



Bender JCC
of Greater Washington

New Year, New You.....2

Aquatics.....4

Bender Early Childhood Center.....5

Kids After School.....7

Art.....7

Dance.....8

Sports & Recreation.....9

Health & Fitness.....11

Hebrew Language.....12

Adult Living & Learning.....13

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



Readers' Pick,
Best Preschool



Readers' Pick,
A Top Vote Getter,
Best Gym for People
Over 40



Readers' Pick,
A Top Vote Getter,
Best Camp
Two years running!

WINTER-SPRING 2018 Program Guide

Registration is now open!

benderjccgw.org

AQUATICS

Group Swim Lessons.....4
 Private & Semi-Private Swim Lessons.....4
 Swim Clubs.....4
 Isadore and Bertha Gudelsky
 Exceptional Swim Program.....4

**SONDRA AND HOWARD BENDER
 EARLY CHILDHOOD CENTER**

Bender Preschool.....5
 Enrichment Classes.....5
 HolidayCare.....5
 Kid Coverage.....5
 Special Events.....5
 Elie Ronen Scott Family Gym.....5
 Bender-Dosik Parenting Center.....5
 Shabbat Shabbang.....6
 J Play.....6

YOUTH, TWEENS & TEENS

Kids After School.....6
 Class Complement.....6
 Daily Drop-In.....7
 School Out Days.....7
 HolidayCare.....7
 Spring Break Camp.....7
 Enrichment Classes.....7
 Art.....7
 Music.....8
 College Prep.....8
 Birthday Parties.....8
 Arts Alive.....8
 Rockville Open House.....8
 Dance.....8

SPORTS & RECREATION

Basketball.....9
 Ga Ga.....9
 Gymnastics.....9
 Karate.....10
 Multisports.....10
 Volleyball.....10
 Sports Programs for Adults.....10
 Sports Lessons.....10
 JCC Maccabi Games.....10
 Mid-Atlantic Junior Games.....10

HEALTH & FITNESS

Group Exercise.....11
 Tai Chi.....11
 Parkinson's Wellness Initiative.....11
 Personal Training.....11
 Massage.....12
 J Club Babysitting.....12
 ProAction Physical Therapy.....12

INCLUSION.....12

HEBREW & YIDDISH.....12

ACTIVE ADULTS

Adult Living & Learning.....13
 Coming of Age in Maryland.....13
 Mah Jongg.....13
 Bridge.....14
 Gateways.....14
 Ongoing Programs.....14
 Book Clubs.....14

BENDER JCC PARTNERS.....15

BUILDING HOURS

HEALTH & FITNESS

(The building closes ½ hour after the Health & Fitness Center closes.)

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

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 on Saturdays from March 11 through November 4.

OUTDOOR POOL

Our new outdoor pool is scheduled for completion this spring! See page 15.

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



NEW YEAR'S RESOLUTIONS

**NEW YEAR,
 NEW YOU,
 @ THE J**



\$0 Initiation Fee in January
benderjccgw.org/newyear | 301.348.3800

Other fees may apply.

Session Calendar

SESSION CALENDAR WINTER-SPRING 2018

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	24	25	26	27	28
	29	30					

	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		

	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 28-March 24
- Spring Session: April 8-June 23
- Skip Dates: Youth classes not held
- ★ Holidays: See next column for hours and closures.
- Gymnasium closed for repairs (dates subject to change)



Holiday Schedule

Friday, March 30

Pesach – First Seder
Preschool closes at 12:30 PM
Offices close at 1 PM
H&F open 5:30 AM-3 PM

Saturday, April 7

Pesach
H&F open 7 AM-8 PM

Sunday, May 20

Shavuot
H&F open 7 AM-8 PM

Saturday, March 31

Pesach
H&F open 7 AM-3pm

Monday, May 21

Shavuot
Offices & Preschool closed
H&F open 5:30 AM-10 PM

Sunday, April 1

Pesach
H&F open 7 AM-8 PM

Monday, May 28

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

Friday, April 6

Pesach
Offices & Preschool closed
H&F open 5:30 AM-8 PM

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 mo

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 28-Mar 18	9-9:30 AM	\$101/\$120	17739
Sa	Feb 3-Mar 24	9-9:30 AM	\$101/\$120	17645
Su	Apr 8-Jun 10	9-9:30 AM	\$101/\$120	17822
Sa	Apr 14-Jun 16	9-9:30 AM	\$113/\$135	17892

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 28-Mar 18	9:30-10 AM	\$101/\$120	17744
Sa	Feb 3-Mar 24	9:30-10 AM	\$101/\$120	17727
Su	Apr 8-Jun 10	9:30-10 AM	\$101/\$120	17868
Sa	Apr 14-Jun 16	9:30-10 AM	\$113/\$135	17882

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 28-Mar 18	10-10:30 AM	\$101/\$120	17682
Su	Jan 28-Mar 18	10:30-11 AM	\$101/\$120	17745
M	Jan 29-Mar 19	4-4:30 PM	\$88/\$105	17728
Tu	Jan 30-Mar 20	4-4:30 PM	\$101/\$120	17714
W	Jan 31-Mar 21	4-4:30 PM	\$101/\$120	17736
Th	Feb 1-Mar 22	3-3:30 PM	\$101/\$120	18004
Th	Feb 1-Mar 22	4-4:30 PM	\$101/\$120	17715
Sa	Feb 3-Mar 24	9-9:30 AM	\$101/\$120	17693
Su	Apr 8-Jun 10	10-10:30 AM	\$101/\$120	17923
Su	Apr 8-Jun 10	10:30-11 AM	\$101/\$120	17920
M	Apr 9-Jun 11	4-4:30 PM	\$101/\$120	17887
Tu	Apr 10-Jun 12	4-4:30 PM	\$126/\$150	17823
W	Apr 11-Jun 13	4-4:30 PM	\$126/\$150	17863
Th	Apr 12-Jun 14	4-4:30 PM	\$126/\$150	17896
Sa	Apr 14-Jun 16	9-9:30 AM	\$113/\$135	17926

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 28-Mar 18	10-10:30 AM	\$101/\$120	17751
Su	Jan 28-Mar 18	10:30-11 AM	\$101/\$120	17752
M	Jan 29-Mar 19	4-4:30 PM	\$88/\$105	17763
Tu	Jan 30-Mar 20	4-4:30 PM	\$101/\$120	17753
W	Jan 31-Mar 21	4-4:30 PM	\$101/\$120	17641
Th	Feb 1-Mar 22	4-4:30 PM	\$101/\$120	17683
Sa	Feb 3-Mar 24	9:30-10 AM	\$101/\$120	17750
Su	Apr 8-Jun 10	10-10:30 AM	\$101/\$120	17864
Su	Apr 8-Jun 10	10:30-11 AM	\$101/\$120	17865
M	Apr 9-Jun 11	4-4:30 PM	\$101/\$120	17846
Tu	Apr 10-Jun 12	4-4:30 PM	\$126/\$150	17866
W	Apr 11-Jun 13	4-4:30 PM	\$126/\$150	17883
Th	Apr 12-Jun 14	4-4:30 PM	\$126/\$150	17922
Sa	Apr 14-Jun 16	9:30-10 AM	\$113/\$135	17925

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 28-Mar 18	11-11:30 AM	\$101/\$120	17648
M	Jan 29-Mar 19	4:30-5 PM	\$88/\$105	17652
Tu	Jan 30-Mar 20	4:30-5 PM	\$101/\$120	17764
W	Jan 31-Mar 21	4:30-5 PM	\$101/\$120	17768
Th	Feb 1-Mar 22	4:30-5 PM	\$101/\$120	17712

Su	Apr 8-Jun 10	11-11:30 AM	\$101/\$120	17884
M	Apr 9-Jun 11	4:30-5 PM	\$101/\$120	17914
Tu	Apr 10-Jun 12	4:30-5 PM	\$126/\$150	17932
W	Apr 11-Jun 13	4:30-5 PM	\$126/\$150	17815
Th	Apr 12-Jun 14	4:30-5 PM	\$126/\$150	17921

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 28-Mar 18	11-11:30 AM	\$101/\$120	17647
Su	Apr 8-Jun 10	11-11:30 AM	\$101/\$120	17904

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 yrs

Designed to prepare swimmers for the swim team, this stroke clinic is for those who are interested in participating in competitive swimming. New registrants must contact Caroline Cardullo to schedule a qualification assessment prior to registering.

M	Jan 29-Jun 11	4:15-5:15 PM	\$137/\$167	17574
Th	Feb 1-Jun 14	4:15-5:15 PM	\$164/\$200	17576
M&Th	Jan 29-Jun 14	4:15-5:15 PM	\$301/\$368	17593

Swim Club 7-16 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 29-Jun 14	5:15-6:30 PM	\$155/\$191	17580
Th	Feb 1-Jun 14	5:15-6:30 PM	\$186/\$230	17585
M	Jan 29-Jun 14	5:15-6:30 PM	\$342/\$421	17583

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 29-Jun 15	12-1 PM	\$319	17582
-------	---------------	---------	-------	-------

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

Register at benderjccgw.org/preschool

With recently-renovated classrooms and a new natural playscape and 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, 12-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!

Preschool Enrollment

Opens January 10 for returning students and their siblings
Opens January 19 for Bender JCC members
Opens January 24 for the general public

Preschool Summer Program Enrollment

Opens February 21

Enrichment Classes

Yoga and Mindfulness 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 9-Mar 27	1-2 PM	\$192	17613
Tu	Apr 10-Jun 5	1-2 PM	\$144	17996

Science 3-5 yrs

Preschoolers are naturally curious about the world around them. We will perform science activities and experiments, giving the children the skills they need to seek answers and view the world scientifically.

W	Jan 10-Mar 28	1-2 PM	\$192	17670
W	Apr 11-Jun 6	1-2 PM	\$192	17998

Cooking 3-5 yrs

Through cooking, children learn basic math concepts and build language skills. Also, learning to cook healthfully helps lay the foundation for healthy eating habits.

Th	Jan 11-Mar 29	1-2 PM	\$192	17666
Th	Apr 12-Jun 7	1-2 PM	\$144	17997

HolidayCare 2-5 yrs

For students in the 10-month and 12-month programs, HolidayCare is offered on certain Jewish holidays when the preschool is closed but the Center is open. It is available only to children enrolled in the Bender Preschool. Preschool staff will supervise HolidayCare.

F	Apr 6	9 AM-5 PM	\$85	17902
M	May 21	9 AM-5 PM	\$85	17995

Kid Coverage 2-5 yrs

For students in the 10-month program, Kid Coverage is offered during spring break when the 12-month program is still in session.

M	Apr 2	9 AM-5 PM	\$85	17944
Tu	Apr 3	9 AM-5 PM	\$85	17945
W	Apr 4	9 AM-5 PM	\$85	17946
Th	Apr 5	9 AM-5 PM	\$85	17947

Special Events

Open Houses for Prospective Parents

Tuesday, Jan 9 | 10-11 AM

Thursday, Feb 15 | 10-11 AM

Family Fun Days

Monday, Jan 15 | 10 AM-1 PM

Monday, Feb 19 | 10 AM-1 PM

Dinner & Auction

Thursday, Feb 8 | 6 PM

Family Movie & Pizza Night

Sunday, Mar 18 | 4-6:30 PM

Spring Playdate

Sunday, Apr 22 | 10 AM-12 PM

Truck Day

Wednesday, May 2 | 9 AM-12 PM

Grandparents & Special Visitors Day

Friday, May 18 | 9 AM-12 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 families. 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 with each other and bring a sense of calm to baby. Strengthen, stretch and relieve stress while getting to know other moms and babies.

M	Jan 29-Mar 12	11:15 AM-12 PM	\$85/\$95	17725
M	Apr 9-May 14	11:15 AM-12 PM	\$85/\$95	17999

Toddler and Me Yoga Walkers-4 yrs

Mom, dad or caregiver will play along with the children — using games, songs and stories — and receive yoga instruction themselves while children explore and watch.

W	Feb 14-Mar 21	10-10:45 AM	\$75/\$85	17749
---	---------------	-------------	-----------	-------

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. (Visit benderjccgw.org/musictogether for sibling rates for this class.)

Su	Jan 7-Mar 18	10-10:45 AM	\$230/\$240	17685
Su	Jan 7-Mar 18	11-11:45 AM	\$230/\$240	17646
Su	Apr 8-Jun 17	10-10:45 AM	\$230/\$240	18000
Su	Apr 8-Jun 17	11-11:45 AM	\$230/\$240	18001
Tu	Jan 2-Mar 6	10-10:45 AM	\$230/\$240	17793
Tu	Jan 2-Mar 6	11-11:45 AM	\$230/\$240	17794
Tu	Apr 10-Jun 12	10-10:45 AM	\$230/\$240	18002
Tu	Apr 10-Jun 12	11-11:45 AM	\$230/\$240	18003

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	Feb 9-Mar 23	10-11 AM	Free	17657
F	Apr 13-Jun 15	10-11 AM	Free	17927

Story Time 0-5 yrs

Following a joyful exploration of literature through song and movement, supporting early literacy and language in a developmentally-appropriate setting, children will enjoy play time.

Th	Feb 1-Mar 22	10-11 AM	\$35/\$40	17748
Th	Apr 19-Jun 14	10-11 AM	\$35/\$40	17831

Parenting Preschoolers

Two-Day Bootcamp

Saturday, February 3 | 6:30-9:30 PM

Sunday, February 4 | 8:30 AM-4:30 PM

The Bender JCC has partnered with parent education group PEP to offer this program. You will learn positive discipline methods to calm tantrums, avoid power struggles and engage your child's cooperation. Insight into your child's temperament and developmental stage, along with guided practice with setting limits calmly and consistently, will equip you with a parenting toolbox you can use throughout the years.

\$279 | 17671

Shabbat Shabbang

Friday, January 12

Friday, April 27

This initiative helps fulfill part of the Bender JCC's mission to provide meaningful experiences and connections for young families. Featuring 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.

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 throughout Montgomery County, community events and holiday celebrations, we aim to connect families and build friendships in their geographic area.

Youth, Tweens & Teens

afterschool@benderjccgw.org

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

KIDS AFTER SCHOOL GR K-6

3-6 PM. Register at benderjccgw.org/kas. This program is licensed through the Maryland State Department of Education.

Kids After School 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 receive member rate.

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	Jan 29-Mar 19	3:30-4:30 PM	\$0/\$45	17726
Tu	Jan 30-Mar 20	3:30-4:30 PM	\$0/\$45	17782
W	Jan 31-Mar 21	3:30-4:30 PM	\$0/\$45	17651
Th	Feb 1-Mar 22	3:30-4:30 PM	\$0/\$45	17746
M	Apr 9-Jun 4	3:30-4:30 PM	\$0/\$45	17894
Tu	Apr 10-Jun 5	3:30-4:30 PM	\$0/\$45	17895
W	Apr 11-Jun 6	3:30-4:30 PM	\$0/\$45	17878
Th	Apr 12-Jun 7	3:30-4:30 PM	\$0/\$45	17893

CESJDS Walkover: We provide complementary walkover for CESJDS students in grade K-2. Please send an email to afterschool@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, this program is 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 Bender JCC after-school staff. This option provides coverage **BEFORE** and **AFTER** enrichment classes.

M	Jan 29-Mar 19	3:30-6 PM	\$110/\$160	17765
Tu	Jan 30-Mar 20	3:30-6 PM	\$110/\$160	17766
W	Jan 31-Mar 21	3:30-6 PM	\$110/\$160	17692
Th	Feb 1-Mar 22	3:30-6 PM	\$110/\$160	17691

M	Apr 9-Jun 4	3:30-6 PM	\$110/\$160	17915
Tu	Apr 10-Jun 5	3:30-6 PM	\$110/\$160	17917
W	Apr 11-Jun 6	3:30-6 PM	\$110/\$160	17918
Th	Apr 12-Jun 7	3:30-6 PM	\$110/\$160	17916

CESJDS Walkover: We provide complementary walkover for CESJDS students in grade K-2. Please send an email to afterschool@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, send an email to afterschool@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

F	Feb 16	7:30 AM-6 PM	\$75/\$90	17783
M	Feb 19	7:30 AM-6 PM	\$75/\$90	18073
Th	Mar 1	12-6 PM	\$35/\$45	17708
F	Mar 2	7:30 AM-6 PM	\$75/\$90	17773
F	Mar 23	7:30 AM-6 PM	\$75/\$90	17656
F	Jun 15	12-6 PM	\$35/\$45	17913

MCPS School Out Days

Th	Jan 25	12:30-6 PM	\$35/\$45	17707
F	Jan 26	7:30 AM-6 PM	\$75/\$90	17810
F	Feb 16	12:30-6 PM	\$35/\$45	17676
M	Feb 19	7:30 AM-6 PM	\$75/\$90	18073
M	Apr 9	12:30-6 PM	\$35/\$45	18055
Tu	Jun 12	12:30-6 PM	\$35/\$45	17969

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.

F	Apr 6	7:30 AM-6 PM	\$80	17970
M	May 21	7:30 AM-6 PM	\$80	17934

SPRING 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).

CESJDS Spring Break Camp

You may register for the entire session or by day(s).

Th-Th	Mar 29-Apr 5	7:30 AM-6 PM	\$385/\$468	17907
Th	Mar 29	7:30 AM-6 PM	\$75/\$90	17838
F	Mar 30	7:30 AM-12:30 PM	\$35/\$45	17972
M	Apr 2	7:30 AM-6 PM	\$75/\$90	17837
Tu	Apr 3	7:30 AM-6 PM	\$75/\$90	18030
W	Apr 4	7:30 AM-6 PM	\$75/\$90	18031
Th	Apr 5	7:30 AM-6 PM	\$75/\$90	18032

MCPS Spring Break Camp

You may register for the entire session or by day(s).

M-M	Mar 26-Apr 2	7:30 AM-6 PM	\$385/\$468	17834
M	Mar 26	7:30 AM-6 PM	\$75/\$90	17841
Tu	Mar 27	7:30 AM-6 PM	\$75/\$90	17940
W	Mar 28	7:30 AM-6 PM	\$75/\$90	17983
Th	Mar 29	7:30 AM-6 PM	\$75/\$90	17838
F	Mar 30	7:30 AM-12:30 PM	\$35/\$45	17972
M	Apr 2	7:30 AM-6 PM	\$75/\$90	17837

ENRICHMENT CLASSES

Intro to STEM 5-8 yrs

Learn about engineering and architecture in this fun class. You will build structural, motorized projects using LEGO parts.

Tu	Jan 30-Mar 20	4:15-5:45 PM	\$225/\$240	17706
----	---------------	--------------	-------------	-------

STEM Challenge 8-11 yrs

Learn all about engineering and architecture in this fun class. You will build structural, motorized projects using LEGO parts.

Tu	Apr 10-Jun 5	4:15-5:45 PM	\$280/\$300	17941
----	--------------	--------------	-------------	-------

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	Jan 29-Mar 19	4:15-5:45 PM	\$130/\$150	17713
M	Apr 9-Jun 4	4:15-5:45 PM	\$145/\$170	17928

Kids in the Kitchen 6-10 yrs

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

Th	Feb 1-Mar 22	4:15-5:15 PM	\$220/\$260	17754
----	--------------	--------------	-------------	-------

Preschool in the Kitchen 3-5 yrs

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

Th	Apr 12-Jun 7	3-3:45 PM	\$270/\$290	17836
----	--------------	-----------	-------------	-------

ART

Susan Fischer

301.348.3892 | sfischer@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	Jan 30-Mar 20	4:15-5:45 PM	\$230/\$240	17737
Tu	Apr 10-Jun 5	4:15-5:45 PM	\$255/\$265	17861

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	Jan 31-Mar 21	4:15-5:15 PM	\$225/\$230	17741
W	Apr 11-Jun 6	4:15-5:15 PM	\$255/\$265	17847

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 working in media such as painting, beading, decoupage and duct tape to create personalized and unique projects.

Tu	Jan 30-Mar 20	4:15-5:15 PM	\$175/\$185	17721
Tu	Apr 10-Jun 5	4:15-5:15 PM	\$195/\$205	17985

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 develop new craft skills as they explore working in media such as painting, beading, needlework, decoupage and duct tape to personalize unique and useable projects.

M	Jan 29-Mar 19	4:15-5:15 PM	\$155/\$165	17740
M	Apr 9-Jun 4	4:15-5:15 PM	\$155/\$165	17845

Paint and Draw I - Young Painters 5-8 yrs

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.

W	Jan 31-Mar 21	4:15-5:15 PM	\$175/\$185	17735
W	Apr 11-Jun 6	4:15-5:15 PM	\$195/\$205	17898

Th	Feb 1-Mar 22	4:15-5:15 PM	\$175/\$185	17730
Th	Apr 12-Jun 7	4:15-5:15 PM	\$195/\$205	17984

Th	Feb 1-Mar 22	5:15-6:15 PM	\$175/\$185	17778
Th	Apr 12-Jun 7	5:15-6:15 PM	\$195/\$205	17879

Paint and Draw II - Budding Artists 8-13 yrs

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.

M	Jan 29-Mar 19	5:15-6:15 PM	\$155/\$165	17661
M	Apr 9-Jun 4	5:15-6:15 PM	\$155/\$165	17919
Tu	Jan 30-Mar 20	5:15-6:15 PM	\$175/\$185	17662
Tu	Apr 10-Jun 5	5:15-6:15 PM	\$195/\$205	17821

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	Jan 31-Mar 21	5:15-6:15 PM	\$175/\$185	17697
W	Apr 11-Jun 6	5:15-6:15 PM	\$195/\$205	17862

MUSIC

Susan Fischer

301.348.3892 | sfischer@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. For details, contact Leah Schwartz.

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 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. For details, contact Leah Schwartz.

BIRTHDAY PARTIES

birthdayparties@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

301.348.3757 | 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. A new session starts in the fall.

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. Tuition includes costume and recital fees (except for pre-ballet and ballet/tap combo classes).

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.

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	Jan 30-Jun 5	3-3:45 PM	\$325/\$340	17601
----	--------------	-----------	-------------	-------

Ballet/Tap Combo Class 3-5 yrs

Dancers will learn fundamentals of ballet and tap, while enjoying their own free style and creative movement. Ballet and tap shoes are required.

M	Jan 29-Jun 4	3-3:45 PM	\$285/\$300	17602
---	--------------	-----------	-------------	-------

Beginning Ballet I 5-7 yrs

Tu	Jan 30-Jun 5	4:15-5:15 PM	\$470/\$485	18016
----	--------------	--------------	-------------	-------

Beginning Ballet II 8-11 yrs

Tu	Jan 30-Jun 5	5:15-6:15 PM	\$470/\$485	18017
----	--------------	--------------	-------------	-------

Tuition includes Class Complement Extended.

Intermediate Ballet 13-16 yrs

M	Feb 5-Jun 4	5:30-7 PM	\$490/\$505	18009
---	-------------	-----------	-------------	-------

Adult Ballet 16+ yrs

Tu	Jan 30-Mar 20	6:15-7:15 PM	\$155/\$170	17807
Tu	Apr 10-May 29	6:15-7:15 PM	\$155/\$170	18013

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.

Ballet/Lyrical I 10-13yrs

W	Jan 31-Jun 6	4:30-5:30 PM	\$500/\$520	18056
---	--------------	--------------	-------------	-------

Lyrical I 12-14 yrs

W	Feb 7-Jun 6	5:30-6:45 PM	\$500/\$520	18019
---	-------------	--------------	-------------	-------

Lyrical II 13-16 yrs

W	Feb 7-Jun 6	5:30-6:45 PM	\$500/\$520	18057
---	-------------	--------------	-------------	-------

Tap

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	Jan 29-Jun 4	4:30-5:30 PM	\$470/\$485	18010
---	--------------	--------------	-------------	-------

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 Jan 31-Jun 6 4:15-5:15 PM \$470/\$485 18018

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.

M Feb 5-Jun 4 5:30-6:30 PM \$470/\$485 18011

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. Students are accepted with teacher's approval.

M Feb 5-Jun 4 6:30-7:30 PM \$470/\$485 18012

Adult Tap 16+ yrs

This class is geared toward the student who has had little or no tap training. The focus is on how to articulate the feet and ankles, as well as explore musicality, rhythm and syncopation.

W Jan 31-Mar 21 7-8 PM \$155/\$170 17808

W Apr 11-May 30 7-8 PM \$155/\$170 17967

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 Feb 1-Jun 7 4:15-5:15 PM \$470/\$485 18058

Advanced Beginning Jazz 9-12 yrs

M Feb 5-Jun 4 4:15-5:15 PM \$430/\$445 18008

Jazz: Intermediate 12-16 yrs

Th Feb 8-Jun 7 5:15-6:30 PM \$515/\$535 18059

Advanced Jazz 14-18 yrs

Th Feb 8-Jun 7 6:30-7:45 PM \$515/\$535 18060

Street Jazz and Hip-Hop

Street jazz warm-up and center exercises will build strength, control and agility. Center work will add a challenge as students tackle isolations and syncopated rhythms in hip-hop.

Street Jazz and Hip Hop I 9-15 yrs

Tu Feb 6-Jun 5 4:15-5:15 PM \$470/\$485 18014

Street Jazz and Hip Hop II 11-15 yrs

Tu Feb 6-Jun 5 5:15-6:15 PM \$470/\$485 18015

Turns and Leaps - Poms Prep 13-19 yrs

Master basic turns, leaps and jumps while increasing flexibility and strength.

W Feb 7-Mar 21 6:45-8 PM \$155/\$170 18020

W Apr 11-May 23 6:45-8 PM \$155/\$170 18021

Jr. Youth Dance Company 10-14 yrs

This class is tailored to the dancer who desires to explore the many facets of jazz in an advanced environment. Students should have technique and skills. Placement by permission only.

Su Feb 11-Jun 3 12-1:30 PM \$445/\$455 18005

Sr. Youth Dance Company 12-18 yrs

This class is tailored to the dancer who desires to explore the many facets of jazz in an advanced environment. Students in this class should have high-intermediate to advanced technique and skills. Placement by permission only.

Su Feb 11-Jun 3 1:30-3:30 PM \$470/\$485 18007

Alvin Mayes Modern Dance Workshop 18+ yrs

Alvin Mayes, a member of the dance faculty at the University of Maryland, teaches this enjoyable, flowing and challenging class.

Th Feb 1-Mar 22 9:30-10:45 AM \$185/\$195 17796
Th Apr 12-May 31 9:30-10:45 AM \$185/\$195 17962

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.

Th Feb 1-Mar 22 3-3:45 PM \$85/\$100 17636

Th Apr 12-Jun 7 3-3:45 PM \$95/\$110 17885

Basketball Skills - Level 1 5-7 yrs

This introduction to basketball includes fundamentals such as ball-handling, shooting, passing and defense.

Th Feb 1-Mar 22 4:15-5 PM \$85/\$100 17643

Th Apr 12-Jun 7 4:15-5 PM \$95/\$110 17924

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 1-Mar 22 5-5:45 PM \$85/\$100 17654

Th Apr 12-Jun 7 5-5:45 PM \$95/\$110 17855

Co-Ed Basketball League

No prior competitive basketball experience necessary.

5-6 yrs

Su Jan 7-Feb 25 12:15-1:15 PM \$160/\$180 17425

7-8 yrs

Su Jan 7-Feb 25 1:25-2:40 PM \$160/\$180 17369

9-10 yrs

Su Jan 7-Feb 25 2:50-4:05 PM \$160/\$180 17424

11-14 yrs

Su Jan 7-Feb 25 4:15-5:30 PM \$160/\$180 17368

GA GA

Ga Ga Sport 5-12 yrs

Children will play rousing games of ga-ga and striker.

Tu Jan 30-Mar 20 4:15-5 PM \$85/\$100 17761

Tu Apr 10-Jun 5 4:15-5 PM \$95/\$110 17843

GYMNASTICS

Parent and Tot Gymnastics 1-3 yrs

Under the guidance of an experienced instructor, parents will lead children through 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 Jan 31-Mar 21 11-11:30 AM \$105/\$120 17686

W Apr 11-Jun 6 11-11:30 AM \$120/\$135 17886

Tumble Tots Gymnastics 3-4 yrs

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 Jan 31-Mar 21 3-3:30 PM \$105/\$120 17689

W Apr 11-Jun 6 3-3:30 PM \$120/\$135 17828

Super Tots Gymnastics 4-5 yrs

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 Jan 31-Mar 21 3:45-4:15 PM \$105/\$120 17640

W Apr 11-Jun 6 3:45-4:15 PM \$120/\$135 17827

Jump Around Gymnastics 1 5-8 yrs

Children play on specialized gymnastics equipment. This class will not go into the technical intricacies of gymnastics skill building, but will allow children the opportunity to develop balance-beam skills, cartwheels, rolls and bar work.

W	Jan 31-Mar 21	4:30-5:15 PM	\$105/\$120	17687
W	Apr 11-Jun 6	4:30-5:15 PM	\$120/\$135	17830

Jump Around Gymnastics 2 8-12 yrs

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

W	Jan 31-Mar 21	5:15-6 PM	\$105/\$120	17688
W	Apr 11-Jun 6	5:15-6 PM	\$120/\$135	17826

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 29-Jun 4	3:15-4 PM	\$290/\$330	17590
W	Jan 31-Jun 6	3:15-4 PM	\$360/\$400	17591

Kid Tiger Karate 5-8 yrs

For beginner/intermediate students.

M	Jan 29-Jun 4	4:15-5 PM	\$290/\$330	17581
W	Jan 31-Jun 6	4:15-5 PM	\$360/\$400	17579
M&W	Jan 29-Jun 6	4:15-5 PM	\$640/\$735	17578

Beginner Karate 9+ yrs

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

M&W	Jan 29-Jun 6	5-5:45 PM	\$640/\$735	17594
-----	--------------	-----------	-------------	-------

Intermediate/Advanced Karate 9+ yrs

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

M&W	Jan 29-Jun 6	5:45-6:30 PM	\$640/\$735	17595
-----	--------------	--------------	-------------	-------

Advanced/Black Belts and Adults Karate 9+ yrs

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

M&W	Jan 29-Jun 6	6:30-7:15 PM	\$640/\$735	17604
-----	--------------	--------------	-------------	-------

MULTISPORTS

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	Jan 29-Mar 19	3-3:45 PM	\$75/\$90	17700
M	Apr 9-Jun 4	3-3:45 PM	\$75/\$90	17854

Preschool Soccer and T Ball 3-5 yrs

Children will learn the basic skills and rules of soccer and t-ball through game play.

Tu	Jan 30-Mar 20	3:45-4:15 PM	\$85/\$100	17711
Tu	Apr 10-Jun 5	3-3:30 PM	\$95/\$110	17935

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	Jan 29-Mar 19	4:15-5 PM	\$75/\$90	17729
M	Apr 9-Jun 4	4:15-5 PM	\$75/\$90	17853

Preschool Team Building 3-5 yrs

This exciting new class offers activities outside of traditional team sports that challenge students physically and mentally through team building, problem solving and physical activity.

Tu	Jan 30-Mar 20	3-3:30 PM	\$85/\$100	18070
Tu	Apr 10-Jun 5	3-3:30 PM	\$95/\$110	18071

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	Jan 29-Mar 19	5-5:30 PM	\$75/\$90	17814
M	Apr 9-Jun 4	5-5:30 PM	\$75/\$90	17982

VOLLEYBALL

Volleyball 10-14 yrs

This introduction to volleyball takes 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 additional opportunity to meet and learn from professional athletes.

Tu	Jan 30-Mar 20	5:15-6 PM	\$85/\$100	17776
Tu	Apr 10-Jun 5	5:15-6 PM	\$95/\$110	17857

SPORTS PROGRAMS FOR ADULTS

Anthony Hunter

301.348.3852 | ahunter@benderjccgw.org

Mamanet 18+ yrs

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

Tu	Jan 30-Jun 5	8-9 PM	\$205/\$240	17626
----	--------------	--------	-------------	-------

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.

Saturdays through Mar 31 | 1-4 PM

3-day pickleball pass: \$9/\$15

6-day pickleball pass: \$18/\$30

Spring 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 free agent. The Sunday league will play games at 9 AM and 10:30 AM at county fields. The weekday league will play at the Bender JCC at 6:30 PM, 7:45 PM and 9 PM.

Su	Apr 8-Jul 29	9 AM-12 PM	\$1,500	17572
M&T	Apr 16-Jul 31	6:30-10 PM	\$1,300	17573

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 | games@benderjccgw.org

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

MID-ATLANTIC JUNIOR GAMES

Caroline Cardullo

301.348.3890 | games@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

Ryan Poolay

301.348.3891 | rpoolay@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 to sign up for group exercise email updates.

TAI CHI

Rachel Ossman

301.348.3710 | rossman@benderjccgw.org

Tai Chi 18+ yrs

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

M Jan 29-Mar 19	11:30 AM-12:25 PM	\$99/\$149	17694
M Apr 9-Jun 11	11:30 AM-12:25 PM	\$99/\$149	17867

Tai Chi for Movement Disorder 14+ yrs

This class uses Tai Chi to improve balance and gait for participants who have Parkinson's, MS or other movement-related concerns.

M Jan 29-Mar 19	12:30-1:25 PM	\$99/\$149	17718
M Apr 9-Jun 11	12:30-1:25 PM	\$99/\$149	18034

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 Bender JCC 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 individuals with Parkinson's improve and maintain Activities of Daily Living (ADLs) and quality of life by working on balance, strength, flexibility and range of motion.

Tu Jan 2-Mar 27	1-2 PM	\$85	17769
Tu Apr 10-Jun 12	1-2 PM	\$85	18023

Support Group for Caregivers 18+ yrs

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

Tu Jan 2-Mar 27	1-2 PM
Tu Apr 10-Jun 12	1-2 PM

Yoga 14+ yrs

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

M Jan 8-Mar 26	2-3 PM	\$85	17638
M Apr 9-Jun 11	2-3 PM	\$85	18022
Th Jan 4-Mar 29	1-2 PM	\$85	17774
Th Apr 12-Jun 14	1-2 PM	\$85	18025

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 Jan 3-Mar 28	2-3 PM	\$85	17614
W Apr 11-Jun 13	2-3 PM	\$85	18024

Punch for Parkinson's 18+ yrs

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

F Jan 5-Mar 30	1:30-2:30 PM	\$85	17617
F Apr 13-Jun 15	1:30-2:30 PM	\$85	18026

PERSONAL TRAINING

Dahhia Smith-Johnson

301.348.3894 | djohnson@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 options to help you achieve your fitness goals.

Fitness 101 13+ yrs

Members who need a refresher and new members are invited to learn how to correctly use each zone of the fitness center, which includes the cardio rooms, strength training and circuit strength equipment.

W Jan 3-31	8:30-9:30 AM	\$99/\$115	18035
W Jan 3-31	6-7 PM	\$99/\$115	17775

W Feb 7-28	8:30-9:30 AM	\$95/\$115	18036
W Feb 7-28	6-7 PM	\$95/\$115	17681

W Mar 7-28	8:30-9:30 AM	\$95/\$115	18038
W Mar 7-28	6-7 PM	\$95/\$115	18037

W Apr 11-May 2	8:30-9:30 AM	\$95/\$115	18039
W Apr 11-May 2	6-7 PM	\$95/\$115	17819

W May 9-30	8:30-9:30 AM	\$95/\$115	18040
W May 9-30	6-7 PM	\$95/\$115	17833

W Jun 6-27	8:30-9:30 AM	\$95/\$115	18041
W Jun 6-27	6-7 PM	\$95/\$115	18042

Junior Strength Training 10-14 yrs

Be more active 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 3-31	4:30-5:30 PM	\$120/\$140	17800
W Mar 7-28	4:30-5:30 PM	\$100/\$120	18043
W May 2-30	4:30-5:30 PM	\$120/\$140	17975

Hurricane Training 14-18 yrs

This class challenges the entire body, utilizing power lifts, calisthenics such as pushups, jumping jacks, crunches and other body weight exercises. It covers fundamentals of fitness, as well as agility, balance, coordination and strength training.

Th Jan 4-25	4:30-5:30 PM	\$145/\$160	17675
Th May 3-31	4:30-5:30 PM	\$145/\$160	17930

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 Jan 4-25	10:30-11:15 AM	\$110/\$130	17734
Th Mar 1-29	10:30-11:15 AM	\$120/\$140	18046
Th May 3-31	10:30-11:15 AM	\$120/\$140	17933

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 8-Mar 2	9:30-10:30 AM	\$160/\$185	17717
M&F	Apr 9-May 18	9:30-10:30 AM	\$120/\$140	17859
M&F	Jun 4-29	9:30-10:30 AM	\$99/\$120	18047

To the Core - 30-Minute Abs 20+ yrs

This class targets all muscles surrounding the torso to achieve maximum core strength and stability while sculpting the stomach.

Sa	Jan 6-27	1-1:30 PM	\$95/\$150	18078
Tu	Jan 9-30	10:30-11 AM	\$95/\$125	18077

Functional Strength & Cardio 20+ yrs

Functional training mimics real-life activities, enhancing balance, flexibility and core stability.

Sa	Feb 3-24	12-1 PM	\$95/\$150	18080
Tu	Feb 6-27	9-10 AM	\$95/\$150	18079

Brazilian Jiu-Jitsu 20+ yrs

This self-defense class consists of a warm-up with basic conditioning followed by technique training in stand-up and ground fighting scenarios.

Tu	Jan 16-Feb 27	9-10 AM	\$140/\$180	18076
----	---------------	---------	-------------	-------

S.O.S. No Falls 45+ yrs

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

Th	Feb 1-22	10:45-11:30 AM	\$100/\$130	17673
Th	Feb 1-22	1-1:45 PM	\$100/\$130	17674
Th	Mar 1-22	10:45-11:30 AM	\$100/\$130	18044
Th	Mar 1-22	1-1:45 PM	\$100/\$130	18045
Th	Jun 7-28	10:45-11:30 AM	\$100/\$130	17890
Th	Jun 7-28	1-1:45 PM	\$100/\$130	17891

MASSAGE

Dahhia Smith-Johnson

301.348.3894 | djohnson@benderjccgw.org

We offer 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 | djohnson@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.

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. For fees and to register, please contact Leah Schwartz. For information on Sports Adventures, an adapted physical education class, see the youth sports & recreation section.

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

Sundays through June 3 | 2-4 PM

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 does not conflict with Friendship Circle's scheduled activities.)

Tikvah 18+ yrs

Sundays through June 3 | 12-2 PM

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.

Hebrew & Yiddish

Rivka Degani

301.348.3810 | rdegani@benderjccgw.org

Hebrew Aleph 14+ yrs

For students with no previous Hebrew knowledge. Both the cursive and printed alphabets are taught, along with 150 words for basic conversation.

M	Jan 29-Jun 25	7:30-9:30 PM	\$420	17608
---	---------------	--------------	-------	-------

Hebrew Aleph 2 14+ yrs

For students who know reading without vowels and writing about 150 words in Hebrew, basic conversation, and conjugation of verbs in present tense.

W	Feb 14-Jun 27	7:30-9:30 PM	\$420	17610
---	---------------	--------------	-------	-------

Hebrew Bet 14+ yrs

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

Tu	Feb 6-Jun 12	9:30-11:30 AM	\$420	17609
Th	Feb 15-Jun 28	7:30-9:30 PM	\$420	17587

Hebrew Gimel 14+ yrs

This course will cover colors, shapes, symbols, animals, seasons, weather and more.

Tu	Feb 6-Jun 12	7:30-9:30 PM	\$420	17570
Th	Feb 15-Jun 28	4:45-6:45 PM	\$420	17607
F	Feb 16-Jul 13	10 AM-12 PM	\$420	17568

Hebrew Dalet 14+ yrs

For students who have mastered basic conjugation in active and passive verb groups and can understand and talk about everyday life, news and more. Emphasis will be on listening comprehension, some texts from the Bible, Mishna and reinforcing verb conjugation.

Th Feb 15-Jun 28 7:15-9:15 PM \$420 17589

Hebrew Vav 14+ yrs

Conducted entirely in Hebrew, we will read literary texts, and improve grammar, syntax and listening comprehension skills.

W Feb 14-Jun 27 11:30 AM-1:30 PM \$420 17603
W Feb 14-Jun 27 7:30-9:30 PM \$420 17577

Advanced Hebrew 14+ yrs

This class is taught entirely in Hebrew with emphasis on becoming a fluent Hebrew speaker. We will read from Israeli newspapers, a novel or short stories, and improve listening comprehension.

M Feb 15-Jun 28 7-9 PM \$420 17575

Beginner Yiddish

A course for beginners in understanding, speaking, reading and writing Yiddish.

Th Feb 1-May 10 6:30-8 PM \$200 17605

Intermediate Yiddish

Students with an ability to understand basic spoken Yiddish will improve spoken and written Yiddish.

Tu Feb 6-May 8 6:30-8 PM \$200 18072

Active Adults

IT'S ALL (ADULT LIVING & LEARNING)

AT THE BENDER JCC

Debbie Sokobin

301.348.3760 | dsokobin@benderjccgw.org

ALL@Leisure World: Aspects of Israel 50+ yrs

Shlichim (Israeli emissaries) will discuss the many facets of Israeli society, including the military experience, the land and its beauty, history, and Israel as a "Start-Up Nation."

Th Feb 22-Mar 15 1:15-2:15 PM \$25 17616

ALL@Leisure World: Connecting through Kabbalah 50+ yrs

Begin your exploration of the medieval and mystical system of interpreting Jewish theology.

Th Feb 22-Mar 15 11 AM-12 PM \$27 18063

ALL@Leisure World: Exploring Ultraorthodox Life 50+ yrs

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

Th Apr 12-May 31 10:30 AM-12 PM \$30 17615

Connecting through Kabbalah 50+ yrs

Begin your exploration of the medieval and mystical system of interpreting Jewish theology.

Th Jan 4-Jan 25 7:30-8:30 PM \$27/\$37 18062

Jewish Ethical Wills Project 30+ yrs

Jewish Ethical Wills, also known as legacy letters, are a way to share your values, blessings, life's lessons, hopes and dreams for the future with your family, friends and community.

Th Feb 1-22 7:30-9 PM \$45/\$55 17622

Bible Studies with Rabbi JoHanna 50+ yrs

We will read key commentaries and watch them become sophisticated stories about human nature, our place in the world, and the relationship of humans and the divine.

Th Feb 8-Mar 8 1-2 PM \$27/\$37 17621

American Presidency 30+ yrs

This course will study the origin, growth and state of the American presidency based on real case studies.

M Feb 26-Mar 19 10-11:15 AM \$27/\$37 18049

A Seat at the Table 30+ yrs

This class will discuss how federal policies are made in an atmosphere of significant global threats, budgetary constraints and differing political views.

W Mar 7-21 7:30-8:45 PM \$27/\$37 17872

History of Zionism 50+ yrs

Explore the history of Zionism through the screening of seven short documentary films.

M Mar 26-May 14 10:30 AM-12 PM \$32/\$42 17624

Adult Painting 40+ yrs

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.

M Jan 29-Feb 26 1:15-2:45 PM \$90/\$100 17634

Ceramics 50+ yrs

Get your creative juices flowing with this wonderful ceramics class! You will learn the ins and outs of the pottery wheel, as well as different aspects of working with clay.

W Jan 31-Mar 7 10 AM-12:30 PM \$130/\$150 17630
M Mar 5-Apr 16 7-9 PM \$130/\$150 17620
W Mar 28-May 9 10 AM-12:30 PM \$130/\$150 17871

Ceramics: Open Studio 30+ yrs

In open studio, you are welcome to create a ceramics piece on the pottery wheel or hand-built using our clay, glaze and tools.

W Jan 31-Mar 7 12:30-2 PM \$55/\$65 18048

TECHNOLOGY

Intergenerational Technology 50+ yrs

Bring your laptop, smartphone, iPad or other electronic device and be paired with a teenage technology expert to learn or brush up on technology skills.

Th Feb 1-May 17 3:30-4:30 PM Free 17597

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 18+ yrs

Learn the rules, strategy and etiquette of this fun and challenging game. Please pre-purchase the National Mah Jongg League Card.

M Jan 8-29 10:30 AM-12:30 PM \$60/\$75 17649
W Feb 7-28 7-9 PM \$60/\$75 18050
M Mar 5-26 10:30 AM-12:30 PM \$60/\$75 17650
W Apr 11-May 2 10:30 AM-12:30 PM \$60/\$75 17820

Intermediate Mah Jongg 18+ yrs

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

W Jan 10-31	7-9 PM	\$60/\$75	18051
M Feb 5-26	10:30 AM-12:30 PM	\$60/\$75	17586
M Apr 16-May 7	7-9 PM	\$60/\$75	17818

Brush Up Bridge 18+ yrs

This course is intended for those who are currently playing bridge or have not played in years. It will cover fundamentals of modern bidding and play of the hand, along with defensive principles.

W Feb 7-Mar 14	10 AM-12 PM	\$80/\$90	17743
W Apr 11-May 16	10 AM-12 PM	\$80/\$90	17817

GATEWAYS

Stacy Katz Olivera

301.348.3889 | solivera@benderjccgw.org

Gateways is a comprehensive program for speakers of other languages. 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 for Speakers of Other Languages, citizenship preparation, post-citizenship and conversation.

Tu & Th Jan 9-May 24	10 AM-12 PM	\$50	17571
----------------------	-------------	------	-------

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

Cinema J

Entertaining, evocative and engaging monthly films.

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.

Men's Club

Tuesdays | 1:15-2:45 PM

Wednesdays | 2-3:30 PM

Come for conversation and camaraderie! Men are invited to this get-together to meet new friends and discuss topics of interest such as current events, politics and health.

Women's Connections

Mondays | 10:45 AM-12 PM

Meet new friends, do some social networking, and discuss topics such as politics, religion, marriage and life in general.

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

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.

OUTDOOR POOL

PHASE III: To be completed by Spring 2018



4 New heated chlorine pool which will allow for extended lap swimming during the year



1 New splash pad to replace the kiddie pool



2 Zero degree "beach" entry with water toys



3 New double flume water slide

For more details visit benderjccgw.org/newJ

Features subject to change

GOLDMAN ART GALLERY

Lisa Del Sesto
301.348.3756
ldelsesto@benderjccgw.org

Gildenhorn/Speisman Center for the Arts

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 shows are open to the public when the Bender JCC is open.

NA'ASEH V'NISHMA: WE WILL DO AND WE WILL HEAR

A group exhibit featured through
February 18

ARTISTS WITHOUT BORDERS

A Multifaith Exhibit
February 23-April 8
Preview Reception with the Artists:
Thursday, February 22
5:30-7:30 PM

SENIOR ADULT ART SHOW

A LIFETIME OF PERSPECTIVE April 15-May 6

This annual exhibit features works created by amateur artists age 65+. Chaired by Karen Kaplan, A Lifetime of Perspective was created by Deena and Jerome Kaplan and their family in memory of Deena's parents, Eve and David Berliant. The exhibit is underwritten by the Kaplan family, the Bender JCC'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.



March 8-11

benderjccgw.org/film

THE BENDER JCC
PRESENTS

CINEMA J

ENTERTAINING • EVOCATIVE • ENGAGING

SHALOM ITALIA
Wednesday, January 10 | 7:30 PM

KEEP QUIET
Wednesday, February 7 | 7:30 PM

MENASHE
Monday, April 9 | 7:30 PM

BOMBSHELL: THE HEDY LAMARR STORY
Wednesday, May 2 | 7:30 PM

THE LAST LAUGH
Wednesday, June 6 | 7:30 PM

benderjccgw.org/film

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.

Partner Agency of
The Jewish Federation
of Greater Washington



Contact Adam Tennen at 301.348.3815
or atennen@benderjccgw.org

9th ANNUAL HEALTH & WELLNESS EXPO

Thursday, May 24 at Leisure World

Presented by Bender JCC's
Coming of Age in Maryland
Co-sponsored by
Jewish Residents of Leisure World

KEYNOTE SPEAKER

Bob Levey

Prize-winning journalist and
Washington Post veteran

GRAND FINALE CONCERT

Bima to Broadway!

benderjccgw.org/expo

2017-2018 POLINGER ARTISTS OF EXCELLENCE CONCERT SERIES

46TH SEASON | SUNDAYS AT 7:30 PM



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

IMAGINE

A Night Supporting Scholarships at the 

Wednesday, May 16

Honoring
Tina and Albert Small, Jr.
with the Benjamin Ourisman
Memorial Award for Civic
Achievement

Watch for details at benderjccgw.org or
contact Jodi Shulimson at 301.348.3769
or jshulimson@benderjccgw.org.

The Lessans Family LITERARY SERIES 2017 2018

Bruce Henderson

Sons and Soldiers: The Untold Story of the Jews Who Escaped the Nazis and Returned with the U.S. Army to Fight Hitler
Thursday, January 25 | 7:30 PM

Lisa Arin

Matilda Empress | Thursday, February 8 | 7 PM

Rafi Kohan

The Arena: Inside the Tailgating, Ticket-Scalping, Mascot-Racing, Dubiously Funded, and Possibly Haunted Monuments of American Sport | Sunday, April 22 | 10:30 AM

David E. Fishman

The Book Smugglers: Partisans, Poets, and the Race to Save Jewish Treasures from the Nazis | Thursday, April 19 | 7 PM

Jenn Segal

Culinary event

The Once Upon a Chef Cookbook | Thursday, May 24 | 7 PM

benderjccgw.org/LitSeries



Camp JCC 2018 Sessions

June 25-August 10

Session 1 June 25-July 6 (no camp on July 4)

Session 2 July 9-20

Session 3 July 23-August 10

ADOM

Age 4 by September 1, 2018

Age 5 by September 1, 2018 and entering kindergarten

LAVAN | Entering grade 1

KACHOL | Entering grade 2

KESEF 3-4

Specialty camps for children entering grades 3 & 4

- Big Top Stars
- Culinary Creations
- Dance to the Music
- Drones!
- Game Design with CodeAdvantage
- "I Made It Myself" Jewelry Making
- LEGO® Engineering Challenge
- Outdoor Adventure
- STEM
- Tennis Anyone?
- Triathlon Training Camp

KESEF 5-6

Specialty camps for children entering grades 5 & 6

- Tennis Anyone?
- Coding with CodeAdvantage
- Triathlon Training Camp
- The Wood Shop

OMANUT | Creative Arts

Entering grades 1-3

Entering grades 4-7

HABIMAH | Theater Arts

Entering grades 2-4

Entering Grades 5-7

MACCABIAH | Sports Camp

Entering grades 2 & 3

Entering grades 4-7

ZAHAV | Daily trips

Entering grades 5 & 6

TEEN TRAVEL CAMP | Entering grades 7-9

Session 1: Virginia Beach & Philadelphia

Session 2: West Virginia & New Jersey

MADATZ | Counselor-in-Training

Entering grade 10

KOCHAVIM | Campers age 12-21 with special needs

Apply at
benderjccgw.org/campjcc

SUMMER KIDS CLUB

Aleph Week

June 18-22

Bet Week

August 13-17

Gimmel Week

August 20-24

New! SUMMER KIDS CLUB BIG IDEA

Israeli Tech Weeks

Entering Grades 2-6

Bet Week | August 13-17

Photography, Video Game Design, 3D Modeling

Gimmel Week | August 20-24

Lego® Robotics, Animation, DJ Remixing



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:

- **Skilled nursing care** and **Post-Acute care** at the Hebrew Home of Greater Washington
- **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



THE JEWISH FEDERATION OF GREATER WASHINGTON presents

The Sara & Samuel J. Lessans

Good Deeds Day

April 29, 2018



The Jewish Federation OF GREATER WASHINGTON



Save the date
GoodDeedsDayGW.org

The Garden of Remembrance Memorial Park

Summer



Fall



17 Years of Caring
Service and Dedicated
Support to the
Jewish Community of
Greater Washington

A Place for
All to Honor and
Celebrate Life

Spring



Winter



The Garden of Remembrance Memorial Park is 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.

Call our Help Line at
301.428.3000, or visit
Gardenofremembrance.org.



Garden of Remembrance

GAN ZIKARON MEMORIAL PARK

Partner Agency of
The Jewish Federation
OF GREATER WASHINGTON

