135p	16982
Su	Sep 10-Nov 5	10:30-11 AM	\$113m/\$135p	16916
M	Nov 13-Jan 22	4-4:30 PM	\$101m/\$120p	17387
Tu	Nov 14-Jan 23	4-4:30 PM	\$126m/\$150p	17366
W	Nov 15-Jan 24	4-4:30 PM	\$113m/\$135p	17378
Th	Nov 16-Jan 25	4-4:30 PM	\$113m/\$135p	17440
Sa	Nov 18-Jan 27	9-9:30 AM	\$101m/\$120p	17362
Su	Nov 12-Jan 21	10-10:30 AM	\$101m/\$120p	17354
Su	Nov 12-Jan 21	10:30-11 AM	\$101m/\$120p	17351

Swim Lessons – Level 2 4-6 yrs

To enroll, children must be able to enter water using steps or jump in independently; open eyes under water and retrieve submerged object; front glide, two body lengths; back float, three seconds; exit water independently.

M	Sep 11-Nov 6	4-4:30 PM	\$113m/\$135p	16875
Tu	Sep 5-Nov 7	4-4:30 PM	\$126m/\$150p	16944
W	Sep 6-Nov 8	4-4:30 PM	\$113m/\$135p	16899
Th	Sep 7-Nov 9	4-4:30 PM	\$88m/\$105p	16983
Sa	Sep 9-Nov 11	9:30-10 AM	\$113m/\$135p	16941
Su	Sep 10-Nov 5	10-10:30 AM	\$113m/\$135p	16942
Su	Sep 10-Nov 5	10:30-11 AM	\$113m/\$135p	16943
M	Nov 13-Jan 22	4-4:30 PM	\$101m/\$120p	17373
Tu	Nov 14-Jan 23	4-4:30 PM	\$126m/\$150p	17381
W	Nov 15-Jan 24	4-4:30 PM	\$113m/\$135p	17382
Th	Nov 16-Jan 25	4-4:30 PM	\$113m/\$135p	17353
Sa	Nov 18-Jan 27	9:30-10 AM	\$101m/\$120p	17361
Su	Nov 12-Jan 21	10-10:30 AM	\$101m/\$120p	17379
Su	Nov 12-Jan 21	10:30-11 AM	\$101m/\$120p	17380

Swim Lessons – Level 3 4-7 yrs

To enroll, children must be able to enter water by jumping in; rotary breathing; back float, 30 seconds; tread water, 30 seconds.

M	Sep 11-Nov 6	4:30-5 PM	\$113m/\$135p	16928
Tu	Sep 5-Nov 7	4:30-5 PM	\$126m/\$150p	16876
W	Sep 6-Nov 8	4:30-5 PM	\$113m/\$135p	16881
Th	Sep 7-Nov 9	4:30-5 PM	\$88m/\$105p	17015
Su	Sep 10-Nov 5	11-11:30 AM	\$113m/\$135p	16908
M	Nov 13-Jan 22	4:30-5 PM	\$101m/\$120p	17417
Tu	Nov 14-Jan 23	4:30-5 PM	\$126m/\$150p	17404
W	Nov 15-Jan 24	4:30-5 PM	\$113m/\$135p	17405
Th	Nov 16-Jan 25	4:30-5 PM	\$113m/\$135p	17352
Su	Nov 12-Jan 21	11-11:30 AM	\$101m/\$120p	17383

Swim Lessons – Level 4 6+ yrs

To enroll, children must be able to enter by jumping from side; enter headfirst from sitting and kneeling positions; bobbing while moving toward safety; rotary breathing; survival float; flutter, scissor, dolphin and breaststroke kicks on front; elementary backstroke, front crawl, 15 yards.

Su	Sep 10-Nov 5	11-11:30 AM	\$113m/\$135p	16907
Su	Nov 12-Jan 21	11-11:30 AM	\$101m/\$120p	17392

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Members only. Sessions are 30 minutes. To register, contact Caroline Cardullo at 301.348.3890 or ccardullo@benderjccgw.org.

Private (one student per instructor)

Three sessions	\$147
Six sessions	\$252
Ten sessions	\$323

Semi-Private (two students per instructor)

Three sessions	\$192
Six sessions	\$333
Ten sessions	\$491

SWIM CLUBS

Pre-Team Swim Club 6-12 years

Designed to prepare swimmers for the swim team, this stroke clinic is for those who are interested in participating in competitive swimming.

NEW REGISTRANTS – To ensure proper placement, please contact Caroline Cardullo to sign up for a qualification assessment for the pre-team. The assessment will be held:

Thursday, Sep 7 | 4:15-5:15 PM
Monday, Sep 11 | 4:15-5:15 PM

RETURNING PARTICIPANTS – Use codes below to register. Please note that returning participants may be asked to complete the qualification assessment.

M	Sep 11-Jan 22	4:15-5:15 PM	\$155m/\$189p	16812
Th	Sep 7-Jan 25	4:15-5:15 PM	\$146m/\$178p	16814
M & Th	Sep 7-Jan 25	4:15-5:15 PM	\$283m/\$345p	16834

Swim Club 7-14 yrs

Swimmers work on competitive skills and build endurance by swimming laps and corrected strokes. Swimmers must be able to swim one lap (50 yards) without stopping.

M	Sep 11-Jan 22	5:15-6:30 PM	\$176m/\$217p	16818
Th	Sep 7-Jan 25	5:15-6:30 PM	\$166m/\$204p	16823
M & Th	Sep 7-Jan 25	5:15-6:30 PM	\$321m/\$396p	16821

Masters Swim Club 18+ yrs

This noncompetitive recreational swim club provides challenging workouts, with individual stroke correction, for swimmers of all levels. Members only.

M&W&F	Sep 6-Jan 26	12-1 PM	\$331	16820
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Punch Pass: 10 visits for \$75
Drop-in Pass: \$8

ISADORE AND BERTHA GUDELSKY EXCEPTIONAL SWIM PROGRAM

The Isadore and Bertha Gudelsky Exceptional Swim Program helps children, teens and adults with orthopedic-related disabilities to enjoy aquatics. The program partners professional staff members (a coordinator, physical therapist and adaptive water instructors) and volunteers with participants to teach swimming basics and help them feel comfortable in the water. For details, contact Elon Walter at 443.286.9364.

Sa	Sep 9-May 19	10:30-11:15 AM	Free	17535
Sa	Sep 9-May 19	11:30 AM-12:15 PM	Free	17536

Sondra and Howard Bender Early Childhood Center

BENDER PRESCHOOL

Ora Cohen Rosenfeld

301.348.3830 | orosenfeld@benderjccgw.org

benderjccgw.org/preschool

With recently renovated classrooms and a new natural playscape and a new playground, the Bender JCC Preschool is a place where children grow and learn in a nurturing and inclusive Jewish setting. We encourage children to express themselves through creative art and music activities. We make our holidays, customs, traditions and values come to life.

Through our flexible 10-month and 12-month programs, the preschool builds the foundation to create childhood memories, both Judaic and secular. We challenge and enlighten children and broaden their horizons through a wide variety of experiences.

The Bender Early Childhood Center also offers a full-day, twelve-month toddler program for children age 18-24 months. Fully licensed by the State of Maryland, the program provides a warm and nurturing environment filled with inquiry and exploration. Our Reggio-inspired, play-based curriculum reflects a progressive approach to early childhood education, where we believe that even our youngest students are competent and capable.

Our exceptional staff makes the difference. It is our priority to employ experienced staff members who meet our high standards. We offer ongoing professional development to support our staff as lifelong learners. Our talented and dedicated staff is committed to ensuring each child's happiness, safety and growth.

Free Bender JCC Family Membership with Full-Day Enrollment!

Open Houses for Prospective Preschool Parents

Tuesday, October 24 | 10 AM

Wednesday, November 15 | 10 AM

Thursday, December 14 | 10 AM

Tuesday, January 9 | 10 AM

Enrichment Classes

Science 3-5 yrs

We will perform science activities and experiments, giving curious preschoolers the skills they need to seek answers and view the world scientifically.

Tu	Sep 12-Dec 19	1-2 PM	\$225m/\$250p	16966
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Yoga and Mindfulness 3-5 yrs

Little yogis will learn yoga poses by imitating animals and elements in nature. They will also learn to connect with their breath through mindfulness exercises, creating an inner calm.

W	Sep 13-Dec 20	1-2 PM	\$210m/\$235p	16855
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Cooking 3-5 yrs

Cooking is delicious and educational, as children learn and practice basic math concepts and build language skills. It also helps build confidence and lays the foundation for healthy eating habits.

Th	Sep 14-Dec 21	1-2 PM	\$165m/\$190p	16962
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HolidayCare 2-5 yrs

HolidayCare is offered for Bender JCC preschool students in the 10-month and 12-month programs on certain Jewish holidays when the preschool is closed but the Center is open. It is available only to children enrolled in the Bender JCC preschool.

Sukkot

Th	Oct 5	9 AM-5 PM	\$85	16949
F	Oct 6	9 AM-5 PM	\$85	16950

Shemini Atzeret

Th	Oct 12	9 AM-5 PM	\$85	16951
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Simchat Torah

F	Oct 13	9 AM-5 PM	\$85	16886
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Kid Coverage 2-5 yrs

Kid Coverage provides childcare for preschool students in the 10-month program who would like to attend school during school vacations when the 12-month program is in session.

Tu	Dec 26	9 AM-5 PM	\$85	17337
W	Dec 27	9 AM-5 PM	\$85	17311
Th	Dec 28	9 AM-5 PM	\$85	17346
F	Dec 29	9 AM-5 PM	\$85	17345

Special Events

ECPC Meetings

Wednesday, September 27 | 6-7:30 PM

Wednesday, November 8 | 6-7:30 PM

Pizza in the Hut

Tuesday, October 10 | 5:45-7 PM

Preschool Dance

Saturday, November 11 | 5:30-7 PM

Picture Art

Monday, November 13

Tuesday, November 14

Family Fun Day

Monday, January 15 | 10 AM-1 PM

Elie Ronen Scott Family Gym

Families with children age 18 months to 6 years are invited for Sunday fun in the gym from 9 AM to 12 PM. Free for members/\$10 per family for the general public. The program does not run from Memorial Day through Labor Day.

BENDER-DOSIK PARENTING CENTER

Lauren Dworkin

301.348.3837 | ldworkin@benderjccgw.org

The Bender-Dosik Parenting Center offers activities, classes and educational opportunities for the whole family. Programs allow you to connect with other families and bond with your little one (0-5 years) in a nurturing and hands-on environment. Celebrate Jewish holidays, cultivate essential developmental skills and create play-filled memories together.

Mommy and Baby Yoga 6 wks-9 mos

Moms will learn mom-baby postures and massage techniques designed to promote bonding and bring a sense of calm to baby. Strengthen, stretch and relieve stress while getting to know other moms and babies.

M	Sep 11-Oct 16	11-11:45 AM	\$85m/\$95p	16912
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Music Together 0-5 yrs

Build on your child's natural enthusiasm for music and movement and learn the skills to support the natural process of music development.

Sa	Sep 9-Nov 11	10-10:45 AM	\$230m/\$240p	17462
Sa	Sep 9-Nov 11	11-11:45 AM	\$230m/\$240p	17463
Su	Sep 10-Nov 12	10-10:45 AM	\$230m/\$240p	16985
Su	Sep 10-Nov 12	11-11:45 AM	\$230m/\$240p	16906
Tu	Sep 12-Nov 14	9:30-10:15 AM	\$230m/\$240p	16901
Tu	Sep 12-Nov 14	10:30-11:15 AM	\$230m/\$240p	17016

Shabbat Shalom Playgroup 0-5 yrs

Spend a fun-filled morning celebrating Shabbat and other Jewish holidays and themes. Learn about customs, traditions and prayers through art, music, movement and storytelling. One-time registration is required at benderjccgw.org/parenting.

F	Sep 8-Nov 10	10-11 AM	Free	16950
F	Nov 17-Feb 2	10-11 AM	Free	17363

Story Time 0-5 yrs

Story Time is a joyful exploration of children's literature through song and movement. Following Story Time, enjoy imaginative play, space to climb and explore, and age-appropriate toys.

W	Sep 13-Nov 15	10-11 AM	\$35m/\$40p	16940
Th	Sep 7-Dec 7	10-11 AM	\$35m/\$40p	16939
W	Dec 13-Jan 24	10-11 AM	\$25m/\$30p	17435
Th	Dec 14-Jan 25	10-11 AM	\$25m/\$30p	17434

Mommy Movie Monday 0-12 mos

Moms and babies are invited to the Bender JCC auditorium where a film will be shown to an audience that doesn't mind if your baby cries! Children age 1-5 years may be dropped off at J-Club, our babysitting program, for a fee.

M	Jan 8	10 AM-12 PM	\$5	17312
M	Jan 22	10 AM-12 PM	\$5	17313

Parenting with Confidence

Dr. Kay Abrams will lead this two-part workshop on challenges for parents with children age 1 to 10 years.

Session 1

Monday Oct 16 7:30-9 PM \$5m/\$10p 16904

Session 2

Monday Oct 23 7:30-9 PM \$5m/\$10p 16984

SHABBAT SHABBANG

Lauren Dworkin

301.348.3837 | ldworkin@benderjccgw.org

Shabbat Shabbang is an initiative that helps fulfill part of the Bender JCC's mission to provide meaningful experiences and connections for young families. These special evenings feature a seasonally-inspired gourmet meal, engaging entertainment, and meaningful arts & crafts activities. Shabbat Shabbang was piloted by JCC Manhattan, and is offered at the Bender JCC through funding from the Gottesman Fund. **To register, please visit benderjccgw.org.**

Friday, October 20 | Friday, January 12

J PLAY

Jennifer Radosh

301.348.3848 | jradosh@benderjccgw.org

benderjccgw.org/jplay

The Bender JCC, along with PJ Library, welcomes Montgomery County families to join us for fun-filled Jewish experiences both inside and outside the walls of the Center. Through play dates, community events and holiday celebrations, we aim to connect families and build friendships in their geographic area. (Play dates occur throughout Montgomery County.)

FAMILY PROGRAMS

For details, please visit benderjccgw.org.

Chanukah Celebration | Date TBA

Family Fun Day | Monday, December 25



Youth, Tweens & Teens

Sarah Weissman

301.348.3767 | sweissman@benderjccgw.org

Please note that children in kindergarten through grade six must be enrolled in a supervised program while at the Center on their own. Thank you for your cooperation in helping to keep our children safe.

KIDS AFTER SCHOOL Gr K-6

Register at benderjccgw.org/kas. This program is licensed through the Maryland State Department of Education.

3-6 PM The Kids After School program provides children with a safe place to unwind and socialize with friends, complete homework with staff assistance, and stay active through a variety of recreational and enriching activities. We offer flexible program options to meet the needs of busy parents, all in a warm and welcoming Jewish environment.

MCPS provides bus transportation to the Bender JCC from Luxmanor Elementary School, Farmland Elementary School and Tilden Middle School. Supervised walkover from CESJDS is available.

School Out Days, early dismissal days and winter break and spring break camps are included in the cost of the program on the days your child is enrolled.

Kids After School Monthly Fees

A \$100 non-refundable registration fee is required for all participants.

	Members*	Public
5 Days	\$456	\$488
3 Days	\$323	\$355
2 Days	\$244	\$265

*Must have family level membership to take advantage of member rates.

CLASS COMPLEMENT Gr K-6

Offered Monday through Thursday between 3:30 and 4:30 PM.

This program provides required supervision for children who are **ENROLLED in an enrichment class** and who will be at the Bender JCC before an enrichment class starting at 4:30 PM. Children will be escorted to their enrichment class by a member of the Bender JCC after-school staff. The children will **NOT** be picked up after class; parents are required to pick up their children **DIRECTLY** from the class. Free for members.

M	Sep 11-Nov 6	3:30-4:30 PM	\$0m/\$45p	16913
Tu	Sep 5-Nov 7	3:30-4:30 PM	\$0m/\$45p	16926
W	Sep 6-Nov 8	3:30-4:30 PM	\$0m/\$45p	16927
Th	Sep 7-Nov 9	3:30-4:30 PM	\$0m/\$45p	16917
M	Nov 13-Jan 22	3:30-4:30 PM	\$0m/\$45p	17438
Tu	Nov 14-Jan 23	3:30-4:30 PM	\$0m/\$45p	17439
W	Nov 15-Jan 24	3:30-4:30 PM	\$0m/\$45p	17355
Th	Nov 16-Jan 25	3:30-4:30 PM	\$0m/\$45p	17437

CESJDS Walkover: We provide complementary walkover for CESJDS students in grade K-2. Please send an email to sweissman@benderjccgw.org to add your child's name to the walkover list.

CLASS COMPLEMENT EXTENDED Gr K-6

Offered Monday through Thursday between 4:30 and 6 PM for children who need **coverage for classes beginning after 4:30 PM or AFTER their class ends.** Children may do homework, read or play games. They will be escorted to and from their enrichment classes by a member of the after-school staff. This option provides coverage **BEFORE** and **AFTER** enrichment classes.

Class Complement Extended

M	Sep 11-Nov 6	3:30-6 PM	\$110m/\$160p	16877
Tu	Sep 5-Nov 7	3:30-6 PM	\$110m/\$160p	16878
W	Sep 6-Nov 8	3:30-6 PM	\$110m/\$160p	16993
Th	Sep 7-Nov 9	3:30-6 PM	\$110m/\$160p	16992
M	Nov 13-Jan 22	3:30-6 PM	\$110m/\$160p	17418
Tu	Nov 14-Jan 23	3:30-6 PM	\$110m/\$160p	17420
W	Nov 15-Jan 24	3:30-6 PM	\$110m/\$160p	17421
Th	Nov 16-Jan 25	3:30-6 PM	\$110m/\$160p	17419

CESJDS Walkover: We provide complementary walkover for CESJDS students in grade K-2. Please send an email to sweissman@benderjccgw.org to add your child's name to the walkover list.

DAILY DROP-IN

This program provides required supervision on a drop-in basis. For details and to register, contact Sarah Weissman at 301.348.3767 or sweissman@benderjccgw.org at least 24 hours in advance.

SCHOOL OUT DAYS Gr K-6

When school is closed, Bender JCC staff provides a fun and engaging day of programming such as sports, swimming, cooking and arts & crafts.

CESJDS School Out Days

W	Sep 20	7:30 AM-12:30 PM	\$35m/\$45p	17010
W	Oct 4	12-6 PM	\$35m/\$45p	16937
W	Oct 11	12-6 PM	\$35m/\$45p	17011
F	Nov 3	7:30 AM-6 PM	\$75m/\$90p	17009
Th	Dec 7	7:30 AM-6 PM	\$75m/\$90p	17324
F	Dec 8	7:30 AM-6 PM	\$75m/\$90p	17395
F	Dec 22	7:30 AM-6 PM	\$75m/\$90p	17432
M	Jan 22	7:30 AM-6 PM	\$75m/\$90p	17453

MCPS School Out Days

Th	Nov 9	12:30-6 PM	\$35m/\$45p	16967
F	Nov 10	12:30-6 PM	\$35m/\$45p	17007
F	Nov 17	12:30-6 PM	\$35m/\$45p	17531

MCPS & CESJDS School Out Days

W	Nov 22	12-6 PM	\$35m/\$45p	17319
M	Jan 15	7:30 AM-6 PM	\$75m/\$90p	17321

HOLIDAYCARE Gr K-6

HolidayCare is available to elementary school students who attend day schools and need care on days when school is out. HolidayCare is offered when the Kids After School program is closed but the Bender JCC is open.

Sukkot

Th	Oct 5	7:30 AM-6 PM	\$80	17004
F	Oct 6	7:30 AM-6 PM	\$80	17006

Shemini Atzeret

Th	Oct 12	7:30 AM-6 PM	\$80	17014
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Simchat Torah

F	Oct 13	7:30 AM-6 PM	\$80	16936
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WINTER BREAK CAMP Gr K-6

Spend your break at the Bender JCC enjoying arts & crafts, sports, swimming and a field trip. You may register for the entire break or by day(s).

Tu-F	Dec 26-29	7:30 AM-6 PM	\$280m/\$340p	17320
Tu	Dec 26	7:30 AM-6 PM	\$75m/\$90p	17442
W	Dec 27	7:30 AM-6 PM	\$75m/\$90p	17457
Th	Dec 28	7:30 AM-6 PM	\$75m/\$90p	17323
F	Dec 29	7:30 AM-6 PM	\$75m/\$90p	17533

FRIDAY FUN AND GAMES Gr K-5

Participants will be picked up from CESJDS by Bender JCC staff and brought to the Bender JCC for supervised fun. At 3:15 PM, students enrolled in KAS will move to their classrooms, while the others will meet parents at the KAS table in the lobby for pick-up.

F	Oct 20-Mar 23	2:15-3:15 PM	\$235	16840
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ENRICHMENT CLASSES

Intro to STEM 5-8 yrs

Children will learn about engineering and architecture, creating structural and motorized projects using LEGO parts.

Tu	Sep 5-Nov 7	4:15-5:45 PM	\$280m/\$300p	16971
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STEM Challenge 8-11 yrs

Children will learn about engineering and architecture, creating structural and motorized projects using LEGO parts.

Tu	Nov 14-Jan 23	4:15-5:45 PM	\$280m/\$300p	17534
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Kids in the Kitchen 6-10 yrs

Children will explore their culinary skills by making fun and edible creations. They will be exposed to a variety of culinary techniques.

Th	Sep 7-Nov 9	4:15-5:15 PM	\$190m/\$225p	16871
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Preschool in the Kitchen 3-5 yrs

Children will explore their culinary skills by making fun and edible creations. They will be exposed to a variety of culinary techniques.

Th	Nov 16-Jan 25	3-3:45 PM	\$245m/\$290p	17317
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Chess 5-12 yrs

This class introduces new players to chess, focusing on basic moves and piece familiarity. Students with some knowledge of chess will learn new moves.

M	Sep 11-Nov 6	4:15-5:15 PM	\$165m/\$190p	17017
M	Nov 13-Jan 22	4:15-5:15 PM	\$145m/\$170p	17364

ART

Sarah Weissman

301.348.3767 | sweissman@benderjccgw.org

Building with Clay 9-11 yrs

Students will create exciting objects by shaping clay while improving hand-building skills, then take it to the next level with special attention to surface design and glazing for spectacular results.

Tu	Sep 5-Nov 7	4:15-5:45 PM	\$280m/\$290p	16863
Tu	Nov 14-Jan 23	4:15-5:45 PM	\$280m/\$290p	17375

Fun with Clay 5-8 yrs

Dive into the "mud" with your imagination and create fantastic animals, vessels, wall hangings and more with clay. Come ready to have fun and get messy!

W	Sep 6-Nov 8	4:15-5:15 PM	\$246m/\$255p	16867
W	Nov 15-Jan 24	4:15-5:15 PM	\$246m/\$255p	17374

Mini Super Crafters 5-8 yrs

Students will learn the basic skills of making objects such as bags, wallets, 3-D sculptures and 2-D collages. They will explore media such as painting, beading, decoupage and duct tape to create personalized and unique projects.

M	Sep 11-Nov 6	4:15-5:15 PM	\$195m/\$205p	16869
M	Nov 13-Jan 22	4:15-5:15 PM	\$175m/\$185p	17384

Super Crafters 8-12 yrs

Students will learn the basic skills of making objects such as bags, wallets, 3-D sculptures and 2-D collages. They will explore media such as painting, beading, decoupage and duct tape to create personalized and unique projects.

Tu	Sep 5-Nov 7	4:15-5:15 PM	\$215m/\$225p	16868
Tu	Nov 14-Jan 23	4:15-5:15 PM	\$215m/\$225p	17372

Paint and Draw - Young Painters 5-8 yrs

Students will explore the basics of painting and drawing and will learn classic techniques as they paint from still-life and photographs. No prior art experience is necessary.

W	Sep 6-Nov 8	4:15-5:15 PM	\$195m/\$205p	16879
W	Nov 15-Jan 24	4:15-5:15 PM	\$195m/\$205p	17310
Th	Sep 7-Nov 9	4:15-5:15 PM	\$155m/\$165p	16931
Th	Sep 7-Nov 9	5:15-6:15 PM	\$155m/\$165p	16866
Th	Nov 16-Jan 25	4:15-5:15 PM	\$195m/\$205p	17376
Th	Nov 16-Jan 25	5:15-6:15 PM	\$195m/\$205p	17356

Paint & Draw - Budding Artists 8-13 yrs

Students will explore the basics of painting and drawing, and will learn classic techniques as they paint from still-life and photographs. No prior art experience is necessary.

M	Sep 11-Nov 6	5:15-6:15 PM	\$195m/\$205p	16956
M	Nov 13-Jan 22	5:15-6:15 PM	\$175m/\$185p	17349
Tu	Sep 5-Nov 7	5:15-6:15 PM	\$215m/\$225p	16957
Tu	Nov 14-Jan 23	5:15-6:15 PM	\$215m/\$225p	17309

Scrapbooking - Real & Imaginary 9-12 yrs

Learn how to make your memories unforgettable or build a timeless story of your own. The sky is the limit for your imagination.

W	Sep 6-Nov 8	5:15-6:15 PM	\$195m/\$205p	16998
W	Nov 15-Jan 24	5:15-6:15 PM	\$195m/\$205p	17377

Arts Expression 6-11 yrs

Arts Expression will allow those with special needs to discover the world of the arts through various creative outlets. This fun and imaginative program will offer classes that allow participants to explore ways to express themselves through music, drama, painting and more. Participants must have independent self-help skills. The program will be facilitated by trained staff and volunteers. For details, please contact Leah Schwartz at 301.348.3735 or lschwartz@benderjccgw.org.

Th	Sep 7-Nov 16	5-6 PM	\$155m/\$177p	17538
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MUSIC

Sarah Weissman

301.348.3767 | sweissman@benderjccgw.org

Age 5+ yrs. Private instruction is offered Saturday through Thursday year round in piano, guitar (acoustic, electric, bass), percussion and drums, voice, woodwinds (flute, clarinet, oboe, bassoon, saxophone), strings (violin, viola, cello) and brass (trumpet, trombone). Please note that online registration is not available for private music lessons.

COLLEGE PREP

Leah Schwartz

301.348.3735 | lschwartz@benderjccgw.org

Navigating College Admissions

Students in grades 8-11 and their parents will get straight answers to their admissions questions. This workshop is led by Eliot Applestein, who has appeared on Talk of the Nation, written about college admissions for The Washington Post and has contributed to U.S. News and World Reports' America's Best Colleges.

Su	Sep 10	3-5 PM	\$5	17527
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Navigating College Admissions for Students with IEPs/504s

Only 28 percent of students with disabilities graduate from college. Most do not take advantage of college services available to them. Students in grades 8-12 with learning and disabilities and their parents are invited to this college workshop led by Eliot Applestein, who has appeared on Talk of the Nation, written about college admissions for The Washington Post and has contributed to U.S. News and World Reports' America's Best Colleges.

Su	Oct 15	3-4:30 PM	\$5	17528
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BIRTHDAY PARTIES

Sarah Weissman

301.348.3767 | sweissman@benderjccgw.org

You say it's your birthday? Celebrate with a party at the Bender JCC! Parties are held on Saturdays and Sundays. We have two great packages from which to choose. Themes include arts & crafts, pirates or superheroes, sports, gymnastics and jewelry making.

ARTS ALIVE: JEWISH EDUCATION THROUGH THE ARTS

Lisa Ginsburg Arber | larber@benderjccgw.org

For children in kindergarten through grade 5, this interactive Jewish educational experience fosters positive Jewish identity, nurtures a love for Jewish life and learning, and inspires a passion for the arts.

Su	Sep 17-May 6	10 AM-12 PM	\$1,450	16688
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ROCKVILLE OPEN HOUSE

Leah Schwartz

301.348.3735 | lschwartz@benderjccgw.org

This supervised and safe gathering space is for lesbian, gay, bisexual, transgender, queer, questioning and intersex Jewish teens, their friends and allies, between the ages of 13 and 18 years. The group meets once a month.

Dance

Debbie Clark

301.348.3777 | dclark@benderjccgw.org
benderjccgw.org/dance

The Bender JCC School of Dance offers a full and varied curriculum with instruction in all disciplines of dance for students of all ages and levels. Experienced faculty members encourage the development of talent, confidence and self-discipline through individual attention. Dance classes are offered on an annual basis, except for preschool classes, which are offered by semester.

Pre-Ballet: Creative Movement 3-4 yrs

This is an introduction to ballet with beginning development of ballet concepts including turn out, coordination and spatial awareness.

Tu	Sep 5-Jan 23	3-3:45 PM	\$380m/\$420p	16842
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Ballet/Tap Combo 3-5 yrs

In this introductory class, dancers will learn fundamentals of ballet and tap, while enjoying their own free style and creative movement. Ballet and tap shoes are required.

W	Sep 6-Jan 24	3-3:45 PM	\$345m/\$380p	16843
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Ballet

Classes consist of barre exercises and center work, focusing on overall body alignment and awareness with emphasis on proper usage of feet and legs and execution of turnout. Carriage and usage of upper torso and arms are also stressed.

Beginning Ballet I 5-7 yrs

Tu	Sep 5-Jun 5	4:15-5:15 PM	\$850m/\$925p	17488
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Beginning Ballet II 8-11 yrs

Tu	Sep 5-Jun 5	5:15-6:15 PM	\$850m/\$925p	17482
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Tuition includes Class Complement Extended

Intermediate Ballet 13-16 yrs

M	Sep 11-Jun 4	5:30-7 PM	\$860m/\$890p	17471
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Adult Ballet 18+ yrs

Known for graceful movements and precise technique, classical ballet can also be a great workout and forum for artistic expression.

Tu	Sep 26-Nov 14	6:15-7:15 PM	\$155m/\$170p	17541
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Lyrical

Lyrical dance combines elements of ballet, modern and jazz dance techniques. The goal is to use gestures, facial expression, and controlled movements to execute movements and emotions fully. Students must be registered in a Bender JCC ballet class (or another ballet program approved by Debbie Clark).

Beginning Lyrical 9-12 yrs				
Th Sep 7-Jun 7	4:15-5:15 PM	\$870m/\$905p	17489	
Lyrical I 12-14 yrs				
W Sep 6-Jun 6	5:30-6:45 PM	\$915m/\$950p	17473	
Lyrical II 13-16 yrs				
W Sep 6-Jun 6	5:30-6:45 PM	\$915m/\$950p	17470	

Beginning Tap I/II 5-7 yrs
Students will explore the fundamental steps of tap dance, learn tap terminology and develop the ability to maintain correct body placement.

M Sep 11-Jun 4	4:30-5:30 PM	\$735m/\$795p	17484	
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Tap I: Advanced Beginning 7-10 yrs
Students will continue to explore the fundamental steps of tap dance, learn tap terminology and develop the ability to maintain correct body placement.

W Sep 6-Jun 6	4:15-5:15 PM	\$810m/\$880p	17467	
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Tap II: Intermediate 8-12 yrs
Students review tap basics, such as shuffle ball change, flaps, cramp rolls and buffalo, then move on to time step, essence, various riffs and developed sequencing. Emphasis will be placed on listening, moving to count, and learning tap combinations.

M Sep 11-Jun 4	5:30-6:30 PM	\$735m/\$795p	17485	
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Tap III: Intermediate/Advanced 13-18 yrs
The upbeat music in this fast-paced class encourages the development of good listening skills and quick response. Student are challenged with complicated combinations. Students are accepted with teacher's approval.

M Sep 11-Jun 4	6:30-7:30 PM	\$735m/\$795p	17486	
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Adult Tap 16+ yrs
This class is geared toward the student who has had little or no tap training. The focus is on proper instruction of how to articulate the feet and ankles, as well as explore musicality, rhythm and syncopation.

W Nov 29-Jan 24	7-8 PM	\$155m/\$170p	17515	
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Jazz
Jazz dance brings energy and life to all those who dance it. Classes explore body isolations of the head, shoulders, ribcage, feet and arms.

Jazz and Mini-Hop Combo 6-8 yrs				
Th Sep 7-Jun 7	4:15-5:15 PM	\$870m/\$905p	17481	
Beginning Jazz 6-9 yrs				
W Sep 6-Jun 6	4:30-5:30 PM	\$775m/\$840p	17479	
Advanced Beginning Jazz 9-12 yrs				
M Sep 11-Jun 4	4:30-5:30 PM	\$735m/\$795p	17472	
Intermediate Jazz 12-16 yrs				
Th Sep 7-Jun 7	5:15-6:30 PM	\$870m/\$905p	17477	
Advanced Jazz 14-18 yrs				
Th Sep 7-Jun 7	6:30-7:45 PM	\$870m/\$905p	17476	
Teen Jazz 13-18 yrs				
Su Sep 10-Jan 7	11 AM-12 PM	\$325m/\$360p	17523	
Adult Jazz 16+ yrs				
M Sep 25-Nov 13	7-8 PM	\$155m/\$170p	17542	
M Nov 20-Jan 22	7-8 PM	\$155m/\$170p	17459	

Street Jazz and Hip-Hop
Street jazz warm-up and center exercises will start the class, building strength, control and agility. Center work will add a challenge as students tackle isolations and syncopated rhythms in hip-hop, all done to the latest hit music.

Street Jazz and Hip-Hop I 9-15 yrs				
Tu Sep 5-Jun 5	4:15-5:15 PM	\$850m/\$925p	17487	
Street Jazz and Hip-Hop II 11-15 yrs				
Tu Sep 5-Jun 5	5:15-6:15 PM	\$850m/\$925p	17475	
<i>Tuition includes Class Complement Extended</i>				

Youth Dance Company 12-18 yrs
This performance-driven class is tailored to the dancer who desires to explore the many facets of jazz in an advanced environment. Students enrolled in this class should have high-intermediate to advanced technique and skills. Placement by permission only.

Su Sep 10-Jun 3	1:15-3:15 PM	\$1,040m/\$1,075p	17483	
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Movement Matters 12-18 yrs
Individuals with special needs will explore ways to be active and use their bodies to express themselves through movement. Participants must have independent self-help skills. Program will be facilitated by trained staff and volunteers. Contact Leah Schwartz at 301.348.3735 or lschwartz@benderjccgw.org.

Su Sep 10-Oct 22	12:30-1:30 PM	\$90m/\$118p	17537	
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Alvin Mayes Modern Dance Workshop 18+ yrs
Dancer and choreographer Alvin Mayes, a member of the dance faculty at the University of Maryland, teaches this enjoyable, flowing and challenging class for adults of all ages.

Th Sep 7-Nov 16	9:30-10:45 AM	\$185m/\$195p	17516	
Th Nov 30-Jan 25	9:30-10:45 AM	\$185m/\$195p	17517	

Sports & Recreation

Anthony Hunter
301.348.3852 | ahunter@benderjccgw.org

BASKETBALL

Mini Hoopsters Basketball 3-5 yrs
Children will improve their basketball skills through dribbling, passing and shooting drills and games. They will also begin to learn the basic rules of basketball and play other games that use the basic principles of basketball.

Th Sep 7-Nov 9	3-3:45 PM	\$75m/\$90p	16893	
Th Nov 16-Jan 25	3-3:45 PM	\$95m/\$110p	17385	

Basketball Skills Level 1 5-7 yrs
This introduction to basketball includes fundamentals such as ball-handling, shooting, passing and defense. Mini games and contests will be incorporated to reinforce skills.

Th Sep 7-Nov 9	4:15-5 PM	\$75m/\$90p	16903	
Th Nov 16-Jan 25	4:15-5 PM	\$95m/\$110p	17360	

Basketball Skills Level 2 8-12 yrs
This class is a more advanced skill level of basketball. Participants should be at a comfortable skill level when it comes to dribbling, passing and shooting the basketball.

Th Sep 7-Nov 9	5-5:45 PM	\$75m/\$90p	16947	
Th Nov 16-Jan 25	5-5:45 PM	\$95m/\$110p	17416	

Youth Co-Ed Winter Basketball League
No prior competitive basketball experience necessary. Coaches will teach the fundamentals and emphasize good sportsmanship.

5-6 yrs				
Su Jan 7-Feb 25	12:15-1:15 PM	\$160m/\$180p	17425	
7-8 yrs				
Su Jan 7-Feb 25	1:25-2:40 PM	\$160m/\$180p	17369	
9-10 yrs				
Su Jan 7-Feb 25	2:50-4:05 PM	\$160m/\$180p	17424	
11-14 yrs				
Su Jan 7-Feb 25	4:15-5:30 PM	\$160m/\$180p	17368	

GA GA

Ga Ga Sport 5-12 yrs

Children will play rousing games of ga ga and striker.

Tu Sep 5-Nov 7	4:15-5 PM	\$105m/\$125p	16873
Tu Nov 14-Jan 23	4:15-5 PM	\$105m/\$125p	17370

GYMNASTICS

Parent and Tot Gymnastics 1-3 yrs

Under the guidance of an experienced instructor, parents will lead children through gymnastics warm-ups and stretching, and then introduce them to gymnastics apparatus. Children will work on balance and coordination, and will gain an overall sense of body awareness.

W Sep 6-Nov 8	11-11:30 AM	\$120m/\$135p	16986
W Nov 15-Jan 24	11-11:30 AM	\$120m/\$135p	17386

Tumble Tots Gymnastics 3-4 yrs

In a fun and structured atmosphere, children will be introduced to the basic terminology and fundamentals of gymnastics. They will work on balance and coordination, and will gain an overall sense of their bodies.

W Sep 6-Nov 8	3-3:30 PM	\$120m/\$135p	16990
W Nov 15-Jan 24	3-3:30 PM	\$120m/\$135p	17430

Super Tots Gymnastics 4-5 yrs

In a fun and structured atmosphere, children will be introduced to the basic terminology and fundamentals of gymnastics. They will work on balance and coordination, and will gain an overall sense of their bodies.

W Sep 6-Nov 8	3:45-4:15 PM	\$120m/\$135p	16898
W Nov 15-Jan 24	3:45-4:15 PM	\$120m/\$135p	17429

Jump Around Gymnastics 1 5-8 yrs

Children play on specialized gymnastics equipment, working on balance beam skills, cartwheels, rolls and bar.

W Sep 6-Nov 8	4:30-5:15 PM	\$120m/\$135p	16988
W Nov 15-Jan 24	4:30-5:15 PM	\$120m/\$135p	17433

Jump Around Gymnastics 2 8-12 yrs

Children play on specialized gymnastics equipment, working on balance beam skills, cartwheels, rolls and bar.

W Sep 6-Nov 8	5:15-6 PM	\$120m/\$135p	16989
W Nov 15-Jan 24	5:15-6 PM	\$120m/\$135p	17428

KARATE

Lil Dragons Karate 3-5 yrs

This introduction to Tae Kwon Do teaches basic martial arts techniques, as well as life and safety skills, through fun activities and drills.

M Sep 11-Jan 22	3:15-4 PM	\$350m/\$400p	16830
W Sep 6-Jan 24	3:15-4 PM	\$375m/\$425p	16831

Kid Tiger Karate 5-8 yrs

For beginner/intermediate students.

M Sep 11-Jan 22	4:15-5 PM	\$350m/\$400p	16819
W Sep 6-Jan 24	4:15-5 PM	\$375m/\$425p	16817
M&W Sep 6-Jan 24	4:15-5 PM	\$725m/\$825p	16816

Beginner Karate 9+ yrs

For beginners with no belt through purple belt/green stripe.

M & W Sep 6-Jan 24	5-5:45 PM	\$725m/\$825p	16835
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Intermediate/Advanced Karate 9+ yrs

For intermediate/advanced students with a green belt through brown belt/red stripe.

M & W Sep 6-Jan 24	5:45-6:30 PM	\$725m/\$825p	16836
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Advanced/Black Belts and Adults Karate 9+ yrs

For red belts and up and adults of all belt levels.

W Sep 6-Jan 24	6:30-7:15 PM	\$725m/\$825p	16845
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MULTI-SPORTS

Preschool Sports & Sorts 3-5 yrs

In this program that builds self-esteem and confidence, children will be introduced to different activities and sports such as soccer, kickball and basketball.

M Sep 11-Nov 6	3-3:45 PM	\$95m/\$110p	17000
M Nov 13-Jan 22	3-3:45 PM	\$85m/\$100p	17415

Preschool Team Building 3-5 yrs

This exciting new class offers activities outside of traditional team sports that challenge students both physically and mentally. It will introduce team-building, problem-solving and physical challenges.

Tu Sep 5-Nov 7	3-3:45 PM	\$105m/\$125p	16987
Tu Nov 14-Jan 23	3-3:45 PM	\$105m/\$125p	17406

All-Star Sports 5-8 yrs

In this program that builds self-esteem and confidence, children will be introduced to different activities and the basic skills and rules of team sports such as soccer, kickball, floor hockey and basketball.

M Sep 11-Nov 6	4:15-5 PM	\$95m/\$110p	16930
M Nov 13-Jan 22	4:15-5 PM	\$85m/\$100p	17414

SPECIAL NEEDS

Sports Adventures 8-14 yrs

In this adapted physical education class, participants with special needs learn the basic skills of a variety of sports such as baseball, basketball, soccer, floor hockey, tennis and bowling. The instructor will make any necessary adjustments so that all participants can be involved in each activity.

M Sep 11-Nov 6	5-5:30 PM	\$95m/\$110p	16921
M Nov 13-Jan 22	5-5:30 PM	\$85m/\$100p	17329

VOLLEYBALL

Youth Volleyball 10-14 yrs

This introduction to volleyball is intended to take beginners or experienced players to the next level. Learn proper technique, skills and strategies, and participate in small-sided games. Instruction will be given by college athletes and coaches, with the opportunity to meet and learn from professional athletes.

Tu Sep 5-Nov 7	5:15-6 PM	\$105m/\$125p	16890
Tu Nov 14-Jan 23	5:15-6 PM	\$105m/\$125p	17326

SPORTS PROGRAMS FOR ADULTS

Anthony Hunter

301.348.3852 | ahunter@benderjccgw.org

Mamanet 18+ yrs

The Israeli game of mamenet (called Newcomb in the US) is a competitive game similar to volleyball. Players must catch the ball before passing it back over the net.

Tu Sep 5-Jan 23	8-9 PM	\$240m/\$280p	17506
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Pickleball 18+ yrs

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. No instruction provided. Registration not required. Purchase drop-in passes at the front desk.

Sa Dec 2-Mar 31	1-4 PM		
3-day pickleball pass: \$9m/\$15p			
6-day pickleball pass: \$18m/\$30p			

Fall Adult Co-Ed Softball League 18+ yrs

Grab your bat, step up to the plate and register for our softball league! We have divisions for various skill levels. Register as a team or individually. Sunday games will be played at 9 AM and 10:30 AM at county fields. Weekday games will be played at the Bender JCC at 6:30 PM, 7:45 PM and 9 PM.

Su Sep 10-Nov 12		\$770	16810
M, Tu, W Sep 5-Nov 1		\$700	16811

SPORTS LESSONS

Anthony Hunter

301.348.3852 | ahunter@benderjccgw.org

Private and semi-private lessons are offered in gymnastics, basketball, karate and more.

JCC MACCABI GAMES

Susan Fischer

301.348.3892 | sfischer@benderjccgw.org

For athletes age 13 to 16, the JCC Maccabi Games promote community service involvement, sportsmanship and Jewish pride.

MID-ATLANTIC JUNIOR GAMES

Susan Fischer

301.348.3892 | sfischer@benderjccgw.org

The Mid-Atlantic Junior Games, for athletes age 10 to 12, are a one-day experience modeled after the JCC Maccabi Games.

Health & Fitness

301.348.3891 | fitness@benderjccgw.org

GROUP EXERCISE

Rachel Ossman

301.348.3710 | rossman@benderjccgw.org

We offer more than 90 weekly group and specialty exercise classes, including yoga, total body conditioning, Zumba, BODYPUMP™ by Les Mills and boot camp. Check benderjccgw.org/grouper for details, or sign up for group exercise email updates.

FITNESS

Les Mills Born to Move™ 6-7 yrs

Fun today; fit tomorrow! From the music and moves to the teaching style, each class is jam-packed with fun and fitness!

Su Sep 10-Nov 5	10-11 AM	\$100m/\$125p	17503
Tu Sep 5-Nov 7	4:30-5:15 PM	\$100m/\$125p	17502
Su Nov 12-Jan 21	10-11 AM	\$100m/\$125p	17508
Tu Nov 14-Jan 23	4:30-5:15 PM	\$100m/\$125p	17507

Les Mills Born to Move™ 8-12 yrs

Looking to instill a love of being active in your children so they will grow into active, healthy and happy adults? Then this is THE class! We will teach your child cool moves from dance, martial arts and yoga. Each class is jam-packed with fun and fitness!

Su Sep 10-Nov 5	11 AM-12 PM	\$100m/\$125p	17505
M Sep 11-Nov 6	4:30-5:15 PM	\$100m/\$125p	17504
Su Nov 12-Jan 21	11 AM-12 PM	\$100m/\$125p	17510
M Nov 13-Jan 22	4:30-5:15 PM	\$100m/\$125p	17509

Tai Chi 18+ yrs

Tai Chi's flowing and strength-building movements improve stress management while increasing flexibility, strength, memory, agility, and balance. It derives its power from the cultivation of internal strength, rather than muscle power. Students should be able to stand on one foot for several seconds at a time.

M Sep 11-Oct 30	11:30 AM-12:25 PM	\$99m/\$149p	16995
M Nov 13-Jan 22	11:30 AM-12:25 PM	\$99m/\$149p	17422

Cycle for Good 13+ yrs

Spin your dreidel and your wheels as the Bender JCC participates in the fifth annual Cycle for Good program to raise funds for Interfaith Works Wilkins Avenue Women's Assessment Center. Participants with young children are invited to use our childcare at no charge.

Su Dec 17	8-9 AM	\$36	17341
Su Dec 17	9:30-10:30 AM	\$36	17333

PARKINSON'S WELLNESS INITIATIVE

Rachel Ossman

301.348.3710 | rossman@benderjccgw.org

The Bender JCC offers classes for individuals with Parkinson's disease as part of the Edmond J. Safra National Parkinson's Wellness Initiative of the National Parkinson Foundation (NPF). Held at the Center in partnership with Georgetown University Hospital, the program is designed to improve the lives of those impacted by Parkinson's through fitness, support, education and socialization.

Chair-Based Strength 18+ yrs

This class is designed to help Parkinson's patients improve and maintain their Activities of Daily Living (ADLs) and their quality of life by working on balance, strength, flexibility and range of motion.

Tu Sep 5-Nov 21	1-2 PM	\$85	16882
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Support Group for Caregivers 18+ yrs

Caregivers of those who are enrolled in the chair-based strength class (see previous listing) are encouraged to drop in for this free support group.

Tu Sep 5-Nov 21	1-2 PM		
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Yoga 18+ yrs

Participants will go through postures or asanas, from lying down to seated to standing. They will work on balance to improve flexibility and range of motion, and to decrease tension. Must be able to move from the floor to standing.

Th Sep 7-Dec 21	1-2 PM	\$85	16888
M Sep 11-Nov 27	2-3 PM	\$85	16896

Hybrid Fitness 18+ yrs

This mix of strength, yoga, Pilates and balance work is geared to help improve movement quality and overall performance in daily activities. The goal is to improve flexibility while enhancing state of mind.

W Sep 6-Dec 6	2-3 PM	\$85	16856
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Punch for Parkinson's 18+ yrs

This boxing and strength class is designed to meet the changing needs of Parkinson's patients. Participants will learn to use defense tactics and martial arts as a way to strengthen the body and improve balance and coordination.

F Sep 8-Dec 22	1:30-2:30 PM	\$85	16860
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PERSONAL TRAINING

Dahhia Smith-Johnson

301.348.3894 | dsmith-johnson@benderjccgw.org

Personal training is a great way to commit to your fitness goals. Whether you are interested in one-on-one personal training, duet, small group or specialty TRX suspension training, our personal trainers offer a variety of options to help you achieve your fitness goals.

PK FIT! - Parent Kid Fitness 5-11 yrs with parent

Enjoy a great interactive workout with your child. Parents of all fitness levels, from beginner to advanced, are welcome. (The fee for each additional child is \$30 for members or \$45 for the general public. Please sign up for each additional child using code 16980.)

Su Oct 1-22	9-9:30 AM	\$130m/\$145p	16978
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XFIT Extreme Teen Fitness 10-14 yrs

This class is designed to instruct participants on proper exercise techniques and flexibility. Children ages 12-14 may use the wellness center with a parent upon completion.

Su Oct 1-22	9-9:30 AM	\$95m/\$130p	17003
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Junior Strength Training 10-14 yrs

These classes are designed to help youth be more active through

cardio exercise, calisthenics and using strength equipment. Instructors will teach appropriate ways to exercise and will provide healthy lifestyle tips. Upon completion, the participant can use the cardio and strength equipment along with a parent.

W Oct 4-Nov 8	4:30-5:30 PM	\$120m/\$140p	16934
W Nov 29-Dec 20	4:30-5:30 PM	\$120m/\$140p	17343

Fitness 101 13+ yrs

New members and those who need a refresher are invited to learn how to correctly utilize each area of the fitness center, including cardio rooms, strength training and circuit-strength equipment.

M Oct 2-23	6-7 PM	\$95m/\$115p	16889
W Oct 4-25	6-7 PM	\$95m/\$115p	16981
M Nov 27-Dec 18	6-7 PM	\$95m/\$115p	17307
W Nov 29-Dec 20	8:30-9:30 AM	\$95m/\$115p	17314

TRX Training 16+ yrs

This new category of exercise for all fitness levels leverages bodyweight and gravity using the TRX to develop strength, balance, flexibility and core stability simultaneously.

Th Oct 19-Nov 9	10:30-11:15 AM	\$110m/\$130p	16945
Th Nov 30-Dec 21	10:30-11:15 AM	\$110m/\$130p	17408

Women with Weights 16+ yrs

For women only, this program that meets twice a week is designed to target multiple muscle groups at once. Participants build lean muscle, lose body fat and burn calories in a short amount of time.

M & F Oct 2-Nov 13	9:30-10:30 AM	\$160m/\$185p	16946
M & F Nov 27-Dec 22	9:30-10:30 AM	\$99m/\$120p	17338

Women's Self-Defense 18+ yrs

This class focuses on verbal command and presence, punching and striking, the use of legs and feet as a form of defense, escape mechanisms, and a few components that could devastate an attacker. Participants will develop necessary skills to temporarily disable an attacker and flee from an aggressive situation.

Th Nov 2-Dec 14	6-7 PM	\$95m/\$115p	16918
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S.O.S. No Falls 45+ yrs

Stretch, Observe & Strengthen your way to decreasing the risk of falling. The class aims to improve balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength.

Th Sep 7-Oct 19	10:45-11:30 AM	\$110m/\$130p	16972
Th Oct 26-Nov 16	10:45-11:30 AM	\$110m/\$130p	17390
Th Sep 7-Oct 19	1-1:45 PM	\$110m/\$130p	16973
Th Oct 26-Nov 16	1-1:45 PM	\$110m/\$130p	17391

MASSAGE

Dahhia Smith-Johnson

301.348.3894 | dsmith-johnson@benderjccgw.org

The Bender JCC offers a comprehensive array of therapeutic massage and spa services. All treatments are conducted by highly-trained, licensed therapists who specialize in healing body and mind.

J CLUB BABYSITTING

Dahhia Smith-Johnson

301.348.3894 | dsmith-johnson@benderjccgw.org

Parents can work out or attend a program at the Bender JCC while their children, age 3 months to 5 years, have fun in our supervised play room. The fee per hour is \$3 for members or \$6 for the general public. The fee for a 10-hour card, per child, is \$30 for members or \$60 for the general public. An unlimited pass is available for \$20 per month for members only. You must pay in advance at the membership desk.

Hours (as of September 1)

Monday-Thursday	8:30 AM-12:30 PM & 4:30-7:30 PM
Friday	8:30 AM-12:30 PM
Saturday	9 AM-2 PM
Sunday	9 AM-1 PM

PROACTION PHYSICAL THERAPY

301.881.2273 | proactionpt.com

ProAction Physical Therapy has partnered with the Bender JCC to offer physical therapy services at the Center. Treatment is based on a thorough evaluation of strength, flexibility and overall mobility in order to meet personal goals.

Inclusion

Leah Schwartz

301.348.3735 | lschwartz@benderjccgw.org

The Center hosts programs and social groups for individuals who have learning, intellectual and other developmental disabilities. We also offer exciting new programs for individuals with special needs and their families, such as innovative classes and parent respite opportunities. Please see the youth art section, the youth dance section, and the sports and recreation section for inclusive classes.

Educational Workshops

Please join us for a series of educational workshops designed for individuals, families, caretakers and community members who want to learn about various topics relating to individuals with special needs. These topics include, but are not limited to: housing and residential options and resources, employment opportunities, government benefits, sibling workshops, relationships and life skills development.

Teens Together 12-17 yrs

This social group, for awesome teens with special needs, creates a fun and inclusive setting for teens to participate in engaging activities that foster friendships and encourage independence, such as ZamDance, bowling and movie nights! (Teens Together will not conflict with Friendship Circle's scheduled activities.)

Su Sep 17-Jun 3	2-4 PM	\$555m/\$575p	17540
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Tikvah 18+ yrs

This social group is for adults who may have disabilities ranging from minimal to severe, including intellectual disabilities, learning and other developmental and/or physical disabilities. Participants will meet for fun and exciting outings, such as lunch downtown, a musical or a basketball game at the Verizon Center. Tikvah members will have input into the planning of their schedule. A skilled group leader provides a comfortable atmosphere for the participants to work on socialization and other skills. The group will meet twice a month on Sundays, with the option of a Saturday night activity. This is a joint program between the Bender JCC and JFGH. A kick-off event will be held Thursday, September 7 from 6:30 to 8 PM.

Su Sep 17-Jun 3	12-2 PM	\$360m/\$385p	17539
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Hebrew & Yiddish

Rivka Degani

301.348.3810 | rdegani@benderjccgw.org

NEW! Our Hebrew Ulpan is proud to introduce the innovative Bishvil Ha-Ivrit language program, used by thousands of students all over the world. This exciting program employs technology that enhances and supports learning with audio recordings, interactive technology, documentary films and more. For more information, please visit <http://neta.cet.ac.il>.

Hebrew Aleph 14+ yrs

For students with no previous Hebrew knowledge. Both the cursive and printed alphabets are taught, along with vocabulary for basic dialogue.

Tu Sep 12-Jan 30	11 AM-1 PM	\$420	16839
W Sep 6-Feb 7	7:30-9:30 PM	\$420	16852

Hebrew Aleph II 14+ yrs

For students who have basic vocabulary of every day conversation (about 200 words) and know the present form of verbs.

Th Sep 7-Feb 8 7:30-9:30 PM \$420 16849

Hebrew Bet 14+ yrs

For students who have mastered basic conjugation in present and past tenses, and have a vocabulary of 400 words.

Tu Sep 12-Jan 30 9-11 AM \$420 16850

Th Sep 7-Feb 8 7:30-9:30 PM \$420 16827

Hebrew Gimel 14+ yrs

For students who are familiar with active verb conjugations of all groups in present and past tenses.

Tu Sep 12-Jan 30 7:30-9:30 PM \$420 16833

Hebrew Gimel II 14+ yrs

For students who know the present, past and some future tenses.

M Sep 11-Feb 5 4:45-6:45 PM \$420 16848

W Sep 6-Feb 7 9:30-11:30 AM \$420 16822

F Sep 8-Feb 9 10 AM-12 PM \$420 16832

Hebrew Dalet 14+ yrs

For students who have mastered basic conjugation in active and passive verb groups.

Th Sep 7-Feb 8 7:30-9:30 PM \$420 16829

Hebrew Vav 14+ yrs

Conducted entirely in Hebrew. We will read literary texts and improve grammar skills, in addition to using the digital resources.

W Sep 6-Feb 7 11:30 AM-1:30 PM \$420 16844

W Sep 6-Feb 7 7:30-9:30 PM \$420 16815

Advanced Hebrew 14+ yrs

This class is taught entirely in Hebrew with an emphasis on conversation. We will read from Israeli newspapers and listen to Israeli broadcast news, and read a novel or short stories.

M Sep 11-Feb 5 7-9 PM \$420 16813

Yiddish Language 14+ yrs

This course introduces spoken and written Yiddish using dialogues, songs, oral exercises, proverbs and video clips to build basic speaking and listening skills.

Th Sep 7-Feb 8 7:30-9 PM \$200 16846

Active Adults

**IT'S ALL (ADULT LIVING & LEARNING)
AT THE BENDER JCC**

Debbie Sokobin

301.348.3760 | dsokobin@benderjccgw.org

Ceramics

Get your creative juices flowing with this wonderful ceramics class! You will learn how to use the pottery wheel and how to work with clay.

W Oct 11-Nov 15 10 AM-12:30 PM \$130m/\$150p 16808

W Nov 29-Jan 10 10 AM-12:30 PM \$130m/\$150p 17426

M Oct 16-Nov 20 7-9 PM \$130m/\$150p 17512

Adult Painting

Whether or not you have ever held a brush to a canvas, we will walk you step-by-step toward the creation of two beautiful pieces of work. You will choose famous paintings to recreate.

M Oct 16-Nov 27 1:15-2:15 PM \$80m/\$90p 17522

Aspects of Israel, Complex and Beautiful

This course will explore the many facets of Israeli society. Israeli shlichim (emissaries) will discuss the Israeli military experience, the land and its beauty, Israeli history, and Israel as start-up nation.

W Oct 18-Nov 15 1-2 PM \$32m/\$42p 16826

Ethical Wills and How to Prepare Them

Your legacy may be the values and beliefs that guided. An ethical will is an opportunity to leave them as a guide for your family in generations to come. Study with Rabbi Evan Krame.

Th Oct 26-Nov 9 7:30-8:45 PM \$27m/\$37p 16825

History of Zionism

Explore the history of Zionism through the screening of seven short documentary films. See the birth of the State of Israel, her tragedies and triumphs.

M Oct 16-Nov 20 10:30 AM-12 PM \$32m/\$42p 16859

LinkedIn Bootcamp

Is your profile ready for the LinkedIn revolution? Join us to learn to create a new user profile and maximize your impact. Develop a strategy that expands your network and raises your profile. Bring a laptop and brown bag lunch.

F Oct 20 10 AM-2 PM \$65m/\$75p 17524

Su Nov 12 2:30-6:30 PM \$65m/\$75p 17521

Torah on Tap

The first 11 chapters of the Book of Genesis have many of our favorite Bible stories from childhood. Yet if we read them along with key commentaries, they become sophisticated stories about human nature, our place in the world, and the relationship of humans and the divine. Add your insights and learn with Rabbi JoHanna Potts. Wine and beer will be served.

Tu Oct 3-24 7:30-8:30 PM \$27m/\$37p 16824

ALL at Leisure World: Exploring Ultraorthodox Life

We will explore Israel as we watch the highly-acclaimed Israeli television series "Srugim." Each episode will be preceded by a discussion of this unique perspective of life in Israel, and followed by a Q & A session.

Th Oct 19-Nov 30 10:30 AM-12 PM \$32 16857

TECHNOLOGY

Intergenerational Technology Class

Are you interested in learning new computer skills, or honing the skills you already have? Bring your laptop, smartphone, iPad or other electronic device and be paired with a teenage computer expert. Registration is required. Space is limited.

Th Oct 19-Dec 14 3:30-4:30 PM Free 16838

COMING OF AGE IN MARYLAND

Frieda Enoch

301.348.3832 | fenocho@benderjccgw.org

Individuals age 60+ are invited to join us for programs and activities that include films, luncheons, entertainment, lectures, excursions, special events and social services. Highlights include an overnight trip to New York in April 2018 and an annual Health & Wellness Expo held at Leisure World.

GAMES

Stacy Katz Olivera

301.348.3889 | solivera@benderjccgw.org

Learn to Play Mah Jongg

Learn the basics of this fun and challenging game, including rules, strategy and etiquette. Meet other players or form your own group. Please pre-purchase the National Mah Jongg League Card.

Tu	Sep 12-Oct 3	7-9 PM	\$60m/\$75p	16910
W	Oct 18-Nov 8	7-9 PM	\$60m/\$75p	16909

Intermediate Mah Jongg

Now that you know the rules, learn the strategy and etiquette that will make you a better player.

W	Nov 15-Dec 13	2-4 PM	\$60m/\$75p	17306
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Beginner Bridge

This course is for newcomers to the game and players who need a refresher. It will cover the fundamentals of modern bidding and play of the hand, and some defensive principles.

W	Sep 6-Oct 18	10:30 AM-12:30 PM	\$80m/\$90p	17514
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Intermediate Bridge

This class is designed for players who have played bridge for a year or more. It will cover all forms of bidding.

W	Nov 1-Dec 6	10:30 AM-12:30 PM	\$80m/\$90p	17513
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GATEWAYS

Stacy Katz Olivera

301.348.3889 | solivera@benderjccgw.org

Gateways is a comprehensive program for speakers of other languages (ESOL). Immigrant seniors from several countries (predominantly the Former Soviet Union) learn English from a staff of dedicated volunteers.

ESOL 60+ yrs

Classes focus on English, daily life skills, reading and conversation.

Tu & Th	Sep 12-Dec 21	10 AM-12 PM	\$50	16809
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Citizenship

Citizenship classes are offered at the Bender JCC through Baltimore City Community College. Contact Yana Cascioffe at 410.580.2772 or ycascioffe@bcc.edu.

ONGOING PROGRAMS

Debbie Sokobin

301.348.3760 | dsokobin@benderjccgw.org

Selma Sweetbaum Senior Satellite Program

Whether you live in Rockville, Wheaton or Silver Spring, join us for a great day of programming near you! Exercise, socialize, hear a lecture, attend a performance and enjoy a delicious, hot kosher meal. Programming is free; a \$5 donation is suggested for lunch. For more information about the Selma Sweetbaum Senior Satellite Program, please contact Linda Wechsler at 301.348.3893 or lwechsler@benderjccgw.org.

MONDAY

Ring House, 1801 East Jefferson Street, Rockville, MD

TUESDAY @ THE J

Join us at the Bender JCC for chair exercise, monthly blood pressure checks, Yiddish conversation with Hilda Rubin, lunch, chorus, and educational and entertaining programs.

WEDNESDAY

Har Tzeon Agudath Achim, 1840 University Boulevard, Wheaton, MD (second and fourth Wednesday of each month)

Young Israel Shomrei Emunah Congregation, 1132 Arcola Boulevard, Silver Spring, MD (first and third Wednesday of each month)

THURSDAY

Har Tzeon Agudath Achim, 1840 University Boulevard, Wheaton, MD

Howard Lessoff History Club

History buffs meet the fourth Thursday of each month.

Internal Light

Low vision support group for older adults to gather and discuss ways to improve quality of life.

Mix & Mingle for Baby Boomers & Kindred Spirits

Created for singles age 50+, this active group is for people who like to exchange ideas and meet others, schmooze, and make lasting personal connections. Meets the fourth Thursday of every month. For more information, contact Melanie Gross Greenfield at 301.348.3807 or mgreenfield@benderjccgw.org.

Primetimers

A group for mature adults to socialize and enjoy activities at the Center and around the Greater Washington area.

Senior Chorus/Song Circle

Directed by Frieda Enoch, the chorus meets on Tuesdays from 1 to 2:30 PM. Anyone who loves to sing is welcome.

Volunteers

Support the Bender JCC with your gift of time, talent and expertise. Visit benderjccgw.org/volunteer or contact Stacy Katz Olivera at 301.348.3889 or solivera@benderjccgw.org for volunteer opportunities.

BOOK CLUBS

Jennifer Smith

301.348.3778 | jsmith@benderjccgw.org

The Center hosts the Bender JCC/Hadassah Book Club, Books & Fellowship for Jewish singles age 45+, and the NCJW Book Club.

Bender JCC/Hadassah Book Club

Are you interested in joining a book group? The Bender JCC/Hadassah group is always open to new members. We meet in the Bender JCC upstairs in the Teen Center. Join us! For information, contact Ellen Elow-Mintz at 301.897.2796 or ellenlovesbooks54@gmail.com

Thursday, September 14 | 1 pm

"The English Teacher" by Yiftach Reicher Atir

Thursday, November 9 | 1 pm

"The Two-Family House" by Lynda Cohen Loigman

Thursday, January 11 | 1 pm

"Enchanted Islands" by Allison Amend

Thursday, March 8 | 1 pm

"Waking Lions" by Ayelet Gundar-Goshen

Thursday, May 10 | 1 pm

"Irena's Children" by Tilar Mazzeo

Thursday, June 14 | 1 pm

"Two She-Bears" by Meir Shalev

Bender JCC Partners

BBYO

301.984.6073 | dcc@bbyo.org

BBYO is the leading pluralistic teen movement aspiring to involve more Jewish teens in more meaningful Jewish experiences. For over 90 years, BBYO has provided exceptional identity enrichment and leadership development experiences for hundreds of thousands of Jewish teens from all over the world. BBYO connects 8th-12th grade teens of all backgrounds for a wide variety of educational, Judaic, athletic, social and advocacy programming.

Israeli American Council

301.770.1050 | washington@israeliamerican.org

Israeli American Council (IAC) is a national organization committed to engaging Israeli-Americans and connecting them to the Jewish-American community, and to strengthen the US-Israel bond. IAC has established a center, or Merkaz, at the Bender JCC, where they offer a wide range of programming to enrich American Jewish life.

Shoresh Hebrew High School

301.828.1912 | shoreshhebrewhigh.org

Shoresh is a unique Jewish studies program for 8th-12th grade students attending secular schools in the Greater Washington area. Sessions build a strong foundation for students to become critical thinkers about our Jewish heritage, to find a sense of shared community and destiny among all Jews, and to meet the challenges of American Jewish life. Shoresh meets at the Bender JCC on Sundays from 6 to 9 PM during the school year.

Tzofim

301.348.3863

Join the Tzofim (Israeli Scouts), Shevat Gilad, made up of more than 100 fluent Hebrew speakers in grade 3 through 12 who meet every Sunday at the Bender JCC to engage in Israel-related activities, all in Hebrew.



**Refer a friend to the Bender JCC
and get one month free* when they join!**

*Free month is up to or equal to the value of the new member's monthly dues and may not exceed the referring member's current monthly dues. The new member must remain in good standing for three months prior to applying the free month.

benderjccgw.org/refer-a-friend

DINNER OF CHAMPIONS

SUPPORTING INCLUSION AT CAMP JCC

Saturday, November 18

Irene and Abe Pollin Humanitarian Award

Seth Goldman and Julie Farkas

Greater Washington Jewish Sports Hall of Fame Inductees

Steven Birnbaum • Martin Gorewitz • Samantha Hetchkop • Amy Subar • Daniel Waldman

Bender JCC Maccabi Legacy Award

Robert Black

Hyman M. and Phillip D. Perlo High School Athlete Awards

Alex Arking • Beth Ellinport • Natalie Granader • Zachary Lechner • Daniel SanGiovanni • Ryan Tommer

Event Chairs

Joyce and Nelson Migdal • Joanna and Reed Sexter

benderjccgw.org/champions

GOLDMAN ART GALLERY

Gildenhorn/Speisman Center for the Arts

Lisa Del Sesto
301.348.3756
ldelsesto@benderjccgw.org
benderjccgw.org/gallery

The Bender JCC gratefully acknowledges The Kaplan Family Foundation for supporting Goldman Art Gallery exhibits. The exhibits are open to the public when the Bender JCC is open.

SHARON GABAY: JERUSALEM, NOW AND FOREVER

August 25 – October 10

A photographic celebration of the reunification of Jerusalem.

ADI SHANI: NOTES FROM A JOURNEY

October 20 – December 18

Preview reception with the artist: Thursday, October 19 | 5:30-7:30 PM

Resembling a diary of a personal journey, this exhibit reflects Shani's experiences from the past year.

CALL FOR ARTISTS: A GROUP ART EXHIBITION

December 21 – February 19 | Opening reception: Thursday, December 21 | 5:30-7:30 PM

When the Israelites accepted the 10 commandments at Mount Sinai they said, "Na'aseh v'nishma – We will do and we will hear." – Exodus 24:7. The Bender JCC is seeking artists based in the Greater Washington area to create artwork (must be 2-D) inspired by the above quote. Please submit two images of your previous work and a brief description of your new, original piece to ldelsesto@benderjccgw.org by November 1. Selected participants will be notified by November 20. For more details, please visit benderjccgw.org/gallery.

2017-2018 POLINGER ARTISTS OF EXCELLENCE CONCERT SERIES

46TH SEASON | SUNDAYS AT 7:30 PM



RACHEL BARTON PINE

Violin

September 17, 2017



LISE DE LA SALLE

Piano

November 12, 2017



TEMPEST TRIO & DANIEL GETZ

Piano Trio + Viola

December 3, 2017



GRYPHON TRIO

Piano Trio

March 11, 2018



ESCHER QUARTET

String Quartet

April 15, 2018



SHANGHAI QUARTET & ALEXANDER FITERSTEIN

String Quartet + Clarinet

May 6, 2018

Tickets available at www.benderjccgw.org/concerts

| 301.348.3779

Celebrate the Jewish Holidays with us!

Apples and Honeys



Celebrate the New Year with ShirSynergy's Lisa Baydush for a kid-friendly, music-filled Rosh Hashanah complete with apples, honey and mini shofars!

September 21, 2017

10-10:45 AM Musical Family Program
11 AM-12 PM Snacks and Crafts

\$80 Family ticket-4 or more
\$30 per adult
\$15 per child (1-18 years)
Free for infants under 1

I am Sorry Day



Explore the Yom Kippur holiday in a kid-friendly and musical way, in which the whole family can participate and find meaning.

September 30, 2017

10-10:45 AM Musical Family Program
11 AM-12 PM Snacks and Crafts

\$80 Family ticket-4 or more
\$30 per adult
\$15 per child (1-18 years)
Free for infants under 1

Sukkah Village



Join us as we kick off our new EcoSukkah Village, featuring local eco-friendly businesses and eco-inspired crafts.

October 8, 2017

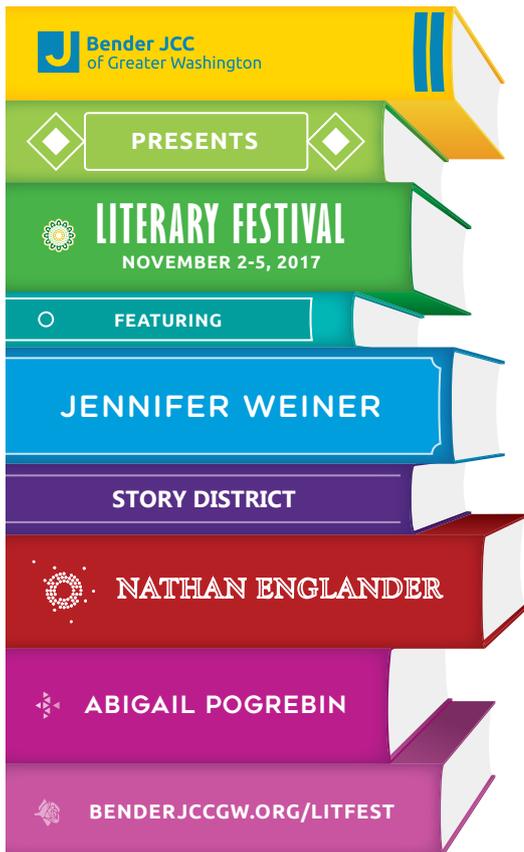
11 AM-1PM PJ Library Storytime, song circle and s'mores

\$5 Individual
\$15 Family
Free for infants under 1
Pizza available for purchase.



Purchase tickets at
benderjccgw.org

BUY ALL 3 AND GET
10% OFF



The Lessans Family LITERARY SERIES 2017 2018



Charles E. Smith Life Communities

Fulfilling Jewish values by providing innovative and compassionate services to older adults and their families.

Conveniently located on a 38-acre campus in Rockville, services include:

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- **Independent living** at Revitz House and Ring House
- **Assisted living** at Landow House and **memory care assisted living** at Cohen-Rosen House
- **Geriatric medical care** at Hirsh Health Center
- **Temporary shelter** and **advocacy** for victims of elder abuse at the ElderSAFE™ Center

Call us at **301.770.8448** to visit our campus.

www.smithlifecommunities.org



What will your legacy be?

Contact Adam Tennen, Bender JCC Chief Development Officer, at 301.348.3815 for more information.



Donate your vehicle and support three agencies.

- **Jewish Foundation for Group Homes**
- **Bender JCC of Greater Washington**
- **Jewish Council for the Aging**



CAR-J

One good turn deserves another.



Contact Adam Tennen at 301.348.3815 or atennen@benderjccgw.org



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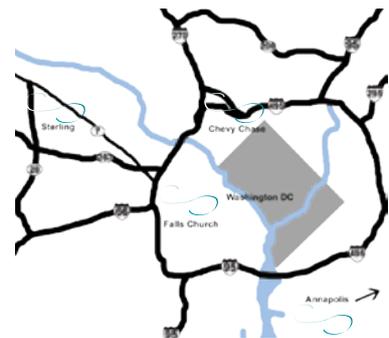


THE BOLD LOOK
OF **KOHLER**

*25% discount applied to MSRP.
Must present ad. Exp 12/31/17.

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THE GARDEN OF REMEMBRANCE, A PLACE TO HONOR AND CELEBRATE LIFE THROUGHOUT THE SEASONS



The Garden of Remembrance Memorial Park has become an integral part of the fabric – and a true landmark – for the entire Washington Jewish community, the area's only community-based, non-profit Jewish cemetery. Twenty-four area Jewish congregations have reserved their sections in our garden. We welcome all of the Jewish faith, whether affiliated or unaffiliated with a congregation.

Explore the many benefits of pre-planning for you or your family. We also offer a large selection of upright granite memorials and bronze markers. Call our Help Line at 301-428-3000, or visit www.gardenofremembrance.org.

*17 Years of Caring
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