



Bender JCC
of Greater Washington

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FALL 2018
PROGRAM GUIDE

Registration opens August 6
for members and August 20
for the general public.

benderjccgw.org

**THANK YOU FOR VOTING US
BEST OF BETHESDA!**



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



Readers' Pick,
Best Preschool



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

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HOURS

HEALTH & FITNESS

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

The building closes ½ hour after the Fitness Center closes.

INDOOR POOL

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

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

OUTDOOR POOL

For extended fall hours at our heated outdoor pool, please visit benderjccgw.org/hours.

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



FIT FEST OPEN HOUSE

ALL ARE
WELCOME

with *Celebrity Trainer*
Carolyn Erickson

Sunday, October 7
10 AM - 1 PM

benderjccgw.org/FitFest



Session Calendar

FALL 2018

Skip dates subject to change; please confirm with instructor.

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

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

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

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

COLOR & SYMBOL KEY

- Fall Session 1: September 2-November 10
- Fall Session 2: November 11-January 26
- Skip Dates: Youth classes not held
- ★ Holidays: See next column for hours and closures.

Holiday Schedule

Monday, September 3

Labor Day
Offices & preschool are closed
Bender JCC open 7 AM-6 PM
Membership sales open 9 AM-4 PM

Sunday, September 9

Erev Rosh Hashanah
Bender JCC open 7 AM-3 PM
Membership sales open 10 AM-1 PM

Monday, September 10

Rosh Hashanah
Bender JCC is closed

Tuesday, September 11

Rosh Hashanah
Bender JCC is closed

Tuesday, September 18

Kol Nidre
Bender JCC open 5:30 AM-1 PM
Membership sales open 8:30 AM-1 PM

Wednesday, September 19

Yom Kippur
Bender JCC is closed

Monday, September 24

Sukkot I
Offices and preschool are closed
Bender JCC open 5:30 AM-10 PM
Membership sales open 9 AM-7 PM

Tuesday, September 25

Sukkot II
Offices and preschool are closed
Bender JCC open 5:30 AM-10 PM
Membership sales open 9 AM-7 PM

Monday, October 1

Shemini Atzeret
Offices and preschool are closed
Bender JCC open 5:30 AM-10 PM
Membership sales open 9 AM-7 PM

Tuesday, October 2

Simchat Torah
Offices and preschool are closed
Bender JCC open 5:30 AM-10 PM
Membership sales open 9 AM-7 PM

Thursday, November 22

Thanksgiving
Offices and preschool are closed
Bender JCC open 7 AM-3 PM
Membership sales open 9 AM-2 PM

Tuesday, December 25

Bender JCC open 7 AM-8 PM

Monday, December 31

Bender JCC open 5:30 AM-3 PM

Tuesday, January 1

Offices and preschool are closed
Bender JCC open 7 AM-8 PM
Membership sales open 9 AM-4 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 Aliza Glatter at 301.348.3861 or aglatter@benderjccgw.org.

Inclusion permeates our Center. Inclusion is belonging.



Aquatics

Caroline Cardullo

301.348.3890 | ccardullo@benderjccgw.org

GROUP SWIM LESSONS

Swim Lessons - Waterbabies 6-18 mos

Parent and child learn together in the water. Children will be introduced to basic swim skills, including back float, kicking and reaching.

Su	Sep 16-Nov 4	9-9:30 AM	\$112/\$128	18605
Sa	Sep 8-Nov 10	9-9:30 AM	\$140/\$160	18512
Su	Nov 11-Jan 20	9-9:30 AM	\$126/\$144	18779
Sa	Nov 17-Jan 26	9-9:30 AM	\$126/\$144	18848

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	Sep 16-Nov 4	9:30-10 AM	\$112/\$128	18610
Sa	Sep 8-Nov 10	9:30-10 AM	\$140/\$160	18593
Su	Nov 11-Jan 20	9:30-10 AM	\$126/\$144	18825
Sa	Nov 17-Jan 26	9:30-10 AM	\$126/\$144	18838

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	Sep 16-Nov 4	10-10:30 AM	\$112/\$128	18549
Su	Sep 16-Nov 4	10:30-11 AM	\$112/\$128	18611
M	Sep 17-Nov 5	4-4:30 PM	\$84/\$96	18594
Tu	Sep 4-Nov 6	4-4:30 PM	\$84/\$96	18580
W	Sep 5-Nov 7	4-4:30 PM	\$126/\$144	18602
Th	Sep 6-Nov 8	4-4:30 PM	\$140/\$160	18581
Sa	Sep 8-Nov 10	9-9:30 AM	\$140/\$160	18560
Su	Nov 11-Jan 20	10-10:30 AM	\$126/\$144	18879
Su	Nov 11-Jan 20	10:30-11 AM	\$126/\$144	18876
M	Nov 12-Jan 14	4-4:30 PM	\$112/\$128	18843
Tu	Nov 13-Jan 22	4-4:30 PM	\$126/\$144	18780
W	Nov 14-Jan 23	4-4:30 PM	\$126/\$144	18820
Th	Nov 15-Jan 24	4-4:30 PM	\$126/\$144	18852
Sa	Nov 17-Jan 26	9-9:30 AM	\$126/\$144	18882

Swim Lessons - Level 2 4-6 yrs

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

Su	Sep 16-Nov 4	10-10:30 AM	\$112/\$128	18617
Su	Sep 16-Nov 4	10:30-11 AM	\$112/\$128	18618
M	Sep 17-Nov 5	4-4:30 PM	\$84/\$96	18629
Tu	Sep 4-Nov 6	4-4:30 PM	\$84/\$96	18619
W	Sep 5-Nov 7	4-4:30 PM	\$126/\$144	18508
Th	Sep 6-Nov 8	4-4:30 PM	\$140/\$160	18550
Sa	Sep 8-Nov 10	9:30-10 AM	\$140/\$160	18616
Su	Nov 11-Jan 20	10-10:30 AM	\$126/\$144	18821
Su	Nov 11-Jan 20	10:30-11 AM	\$126/\$144	18822
M	Nov 12-Jan 14	4-4:30 PM	\$112/\$128	18803
Tu	Nov 13-Jan 22	4-4:30 PM	\$126/\$144	18823
W	Nov 14-Jan 23	4-4:30 PM	\$126/\$144	18839
Th	Nov 15-Jan 24	4-4:30 PM	\$126/\$144	18878
Sa	Nov 17-Jan 26	9:30-10 AM	\$126/\$144	18881

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	Sep 16-Nov 4	11-11:30 AM	\$112/\$128	18515
M	Sep 17-Nov 5	4:30-5 PM	\$84/\$96	18519
Tu	Sep 4-Nov 6	4:30-5 PM	\$84/\$96	18630
W	Sep 5-Nov 7	4:30-5 PM	\$126/\$144	18634
Th	Sep 6-Nov 8	4:30-5 PM	\$140/\$160	18578
Su	Nov 11-Jan 20	11-11:30 AM	\$126/\$144	18840
M	Nov 12-Jan 14	4:30-5 PM	\$112/\$128	18870
Tu	Nov 13-Jan 22	4:30-5 PM	\$126/\$144	18888
W	Nov 14-Jan 23	4:30-5 PM	\$126/\$144	18772
Th	Nov 15-Jan 24	4:30-5 PM	\$126/\$144	18877

Swim Lessons - Level 4 6+ yrs

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

Su	Sep 16-Nov 4	11-11:30 AM	\$112/\$128	18514
Su	Nov 11-Jan 20	11-11:30 AM	\$126/\$144	18860

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	\$150
Six sessions	\$270
Ten sessions	\$350

Semi-Private (two students per instructor)

Three sessions	\$195
Six sessions	\$360
Ten sessions	\$500

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. Swimmers must be able to swim one length of the pool (25 yards) without stopping. New registrants: to ensure proper placement of your child and ensure safety, please bring your child to the first class prior to registering for the session for a qualification assessment.

M	Sep 17-Jan 14	4:15-5:15 PM	\$150/\$180	18439
Th	Sep 6-Jan 24	4:15-5:15 PM	\$180/\$216	18441
M&Th	Sep 6-Jan 24	4:15-5:15 PM	\$330/\$396	18458

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	Sep 17-Jan 14	5:15-6:30 PM	\$173/\$202	18445
Th	Sep 6-Jan 24	5:15-6:30 PM	\$207/\$243	18450
M&Th	Sep 6-Jan 24	5:15-6:30 PM	\$379/\$445	18448

Masters Swim Club 18+ yrs

This non-competitive recreational swim club provides challenging workouts with individual stroke correction. These organized workouts are designed for all levels.

M&W&F	Sep 5-Jan 25	12-1 PM	\$376	18447
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Punch Pass: 10 visits for \$75
Drop-in Pass: \$8

ISADORE AND BERTHA GUDELSKY EXCEPTIONAL SWIM PROGRAM

Helping children, teens and adults with orthopedic-related disabilities to enjoy aquatics, this 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

benderjccgw.org/preschool

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!

Open Houses for Prospective Preschool Parents

Thursday, October 18	10 AM
Thursday, November 15	10 AM
Tuesday, December 11	10 AM
Tuesday, January 15	10 AM

HolidayCare 1-5 yrs

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

Sukkot

M Sep 24	9 AM-5 PM	\$85	18654
Tu Sep 25	9 AM-5 PM	\$85	18655

Shemini Atzeret

M Oct 1	9 AM-5 PM	\$85	18656
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Simchat Torah

Tu Oct 2	9 AM-5 PM	\$85	18657
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Kid Coverage 2-5 yrs

W Dec 26	9 AM-5 PM	\$85	18900
Th Dec 27	9 AM-5 PM	\$85	18901
F Dec 28	9 AM-5 PM	\$85	18858

Special Events

Pizza in the Hut

Thursday, September 27 | 5:45 PM

Picture Art

Tuesday, October 23

Wednesday, October 24

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 runs from Labor Day through Memorial Day.

BENDER-DOSIK PARENTING CENTER

Lauren Dworkin

301.348.3837 | ldworkin@benderjccgw.org

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

Mommy and Baby Yoga 6 wks-9 mos

Moms will learn mom-baby postures and massage techniques designed to promote bonding 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 Oct 8-Nov 12	11:15 AM-12 PM	\$75/\$85	18591
M Dec 3-Jan 21	11:15 AM-12 PM	\$75/\$85	18921

Music Together Up to 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. When registering more than one child per family for Music Together, please go to jccgw.org/musictogether for sibling rates.

Tu Sep 4-Nov 27	10-10:45 AM	\$235/\$245	18658
Su Sep 9-Nov 11	10-10:45 AM	\$235/\$245	18552
Su Sep 9-Nov 11	11-11:45 AM	\$235/\$245	18513

Shabbat Shalom Playgroup 0-5 yrs

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

F Sep 7-Nov 16	10-11 AM	Free	18524
F Nov 30-Jan 25	10-11 AM	Free	18883

Story Time 0-5 yrs

Story Time (10-10:30 a.m.) is a joyful exploration of literature for children through song and movement. Following Story Time (10:30-11 AM), enjoy imaginative play, space to climb and explore, and age-appropriate toys.

Th Sep 13-Nov 1	10-11 AM	\$35/\$40	18614
Th Nov 15-Jan 17	10-11 AM	\$35/\$40	18788

Toddler and Me Yoga Walkers-4 yrs

This class is for walkers through age 4 and mom, dad or caregiver. It will use fun games, songs and stories to engage the toddlers. Mom/dad/caregiver will play along with the kids and get some yoga instruction themselves while toddlers explore and watch.

W Sep 12-Oct 24	10-10:45 AM	\$75/\$80	19034
W Nov 7-Dec 19	10-10:45 AM	\$75/\$80	18919



J Play

Jennifer Radosh | 301.348.3848

jradosh@benderjccgw.org | benderjccgw.org/jplay

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

Youth, Tweens & Teens

Samantha Greenwald

301.348.3767 | sgreenwald@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

afterschool@benderjccgw.org

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

Kids After School provides a safe place for children 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 the child is enrolled.

Kids After School Monthly Fees

A \$100 nonrefundable registration fee is required for all participants.

	Members**	Public
5 Days	\$475	\$505
3 Days	\$335	\$365
2 Days	\$255	\$275

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

CLASS COMPLEMENT GR K-6

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. No snack will be provided; children are welcome to bring snacks that adhere to the Center's kosher and dietary restrictions. Free for members.

M Sep 3-Nov 5	3:30-4:30 PM	\$0/\$45	18592
Tu Sep 4-Nov 6	3:30-4:30 PM	\$0/\$45	18648
W Sep 5-Nov 7	3:30-4:30 PM	\$0/\$45	18518
Th Sep 6-Nov 8	3:30-4:30 PM	\$0/\$45	18612
M Nov 12-Jan 21	3:30-4:30 PM	\$0/\$45	18850
Tu Nov 13-Jan 22	3:30-4:30 PM	\$0/\$45	18851
W Nov 14-Jan 23	3:30-4:30 PM	\$0/\$45	18834
Th Nov 15-Jan 24	3:30-4:30 PM	\$0/\$45	18849

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

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. No snack will be provided; children are welcome to bring snacks that adhere to the Center's kosher and dietary restrictions.

M Sep 3-Nov 5	3:30-6 PM	\$110/\$160	18631
Tu Sep 4-Nov 6	3:30-6 PM	\$110/\$160	18632
W Sep 5-Nov 7	3:30-6 PM	\$110/\$160	18559
Th Sep 6-Nov 8	3:30-6 PM	\$110/\$160	18558

M Nov 12-Jan 21	3:30-6 PM	\$110/\$160	18871
Tu Nov 13-Jan 22	3:30-6 PM	\$110/\$160	18873
W Nov 14-Jan 23	3:30-6 PM	\$110/\$160	18874
Th Nov 15-Jan 24	3:30-6 PM	\$110/\$160	18872

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 GR K-6

This program provides required supervision on a drop-in basis. For details and to register, please contact Samantha Greenwald at 301.348.3767 or sgreenwald@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

M Nov 5	7:30 AM-6 PM	\$75/\$90	18575
W Nov 21	12-6 PM	\$35/\$45	18930
F Dec 14	7:30 AM-6 PM	\$75/\$90	18853
M Jan 21	7:30 AM-6 PM	\$75/\$90	18796

MCPS School Out Days

F Oct 5	12-6 PM	\$35/\$45	18543
Tu Nov 6	7:30 AM-6 PM	\$75/\$90	18574
W Nov 7	12-6 PM	\$35/\$45	18676
M Nov 12	12-6 PM	\$35/\$45	18935
Tu Nov 13	12-6 PM	\$35/\$45	18943
W Nov 21	12-6 PM	\$35/\$45	18930
M Jan 21	7:30 AM-6 PM	\$75/\$90	18796
F Jan 25	12-6 PM	\$35/\$45	19047

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.

M Sep 24	9 AM-5 PM	\$85	18638
Tu Sep 25	9 AM-5 PM	\$85	18565
M Oct 1	9 AM-5 PM	\$85	18576
Tu Oct 2	9 AM-5 PM	\$85	18577

WINTER BREAK CAMP GR K-6

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

By Day

W Dec 26	7:30 AM-6 PM	\$75/\$90	18795
Th Dec 27	7:30 AM-6 PM	\$75/\$90	18933
F Dec 28	7:30 AM-6 PM	\$75/\$90	18798
M Dec 31	7:30 AM-3:30 PM	\$35/\$45	18895

To register for all four days, please use code 18863. The fee is \$260 for members and \$315 for the general public.

SNOW DAY CARE AND SNOW INSURANCE

Pre-register in advance for snow day coverage. When school is closed, Bender JCC staff provides a fun and engaging day of programming such as sports, swimming, and arts & crafts. The JCC holds the right to NOT provide snow day coverage if travel conditions are not safe for staff or families, or if the JCC does not open.

One-day option: \$75/\$90

Four-pack of snow insurance: \$260

CESJDS FRIDAY FUN AND GAMES 5-12 yrs

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

F	Nov 2-Mar 15	2:15-3:15 PM	\$250	19036
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ENRICHMENT CLASSES

Intro to STEM 5-8 yrs

Ratchet up your imagination with thousands of LEGO® parts. Build engineer-designed projects such as motorcycles, castles, airplanes and monorails, then use special pieces to create your own unique design.

Tu	Sep 4-Nov 6	4:15-5:45 PM	\$160/\$165	18573
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STEM Challenge 8-11 yrs

Level up your engineering skills with thousands of LEGO® parts. Apply concepts in physics, engineering, and architecture through engineering-designed projects such as belt-drive cars, truss bridges, rail racers and pneumatic forklifts.

Tu	Nov 13-Jan 22	4:15-5:45 PM	\$240/\$250	18896
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Kids in the Kitchen 5-12 yrs

Explore your culinary skills by making fun and edible creations, while learning about a variety of culinary techniques and cultural dishes.

Th	Sep 6-Nov 8	4:15-5:15 PM	\$310/\$320	18620
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Preschool in the Kitchen 3-5 yrs

Explore your culinary skills by making fun and edible creations, while learning about a variety of culinary techniques and cultural dishes.

Th	Nov 15-Jan 24	3-3:45 PM	\$280/\$290	18793
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Chess 5-12 yrs

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

M	Sep 17-Nov 5	4:15-5:15 PM	\$130/\$140	18579
M	Nov 12-Jan 21	4:15-5:15 PM	\$175/\$185	18884

ART

Monday Crafters 5-12 yrs

Students will learn to make objects such as bags, sculptures and jewelry. They will work with different materials including duct tape, decoupage, beads and string.

M	Sep 17-Nov 5	4:15-5:15 PM	\$135/\$145	18587
M	Nov 12-Jan 21	4:15-5:15 PM	\$175/\$185	18947

Monday Artists 5-12 yrs

Students will study famous artists and learn their style and techniques to create a unique replica of their own. Open to all abilities.

M	Sep 17-Nov 5	5:15-6:15 PM	\$135/\$145	18528
M	Nov 12-Jan 21	5:15-6:15 PM	\$175/\$185	18875

Tuesday Artists 5-12 yrs

Students will study famous artists and learn their style and techniques to create a unique replica of their own. Open to all abilities.

Tu	Sep 4-Nov 6	5:15-6:15 PM	\$135/\$145	18564
Tu	Nov 13-Jan 22	5:15-6:15 PM	\$195/\$205	18819

Tuesday Building with Clay 9-12 yrs

Students will create objects of their choice 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 final results!

Tu	Sep 4-Nov 6	4:15-5:15 PM	\$175/\$185	18603
Tu	Nov 13-Jan 22	4:15-5:15 PM	\$255/\$265	18818

Wednesday Fun with Clay 5-12 years

Dive into the "mud" with your full-blown imagination 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	Sep 5-Nov 7	4:15-5:15 PM	\$255/\$265	18607
W	Nov 14-Jan 23	4:15-5:15 PM	\$255/\$265	18804

Wednesday Art Fun 5-12 yrs

Find your passion for art by learning the different mediums and adding a personal twist. Create your own unique works of art in a collaborative studio setting.

W	Sep 5-Nov 7	4:15-5:15 PM	\$195/\$205	18601
W	Nov 14-Jan 23	4:15-5:15 PM	\$195/\$205	18854

Thursday 90-Minute Painters 5-12 yrs

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

Th	Sep 6-Nov 8	4:15-5:45 PM	\$320/\$335	18644
Th	Nov 15-Jan 24	4:15-5:45 PM	\$295/\$310	18946

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.

Ballet

Ballet is a classical form of dance based on traditional positions of the arms and feet. 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

Students are introduced to the basic concepts of rhythm and movement that expand their individual creativity through imaginative games, songs, music and rhythmic patterns. Ballet shoes or bare feet (no socks) are required.

Tu	Sep 4-Jan 22	3-3:45 PM	\$305/\$320	18466
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Ballet/Tap Combo 3-5 yrs

This introduction class assists the young dancer in identifying basic forms of movement. Students will be introduced to fundamental elements of ballet and tap. Ballet and tap shoes are required.

W	Sep 5-Jan 23	3-3:45 PM	\$340/\$360	18467
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Beginning Ballet 1 5-7 yrs

Pink ballet shoes are required.

Tu	Sep 4-Jun 4	4:15-5:15 PM	\$810/\$845	18964
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Beginning Ballet 2 8-11 yrs

Pink ballet shoes are required.

Tu	Sep 4-Jun 4	5:15-6:15 PM	\$810/\$845	18962
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Teen Ballet 12-16 yrs

Pink ballet shoes are required.

M	Sep 17-Jun 3	5:15-6:30 PM	\$800/\$830	18972
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Adult Ballet 16+ yrs

Tu	Sep 4-Nov 6	6:15-7:15 PM	\$115/\$120	18673
Tu	Nov 13-Jan 22	6:15-7:15 PM	\$175/\$180	18923

Lyrical

Students will explore both ballet and lyrical technique. The goal is to use gesture, facial expression and controlled movements to execute movements and emotions. Besides emotional connection to music, lyrical dance typically encourages use of articulation, line, weight and movement qualities.

Ballet/Lyrical 1 9-11 yrs

W	Sep 5-Jun 5	4:15-5:30 PM	\$925/\$960	18967
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Ballet/Lyrical 2 12-17 yrs

W	Sep 5-Jun 5	5:30-7 PM	\$960/\$1000	18954
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Tap

BEGINNING TAP

Students learn tap-rhythm and timing. Class consists of warm-up, center and across-the-floor training. Proper terminology and musicality is stressed. No experience necessary.

Beginning Tap 1 5-7 yrs

W Sep 5-Jun 5 4:15-5:15 PM \$850/\$885 18950

Beginning Tap 1 8-12 yrs

W Sep 5-Jun 5 5:15-6:15 PM \$850/\$885 19041

Beginning Tap 2 7-10 yrs

M Sep 17-Jun 3 4:30-5:30 PM \$745/\$765 18968

Adult Tap – Beginning 16+ yrs

W Sep 5-Nov 7 7-8 PM \$175/\$180 19020

W Nov 14-Jan 23 7-8 PM \$175/\$180 18928

INTERMEDIATE AND ADVANCED TAP

Students will learn more tap-rhythms, sounds and combinations. Students progress with riffs, pullbacks, time steps, complex turns and extensive warm-up. Students will demonstrate the ability to build speed while keeping the clarity of their taps clean. Add all this to more complicated combinations and intricate dance routines, and this becomes a fun and challenging class.

Intermediate Tap 1 8-12 yrs

M Sep 17-Jun 3 5:30-6:30 PM \$745/\$765 18969

Intermediate/Advanced Tap 13-18 yrs

M Sep 17-Jun 3 6:30-7:30 PM \$745/\$765 18970

Adult Tap – Intermediate 16+ yrs

Th Sep 6-Nov 8 6:15-7:15 PM \$190/\$200 19043

Th Nov 15-Jan 24 6:15-7:15 PM \$170/\$180 19044

Jazz

Jazz is an exciting and ever-evolving dance form full of rhythm, syncopation, passion and life. Class format consists of a warm-up to enhance core strengthening, balance, and extensions through isolations, rhythmic exercises, floor stretches, across-the-floor patterns and short dance routines.

Beginning Jazz 7-10 yrs

Tan jazz shoes are required.
Th Sep 6-Jun 6 4:15-5:15 PM \$870/\$905 18951

Advanced Beginning Jazz 12-16 yrs

Tan jazz shoes are required.
Su Sep 16-Jun 2 11 AM-12 PM \$830/\$865 19014

Advanced Beginning/Intermediate Jazz 9-12 yrs

Tan jazz shoes are required.
M Sep 17-Jun 3 4:15-5:15 PM \$745/\$765 18971

Advanced Beginning/Intermediate Jazz 10-13 yrs

Tan jazz shoes are required.
Th Sep 6-Jun 6 5:15-6:30 PM \$870/\$905 18952

Intermediate/Advanced Jazz 14-18 yrs

Tan jazz shoes are required.
Th Sep 6-Jun 6 6:30-7:45 PM \$985/\$1020 18958

Hip-Hop

Hip-hop dance refers to street dance styles primarily performed to hip-hop music which has evolved as part of hip-hop culture. Warm-up and center exercises will start the class, building strength, control and agility. Center work will add a challenge as students tackle isolations and syncopated rhythms in hip-hop, all done to the latest hit music.

Jazz and Mini Hip-Hop Combo 6-8 yrs

Th Sep 6-Jun 6 4:15-5:15 PM \$870/\$905 18961

Street Jazz and Hip-Hop 1 9-15 yrs

Tu Sep 4-Jun 4 4:15-5:15 PM \$810/\$845 18973

Street Jazz and Hip-Hop 2 11-15 yrs

Tu Sep 4-Jun 4 5:15-6:15 PM \$810/\$845 18974

Youth Dance Companies

This class is for the dancer who desires to explore dance in a more advanced environment. Emphasis is on choreography and performance. Students must also be enrolled in at least one ballet or jazz technique class. Placement by permission only.

Junior Youth Dance Company 10-16 yrs

Su Sep 16-Jun 2 12:15-1:45 PM \$980/\$1,010 18957

Continuum: Senior Youth Dance Company 13-18 yrs

Su Sep 16-Jun 2 2-4 PM \$1,030/\$1,060 18963

Modern Dance

Alvin Mayes Modern Dance Workshop 18+ yrs

Modern dance was created to show emotion and a more “human” side to the art, a striking contrast to the strict rules and guidelines of ballet, which was the most popular style of dance in America at that time. This class allows students to explore their individual dance style outside of the structure of traditional ballet and jazz classes.

Th Sep 6-Nov 8 9:30-10:45 AM \$230/\$240 18661

Th Nov 15-Jan 25 9:30-10:45 AM \$210/\$220 18917

MUSIC

Samantha Greenwald

301.348.3767 | sgreenwald@benderjccgw.org

Grade 2+. Private instruction is offered Sunday through Friday year round in piano, guitar (acoustic, electric, bass), percussion and drums, 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

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, superheroes, sports, gymnastics and jewelry making.

ARTS ALIVE:

EXPERIENTIAL JEWISH EDUCATION

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.

Su Sep 16-Apr 28 10 AM-12 PM \$1,475 18429

ROCKVILLE OPEN HOUSE

rockvilleopenhouse.org

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

INCLUSION

inclusion@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.

Teens Together 12-17 yrs

Sundays

This social group creates a fun and inclusive setting for teens with special needs 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.)

Sports & Recreation

Anthony Hunter

301.348.3852 | ahunter@benderjccgw.org

BASKETBALL

Mini Hoopsters Basketball 3-5 yrs

Children will learn the basic rules and improve their basketball skills through dribbling, passing and shooting drills and games.

Th	Sep 6-Nov 8	3-3:45 PM	\$130/\$140	18503
Th	Nov 15-Jan 24	3-3:45 PM	\$120/\$130	18841

Basketball Skills Level 1 5-7 yrs

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

Th	Sep 6-Nov 8	4:15-5 PM	\$130/\$140	18510
Th	Nov 15-Jan 24	4:15-5 PM	\$120/\$130	18880

Basketball Skills Level 2 8-12 yrs

This class is a more advanced skill level of basketball. Participants should be at a comfortable skill level when it comes to dribbling, passing, and shooting the basketball.

Th	Sep 6-Nov 8	5-5:45 PM	\$130/\$140	18521
Th	Nov 15-Jan 24	5-5:45 PM	\$120/\$130	18812

Winter Youth Basketball Clinic

No prior competitive basketball skills necessary. Coaches will teach the fundamentals of the game and will emphasize the importance of good sportsmanship.

5-6 yrs

Su	Jan 6-Feb 24	12:15-1:15 PM	\$165/\$190	18827
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7-8 yrs

Su	Jan 6-Feb 24	1:25-2:40 PM	\$165/\$190	18799
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9-10 yrs

Su	Jan 6-Feb 24	2:50-4:05 PM	\$165/\$190	18826
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11-12 yrs

Su	Jan 6-Feb 24	4:15-5:30 PM	\$165/\$190	18782
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GA GA

Ga Ga Sport 5-12 yrs

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

Tu	Sep 4-Nov 6	4:15-5 PM	\$80/\$90	18627
Tu	Nov 13-Jan 22	4:15-5 PM	\$120/\$130	18800

GYMNASTICS

Parent and Tot Gymnastics 1-3 yrs

Guided by an instructor, parents will lead children through gymnastics warm-ups and stretching, and then introduce them to gymnastics. Children will work on balance and coordination.

W	Sep 5-Nov 7	11-11:30 AM	\$135/\$145	18553
W	Nov 14-Jan 23	11-11:30 AM	\$135/\$145	18842

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.

W	Sep 5-Nov 7	3-3:30 PM	\$135/\$145	18556
W	Nov 14-Jan 23	3-3:30 PM	\$135/\$145	18785

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.

W	Sep 5-Nov 7	3:45-4:15 PM	\$135/\$145	18507
W	Nov 14-Jan 23	3:45-4:15 PM	\$135/\$145	18784

Jump Around Gymnastics 1 5-8 yrs

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

W	Sep 5-Nov 7	4:30-5:15 PM	\$135/\$145	18554
W	Nov 14-Jan 23	4:30-5:15 PM	\$135/\$145	18787

Jump Around Gymnastics 2 8-12 yrs

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

W	Sep 5-Nov 7	5:15-6 PM	\$135/\$145	18555
W	Nov 14-Jan 23	5:15-6 PM	\$135/\$145	18783

KARATE

Lil Dragons Karate 3-5 yrs

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

M	Sep 17-Jan 14	3:15-4 PM	\$325/\$335	18455
W	Sep 5-Jan 23	3:15-4 PM	\$415/\$435	18456

Kid Tiger Karate Monday 5-8 yrs

For beginner/intermediate students.

M	Sep 17-Jan 14	4:15-5 PM	\$325/\$335	18446
W	Sep 5-Jan 23	4:15-5 PM	\$415/\$435	18444
M&W	Sep 5-Jan 23	4:15-5 PM	\$740/\$770	18443

Beginner Karate 9+ yrs

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

M&W	Sep 5-Jan 23	5-5:45 PM	\$740/\$770	18459
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Intermediate/Advanced Karate 9+ yrs

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

M&W	Sep 5-Jan 23	5:45-6:30 PM	\$740/\$770	18460
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Advanced/Black Belts and Adults Karate 9+ yrs

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

M	Sep 5-Jan 23	6:30-7:15 PM	\$740/\$770	18469
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MULTI-SPORTS

Preschool Sports & Sorts 3-5 yrs

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

M	Sep 17-Nov 5	3-3:45 PM	\$80/\$90	18567
M	Nov 12-Jan 21	3-3:45 PM	\$105/\$115	18811

Preschool Sports Fun 3-5 yrs

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

M	Sep 17-Nov 5	1-1:30 PM	\$80/\$90	18636
M	Nov 12-Jan 21	1-1:30 PM	\$105/\$115	19022

Preschool Team Building 3-5 yrs

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

Tu	Sep 4-Nov 6	3-3:30 PM	\$80/\$90	18664
Tu	Nov 13-Jan 22	3-3:30 PM	\$120/\$130	18924

All-Star Sports 5-8 yrs

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

M	Sep 17-Nov 5	4:15-5 PM	\$80/\$90	18595
M	Nov 12-Jan 21	4:15-5 PM	\$105/\$115	18810

Preschool T-Ball and Kickball 3-5 yrs

Children will learn t-ball and kickball fundamentals such as batting or kicking, base running, catching and throwing.

Tu Sep 4-Nov 6 3:45-4:15 PM \$80/\$90 18598

Preschool Floor Hockey and Soccer 3-5 yrs

Children will learn hockey and soccer fundamentals such as dribbling, passing and shooting.

Tu Nov 13-Jan 22 3:45-4:15 PM \$120/\$130 18832

SOCCER

Youth soccer clinic coaches will teach soccer fundamentals while emphasizing the importance of teamwork and good sportsmanship.

5-6 yrs

Su Sep 16-Nov 4 12:30-1:15 PM \$105/\$120 18628

7-8 yrs

Su Sep 16-Nov 4 1:30-2:30 PM \$105/\$120 18647

9-12 yrs

Su Sep 16-Nov 4 2:45-3:45 PM \$105/\$120 18509

SPECIAL NEEDS

Sports Adventures 8-14 yrs

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

M Sep 17-Nov 5 5-5:30 PM \$80/\$90 18680
M Nov 12-Jan 21 5-5:30 PM \$105/\$115 18944

VOLLEYBALL

Youth Volleyball 10-14 yrs

This introduction to volleyball is intended to take beginners or experienced youth volleyball players to the next level. Proper technique, skills and strategies will be taught.

Tu Sep 4-Nov 6 5:15-6 PM \$80/\$90 18642
Tu Nov 13-Jan 22 5:15-6 PM \$120/\$130 18814

SPORTS PROGRAMS FOR ADULTS

Mamanet

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

Tu Sep 4-Jan 22 8-9 PM \$200/\$230 18491

Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two hours of game play; no instruction provided.

Sa Dec 1-Mar 30 1-3 PM \$36/\$60 19023

Fall Co-Ed Softball League 18+ yrs

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

Su Sep 16-Nov 18 9 AM-12 PM \$770 18437
M, Tu, W Sep 4-Nov 14 6:30-10 PM \$700 18438

Health & Fitness

Ryan Grant

301.348.3891 | rgrant@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/groupex for details and to sign up for group exercise email updates.

PARKINSON'S WELLNESS

Rachel Ossman

301.348.3710 | rossman@benderjccgw.org

The Bender JCC offers classes for individuals with Parkinson's disease 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. Classes are held at the Bender JCC.

Hybrid Fitness 18+ yrs

A mix of strength, yoga, pilates and balance work, this class is geared to help you improve your movement quality and overall performance in everyday activities.

W Sep 5-Nov 7 2-3 PM \$99 18479
W Nov 14-Jan 23 2-3 PM \$99 18910

Punch for Parkinson's (boxing) 18+ yrs

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

F Sep 7-Nov 9 1:30-2:30 PM \$99 18482
F Nov 16-Jan 25 1:30-2:30 PM \$99 19025

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 decrease feelings of stress. Must be able to move from the floor to standing.

M Sep 17-Nov 5 2-3 PM \$99 18505
M Nov 12-Jan 21 2-3 PM \$99 18918

Th Sep 6-Nov 8 1-2 PM \$99 18640
Th Nov 15-Jan 24 1-2 PM \$99 19024

Chair-Based Strength 18+ yrs

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

Tu Sep 4-Nov 6 1-2 PM \$99 18635
Tu Nov 13-Jan 22 1-2 PM \$99 18908

Support Group for Caregivers 14+ yrs

Join us for a caregiver support group while your loved ones work up a sweat in our Chair-Based Strength class.

Tu Sep 4-Jan 22 1-2 PM \$5 per session

FITNESS

Rachel Ossman

301.348.3710 | rossman@benderjccgw.org

Les Mills™ BORN TO MOVE 5-8 yrs

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

Tu Oct 9-Nov 6 4:30-5:15 PM \$60/\$75 18589
Tu Nov 13-Jan 22 4:30-5:15 PM \$100/\$125 18893

Les Mills™ BORN TO MOVE 8-12 yrs

Looking to instill a love of being active in your child? Then this is THE class! We will teach cool moves from dance, martial arts and yoga. This class is jam-packed with fun and fitness!

M	Oct 8-Nov 5	4:30-5:15 PM	\$60/\$75	18663
M	Nov 12-Jan 21	4:30-5:15 PM	\$100/\$125	18926

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	Sep 17-Nov 5	11:30 AM-12:25 PM	\$99/\$149	18561
M	Nov 12-Jan 21	11:30 AM-12:25 PM	\$99/\$149	18824

Cycle for Good 13+ yrs

Spin your dreidel and your wheels as we participate in the Cycle for Good program to raise money for a local charity. Participants with young children are invited to use our childcare at no charge.

Su	Dec 9	9-10 AM	\$36	18856
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PERSONAL TRAINING

Dahhia 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.

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 balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength.

Th	Oct 4-25	10:45-11:30 AM	\$100/\$130	18540
Th	Jan 10-31	10:45-11:30 AM	\$100/\$130	18846
Th	Oct 4-25	1-1:45 PM	\$100/\$130	18541
Th	Jan 10-31	1-1:45 PM	\$100/\$130	18847

Fitness 101 13+ yrs

New members and those who need a refresher are invited to come and learn how to correctly utilize each area of the fitness center.

W	Oct 10-31	8:30-9:30 AM	\$95/\$115	18641
W	Nov 28-Dec 19	8:30-9:30 AM	\$95/\$115	19026
W	Jan 9-30	8:30-9:30 AM	\$95/\$115	18790
W	Oct 10-31	6-7 PM	\$95/\$115	18548
W	Nov 28-Dec 19	6-7 PM	\$95/\$115	19027
W	Jan 9-30	6-7 PM	\$95/\$115	18776

Junior Strength Training 10-14 yrs

Be more active through cardio exercise, calisthenics and using strength equipment. Instructors will teach appropriate ways to exercise, 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	Oct 10-Nov 21	4:30-5:30 PM	\$120/\$140	18666
W	Jan 9-30	4:30-5:30 PM	\$100/\$120	18936

Women with Weights 16+ yrs

For women only, this twice-a-week class is designed to target multiple muscle groups at once. Build lean muscle, lose body fat and burn calories in a short amount of time.

M&F	Oct 8-Nov 26	9:30-10:30 AM	\$160/\$185	19029
M&F	Jan 7-Feb 1	9:30-10:30 AM	\$99/\$120	18816

TRX training 16+ yrs

For all fitness levels, this class leverages body weight and gravity using the TRX to develop strength, balance, flexibility and core stability simultaneously.

Th	Nov 1-Dec 6	10:30-11:15 AM	\$120/\$140	19028
Th	Jan 3-31	10:30-11:15 AM	\$120/\$140	18889

To the Core 20+ yrs

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

Tu&Th	Jan 8-31	6-6:30 AM	\$99/\$120	19031
Tu&Th	Jan 8-31	8:45-9:15 AM	\$99/\$120	19030

MASSAGE

Ryan Grant

301.348.3891 | rgrant@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 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.

Hebrew & Yiddish

Rivka Degani

301.348.3810 | rdegani@benderjccgw.org

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

Hebrew Aleph 14+ yrs

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

Tu	Sep 4-Feb 19	11:30 AM-1:30 PM	\$420	18463
W	Sep 5-Jan 23	7:30-9:30 PM	\$420	18476

Hebrew Aleph 2 14+ yrs

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

Th	Sep 6-Jan 24	7:30-9:30 PM	\$420	18449
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Hebrew Bet 14+ yrs

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

Tu	Sep 4-Feb 19	9:30-11:30 AM	\$420	18474
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Hebrew Gimel 14+ yrs

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

Tu	Sep 4-Feb 19	7:30-9:30 PM	\$420	18435
Th	Sep 6-Jan 24	4:45-6:45 PM	\$420	18452
F	Sep 7-Jan 18	10 AM-12 PM	\$420	18433

Hebrew Dalet 14+ yrs

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

Th Sep 6-Jan 24 7:15-9:15 PM \$420 18454

Hebrew Vav 14+ yrs

Conducted entirely in Hebrew. We will read literary texts and improve grammar skills.

W Sep 5-Jan 23 11:30 AM-1:30 PM \$420 18468
W Sep 5-Jan 23 7:30-9:30 PM \$420 18442

Advanced Hebrew 14+ yrs

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

M Sep 17-Feb 18 7-9 PM \$420 18471

Hebrew for Teens 12-18 yrs

This innovative program uses state-of-the-art digital and print learning material. It incorporates linguistic skills in speaking, writing, reading and listening with learning about Jewish holidays and Israeli culture.

W Sep 5-Feb 6 5-6:30 PM \$300 19045

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 Oct 18-Jan 17 7:30-9 PM \$200 18470

Adults

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

Debbie Sokobin

301.348.3760 | dsokobin@benderjccgw.org

ALL: Ceramics Class 50+ yrs

Get your creative juices flowing! Learn the ins and outs of the pottery wheel, as well as different aspects of working with clay.

W Sep 12-Oct 24 10 AM-12:30 PM \$150/\$180 18495
W Oct 31-Dec 5 10 AM-12:30 PM \$150/\$180 18828
W Dec 12-Jan 23 10 AM-12:30 PM \$150/\$180 18485
Th Sep 27-Nov 1 7-9 PM \$120/\$144 19017

ALL: 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 a beautiful piece of work. You will choose a famous painting and recreate it.

M Oct 8-Nov 5 1:15-2:45 PM \$82/\$92 18499
M Nov 12-Dec 10 1:15-2:45 PM \$82/\$92 18500

ALL: Creative Writing and Comedy Workshop 45+ yrs

Discover your creative talent, sharp observations and funny side!

Tu Oct 9-Dec 11 7:30-9 PM \$225/\$245 18672

ALL: Judaism 101 30+ yrs

Have you forgotten what you learned in Hebrew School? Trying to keep up with what your kids are learning in Hebrew School? Interested in the basics of Jewish practice? Join this meaningful class!

Th Oct 25-Nov 15 7:30-8:30 PM \$65/\$75 18681

ALL: Nature of Prejudice in America 30+ yrs

Explore the nature of prejudice in the US. This timely class will explore cultural phenomena such as "All in the Family" and "Roseanne," and how pop culture makes an impact.

W Oct 24-Nov 14 11 AM-12 PM \$27/\$37 18486

ALL: Letters from the Heart 30+ yrs

The values and beliefs that guide you should remain as a legacy for your family. We will discuss the tradition of ethical wills and how you can revive this ancient and beautiful practice.

Tu Oct 9-30 1-2:15 PM \$45/\$55 18487

ALL: Aspects of Israel

Five different shlichim (Israeli emissaries) will discuss the Israeli military experience, the land and its beauty, Israeli history, and Israel as a Start-Up Nation.

W Nov 28-Dec 19 10:30-11:30 AM \$27/\$37 18488

ALL: History of the State of Israel 50+ yrs

We will trace Israel's history through an Israel Broadcast Authority documentary series with commentary and discussion.

M Oct 15-Nov 19 10:30 AM-12 PM \$32/\$42 18489

ALL: Hidden Code of the Hebrew Language 50+ yrs

Discover how the holy Hebrew language and the letters that make up its words contain within them secrets that define reality itself!

Th Oct 11-Nov 1 8-9 PM \$27/\$37 19009

ALL: High Holidays - Unleashing Your Inner Greatness! 50+ yrs

Discover how the High Holidays can help us learn more about ourselves, ascertain our unique mission, and unleash the potential for greatness in each of us!

Th Aug 30-Sep 13 8-9 PM Free 19012

ALL at 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 followed by a Q & A.

Th Oct 4-Nov 15 10:30 AM-12 PM \$30 18480

ALL at Leisure World: Connecting through Kabbalah 50+ yrs

Discover the ancient secrets of Kabbalah and learn how to gain a greater connection to the Divine, to your peers, and to your inner soul through exploration of this ancient spiritual path.

Tu Oct 9-30 11 AM-12 PM \$25 18481

SEMINARS

Puff Pastry Ten Ways

New York Times published author Sarina Roffe, whose Sephardic recipes have also been featured in "The New York Times Jewish Cookbook" and Joan Nathan's "Jewish Cooking in America," will provide dairy/vegetarian appetizer and dessert recipes and tips. Her cookbook, "Backyard Kitchen Mediterranean Salads," will be available for sale.

Tu Oct 30 6:30-9 PM \$55/\$70 19011

What's Right with Your Marriage: Marital Renewal with a Jewish Twist

Focus on practical solutions to renew and maintain your relationship with your spouse/partner in the larger picture of improving ourselves for the Jewish new year. Zev Halpern, marriage counselor and psychotherapist, will offer a blueprint to help couples get the relationship they want. Fees will be used to support impoverished Holocaust survivors through the Federation of the Jewish Communities of the CIS (Commonwealth of Independent States).

Su Sep 16 7:15-9 PM \$10 per person 19013

Beaded Jewelry-Making

Whether you are new to making jewelry or an experienced jeweler, join this class and create a necklace, bracelet or earrings utilizing unique hand-selected beads and wires.

Su Oct 28 2-5:30 PM \$100/\$125 19018

GAMES

Stacy Katz Olivera

301.348.3889 | solivera@benderjccgw.org

Canasta 40+ yrs

This class is for players who would like to learn the game of Canasta.

Tu&F Oct 9-19 1-3 PM \$40/\$50 18477

Beginner Mah Jongg 1 18+ yrs

Learn the basics of this fun and challenging game, including rules, strategy and etiquette. Purchase the National Mah Jongg League card. (Loaners will be available for the first class.) Meet other players or form your own group.

M Oct 22-Nov 12 10:30 AM-12:30 PM \$60/\$75 18517

Beginner Mah Jongg 2 18+ yrs

Learn the basics of this fun and challenging game, including rules, strategy and etiquette. Purchase the National Mah Jongg League card. (Loaners will be available for the first class.) Meet other players or form your own group.

W Oct 24-Nov 14 7-9 PM \$60/\$75 18516

Advanced Beginner Mah Jongg 1 18+ yrs

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

M Nov 26-Dec 17 10:30 AM-12:30 PM \$60/\$75 19006

Advanced Beginner Mah Jongg 2 18+ yrs

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

W Nov 28-Dec 19 7-9 PM \$60/\$75 18775

Drop-In Games 18+ yrs

Bring your friends and your cards, tiles and boards. Join the Bender JCC community for a fun game night! Coffee and tea provided.

Tu Oct 16-Jan 15 7-9 PM \$5 per visit

Brush-Up Bridge 18+ yrs

This course is for players with some bridge experience who need a refresher. It will cover the fundamentals of modern bidding and play of the hand and some defensive principles.

W Oct 10-Nov 14 10 AM-12 PM \$80/\$90 18609

W Nov 28-Jan 2 10 AM-12 PM \$80/\$90 18451

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 2019 and an annual Health & Wellness Expo held at Leisure World.

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/Citizenship 60+ yrs

Classes focus on English for Speakers of Other Languages (ESOL), citizenship preparation, post-citizenship and conversation for senior adults.

Tu&Th Oct 9-Jan 24 10 AM-12 PM \$50 18436

ESOL Workforce 21+ yrs

Classes focus on English for Speakers of Other Languages (ESOL) for our workforce community.

Tu&Th Oct 9-Jan 24 3-4:30 PM \$30 18465

LINKS

Wednesdays | 8-9 PM

Discover the timeless wisdom of the Jewish tradition with the dynamic study of personally relevant, meaningful, and life-impacting topics. You'll be matched with an experienced study partner. Topics include: Land of Israel, self-development, prayer, Hebrew reading, Jewish ethics and more. To register, please contact Rabbi Hillel Shaps at hshaps@gwckolle.org or 347.869.9361.

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, 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

Bender JCC Literary Series

Presented in loving memory of Sara and Samuel J. Lessans

All year long, we will bring you the best and brightest authors and artists from around the country for special events! For the latest schedule of events, visit benderjccgw.org/LitSeries.

Cinema J

Entertaining, evocative and engaging monthly films. For the latest schedule of events, visit benderjccgw.org/CinemaJ.

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 weekly 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.

Let's Talk About It

This group meets on Sunday mornings twice a month to discuss current topics, books and movies.

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.

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, September 13 | 1 PM

"The Weight of Ink" by Rachel Kadish

Thursday, November 8 | 1 PM

"The Book Smugglers" by David E. Fishman

Thursday, January 10 | 1 PM

"Beneath a Scarlet Sky" by Mark Sullivan

Thursday, March 14 | 1 PM

"The Book of Separation" by Tova Mirvis

Thursday, May 9 | 1 PM

"Three Floors Up" by Eshkol Nevo

Thursday, June 13 | 1 PM

"Nine Folds Make a Paper Swan" by Ruth Gilligan

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 5:30-8:30 PM during the school year.

Tzofim

301.348.3863

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



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

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

benderjccgw.org/refer-a-friend



DINNER OF CHAMPIONS

SUPPORTING INCLUSION AT CAMP JCC

NOVEMBER 17, 2018

IRENE AND ABE POLLIN HUMANITARIAN AWARD

Lerner | Cohen | Tanenbaum Family

Annette M. Lerner and Theodore N. Lerner

Judy Lenkin Lerner and Mark D. Lerner

Marla Lerner Tanenbaum and Robert K. Tanenbaum

Debra Lerner Cohen and Edward L. Cohen

GREATER WASHINGTON JEWISH SPORTS HALL OF FAME INDUCTEES

Joseph Band • Jerry Herson • Devin Kay • Haley Skarupa • Ben Stern • Bram Weinstein

HYMAN M. AND PHILLIP D. PERLO HIGH SCHOOL ATHLETE AWARD

Justin Bobb • Crystal Bridge • Logan Ehrlich • Matthew Gunty • Erica Hjelle • Zev Katz • Amanda Levy • Robert Schain

EVENT CHAIRS

Beth and Daryle Bobb • Joanna and Reed Sexter

benderjccgw.org/champions



**REAL WOMEN
REAL CONVERSATIONS**



This series, created in April 2018 by the Bender JCC and Jewish Women International (JWI), is a place for women to have honest, authentic conversations about relevant issues of today. Experts share insights and experience, and lead thought-provoking conversations addressing challenging topics.

Thursday, September 27 | 7 PM

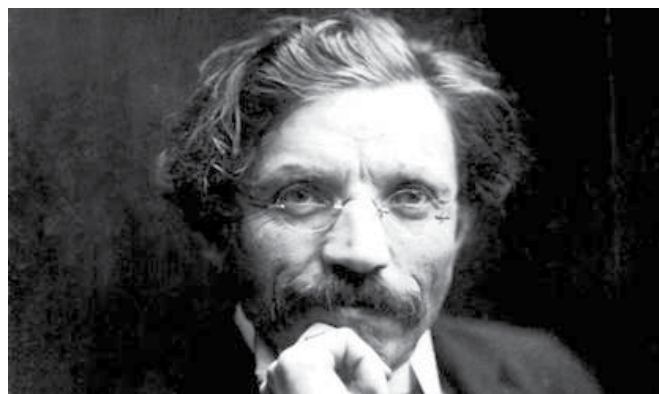
Whose Hands Are These?

Our Stories of Reckoning with Becoming the Grownups in the Room

Wednesday, December 5 | 7 PM

Resilience: When Life Throws You a Curveball

benderjccgw.org/SheSays



An Evening of Sholom Aleichem

Sunday, October 21 | 7 PM

Spend an evening with Tony award winner Murray Horwitz as he becomes Sholom Aleichem, the leading Yiddish author and playwright of the early 20th century.

benderjccgw.org/sholom



ROMAN RABINOVICH
Piano
October 14, 2018



CHEE-YUN
Violin
November 4, 2018



PAMELA FRANK
Violin
December 9, 2018



**CARTER BREY &
BENJAMIN PASTERNAK**
Cello + Piano
March 10, 2019



MIRÓ QUARTET
String Quartet
April 14, 2019



**ALEXANDER QUARTET
& JOYCE YANG**
String Quartet + Piano
May 5, 2019

www.benderjccgw.org/concerts

301.348.3779 | 6125 Montrose Road | Rockville, MD 20852

MOUNT VERNON VIRTUOSI CHAMBER ORCHESTRA CONCERTS



The Mount Vernon Virtuosi, a new chamber orchestra established by Peabody Conservatory cello faculty artist Amit Peled, is dedicated to nurturing and training local graduate music students.

Sunday, September 23 | 2 PM
Mozart in Jeans
with Pianist Alon Goldstein

Sunday, December 30 | 2 PM
Dancing into 2019

Sunday, May 12 | 2 PM
Spring is in the Air

Tickets are free, but must be reserved at
benderjccgw.org/concerts.
301.348.3779

GOLDMAN ART GALLERY

Gildenhorn/Speisman Center for the Arts
benderjccgw.org/gallery

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

HUMANS OF THE JCC

Photographs by **Melissa McGowan**

September 7 – October 28

Reception: Thursday, September 6 | 5:30-7:30 PM

A HERO'S HEART: INFANTRY ART BY U.S. VETERANS

November 2 – December 16

Reception: Sunday, November 11 | 6:30-8:30 PM

TO BEAR WITNESS: THE ART OF TESTIMONY

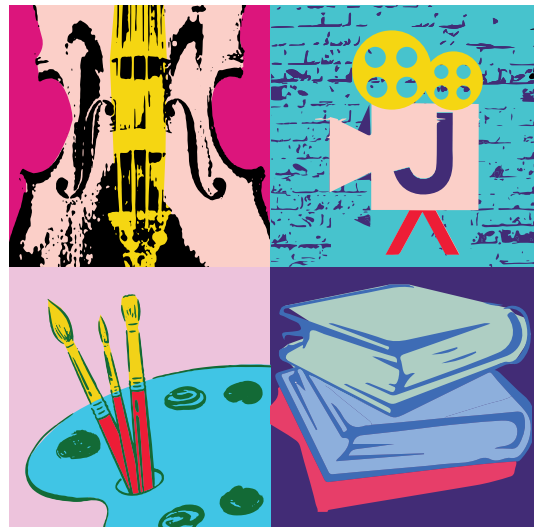
Art by Holocaust Survivors

December 23 – February 24

Reception: Thursday, January 3 | 5:30 PM-7:30 PM

Lisa Del Sesto
 301.348.3756 | ldelsesto@benderjccgw.org

ARTS & IDEAS SHOWCASE



Thursday, October 18 | 7-9 PM

Purchase tickets at
benderjccgw.org/showcase

JOIN THE RIDES MOVEMENT Become a Volunteer Driver!

HELP OUR SENIORS AGE IN PLACE

As a volunteer, you will choose your schedule, route and passengers.
 Hours of operation: 9 AM-5 PM | Monday-Friday
 Typical trips up to 30 minutes each way

Steps to become a volunteer:

- Background Screening*
- Have a valid driver's license & proof of auto insurance
- Web-based scheduling software training*
- Volunteer Driver Orientation*

**provided by J Rides program*

Take our seniors to and from programs at:

- Bender JCC
- Ring House
- Leisure World
- Local synagogues
- Local restaurants

 **Bender JCC**
of Greater Washington



Celebrate the Jewish Holidays with us!

Apples and
Honey



I am Sorry
Day



Sukkah
Village



Monday, September 10
10 AM-12 PM

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

Wednesday, September 19
10 AM-12 PM

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

Sunday, September 23
11 AM-1 PM

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



Purchase tickets at
benderjccgw.org/high-holidays

**Register
Today!**

CREATE A
JEWISH
LEGACY

What will your legacy be?

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

J Bender JCC
of Greater Washington



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



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



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Now Open in Potomac and Coming Soon to Bethesda!



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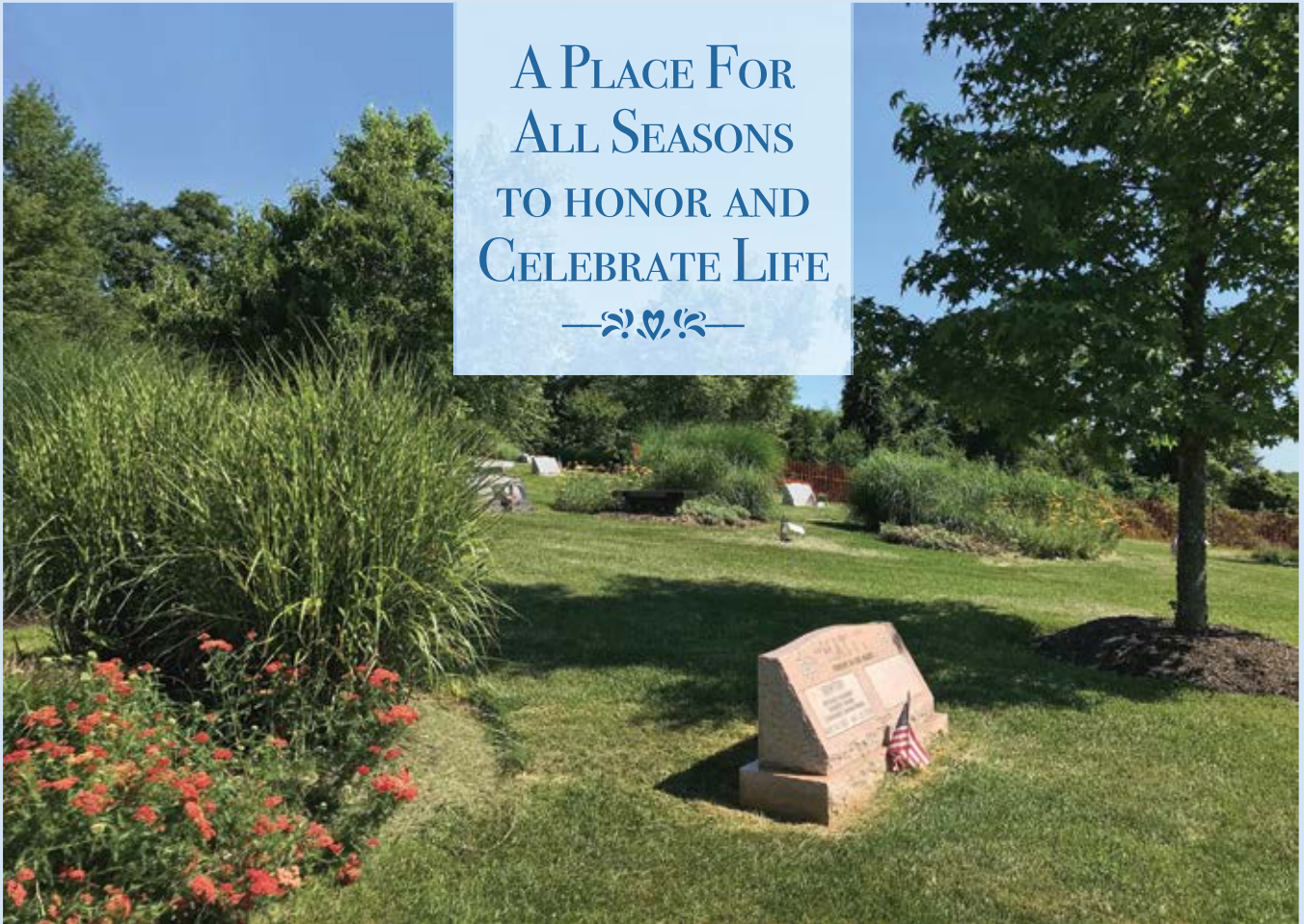


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THE GARDEN OF REMEMBRANCE

A PLACE FOR
ALL SEASONS
TO HONOR AND
CELEBRATE LIFE



18 YEARS OF CARING SERVICE AND DEDICATED SUPPORT
TO THE JEWISH COMMUNITY OF GREATER WASHINGTON



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

Explore the many benefits of pre-planning for you or your family. We also offer a large selection of upright granite memorials and bronze markers. We are currently expanding and welcome you to visit our newest burial areas. For more information, call 301-428-3000, or visit www.gardenofremembrance.org.



Garden of Remembrance

GAN ZIKARON MEMORIAL PARK

Partner Agency of
The Jewish Federation
OF GREATER WASHINGTON

