

FALL INTO FUN

**NEW
SESSION!**

LATE FALL PROGRAMS: **November 19, 2023 – February 3, 2024**

REGISTRATION OPENS: **Monday, October 16, 2023**



Program Guide

A Message from Our CEO



At the Bender JCC, we welcome individuals and families of every ability, age, and background. Everyone who walks through our doors should feel like they can bring their whole self to the Bender JCC, as we understand that a person's differences and unique gifts are contributions that make our community stronger. We are committed to cultivating a genuinely inclusive community where all our members and guests feel a deep sense of belonging.

As members, we most vividly experience a sense of belonging and connection when participating in our community's wide-ranging events and programs. From the youngest members in our Bender-Dosik Parenting Center to the active agers in our Coming of Age senior adults cohort and everyone in between, there is truly something for every age and life stage at the Bender JCC.

With that in mind, we're delighted to present our late fall programs (November 19 – February 3), an outstanding season of classes, events, and gatherings. We appreciate the thousands of members and guests who come to the Bender JCC every year. I invite each of you to join us this fall, take advantage of all the beautiful events and experiences, and try something new as we continue an exciting programmatic year.

I'm looking forward to seeing you at the Bender JCC this fall,

Josh Bender, CEO

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Building Hours

HEALTH & FITNESS
Monday – Friday | 6:00 AM – 7:30 PM
Saturday & Sunday | 7:00 AM – 7:30 PM
The building closes one half-hour after the Fitness Center closes.

INDOOR POOL & OUTDOOR POOL
For fall/winter hours, please visit benderjccgw.org/hours.

MEMBER & GUEST SERVICES*
Monday-Wednesday | 9:00 AM – 8:00 PM
Thursday-Sunday | 9:00 AM – 5:00 PM

*Please call 301.881.0100 for assistance outside of regular membership sales hours.

FALL INTO FUN!

Program Highlights



ARTS AND ADULTS

Lessans Family Book Festival

NOVEMBER 1 – 6

Jewish stories that transcend borders and connect people.



COMING OF AGE

Coffeehouse: Klezmer Meets Swing

Thursday, January 18 | 7:00 – 8:00 PM

FAMILIES

Volunteer Opportunity: “Give Thanks” Dinner Making

Tuesday, November 21 | 5:00 PM

Shabbat Shabbang: Mexican Dreidels

Friday, December 8 | 5:30 PM

Holiday Service Project

Sunday, December 17 | 10:00 AM



AQUATICS, HEALTH, AND FITNESS

Youth Swim Classes and Lessons | November – February 2024



PICKLEBALL

Beginner Adult Pickleball Instruction

November 21 – January 30

Tuesdays | 10:30 AM – 12:00 PM

Pickleball Pick-up Games

Choose from three convenient drop-in times:

Sundays & Mondays | 11:00 AM – 1:30 PM

OUTDOORS - Janice Wasserman Goldsten Pavilion

Wednesdays | 10:30 AM – 12:00 PM

INDOORS - The Wasserman Gymnasium

NEW!



Youth Enrichment and Multi-sports

November – February 2024

Basketball, gymnastics, soccer, yoga and more!

Plus great preschool classes like volleyball, tennis, and superhero adventures!



Visit benderjccgw.org for an up-to-date list of upcoming events and programs not covered in this guide.

AQUATICS

Caroline Cardullo, Aquatics Director
301.348.3890 | ccardullo@benderjccgw.org

Group Swim Classes

Skip dates: November 26; December 24, 31

Waterbabies (6 – 18 months)

Sundays | November 19 – January 28 | 9:00 – 9:30 AM
\$190/members | \$210/public
Skip dates: November 26; December 24, 31

Watertots (18 months – 3 years old)

Sundays | November 19 – January 28 | 9:30 – 10:00 AM
\$190/members | \$210/public

Youth Group Swim Lessons

Skip dates: November 26; December 24, 25, 28, 31;
January 1, 15

Level 1: Water Exploration (3 – 5 years old)

Choose from three convenient class options:

Sundays | November 19 – January 28 | 10:00 – 10:30 AM
\$190/members | \$210/public

Mondays | November 20 – January 29 | 4:00 – 4:30 PM
\$170/members | \$185/public

Thursdays | November 30 – February 1 | 4:00 – 4:30 PM
\$190/members | \$210/public

Level 2: Primary Skills (4 – 6 years old)

Choose from three convenient class options:

Sundays | November 19 – January 28 | 10:30–11:00 AM
\$190/members | \$210/public

Mondays | November 20 – January 29 | 4:00 – 4:30 PM
\$170/members | \$185/public

Thursdays | November 30 – February 1 | 4:00 – 4:30 PM
\$190/members | \$210/public

Level 3: Stroke Readiness (4 – 6 years old)

Choose from three convenient class options:

Sundays | November 19 – January 28 | 11:00 – 11:30 AM
\$190/members | \$210/public

Mondays | November 20 – January 29 | 4:30 – 5:00 PM
\$170/members | \$185/public

Thursdays | November 30 – February 1 | 4:30 – 5:00 PM
\$190/members | \$210/public

Level 4: Stroke Development (6 – 12 years old)

Sundays | November 19 – January 28
11:00 – 11:30 AM | \$190/members | \$210/public

Skip dates: November 26; December 24, 31

Private and Semi-Private Swim Lessons

One-on-one (private) or two-on-one (semi-private) swim instruction exclusively for Bender JCC members.

To schedule your lesson, contact Caroline Cardullo at 301.348.3890 or ccardullo@benderjccgw.org.

Isadore and Bertha Gudelsky Exceptional Swim Program

Helping children, teens, and adults with orthopedic related disabilities to enjoy aquatics, this program matches participants with a coordinator, physical therapist, and adaptive water instructors to teach basic swimming skills.

For details, contact Caroline Cardullo at 301.348.3890 or ccardullo@benderjccgw.org.



The Bender JCC Herman Aquatic Center – Indoor Pool

HEALTH AND FITNESS

Mike Holmes, Director of Health and Fitness
301.348.3894 | mholmes@benderjccgw.org

PERSONAL TRAINING

Black Friday Offer:

Get a Jumpstart on personal training!

- Three 60-minute sessions/\$149 (first-time clients)
- Three 30-minute sessions/\$99 (first-time clients)

Visit benderjccgw.org/training to meet our trainers and to book your session.

PICKLEBALL

Beginner Adult Pickleball Instruction

November 21 – January 30

Tuesdays | 10:30 AM – 12:00 PM

Pickleball Pick-up Games

Choose from three convenient drop-in times:

Sundays & Mondays | 11:00 AM – 1:30 PM

OUTDOORS - Janice Wasserman Goldsten Pavilion

Wednesdays | 10:30 AM – 12:00 PM

INDOORS - The Wasserman Gymnasium

NEW!

GROUP EXERCISE CLASSES

Sherry Narayan, Group Exercise Coordinator

301.348.3710 | snarayan@benderjccgw.org

Choose from 20+ weekly GroupEx classes. Please note that class options, times, and locations are subject to change. Check the GroupEx calendars on our website for the most up-to-date information.

Abs, Back, & Stretch

Thursdays | 10:00 AM

Aqua Fit

Tuesdays + Thursdays | 11:00 AM

Balance & Strength

Mondays | 11:45 AM + 12:45 PM

Wednesdays | 10:30 AM + 12:00 PM

Butts and Guts

Tuesdays | 10:30 AM

Cardio Sculpt

Wednesdays | 8:15 AM

Cardio Strength

Mondays | 10:30 AM

Fit Fusion

Thursdays | 9:00 AM

Flow Yoga

Mondays | 9:30 AM

Tuesdays | 12:00 PM

Gentle Yoga

Thursdays | 12:00 PM

Hatha Yoga

Wednesdays | 6:00 PM

Ignite Dance Fit

Mondays | 6:00 PM

Les Mills BODYCOMBAT

Thursdays | 5:00 PM

Les Mills BODYPUMP

Mondays, Wednesdays, Fridays | 6:15 AM

Tuesdays, Thursdays | 6:30 PM

Saturdays | 8:00 AM

Pilates

Sundays | 11:00 AM

Mondays | 7:10 PM

Wednesdays | 9:30 AM

Pure Cardio

Fridays | 9:30 AM

Spin

Tuesdays | 6:00 PM

Saturdays | 7:00 AM

Sunrise Yoga

Saturdays | 9:00 AM

Tai Chi

Mondays | September 11 – November 13 | 12:00 – 1:00 PM

\$99/members | \$149/public

Tone Up & Shape Up

Fridays | 12:00 PM

Total Body Fitness

Tuesdays | 9:30 AM

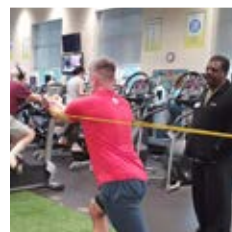
Thursdays | 10:00 AM

Zumba

Sundays, Wednesdays | 9:30 AM

Tuesdays | 10:30 AM + 5:00 PM

Saturdays | 10:15 AM



YOUTH SPORTS

Kindy Diallo, Director of Sports Programs
301.348.3852 | kdiallo@benderjccgw.org

YOUTH KARATE

All karate classes run through January.

Participants are welcome to join mid-session and will be charged a prorated amount.

Skip dates for all karate classes:

November 22; December 25, 27; January 1, 15

Lil Dragons (ages 3 – 5)

Wednesdays | Through January 31 | 3:15 – 4:00 PM
\$550/members | \$570/public

Kid Tiger (ages 5 – 8)

Mondays | Through January 29 | 4:15 – 5:00 PM
\$495/members | \$510/public

Wednesdays | Through January 31 | 4:15 – 5:00 PM
\$550/members | \$570/public

Mondays & Wednesdays | Through January 31
4:15 – 5:00 PM | \$1,045/members | \$1,085/public

Beginner (ages 9+)

Mondays & Wednesdays | Through January 31
5:00 – 5:45 PM | \$1,045/members | \$1,085/public

Intermediate/Advanced (ages 9+)

Mondays & Wednesdays | Through January 31
5:45 – 6:30 PM | \$1,045/members | \$1,085/public

Adult/Black Belt (ages 9+)

Mondays & Wednesdays | Through January 31
6:45 – 7:30 PM | \$1,045/members | \$1,085/public

MULTI-SPORTS & RECREATION

Superheroes (ages 3 – 5)

Mondays | November 20 – January 29 | 3:00 – 3:30 PM
\$150/members | \$160/public

Preschool Soccer (ages 3 – 5)

Mondays | November 20 – January 29 | 3:45 – 4:15 PM
\$150/members | \$160/public

Youth Soccer (ages 6 – 10)

Mondays | November 20 – January 29 | 4:30 – 5:10 PM
\$150/members | \$160/public

Preschool Sports & Sorts (ages 3 – 5)

Tuesdays | November 21 – January 30 | 3:00 – 3:40 PM
\$185/members | \$195/public

Gaga for Youth (ages 5 – 12)

Tuesdays | November 21 – January 30 | 4:15 – 5:00 PM
\$185/members | \$195/public

Yoga for Teens (ages 12 – 16)

Tuesdays | November 21 – January 30 | 5:10 – 6:00 PM
\$230/members | \$240/public

Tumble Tots Gymnastics (ages 3 – 4)

Wednesdays | November 29 – January 31
3:00 – 3:30 PM | \$200/members | \$210/public

Super Tots Gymnastics (ages 3 – 5)

Wednesdays | November 29 – January 31
3:45 – 4:15 PM | \$200/members | \$210/public

Gymnastics Level 1 (ages 5 – 8)

Wednesdays | November 29 – January 31
4:30 – 5:10 PM | \$200/members | \$210/public

Gymnastics Level 2 (ages 8 – 12)

Wednesdays | November 29 – January 31
5:10 – 5:50 PM | \$200/members | \$210/public

Tennis + Volleyball (ages 3 – 5)

Thursdays | November 23 – February 1
3:00 – 3:30 PM | \$185/members | \$195/public

Superstar Basketball (ages 3 – 5)

Thursdays | November 23 – February 1
3:45 – 4:15 PM | \$185/members | \$195/public

Basketball Level 1 (ages 5 – 8)

Thursdays | November 23 – February 1
4:30 – 5:05 PM | \$185/members | \$195/public

Basketball Level 2 (ages 8 – 12)

Thursdays | November 23 – February 1
5:10 – 5:45 PM | \$185/members | \$195/public



CHILDREN & FAMILIES

Lauren Dworkin, Director of Family Engagement and Social Action

301.348.3837 | ldworkin@benderjccgw.org

Emma Hertzberg, Family Engagement and Social Action Coordinator

301.348.3756 | ehertzberg@benderjccgw.org

Shabbat Shabbang: "The Mexican Dreidel"

Friday, December 8 | 5:30 – 7:00 PM

\$10/child | \$15/adult

In partnership with Arts & Adults and Lessans Family Literary Series.

BENDER-DOSIK PARENTING CENTER

Jennifer Radosh, Director of JFamily Programs

301.348.3848 | jradosh@benderjccgw.org

Shabbat Shalom Playgroup

Fridays | December 1 – February 9 | 10:30 – 11:00 AM

Skip date: December 29

Free RSVP

Baby and Me Yoga

Mondays | November 27 – February 5 | 8:45 – 9:30 AM

Skip dates: December 25; January 1, 15

\$200/members | \$210/public

Rhythm'N'Ruach

Choose from two convenient class times:

Tuesdays | November 28 – February 6 | 4:00 – 4:45 PM

Thursdays | November 30 – February 8

10:00 – 10:45 AM

Skip dates: December 26, 28

\$250/members | \$260/public

Books & Bubbles

Wednesdays | November 29 – February 7

10:30 – 11:00 AM

\$70/members | \$80/public

Silly Soccer

Saturdays | December 2 – February 3

10:00 – 10:30 AM

Skip date: December 30

\$225/members | \$235/public

Music Together

Choose from two convenient class times:

Saturdays | January 6 – March 9

9:00 – 9:45 AM & 10:00 – 10:45 AM

\$260/members | \$260/public

- \$175 additional for the first sibling of a registered child age 8+ months at the time of registration.
- \$75 second sibling of a registered child age 8+ months at the time of registration.
- Free for siblings under eight months or over six years at the time of registration.

Bim Bom Bags

Monday, December 4 | 12:00 PM

\$18/members | \$20/public

Purchase deadline: November 29.

Bag delivered: December 4.

Crafty Kids: Creating Judaica Keepsakes

Sunday, January 7 – February 11 | 3:30 – 4:15 PM

\$180/members | \$190/public

BENDER-DOSIK GRANDPARENTING CENTER

benderjccgw.org/grandparenting

The Grandparenting Center is dedicated to strengthening and celebrating the grandparenting experience.

JEWISH FAMILY AMBASSADOR PROGRAM

benderjccgw.org/jfa

The Bender JCC welcomes parents raising Jewish children into our community. Our Jewish Family Ambassadors (JFAs) are here to listen and share with you, and to connect you to other families and opportunities in our Jewish community. If you live in Montgomery County and are raising a Jewish child up to five years old, please register at benderjccgw.org/jfa.



Register at benderjccgw.org | 301.881.0100

DELIVERING GOOD NETWORK

Emma Hertzberg, Family Engagement and Social Action Coordinator

301.348.3756 | ehertzberg@benderjccgw.org

Volunteer Opportunities

The Delivering Good Network is the Bender JCC's centralized and sustained social action effort focusing on five key areas of impact: environment, housing, hunger, immigrants, and inclusion.

"Give Thanks" Dinner-Making

Tuesday, November 21 | 5:00 – 6:00 PM | \$10

Holiday Service Project: Blizzard Bundles

Sunday, December 17 | 10:00 – 11:00 AM | \$5

INCLUSION

Kate Falls, Inclusion Director

301.348.3767 | kfalls@benderjccgw.org

NEW PROGRAM Empowering Friendship

A neurodivergent affirming social skills group for teenagers, aged 13-17, to practice critical skills related to independence and self-esteem.

Tuesdays | November 21 – January 30, 2024

4:30 – 6:30 PM | \$160

Skip date: December 26

RENTALS AT THE J

A place for every occasion

Host your next event HERE!

Contact Maytal Regev at 301.348.3843



HEBREW CLASSES

Rivka Degani, Hebrew Language Instructor
301.348.3810 | rdegani@benderjccgw.org

Participants are welcome to join mid-session and will be charged a prorated amount.

The price for all Hebrew classes is \$560.

Beginner Hebrew (*Aleph*)

Choose from two convenient class times:

Tuesdays | Through January 23
9:30 – 11:30 AM | *hybrid class!*

Thursdays | Through February 1
6:00 – 8:00 PM | *hybrid class!*
Skip date: November 23

Beginner Hebrew (*Aleph Plus*)

Choose from two convenient class times:

Mondays | Through February 12
9:30 – 11:30 AM | *hybrid class!*

Mondays | Through February 12
6:00 – 8:00 PM | *hybrid class!*
Skip dates: December 25; January 1

Intermediate Hebrew (*Bet*)

Thursdays | Through February 1 | 6:00 – 8:00 PM
Skip date: November 23

Intermediate Hebrew (*Gimmel*)

Choose from two convenient class times:

Mondays | Through February 12
3:45 – 5:45 PM | *virtual class!*

Wednesdays | Through January 17
6:00 – 8:00 PM | *virtual class!*
Skip dates: September 25; December 25; January 1

Intermediate Hebrew (*Dalet*)

Choose from three convenient class times:

Tuesdays | Through January 23
6:00 – 8:00 PM | *hybrid class!*

Thursdays | Through January 25
4:00 – 6:00 PM | *hybrid class!*

Skip date: November 23

Fridays | Through February 9
11:00 AM – 1:00 PM

Skip date: November 24

Advanced Hebrew (Level 1)

Thursdays | Through January 25
7:00 – 9:00 PM | *virtual class!*

Skip date: November 23

Advanced Hebrew (Level 2)

Choose from three convenient class times:

Mondays | Through February 12
6:30 – 8:30 PM | *virtual class!*

Wednesdays | Through January 17
9:00 – 11:00 AM | *hybrid class!*

Wednesdays | Through January 17
7:00 – 9:00 PM | *virtual class!*

Skip dates: December 25; January 1

DANCE AND MUSIC

Susan Fischer, Chief Program Officer
301.348.3892 | sfischer@benderjccgw.org

Youth Dance

All Dance classes run September - January.

Participants are welcome to join mid-session and will be charged a prorated amount.

Tuesdays | Through January 30
Skip date: December 26

Preschool Dance (Ages 3 – 5)

3:30 – 4:15 PM | \$670/members | \$700/public

K – 1st Grade Dance (Ages 5 – 7)

4:30 – 5:30 PM | \$670/members | \$700/public

2nd – 5th Grade Dance (Ages 7 – 11)

4:30 – 5:30 PM | \$670/members | \$700/public

6th – 8th Grade Dance (Ages 11+)

5:30 – 6:30 PM | \$670/members | \$700/public

Private Music Lessons

Virtual and in-person private instruction available in a variety of instruments including piano, percussion, strings, and woodwinds.

ARTS AND ADULTS

Marcie Blackman,
Director of Arts and Adults Programming
301.348.3808 | mblackman@benderjccgw.org

THE LESSANS FAMILY BOOK FESTIVAL

November 1–6, 2023

Spread the joy of reading and celebrate Jewish literature with behind-the-scenes access and personal connections to luminary authors with live Q+A sessions and book signings at the Lessans Family Book Festival.

For more information, visit
benderjccgw.org/BookFest.

OPENING NIGHT 2023 FEATURING

Jeremy Dauber, author of
Mel Brooks: Disobedient Jew

Wednesday, November 1 | 6:15 PM | \$18
Books on sale for \$26.00 plus tax

Speaking Yiddish to Chickens
by Seth Stern

Thursday, November 2 | 7:00 PM | \$18
Books on sale for \$29.95 plus tax

Book Lovers Brunch

Kantika

by Elizabeth Graver

Friday, November 3 | 10:30 AM | \$30
Price includes Brunch Box.
Books on sale for \$27.99 plus tax

Why We Love Baseball: A History in 50 Moments

by Joe Posnanski

Sunday, November 5 | 10:30 AM | \$18
Books on sale for \$29.00 plus tax

A Small Sacrifice for an Enormous Happiness: Stories

by Jai Chakrabarti

Sunday, November 5 | 7:00 PM | \$18
Books on sale for \$29.00 plus tax

CLOSING NIGHT 2023 FEATURING

Martin J. Siegel, author of
Judgment and Mercy

Monday, November 6 | 7:00 PM | \$18
Books on sale for \$35.99 plus tax

SPECIAL HANUKKAH EVENT:

Presented by Coming of Age (CoA) and Arts & Adults
Spuds & Studs: Latke-Palooza A Cappella Concert, featuring the Y-Studs
Wednesday, December 13 | 5:00 PM | \$50

2023–2024 POLINGER ARTISTS OF EXCELLENCE CONCERT SERIES

Sundays | Kreeger Auditorium at the Bender JCC
\$50/single concert

Gabriel Martins and

Victor Santiago Asunción: Cello & Piano

December 3 | 7:00 PM

Brentano: String Quartet

March 10 | 7:00 PM

Israeli Chamber Project

April 14 | 7:00 PM

Horszowski Trio: Piano

May 5 | 7:00 PM

ESOL

Wednesday | October 4 - November 29
10:00 AM – 12:00 PM

U.S. CITIZENSHIP

Tuesday | October 3 - November 28
10:00 AM – 12:00 PM

CERAMICS

Beginner/Intermediate Adult Ceramics

Monday | October 23 - December 4
11:00 AM – 1:30 PM
\$370/members | \$380/public
Skip date: October 30

WELLNESS WEDNESDAY

Join us for a great day of programming near you! Exercise, socialize, hear a lecture, attend a performance and enjoy a delicious kosher meal. Lunch – suggested \$5 donation. For more information, please contact Rachel Elazar at relazar@benderjccgw.org or 301.348.3849.

GOLDMAN ART GALLERY

Seeing the Beauty in All Things

November 12 - December 17
Reception: Sunday, December 3 | 12:00 PM

Register at benderjccgw.org | 301.881.0100

COMING OF AGE (CoA)

Frieda Enoch, CoA Director

301.348.3832 | fenoch@benderjccgw.org

SPECIAL EVENTS FOR ACTIVE ADULTS (60+)

Knishes & Conversation:

From Pushcarts to Poolside

Thursday, November 30 | 12:30 – 3:00 PM | \$40

Food 'n' Fun:

Founding Farmers Restaurant

Tuesday, December 5 | 12:30 – 3:00 PM | \$36

SPECIAL HANUKKAH EVENT:

Presented by Coming of Age (CoA) and Arts & Adults

Spuds & Studs: Latke-Palooza A Cappella

Concert, featuring the Y-Studs

Wednesday, December 13 | 5:00 PM | \$50

Cinema J: The Automat

Thursday, December 21 | 7:00 PM

Kreeger Auditorium | \$12

CoA Excursions: International Travel to Cuba

Sunday, January 7

SOLD OUT!

Coffeehouse:

Klezmer Meets Swing

Thursday, January 18 | 7:00 – 8:30 PM | \$30

CoA Excursions:

Pretty Woman at the National Theater

Sunday, December 17 | 7:30 PM | \$160

Bus transportation included from two pickup locations:

5:30 PM | Leisure World Clubhouse II (3300 N. Leisure World Boulevard)

6:00 PM | Bender JCC (6125 Montrose Road)

THE BENDER JCC
PRESENTS

CINEMA J

ENTERTAINING • EVOCATIVE • ENGAGING

A Pocketful of Miracles: A Tale of Two Siblings

Q&A to follow with Director
Aviva Kempner

Thursday, November 16
7:00 - 9:00 PM

Bender JCC-Kreeger Auditorium | \$12

CoA Excursions:

RAGTIME

at the Signature Theatre
Sunday, November 12
2:00 PM | \$135

Bus transportation included
from two pickup locations:

12:00 PM | Leisure World
Clubhouse II
3300 N. Leisure World Boulevard

12:30 PM | Bender JCC
6125 Montrose Road



AFTER SCHOOL PROGRAM

Mondays – Fridays
3:00 – 6:00 PM

Club J provides a safe place for children to unwind after school, socialize with friends, complete homework with staff assistance, and stay active through a variety of recreational activities. We offer flexible program options to meet the needs of busy parents, all in a warm, welcoming, environment.

MCPS provides bus transportation from:

- Luxmanor Elementary School
- Farmland Elementary School

Supervised walkover from:

- CESJDS
- Feynman School

Coverage available for:

- Early dismissal days
- Winter & Spring Break
- School Closure Days

Licensed through the Maryland State Department of Education.

Register at benderjccgw.org/club-j

Contact clubj@benderjccgw.org for more information.



Find
Your Place
at the



Bender JCC
of Greater Washington



**Best
Fitness
Center**

EXPERIENCE COMMUNITY. CREATE CONNECTIONS.



SO MUCH TO DO!

HEALTH & FITNESS:

CARDIO, STRENGTH, 20+ GROUP EX. CLASSES

ARTS & CULTURE:

CONCERTS, FILM, GALLERIES AND MORE!

OUTDOOR & INDOOR POOLS:

HEATED, OPEN YEAR ROUND

SPORTS & RECREATION:

NEW OUTDOOR SPACES FOR ATHLETICS,
INCLUDING A CLIMBING TOWER

Try Us Out!

1 DAY *Trial*
ALL-INCLUSIVE

**Call Member Sales at
301.881.0100 today!**

MUST MENTION THIS AD TO UNLOCK TRIAL. Terms and conditions apply.

6125 Montrose Road, Rockville, MD 20852
benderjccgw.org | 301.881.0100

Find
Your Place
at the



Bender JCC
of Greater Washington

DINNER OF CHAMPIONS

SUPPORTING INCLUSION AT LESSANS CAMP JCC

— NOVEMBER 18, 2023 —

**Join us in honoring
local athletes and leaders and
supporting Lessans Camp JCC,
an inclusive summer camp
for children and young adults
of all abilities.**

Irene and Abe Pollin Humanitarian Award
Philip Margolius

Greater Washington Jewish Sports Hall of Fame Inductees
Steve Berkowitz | Don Fishman
Stacy King | Michael Meyer
Richard Sheer | Adam Simon

Hyman M. and Phillip D. Perlo High School Athletes
Benjamin Ash | Alexa Binstock
Max Cooperman | Alex Reichmann
Sam Sharp | Sam Wenk

Dinner of Champions Co-Chairs
Rebecca and Nathan Bortnick
Melanie and Rami Kandel

Questions? Contact Rachel Ossman at
rossman@benderjccgw.org or 301.348.3727.

Lessans CAMP JCC

 @ the Bender JCC

2024

THE
COUNTDOWN
BEGINS!

Applications Opening Soon for:

Returning campers:
Wednesday, November 15

New campers who are also Bender JCC members:
Wednesday, November 29

General public:
Wednesday, December 13

Work at Lessans Camp JCC – counselor and
staff applications open:
Monday, November 20

HIGHLIGHTS INCLUDE:

- Onsite swimming instruction
- Low counselor-to-camper ratio
- Sports, arts and technology options
- Extended day & transportation options

Learn more at
benderjccgw.org/camp



Find
Your Place
at the



Bender JCC
of Greater Washington



HANUKKAH CELEBRATION

DECEMBER 13 | 5:00 PM



LatkePalaza

**Hanukkah Dinner &
Y-Studs A Capella Concert**

Get tickets at benderjccgw.org/YSTUDS



Find out more at
benderjccgw.org/register or
call 301.881.0100



FOLLOW
US

