



Bender JCC
of Greater Washington

UPCOMING EVENTS

New Year, New You
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Goldman Art Gallery
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Israel Fest
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Health & Wellness Expo
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Concerts
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WINTER-SPRING 2017 Program Guide

Registration is now open!
benderjccgw.org

Bethesda
MAGAZINE



A 2016
Top Vote Getter

Best Gym for People Over 40 and Best Preschool/Day Care.

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BUILDING HOURS

HEALTH & FITNESS

Monday–Thursday	5:30 am-10 pm
Friday	5:30 am-8 pm
Saturday	7 am-8:30 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 & 12:30-8:30 pm*
Sunday	7 am-8 pm

*Open until 8 pm March 12 through November 5.

MEMBERSHIP

SALES & GUEST SERVICES

Monday-Thursday	8:30 am-8 pm
Friday	8:30 am-5 pm
Sunday	10 am-5 pm

VISIT BENDERJCCGW.ORG FOR UPDATES.

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.

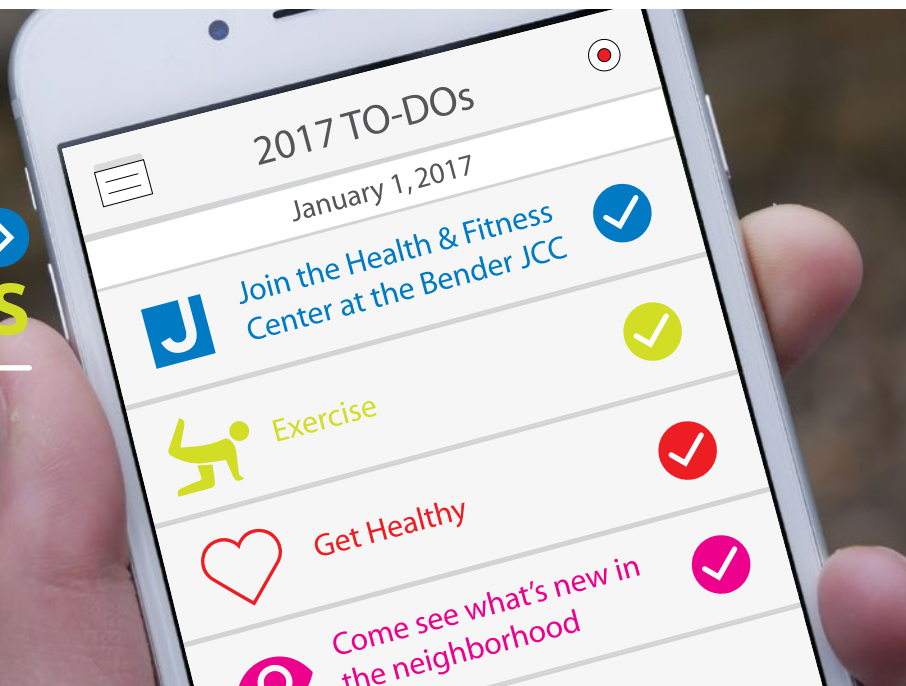
All of our programs are open to people of all abilities, and we are committed to inclusion and accessibility. Please let us know if you have any particular accommodation needs. We also offer programming designed to meet specific needs identified to us by people with disabilities and their families. For 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.



NEW YEAR'S RESOLUTIONS

NEW YEAR, NEW YOU, NEW J.



\$0 Initiation Fee in January | 50% OFF Initiation Fee in February.
benderjccgw.org/newyear | 301.348.3800

Other fees may apply.

Session Calendar

SESSION CALENDAR WINTER-SPRING 2017

Skip dates subject to change; please confirm with instructor.

	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				

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
FEBRUARY				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				

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

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
MAY		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	May 30: No classes after sundown		

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
JUNE					★ 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	

COLOR & SYMBOL KEY

- Winter Session: January 29-April 8
- Spring Session: April 16-June 17
- Skip Dates: Youth classes not held
- ★ Holidays: See next column for hours and closures.



Holiday Schedule

Monday, April 10

Pesach - First Seder
Offices close at 1 pm
Preschool closed
H&F open 5:30 am-3pm

Tuesday, April 11

Pesach
Offices & preschool closed
H&F open 5:30 am-3pm

Wednesday, April 12

Pesach
Offices & preschool closed
H&F open 5:30 am-10 pm

Monday, April 17

Pesach
Offices & preschool closed
H&F open 5:30 am-10 pm

Tuesday, April 18

Pesach
Offices & preschool closed
H&F open 5:30 am-10 pm

Monday, May 29

Memorial Day
Offices & preschool closed
H&F open 7 am-6 pm

Wednesday, May 31

Shavuot
Offices & preschool closed
H&F open 5:30 am-10 pm

Thursday, June 1

Shavuot
Offices & preschool closed
H&F open 5:30 am-10 pm

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



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.

Su	Jan 29-Apr 2	9-9:30 am	\$120m/\$144p	16024
Sa	Feb 4-Apr 8	9-9:30 am	\$120m/\$144p	16064
Sa	Apr 22-Jun 17	9-9:30 am	\$108m/\$130p	16444
Su	Apr 23-Jun 11	9-9:30 am	\$84m/\$101p	16373

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.

Su	Jan 29-Apr 2	9:30-10 am	\$120m/\$144p	16073
Sa	Feb 4-Apr 8	9:30-10 am	\$120m/\$144p	16074
Su	Apr 23-Jun 11	9:30-10 am	\$84m/\$101p	16432
Sa	Apr 22-Jun 17	9:30-10 am	\$108m/\$130p	16367

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.

Su	Jan 29-Apr 2	10-10:30 am	\$120m/\$144p	16140
Su	Jan 29-Apr 2	10:30-11 am	\$120m/\$144p	16075
M	Jan 30-Apr 3	4-4:30 pm	\$108m/\$130p	16087
Tu	Jan 31-Apr 4	4-4:30 pm	\$120m/\$144p	16176
W	Feb 1-Apr 5	4-4:30 pm	\$120m/\$144p	16096
Th	Feb 2-Apr 6	4-4:30 pm	\$120m/\$144p	16177
Sa	Feb 4-Apr 8	9-9:30 am	\$120m/\$144p	16152
W	Apr 19-Jun 14	4-4:30 pm	\$96m/\$115p	16386
M	Apr 24-Jun 12	4-4:30 pm	\$84m/\$101p	16395
Th	Apr 20-Jun 15	4-4:30 pm	\$96m/\$115p	16448
Sa	Apr 22-Jun 17	9-9:30 am	\$108m/\$130p	16370
Su	Apr 23-Jun 11	10-10:30 am	\$84m/\$101p	16358
Su	Apr 23-Jun 11	10:30-11 am	\$84m/\$101p	16361
Tu	Apr 25-Jun 13	4-4:30 pm	\$84m/\$101p	16374

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.

Su	Jan 29-Apr 2	10-10:30 am	\$120m/\$144p	16100
Su	Jan 29-Apr 2	10:30-11 am	\$120m/\$144p	16101
M	Jan 30-Apr 3	4-4:30 pm	\$108m/\$130p	16034
Tu	Jan 31-Apr 4	4-4:30 pm	\$120m/\$144p	16102
W	Feb 1-Apr 5	4-4:30 pm	\$120m/\$144p	16058
Th	Feb 2-Apr 6	4-4:30 pm	\$120m/\$144p	16141
Sa	Feb 4-Apr 8	9:30-10 am	\$120m/\$144p	16099
W	Apr 19-Jun 14	4-4:30 pm	\$96m/\$115p	16390
Th	Apr 20-Jun 15	4-4:30 pm	\$96m/\$115p	16360
Sa	Apr 22-Jun 17	9:30-10 am	\$108m/\$130p	16369
Su	Apr 23-Jun 11	10-10:30 am	\$84m/\$101p	16387
Su	Apr 23-Jun 11	10:30-11 am	\$84m/\$101p	16388
M	Apr 24-Jun 12	4-4:30 pm	\$84m/\$101p	16381
Tu	Apr 25-Jun 13	4-4:30 pm	\$84m/\$101p	16389

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.

Su	Jan 29-Apr 2	11-11:30 am	\$120m/\$144p	16067
M	Jan 30-Apr 3	4:30-5 pm	\$108m/\$130p	16086
Tu	Jan 31-Apr 4	4:30-5 pm	\$120m/\$144p	16035
W	Feb 1-Apr 5	4:30-5 pm	\$120m/\$144p	16040
Th	Feb 2-Apr 6	4:30-5 pm	\$120m/\$144p	16173
W	Apr 19-Jun 14	4:30-5 pm	\$96m/\$115p	16416
Th	Apr 20-Jun 15	4:30-5 pm	\$96m/\$115p	16359
Su	Apr 23-Jun 11	11-11:30 am	\$84m/\$101p	16391
M	Apr 24-Jun 12	4:30-5 pm	\$84m/\$101p	16426
Tu	Apr 25-Jun 13	4:30-5 pm	\$84m/\$101p	16415

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	Jan 29-Apr 2	11-11:30 am	\$120m/\$144p	16066
Su	Apr 23-Jun 11	11-11:30 am	\$84m/\$115p	16400

PRIVATE & 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 - \$140 | Six sessions - \$240 | Ten sessions - \$308

Semi-Private (two students per instructor)

Three sessions - \$183 | Six sessions - \$317 | Ten sessions - \$468

SWIM CLUBS

Pre-Team Swim Club 6-12 yrs

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

M	Jan 30-Jun 12	4:15-5:15 pm	\$142m/\$173p	15974
Th	Feb 2-Jun 15	4:15-5:15 pm	\$159m/\$195p	15976
M & Th	Jan 30-Jun 15	4:15-5:15 pm	\$301m/\$368p	15996

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	Jan 30-Jun 12	5:15-6:30 pm	\$161m/\$198p	15980
Th	Feb 2-Jun 15	5:15-6:30 pm	\$181m/\$223p	15985
M & Th	Jan 30-Jun 12	5:15-6:30 pm	\$342m/\$421p	15983

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	Jan 30-Jun 16	12-1 pm	\$333	15982
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Punch Pass: 10 visits for \$75 | Drop-in Pass: \$8

INDOOR SWIM MEET

Events include freestyle, backstroke, breaststroke, butterfly and individual medley. Swimmers age 5-10 years compete in up to three events. Swimmers age 11-14 years and 15-18 years compete in up to four events.

Su	Jan 29	5-8 pm	\$30m/\$35p	16401
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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.

Sondra and Howard Bender Early Childhood Center BENDER PRESCHOOL

Ora Cohen Rosenfeld

301.348.3830 | orosenfeld@benderjccgw.org

Register at benderjccgw.org/preschool

With newly renovated classrooms and a new natural 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.

New this year, the Bender Early Childhood Center is offering 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 exceptional staff makes the difference. 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!

Preschool Enrollment Begins

Jan 4 for returning students and their siblings
Jan 9 for Bender JCC members
Jan 16 for general public

Preschool Summer Enrollment Program Begins

February 20

Open Houses for Prospective Preschool Parents

Th Jan 19 - 10 am | Tu Feb 14 - 10 am

Nitzanim - Preschool Prep 12-24 mos

Prepare your child for preschool and have fun together. Enjoy circle time, art and movement, and take trips to the playground and gym.

Th	Jan 19-Mar 23	10-11:30 am	\$120m/\$150p	16093
Th	Apr 20-Jun 22	10-11:30 am	\$120m/\$150p	16351

Preschool Enrichment Classes

Yoga 3-5 yrs

Yoga is about exploring and learning in a fun, playful and safe way. It teaches us about our bodies and how to breathe better and use our energy more effectively.

Tu	Jan 10-Apr 25	1-2 pm	\$210m/\$230p	16015
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Cooking 3-5 yrs

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

W	Jan 11-Apr 26	1-2 pm	\$210m/\$230p	16120
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Science 3-5 yrs

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

Th	Jan 12-Apr 27	1-2 pm	\$210m/\$230p	16124
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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 Bender JCC is open. It is available only to children enrolled in the Bender JCC preschool.

Pesach

M	Apr 17	9 am-5 pm	\$80	16107
Tu	Apr 18	9 am-5 pm	\$80	16109

Shavuot

W	May 31	9 am-5 pm	\$80	16501
Th	Jun 1	9 am-5 pm	\$80	16502

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.

Th	Apr 13	9 am-5 pm	\$80	16343
F	Apr 14	9 am-5 pm	\$80	16352

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.

Special Events

M Jan 16 MLK Day - Family Fun Day

Family concert and activities. Free for Bender JCC ECC children and adults/\$8 for Bender JCC members/\$10 for the general public.

Su Feb 5 - Winter playdate with Jump Bunch

M Feb 20 Presidents Day - Family Fun Day

Lego Day - Hundreds of Legos to build, family-friendly movie and more

F March 10 - Shabbat Shabbang for All ECC families

May - Opening of ECC Gallery Exhibit - Details to come

W May 3 Truck Day

F May 5 Shabbat Shabbang

F May 19 Grandparents and Special Visitors Day

BENDER-DOSIK PARENTING CENTER

Lauren Dworkin

301.348.3837 | ldworkin@benderjccgw.org

The Bender-Dosik Parenting Center provides activities, classes and educational opportunities for the whole family. Programs allow you to connect with other families and bond with your little one (birth to 5 years) in a nurturing and hands-on environment. Celebrate Jewish holidays, cultivate essential developmental skills and create joy-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	Jan 30-Mar 27	11 am-12 pm	\$80m/\$90p	16071
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Music Together 0-12 mos

This introduction to Music Together is for infants who are not yet mobile. Meet other parents and learn fun and fascinating musical activities that you can recreate at home.

Tu	Jan 3-Mar 7	11:30 am-12:15 pm	\$230m/\$235p	16056
Tu	Mar 28-Jun 6	11:30 am-12:15 pm	\$230m/\$235p	16538

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.

Tu	Jan 3-Mar 7	9:30-10:15 am	\$230m/\$235p	16060
Tu	Jan 3-Mar 7	10:30-11:15 am	\$230m/\$235p	16174
Su	Jan 8-Mar 12	10-10:45 am	\$230m/\$235p	16143
Su	Jan 8-Mar 12	11-11:45 am	\$230m/\$235p	16065

Tu	Mar 28-Jun 6	9:30-10:15 am	\$230m/\$235p	16539
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Tu	Mar 28-Jun 6	10:30-11:15 am	\$230m/\$235p	16540
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Su	Apr 2-Jun 11	10-10:45 am	\$230m/\$235p	16536
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Su	Apr 2-Jun 11	11-11:45 am	\$230m/\$235p	16537
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Shabbat Shalom Playgroup 0-4 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	Feb 10-Apr 7	10-11 am	Free	16108
F	Apr 21-Jun 16	10-11 am	Free	16371

Story Time 0-4 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	Feb 8-Apr 5	10-11 am	\$30m/\$35p	16098
Th	Feb 9-Apr 6	10-11 am	\$30m/\$35p	16097
W	Apr 19-Jun 14	10-11 am	\$30m/\$35p	16443
Th	Apr 20-Jun 15	10-11 am	\$30m/\$35p	16442

Infant Safety | CPR and Babyproofing 18+ yrs

Participants will become Red Cross certified in CPR for infants from birth to one year. They will also learn techniques for babyproofing the home.

Tu	Mar 14	6-9 pm	\$45m/\$55p	16375
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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 our walls. 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.)

DANCE

Debbie Clark

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

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. Students will begin positions of the feet and introductory movement vocabulary.

Tu	Jan 3-May 16	3-3:45 pm	\$305m/\$320p	16004
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Ballet/Tap Combo 3-5 yrs

The introductory class is for dancers wishing to learn the beginning and basic fundamentals of both ballet and tap, while still enjoying their own free style and creative movement.

M	Jan 30-Jun 5	3-3:45 pm	\$266m/\$280p	16005
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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.

FULL SCHOOL-YEAR PROGRAMS

Kids After School Gr K-6

This program is licensed through the Maryland State Department of Education.

3-6 p.m. 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 and Spring Break Camps are included in the cost of the program on the days your child is enrolled.

Kids After-School Monthly Fees

Five days	\$443m*/\$474p
Three days	\$314m*/\$345p
Two days	\$237m*/\$257p

*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.

CESJDS Walkover: We provide complementary walkover for class complement 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.

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	Jan 30-Apr 3	3:30-4:30 pm	\$0m/\$45p	16072
Tu	Jan 31-Apr 4	3:30-4:30 pm	\$0m/\$45p	16084
W	Feb 1-Apr 5	3:30-4:30 pm	\$0m/\$45p	16085
Th	Feb 2-Apr 6	3:30-4:30 pm	\$0m/\$45p	16076

M	Apr 24-Jun 12	3:30-4:30 pm	\$0m/\$45p	16446
Tu	Apr 25-Jun 13	3:30-4:30 pm	\$0m/\$45p	16447
W	Apr 19-Jun 14	3:30-4:30 pm	\$0m/\$45p	16362
Th	Apr 20-Jun 15	3:30-4:30 pm	\$0m/\$45p	16445

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. A light snack will be offered.

Class Complement Extended

M	Jan 30-Apr 3	3:30-6 pm	\$110m/\$160p	16036
Tu	Jan 31-Apr 4	3:30-6 pm	\$110m/\$160p	16037
W	Feb 1-Apr 5	3:30-6 pm	\$110m/\$160p	16151
Th	Feb 2-Apr 6	3:30-6 pm	\$110m/\$160p	16150

M	Apr 24-Jun 12	3:30-6 pm	\$110m/\$160p	16427
Tu	Apr 25-Jun 13	3:30-6 pm	\$110m/\$160p	16429
W	Apr 19-Jun 14	3:30-6 pm	\$110m/\$160p	16430
Th	Apr 20-Jun 15	3:30-6 pm	\$110m/\$160p	16428

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.

HOLIDAYCARE

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.

Pesach

M	Apr 17	7 am-6 pm	\$80	16551
Tu	Apr 18	7 am-6 pm	\$80	16490

Shavout

W	May 31	7 am-6 pm	\$80	16491
Th	Jun 1	7 am-6 pm	\$80	16492

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

F	Feb 17	7 am-6 pm	\$75m/\$90p	16167
M	Mar 13	7 am-6 pm	\$75m/\$90p	16321
Th	Mar 30	7 am-6 pm	\$75m/\$90p	16486
F	Mar 31	7 am-6 pm	\$75m/\$90p	16170
W	Apr 19	7 am-6 pm	\$75m/\$90p	16495
Tu	May 30	7 am-6 pm	\$75m/\$90p	16497

MCPS School Out Days

F	Jan 27	7 am-6 pm	\$75m/\$90p	15861
F	Mar 3	12:30-6 pm	\$35m/\$45p	16487
F	Apr 7	7 am-6 pm	\$75m/\$90p	16405

MCPS & CESJDS School Out Day

M	Feb 20	7 am-6 pm	\$75m/\$90p	16489
F	Jun 16	12-6 pm	\$35m/\$45p	16379

SPRING BREAK CAMP GR K-6

Spend your break at the Bender JCC enjoying arts & crafts, sports, swimming and a field trip.

M,Th,F	Apr 10, 13, 14	7 am-6 pm	\$175m/\$215p	16555
M	Apr 10	7 am-12:30 pm	\$35m/\$45p	16326
Th	Apr 13	7 am-6 pm	\$75m/\$90p	16328
F	Apr 14	7 am-6 pm	\$75m/\$90p	16329

ENRICHMENT CLASSES

Preschool in the Kitchen 3-5 yrs

Children have the opportunity to explore their culinary skills by making fun and edible creations. They will learn about a variety of culinary techniques.

Th	Apr 20-Jun 15	3-3:45 pm	\$208m/\$248p	16323
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Kids in the Kitchen 6-10 yrs

Children have the opportunity to explore their culinary skills by making fun and edible creations. They will learn about a variety of culinary techniques.

Th	Feb 2-Apr 6	4:15-5:15 pm	\$260m/\$310p	16030
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Chess 5-12 yrs

This introduction to chess focuses on basic moves and piece familiarity. Students with some knowledge of chess will learn moves.

M	Jan 30-Apr 3	4:15-5:15 pm	\$136m/\$160p	16175
M	Apr 24-Jun 12	4:15-5:15 pm	\$120m/\$140p	16372

Zumba Kids 7-12 yrs

Zumba is a high-energy dance and movement class that mixes great moves and music to a latin beat.

Th	Feb 2-Apr 6	4:15-5 pm	\$200m/\$220p	16160
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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 their hand-building skills. They can make a place setting or a sculpture, or build on other ideas.

Tu	Jan 31-Apr 4	4:15-5:45 pm	\$265m/\$275p	16022
Tu	Apr 25-Jun 13	4:15-5:45 pm	\$196m/\$205p	16383

Fun with Clay 5-8 yrs

Dive into the "mud" and create fantastic animals, vessels, wall hangings and more with clay. Learn hand-building techniques such as slab construction, pinching, coiling and sculpture, with many kinds of surface decoration.

W	Feb 1-Apr 5	4:15-5:15 pm	\$265m/\$275p	16026
W	Apr 19-Jun 14	4:15-5:15 pm	\$220m/\$230p	16382

Paint and Draw I

Let your imagination run wild! Whether exploring winged creatures, dragons or meadows filled with butterflies and flowers, students reflect their thoughts on paper or canvas building from simple lines, shapes and the magic touch of shading.

Young Painters - 5-8 yrs

Th	Feb 2-Apr 6	4-5 pm	\$215m/\$225p	16089
Th	Feb 2-Apr 6	5-6 pm	\$215m/\$225p	16535
Th	Apr 20-Jun 15	4-5 pm	\$160m/\$165p	16363
Th	Apr 20-Jun 15	5-6 pm	\$160m/\$165p	16534

Paint and Draw II

This class explores the basics of painting and drawing with a step-by-step approach. Students learn classic painting techniques as they paint from still-life and photographs.

Budding Artists - 9-13 yrs

M	Jan 30-Apr 3	5:15-6:15 pm	\$180m/\$185p	16114
M	Apr 24-Jun 12	5:15-6:15 pm	\$160m/\$165p	16356

Budding Artists - 9-13 yrs

Tu	Jan 31-Apr 4	5:15-6:15 pm	\$215m/\$225p	16115
Tu	Apr 25-Jun 13	5:15-6:15 pm	\$190m/\$205p	16315

Scrapbooking - Real & Imaginary 9-12 yrs

Learn how to make your memories unforgettable or build a timeless story of your own.

W	Feb 1-Apr 5	4:15-5:15 pm	\$195m/\$205p	16156
W	Apr 19-Jun 14	4:15-5:15 pm	\$178m/\$185p	16385

Mini Super Crafters 5-8 yrs

Think, create and learn. Students will learn the basic skills of making objects such as bags, wallets, 3-D sculptures and 2-D collages. Students will develop new craft skills as they explore working in different media such as painting, beading, decoupage and duct tape to create personalized and unique projects.

M	Jan 30-Apr 3	4:15-5:15 pm	\$180m/\$185p	16564
M	Apr 24-Jun 12	4:15-5:15 pm	\$160m/\$165p	16563

Super Crafters 8-11 yrs

Students will learn the basic skills of making objects such as bags, wallets, 3-D sculptures and 2-D collages. They will develop new craft skills as they explore working in different media to personalize unique and usable projects.

Tu	Jan 31-Apr 4	4:15-5:15 pm	\$215m/\$225p	16027
Tu	Apr 25-Jun 13	4:15-5:15 pm	\$160m/\$165p	16380

Drawing 7-12 yrs

Explore the fundamentals of drawing through observational skills and principles. Children will learn about proportions by drawing simple shapes and will ultimately draw a self-portrait. All levels welcome.

W	Feb 1-Apr 5	5:15-6:15 pm	\$215m/\$225p	16547
W	Apr 19-Jun 14	5:15-6:15 pm	\$180m/\$185p	16548

Arts Expression 12-18 yrs

In this fun, inclusive class, we will explore ways to express ourselves through different creative outlets. Youth of ALL abilities will use music, drama, painting and more to have fun and let our imaginations blossom. If you have any particular accommodation needs, please contact Leah Schwartz, director of inclusion and special services, at 301.348.3735 or lschwartz@benderjccgw.org.

Th	Feb 2-Mar 9	5-6 pm	\$115m/\$133p	16031
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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 and excellent faculty encouraging the development of talent, confidence and self-discipline through individual attention. Dance classes are offered on an annual basis. **Contact Debbie Clark for registration in our ongoing annual dance classes.**

Movement Matters! 7-12 yrs

In this inclusive, fun class, we will explore ways to be active and use our bodies to express ourselves through movement! Youth of ALL abilities will stretch and relax through yoga, move to the beats during Zumba, and more! If you have any particular accommodation needs, please contact Leah Schwartz, director of inclusion and special services, at 301.348.3735 or lschwartz@benderjccgw.org.

Th Apr 20-May 25 4:30-5:30 pm \$90m/\$118p 16460

MUSIC

Janet Getz

301.348.3779 | jgetz@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.

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 4, this interactive Jewish educational experience fosters positive Jewish identity, nurtures a love for Jewish life and learning, and inspires a passion for the arts.

BENDER JCC PARTNERS

Tzofim

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.

Rockville Open House

RockvilleOpenHouse@gmail.com

This supervised and safe gathering space is for lesbian, gay, bisexual, transgender, queer, questioning or intersex Jewish teens age 13 to 18 and their friends and allies.

BBYO

301.984.6073 | dcc@bbyo.org

BBYO is the leading pluralistic teen movement inspiring 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 convenes and connects 8th-12th grade teens of all backgrounds for a wide variety of educational, Judaic, athletic, social and advocacy programming.

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.

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, 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 Feb 2-Apr 6 3-3:45 pm \$103m/\$123p 16052
Th Apr 20-Jun 15 3-3:45 pm \$103m/\$123p 16393

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 Feb 2-Apr 6 4:15-5 pm \$103m/\$123p 16062
Th Apr 20-Jun 15 4:15-5 pm \$103m/\$123p 16368

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 Feb 2-Apr 6 5-5:45 pm \$103m/\$123p 16105
Th Apr 20-Jun 15 5-5:45 pm \$103m/\$123p 16425

GA GA

Ga Ga Sport 5-12 yrs

Children will play rousing games of ga ga and striker on the racquetball courts.

M Jan 30-Apr 3 5-5:45 pm \$82m/\$98p 16032
M Apr 24-Jun 12 5-5:45 pm \$82m/\$98p 16378

GYMNASTICS

Parent and Tot Gymnastics Class 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 Feb 1-Apr 5 11-11:30 am \$103m/\$123p 16144
W Apr 19-Jun 14 10-10:30 am \$98m/\$115p 16394

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 Feb 1-Apr 5 3-3:30 pm \$123m/\$144p 16148
W Apr 19-Jun 14 3-3:30 pm \$98m/\$115p 16438

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 Feb 1-Apr 5 3:45-4:15 pm \$123m/\$144p 16057
W Apr 19-Jun 14 3:45-4:15 pm \$98m/\$115p 16437

Jump Around Gymnastics 1 5-8 yrs

Children play on specialized gymnastics equipment. This class will allow children the opportunity to develop balance-beam skills, cartwheels, rolls and bar work.

W Feb 1-Apr 5	4:30-5:15 pm	\$123m/\$144p	16146
W Apr 19-Jun 14	4:30-5:15 pm	\$98m/\$115p	16441

Jump Around Gymnastics 2 8-12 yrs

Children play on specialized gymnastics equipment. This class will allow children the opportunity to develop balance-beam skills, cartwheels, rolls and bar work.

W Feb 1-Apr 5	5:15-6 pm	\$123m/\$144p	16147
W Apr 19-Jun 14	5:15-6 pm	\$98m/\$115p	16436

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 Jan 30-Jun 12	3:15-4 pm	\$300m/\$345p	15992
W Feb 1-Jun 14	3:15-4 pm	\$360m/\$414p	15993

Kid Tiger Karate 5-8 yrs

For beginner/intermediate students.

M Jan 30-Jun 12	4:15-5 pm	\$300m/\$345p	15981
W Feb 1-Jun 14	4:15-5 pm	\$360m/\$414p	15979
M & W Jan 30-Jun 14	4:15-5 pm	\$660m/\$760p	15978

Beginner Karate 9+ yrs

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

M & W Jan 30-Jun 14	5-5:45 pm	\$660m/\$760p	15997
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Intermediate/Advanced Karate 9+ yrs

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

M & W Jan 30-Jun 14	5:45-6:30 pm	\$660m/\$760p	15998
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Advanced/Black Belts and Adults Karate 9+ yrs

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

M & W Jan 30-Jun 14	6:30-7:15 pm	\$660m/\$760p	16007
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MULTI-SPORTS

All-Star Sports 5-8 yrs

Children will be introduced to different activities and the basic skills and rules of team sports such as soccer, kickball, floor hockey, basketball and more.

M Jan 30-Apr 3	4:15-5 pm	\$82m/\$98p	16088
M Apr 24-Jun 12	4:15-5 pm	\$82m/\$98p	16423

Floor Hockey and Soccer 5-8 yrs

This introduction to floor hockey and soccer includes fundamentals such as dribbling, passing, and shooting. The coach will also introduce the rules of the games. Mini games and contests will be incorporated to reinforce the skills.

Tu Apr 25-Jun 13	4:15-5 pm	\$82m/\$98p	16342
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Preschool Sports & Sorts 3-5 yrs

This sports program builds self-esteem and confidence. Children will be introduced to different activities and sports, such as soccer, kickball, basketball and more!

M Jan 30-Apr 3	3-3:45 pm	\$82m/\$98p	16158
M Apr 24-Jun 12	3-3:45 pm	\$82m/\$98p	16424

Preschool Sports Fun 3-5 yrs

This sports program builds self-esteem and confidence. Children will be introduced to different activities and sports such as soccer, kickball and basketball.

Tu Jan 31-Apr 4	12:30-1:15 pm	\$103m/\$123p	16042
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Preschool T-Ball and Sports 3-5 yrs

This exciting sports class offers basic introduction to a variety of sports and will challenge students both physically and mentally.

Tu Apr 25-Jun 13	3-3:45 pm	\$82m/\$98p	16417
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Preschool Tennis and Sports 3-5 yrs

This exciting new class offers basic skills instruction in tennis and other sports. It will introduce team-building, problem-solving and physical challenges.

Tu Jan 31-Apr 4	3-3:45 pm	\$103m/\$123p	16145
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Sports: T-Ball and Kickball 5-8 yrs

This introduction to t-ball and kickball includes fundamentals such as batting (kicking), base running, catching and throwing. The coach will also introduce the rules, and games and contests will be incorporated.

Tu Jan 31-Apr 4	4:15-5 pm	\$103m/\$123p	16091
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Sports Adventures 8-12 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.

Tu Jan 31-Apr 4	5-5:30 pm	\$103m/\$123p	16079
Tu Apr 25-Jun 13	5-5:30 pm	\$82m/\$98p	16335

SKATING

Learn to Skate

Beginners will learn basic skating and hockey stick movement skills, with emphasis on agility, balance, coordination and speed. Students must bring ice skates.

3-5 yrs

Tu Jan 31-Apr 4	3-3:45 pm	\$150m/\$165p	16531
Th Feb 2-Apr 6	3-3:45 pm	\$150m/\$165p	16530

5-8 yrs

Tu Jan 31-Apr 4	4:15-5 pm	\$150m/\$165p	16526
Th Feb 2-Apr 6	4:15-5 pm	\$150m/\$165p	16525

SOCCER

Youth Soccer Clinic

Coaches will teach soccer fundamentals while emphasizing the importance of teamwork and good sportsmanship.

5-7 yrs

Su Apr 23-Jun 11	12:15-1:15 pm	\$100m/\$120p	16434
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7-8 yrs

Su Apr 23-Jun 11	1:25-2:40 pm	\$100m/\$120p	16377
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9-10 yrs

Su Apr 23-Jun 11	2:50-4:05 pm	\$100m/\$120p	16433
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11-13 yrs

Su Apr 23-Jun 11	4:15-5:30 pm	\$100m/\$120p	16376
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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 games.

W Feb 1-Apr 5	6-7 pm	\$123m/\$144p	16049
W Apr 19-Jun 14	6-7 pm	\$90m/\$105p	16332

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.

SPORTS PROGRAMS FOR ADULTS

Anthony Hunter

301.348.3852 | ahunter@benderjccgw.org

Fall Adult Softball League 18+ yrs

Grab your bat, step up to the plate and register for our co-ed softball league! We have divisions for various skill levels. Register as a team or individually.

Sunday League

Su Apr 9-Jul 30 9 am-12 pm \$1,500 15972

Weekday League

M, Tu Apr 24-Aug 1 6:30-10 pm \$1,300 15973

Mamanet 18+ yrs

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

Tu Jan 31-Apr 4 8-9 pm \$110m/\$130p 16157

Tu Apr 25-Jun 13 8-9 pm \$77m/\$91p 16336

Free Drop-in Sports 18+ yrs

Basketball | Tu & Th 6-10 pm

Volleyball | M 7-9 pm

Health & Fitness

Dawn Hubbard-Powell

301.348.3891 | dhubbard-powell@benderjccgw.org

The Weinberg Health & Fitness Center features basketball, racquetball and squash courts; clean and cutting-edge equipment with cardio theater; free weights; adult and family locker rooms; personal training; and babysitting.

GROUP EXERCISE

Rachel Ossman

301.348.3710 | rossman@benderjccgw.org

We offer more than 100 weekly group and specialty exercise classes, including Yoga, Total Body Conditioning, Zumba, BODYPUMP™ by Les Mills and Boot Camp. Couch to 5K and You Can 10K training programs will resume in April. Check benderjccgw.org for details, or sign up for group exercise email updates.

Tai Chi 18+ yrs

The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of a busy lifestyle and improve balance, agility and health. Often described as meditation in motion, Tai Chi promotes serenity, connecting the mind and body.

M Jan 30-Apr 24 11:30 am-12:30 pm \$99m/\$149p 16153

M May 1-Jul 24 11:30 am-12:30 pm \$99m/\$149p 16431

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 designed to help you achieve your personal fitness goals.

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

Parents of all fitness levels, from beginner to advanced, will get a great interactive workout with their child, who will become their little exercise buddy. See website for additional child rate.

Su Jan 15-Feb 26 9-9:30 am \$130m/\$145p 16523
Su Apr 23-May 14 9-9:30 am \$145m/\$155p 16414

Junior Strength Training 10-14 yrs

Through cardio exercise, calisthenics and using strength equipment, instructors will teach appropriate ways to exercise and how to incorporate equipment into the routine, and will provide healthy lifestyle tips. After completion, the participant can use the cardio and strength equipment along with a parent.

W Jan 18-Feb 22 4:30-5:30 pm \$95m/\$115p 16092
W May 3-Jun 14 4:30-5:30 pm \$120m/\$135p 16350

TRX Training 16+ yrs

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

Th Feb 2-Mar 9 10:30-11:15 am \$95m/\$115p 16103
Tu May 2-May 23 10:30-11:15 am \$110m/\$130p 16418

Women with Weights 16+ yrs

This women-only program is designed to target multiple muscle groups at once. Participants will build lean muscle, lose body fat and burn calories in a short amount of time.

M & F Jan 23-Mar 6 9:30-10:30 am \$160m/\$185p 16104

M & F Apr 24-Jun 2 9:30-10:30 am \$160m/\$185p 16344

M & F May 1-May 26 9:30-10:30 am \$140m/\$155p 16545

One HIIT Wonder 16+ yrs

High Intensity Interval Training (HIIT) is the fastest way to achieve your fitness goals! These challenging sessions are for individuals with exercise experience who are looking to take their training to the next level.

W Jan 4-Feb 22 6-6:30 pm \$120m/\$140p 16524

Fitness 101 18+ yrs

Attention new members and those who need a refresher: Come and learn how to correctly utilize each zone of the fitness center, which includes the cardio rooms, strength training and circuit strength equipment.

W Feb 1-22 8:30-9:30 am \$95m/\$115p 16549
W Feb 1-22 6-7 pm \$95m/\$115p 16139

W Mar 8-29 6-7 pm \$95m/\$115p 16048

W Mar 8-29 9-10 pm \$95m/\$115p 16313

W May 3-24 8:30-9:30 am \$95m/\$115p 16320

W May 3-24 6-7 pm \$95m/\$115p 16544

S.O.S. No Falls 45+ yrs

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

Th Feb 2-23 10:30-11:30 am \$95m/\$130p 16130

Th Feb 2-23 1-1:45 pm \$95m/\$130p 16131

Th Apr 6-27 10:30-11:15 am \$95m/\$115p 16398

Th Apr 6-27 1-2 pm \$95m/\$115p 16399

MASSAGE

Dawn Hubbard-Powell

301.348.3891 | dhubbard-powell@benderjccgw.org

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

PARKINSON'S WELLNESS INITIATIVE

Dawn Hubbard-Powell

301.348.3891 | dhubbard-powell@benderjccgw.org

We offer classes for individuals with Parkinson's disease as part of the Edmond J. Safra National Parkinson's Wellness Initiative. 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.

NPF – Chair-Based Strength 18+ yrs

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

Tu	Jan 3-Mar 21	1-2 pm	\$85	16041
Tu	Apr 11-Jul 11	1-2 pm	\$85	16512

Support Group for Caregivers

Partners of participants in the NPF – Chair-Based Strength class are invited to join this group support and coping discussion led by a licensed social worker.

Tu	Jan 3-Mar 21	1-2 pm	Free	16041
Tu	Apr 11-Jul 11	1-2 pm	Free	16512

NPF – Yoga 18+ yrs

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

Th	Jan 5-Mar 23	1-2 pm	\$85	16047
M	Jan 9-Apr 24	2-3 pm	\$85	16055
Th	Apr 13-Jul 6	1-2 pm	\$85	16513
M	May 1-Jul 24	2-3 pm	\$85	16509

NPF – Hybrid Fitness 18+ yrs

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

W	Jan 4-Mar 22	2-3 pm	\$85	16471
W	Mar 29-Jun 14	2-3 pm	\$85	16016

Punch for Parkinson's 18+ yrs

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

F	Jan 6-Mar 24	1:30-2:30 pm	\$85	16020
F	Apr 14-Jun 30	1:30-2:30 pm	\$85	16511

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. Please pay in advance at the membership desk.

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
Fee per hour, per child:	\$3m/\$6p
Fee for 10-hour card, per child:	\$30m/\$60p
Unlimited pass:	\$20 per month (members only)

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.

Special Needs

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.

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 encourage friendships and independence.

Su	Jan 29-Jun 4	12-2 pm	\$315m/\$330p
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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.

Adults

DANCE

Debbie Clark

301.348.3777 | dclark@benderjccgw.org

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.

Th	Feb 2-May 25	9:30-10:45 am	\$368m/\$384p	15999
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Adult Tap Dance 16+ yrs

This class is geared towards the adult who has had little or no tap training. The focus is on proper instruction of how to articulate your feet and ankles as well as explore musicality, rhythm and syncopation. Most of all, our goal is to have FUN! Tap shoes are required.

W	Jan 11-Mar 1	7-8 pm	\$152m/\$160p	16516
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Adult Jazz Dance Class 16+ yrs

Exercise, meet new friends and laugh! Jazz is an exciting and ever-evolving dance form full of rhythm, syncopation and passion for life. Multiple registration options are available.

Tu	Jan 10-31	7:30-8:30 pm	\$80m/\$85p	16514
Tu	Feb 7-Mar 28	7:30-8:30 pm	\$152m/\$160p	16459

GAMES

Meryl Trachtman

301.348.3808 | mtrachtman@benderjccgw.org

Learn to Play Mah Jongg 18+ yrs

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	Jan 10-31	1-3 pm	\$60m/\$75p	16311
W	Feb 1-22	7:15-9:15 pm	\$60m/\$75p	16469
M	Mar 6-27	1-3 pm	\$60m/\$75p	16550
W	Apr 19-May 10	10 am-12 pm	\$60m/\$75p	16475

HEBREW & YIDDISH

Rivka Degani

301.348.3810 | rdegani@benderjccgw.org

Hebrew Aleph 14+ yrs

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

W	Jan 25-Jun 7	7:30-9:30 pm	\$420	16014
Tu	Jan 31-Jun 20	9-11 am	\$420	16001

Hebrew Aleph I 14+ yrs

For students who have a basic vocabulary of 200 words, verbs in present tense and some prepositions.

Tu	Jan 31-Jun 20	5-7 pm	\$420	16013
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Hebrew Bet 14+ yrs

This class is for students who have mastered basic conjugation in present tense and infinitive active verb groups, and have a vocabulary of 600 words. We will work on past tense and possessive form, and will enrich vocabulary.

Th	Jan 26-Jun 22	7:30-9:30 pm	\$420	15989
Tu	Jan 31-Jun 20	11 am-1 pm	\$420	16012

Hebrew Bet II 14+ yrs

This class is for students who are familiar with active verb conjugations of all groups in present and past tenses, inflection of prepositions, and definite smikhut. We will review tenses, learn the future tense and extend vocabulary.

Tu	Jan 31-Jun 20	7:30-9:30 pm	\$420	15995
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Hebrew Gimel II 14+ yrs

We will review all tenses and study the future tense, passive verb groups and declension of prepositions and syntax, and will enrich vocabulary.

W	Jan 25-Jun 7	9:30-11:30 am	\$420	15984
M	Feb 6-Jun 26	4:45-6:45 pm	\$420	16010
M	Feb 6-Jun 26	7:30-9:30 pm	\$420	16533

Hebrew Gimel III 14+ yrs

This class is for students who have mastered basic conjugation in active verb groups. We will work on passive verb forms, and acquire new vocabulary.

F	Jan 27-Jun 9	10 am-12 pm	\$420	15994
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Hebrew Dalet 14+ yrs

For students who have mastered basic conjugation in active verb groups, this class will focus on passive verb forms, reviewing tenses acquiring new vocabulary.

Th	Jan 26-Jun 22	7:30-9:30 pm	\$420	15991
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Hebrew Vav 14+ yrs

Conducted entirely in Hebrew, this class is for students who have previously studied in the Hebrew Ulpan program and are familiar with active verb conjugations, definite smikhut, and conditional and accusative clauses.

W	Jan 25-Jun 7	11:30 am-1:30 pm	\$420	16006
W	Jan 25-Jun 7	7:30-9:30 pm	\$420	15977

Advanced Hebrew 14+ yrs

This class is taught with an emphasis on conversation. We will read about current events in Israeli newspapers and listen to Israel broadcast news. Novel or short stories by a current Israeli author will be chosen at the beginning of the semester.

M	Feb 6-Jun 26	7-9 pm	\$420	15975
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NEW! Hebrew for Hebrew Speakers 13+ yrs

This class is designed for Hebrew speakers in grade 7-10. Emphasis is on reading, writing and spelling skills, as well as vocabulary enrichment.

W	Jan 18-May 10	6:30-8 pm	\$300	16009
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Yiddish Language 14+ yrs

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

Th	Feb 16-May 25	7:30-9 pm	\$200	16008
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IT'S ALL (ADULT LIVING & LEARNING) AT THE BENDER JCC

Debbie Sokobin

301.348.3760 | dsokobin@benderjccgw.org

At the Bender JCC, one can fulfill ALL of the keys to healthy aging! Work out in our fitness center to maintain your body and reduce stress, cultivate relationships through our social groups, enjoy a nutritious kosher meal, and keep your brain stimulated through our ALL (Adult Living & Learning) program.

Exploring Ultra-Orthodox Life in Israel, Part II

We will conclude the second season of the highly acclaimed Israeli television series "Shtisel." Instructor Ira Weiss, Ph.D. will precede each episode with a discussion of this unique perspective of life in Israel, and follow the episode with Q & A.

At the Bender JCC

W	Mar 1-Apr 5	10:30 am-12 pm	\$30m/\$40p	16019
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At Leisure World

Th	Mar 2-Apr 6	10:30 am-12 pm	\$30	16017
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Heroes & Villains

Explore controversies throughout our recent history: the display of Confederate symbols and statues, ethical decision-making by scientists during the development of the atomic bomb, Malcolm X, and balancing national security and privacy. Instructor: Paul Levy.

W	Mar 8-29	1-2:15 pm	\$25m/\$30p	15986
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Folk Songs for Our Times

Do you remember the days when the family sat at the piano or around the radio and sang together? In this workshop, Cantor Karen Webber will take you on a song journey through melodies that have a rich history only to have become a part of the lexicon of American Song.

At the Bender JCC

W	Apr 5, 19	1-2 pm	\$20m/\$25p	15987
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At Leisure World

Th	Mar 16, 23	1-2 pm	\$20	16018
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Ceramics

Get your creative juices flowing with this wonderful ceramics class! learn the ins and outs of the pottery wheel as well as different aspects of working with clay. \$25 materials fee (code 15990). Instructor: Debra Vardon.

W	Feb 15-Mar 29	10 am-12:30 pm	\$100m/\$120p	15970
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TECHNOLOGY

Intergenerational Computer Class

Are you interested in learning new computer skills? 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.

Th	Feb 23-May 11	3:30-4:30 pm	Free	16000
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WORKSHOP

AARP Safe Driver Refresher Course

This class is designed to sharpen your skills behind the wheel and make you a safer and better driver. Many insurance companies will give a discount for successfully completing the class. Call Debbie Sokobin at 301.348.3760 to make your reservation and receive payment details. Reservations and payment are required before the start of the class. Instructor: Jerry Hulman.

W Mar 22 10 am-2:30pm \$15 AARP member/\$20 public

COMING OF AGE IN MARYLAND

Frieda Enoch

301.348.3832 | fenoch@benderjccgw.org

Activities, programs, excursions, social services and special events for individuals age 60+.

Concert at Temple Beth Ami: Hazzan Dr. Ramón Tasat

M Jan 9 1-2:30 pm \$7 16112

Movie: "Green Prince" at Leisure World

W Jan 11 1:30-3:30 pm \$7 16137

Food 'n Fun at Inn at Brookeville

M Jan 16 12:30-3 pm \$30 16503

Book Lecture at Shaare Tefila Congregation: "The Billion Dollar Spy" by Author David Hoffman

Th Jan 19 1:30-3 pm \$7 16078

Excursion to Round House Theatre: "Caroline, or Change"

Th Jan 26 7:30-9:30 pm \$50 16023
(Transportation: \$20/code 16053)

Concert at Shaare Tefila Congregation: Soprano Karin Paludan

W Feb 8 1:30-3 pm \$7 16504

Concert at Temple Beth Ami: Ein Lanu Z'man

M Feb 13 1-2:30 pm \$7 16505

Movie at Leisure World: "Fabulous Fashionistas"

Th Feb 23 1:30-3 pm \$7 16506

Overnight Excursion to NYC 60+ yrs

W Apr 19-Th Apr 20 \$495 16508
(\$105 single-room supplement/code 16507)

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.

Citizenship

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

ONGOING PROGRAMS

Debbie Sokobin

301.348.3760 | dsokobin@benderjccgw.org

Selma Sweetbaum Senior Satellite Program

Meet new friends, discuss cultural topics and current events, have your blood pressure monitored, exercise, be entertained, and enjoy a delicious hot kosher meal at sites in Montgomery County.

Howard Lessoff History Club

History buffs meet the fourth Thursday of each month at the Center.

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.

Primetimers

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

Senior Chorus

Directed by Frieda Enoch, the chorus meets on Tuesdays from 1 to 2:30 p.m. at the Bender JCC. Anyone who loves to sing is welcome.

Tuesdays @ the J

Join us for any or all of the following activities: weekly chair exercise; monthly blood pressure check; Yiddish conversation with Hilda Rubin; delicious hot kosher meal (a \$5 donation is suggested); and educational and entertaining programs.

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. Join us! For information, contact Ellen Elow-Mintz at 301.897.2796 or ellenlovesbooks54@gmail.com.

Thursday, January 12 | 1 p.m.

Pumpkinflowers by Matti Friedman

Thursday, March 9 | 1 p.m.

Shylock is My Name by Howard Jacobson

Thursday, May 11 | 1 p.m.

Safekeeping by Jessamyn Hope

Thursday, June 15 | 1 p.m.

The Beauty Queen of Jerusalem by Sarit Yishai-Levi



Every Summer Has A Story

CAMP JCC 2017

Apply at benderjccgw.org/campjcc



The Camp JCC Approach

Every day at Camp JCC is packed full of activities, friendship, ruach (spirit) and adventure.

While our campers rave that Camp JCC is "the best place ever," we know that spending a summer at Camp JCC provides opportunities to gain valuable skills. When campers earn their deep water bracelets, we know they are improving their swim skills while also increasing their self-esteem, risk taking and confidence. Camp JCC provides programs that bring out the best in every camper and grow their abilities that they will use for the rest of their lives.

Camp JCC 2017 Sessions

Session 1 (2 weeks)

June 26 – July 7 (no camp July 4th)

Session 2 (2 weeks)

July 10 – 21

Session 3 (3 weeks)

July 24 – August 11

Adom Lavan Kachol

These programs offer a variety of activities in a low camper to counselor ratio, including daily instructional and recreational swim, sports, music, arts & crafts, Israeli culture, teva (nature), drama, team building, dance and STEM (NEW for 2017).

Adom-Red

ADOM 4s and 5s

Age 4 by 9/01/2017

Age 5 by 9/01/2017 and entering kindergarten

Highlights include exciting theme days, special events and Shabbat celebrations.

Lavan-White

ENTERING GRADE 1

Highlights include exciting theme days, special events and Shabbat celebrations, plus one field trip per session. Past trips have included local water parks, county parks and playgrounds.

Kachol-Blue

ENTERING GRADE 2

Highlights include exciting theme days, special events and Shabbat celebrations, and one adventurous field trip per week. Previous trips have included local water parks, a pirate cruise, outdoor adventure and more.

NEW FOR 2017!

Kesef-Silver*

Specialty Camps

ENTERING GRADES 3 & 4

Camp JCC is partnering with industry leaders this summer so campers can have it all! Campers will have the unique opportunity to spend part of their day in a specialty camp

program, and the other part led by our awesome Camp JCC staff enjoying the fun camp activities we all know and love. Activities may include recreational swim, art, sports, music, dance and more to round out their day. This is simply the best of both worlds!

Chess (Session 2)

Culinary Creations – Tiny Chefs (Sessions 1 & 2)

Dance to the Music (Sessions 1 & 3)

Digital Media (Session 3)

Drones! (Session 1)

Engineering Challenge with LEGO® (Session 2)

Mural Art (Session 3)

Outdoor Adventure (Session 2)

STEM (Sessions 1, 2 and 3)

Synchro Swim (Session 3)

Tennis Anyone? (Sessions 1, 2 and 3)

ZUBA Diving Scuba for Kids (Session 1)

Zahav-Gold

ENTERING GRADES 5 & 6

Trips offer excitement, adventure and fun. Daily excursions may include theme parks, water parks, hiking, biking, canoeing, ziplining, tubing – the possibilities are endless. Each session includes an overnight, a late stay and Friday recreational swim at Camp JCC.

Omanut-Creative Arts

ENTERING GRADES 1-3

ENTERING GRADES 4-7

Draw, paint, sculpt, design – be creative, express yourself and have oodles of fun in our enhanced art specialty camp program. Guided by expert artists, campers enjoy the creative process and display their art at the end of each session. Daily recreational swim in our outdoor pool.

Habimah-Theater Arts

ENTERING GRADES 2-4

ENTERING GRADES 5-7

Learn the craft and magic of acting, dancing and singing from a faculty of experienced theater arts specialists. Activities may include improv, play writing and set design. Campers perform live on stage twice during the summer. Daily recreational swim in our outdoor pool. Program offered sessions 1 & 2 (4 weeks) OR session 3 (3 weeks).

Maccabiah-Sports Camp

ENTERING GRADES 1-3

ENTERING GRADES 4-7

Maccabiah campers choose their own sports from a variety of sports offered, and customize their schedules. Activities are led by collegiate athletes and local coaches. Weekly intensives develop skills in a chosen sport while daily sport activities allow for recreational play. Sports may include baseball/softball, basketball, soccer, field hockey, volleyball, lacrosse, instructional and recreational swim and more!

Mitzvah Corps-Service Learning Travel Camp

ENTERING GRADES 7-9

Mitzvah Corps offers a program based on service learning and advocacy. Campers earn 15 SSL hours each week with the perfect combination of volunteering, hands-on activities, adventure and fun, including local and overnight travel.

- June 26 – July 7 includes one-week overnight travel to Cleveland. Kosher style meals provided.
- July 10 – July 21 includes one-week overnight travel (airfare not included) to Chicago. Kosher style meals provided.

Madatz-Counselor-In-Training

ENTERING GRADE 10

So, you want to be a counselor? Start by developing leadership skills and learning what you need to know to work as a camp counselor in the future. Earn 30 SSL hours per week. Contact campjcc@benderjccgw.org to schedule a required interview before submitting a camper application.

Kochavim-Stars

SENIOR STARS

For Teens and Young Adults with Special Needs

AGES 12-21

Kochavim is a transitional program for teens and young adults with a wide range of disabilities. Socialization, recreation and independent living skills are enhanced in a fun environment. An interview is required for new participants. Please note: AM/PM extended day is not available for Kochavim. Contact Kochavim@benderjccgw.org for more information and to schedule an interview.

BIG IDEA @ The Bender JCC

Israeli Tech Camp All in Hebrew*

Campers get an opportunity to design their future at a new and innovative camp for grades 2-7. BIG IDEA camp is the perfect mix of cutting-edge technology workshops and fun outdoor sports and swimming. Small group hands-on workshops are led by a professional team from Israel and local staff. The program is conducted in Hebrew in partnership with BIG IDEA, Israel's leading tech camp.

*Campers must be fluent in Hebrew to apply for BIG IDEA camp.

Workshop Choices**

- Graphic Design • Photography • Lego Robotics Team
- Fashion Design • Gaming Studio • Mobile Apps
- 3d Modeling • Web Design • DJ Remixing
- Music Videos • Programming Basics

**BIG IDEA reserves the right to make changes and adjustments to the offered workshop list.

Summer Kids Club

ENTERING PRE-K TO GRADE 6

Summer Kids Club is designed to pack your child's days with an assortment of creative activities, including recreational swim in our outdoor pool and a weekly field trip. Children play sports, enjoy arts & crafts and engage in hands-on activities in an exciting, fun and supervised setting with quality staff. AM/PM Extended Day is available for an additional cost. Camp JCC medical forms can be used for these weeks. Please note that there will not be a registered nurse on-site. For more information, contact abgcamp@benderjccgw.org.

Aleph Week - June 19 – 23, 2017

Bet Week - August 14 – 18, 2017

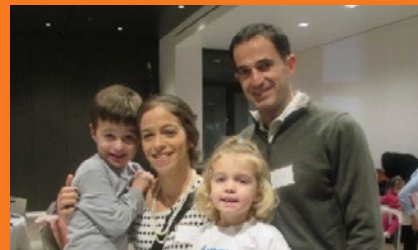
Gimmel Week - August 21 – 25, 2017 (pending approval of MCPS school calendar)

SHABBAT SHABBANG

FRIDAY, MARCH 10 - PURIM
FRIDAY, MAY 5 - YOM HA-ATZMAUT

Shabbat Shabbang is a new initiative that helps fulfill part of the Bender JCC's mission to provide meaningful experiences and connections for young families. Families are invited for a special evening featuring a seasonally-inspired gourmet meal, engaging entertainment, and meaningful arts & craft activities. Shabbat Shabbang was piloted by JCC Manhattan and now, thanks to funding from the Gottesman Fund, we're fortunate to be able to offer it at the Bender JCC this year.

Watch for details in Center Scene and at benderjccgw.org, or contact Lauren Dworkin at 301.348.3837 or ldworkin@benderjccgw.org.



Shabbat Shabbang is part of a national Shabbat program created by JCC Manhattan and funded by The Gottesman Fund.



**REGISTER AT
BENDERJCCGW.ORG**

Bender JCC of Greater Washington
6125 Montrose Road | Rockville, MD 20852
benderjccgw.org | 301.881.0100

Bender Early Childhood Center at the Bender JCC of Greater Washington

Our Teachers Make the Difference

Our talented and dedicated staff is committed to ensuring each child's happiness, safety and growth.

- Toddler program for children age 18-24 months
- Preschool for children age 24 months to 5 years
- Half-day and full-day options | 7:30 am-6 pm
- Free membership with full-year enrollment



2017-18 Preschool Enrollment Begins

Jan 4 for returning students and their siblings
Jan 9 for Bender JCC members
Jan 16 for general public

Preschool Summer Enrollment Program Begins

February 20

Open Houses for Prospective Parents
Thursday, Jan 19, 10 am | Tuesday, Feb 14, 10 am

benderjccgw.org/preschool | 301.348.3839 | preschool@benderjccgw.org

GOLDMAN ART GALLERY

Lisa Del Sesto
301.348.3756
ldelsesto@benderjccgw.org

Gildenhorn/Speisman Center for the Arts Exhibits

benderjccgw.org/gallery

The Bender JCC is proud to host meaningful exhibits revolving around the Jewish experience, identity and culture in our beautiful, warm and welcoming gallery.

We gratefully acknowledge The Kaplan Family Foundation for supporting these exhibits. The exhibits are open to the public when the Bender JCC is open.

**LIGHT AND SHADOW:
A RETROSPECTIVE OF PAINTINGS
BY SHERRY ZVARES SANABRIA**

December 23-January 29

**A PAINTER'S VIEW OF JERUSALEM,
LONDON, AND TUSCANY
BY MICHAEL F. SHIBLEY**

February 3-March 5
PREVIEW RECEPTION WITH THE
ARTIST:
Thursday, February 2 | 5:30-7:30 pm

**JEWISH AFRICA: A CULTURAL AND
HISTORICAL PHOTOGRAPHIC SURVEY
BY JONO DAVID**

March 10-April 15
PREVIEW RECEPTION WITH THE
ARTIST:
Thursday, March 9 | 5:30-7:30 pm

SENIOR ADULT ART SHOW

**A Lifetime of Perspective:
Art by Older Adults
April 23-May 14**

This exhibition of works by senior adults features paintings, prints, photography, sculpture, fabric art, crafts and jewelry. Amateur artists age 65+ who are interested in participating

should contact Kandy Hutman at artshow@benderjccgw.org. Work must have been done in the last five years. Space is limited.

This annual exhibit was created by Deena and Jerome Kaplan and their family in memory of Deena's parents, Eve and David Berliant. Chaired by

Karen Kaplan, the show is generously funded by the Kaplan family, the Center's Deena and Jerome A. Kaplan Fund for Senior Adult Programming, and the Berliant/Kaplan Fund of the United Jewish Endowment Fund of The Jewish Federation of Greater Washington.



BENDER JCC

FILM 
FESTIVAL

March 23-26

Watch for details at
benderjccgw.org
and in *Center Scene*.

IMAGINE

A Night Supporting Scholarships at the 

Spring 2017

Watch for details at
benderjccgw.org and
in *Center Scene* magazine, or
contact Jodi Shulimson at
301.348.3769 or
jshulimson@benderjccgw.org.



ISRAEL FEST 2017

SUNDAY, MAY 21

Join us as we celebrate Israel @ 69!
Watch for details in Center Scene and
at benderjccgw.org, or contact
Jennifer Smith at 301.348.3778 or
jsmith@benderjccgw.org.



8th ANNUAL HEALTH & WELLNESS EXPO at Leisure World

**Thursday, May 18 | 10 am-2 pm
Grand Finale Concert | 3-4 pm**

Presented by Bender JCC's
Coming of Age in Maryland

Co-sponsored by Jewish
Residents of Leisure World

Watch for details at
benderjccgw.org and in
Center Scene magazine, or call
301.348.3832.

Concerts at the Bender JCC

Janet Getz
301.348.3779
jgetz@benderjccgw.org



Pianist Brian Ganz:
"Extreme Chopin"
Sunday, January 29
3 pm & 4:30 pm



POLINGER ARTISTS OF EXCELLENCE CONCERT SERIES
duo parnas, Violin + Cello
Sunday, March 5 | 3 pm



NEW ORCHESTRA OF WASHINGTON (NOW)
"Witches, Wizards and Warlocks"
Family Concert
Sunday, March 19 | 3 pm

POLINGER ARTISTS OF
EXCELLENCE CONCERT SERIES

**Alon Goldstein &
Fine Arts Quartet**
Sunday, April 2
7:30 pm



POLINGER ARTISTS OF
EXCELLENCE CONCERT SERIES

**Matt Haimovitz &
Christopher O'Riley**
Cello + Piano
Sunday, May 7
7:30 pm

benderjccgw.org/concerts



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**Good
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April 2,
2017



Save the date

GoodDeedsDayGW.org



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Paintball

Zipline Canopy Tour

Mountain Adventures

Any day

\$34/pp

\$69/pp

\$35/pp

Full Day

Paintball &
Zipline Canopy Tour

Mountain Adventures &
Zipline Canopy Tour

Mountain Adventures &
Paintball

Weekdays

\$83/pp

\$69/pp

\$54/pp

Weekends

\$93/pp

\$79/pp

\$54/pp

Catering available beginning at \$14.95/pp

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Assisted living in Landow House and memory care assisted living in Cohen-Rosen House

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Rehabilitation at the Post-Acute Care Center at the Hebrew Home

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In-home care through our private-duty home care agency

Education, advocacy, and temporary shelter to safeguard seniors from abuse through the ElderSAFE Center

Bethesda
MAGAZINE



A Top Vote Getter
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