



Imagine What is Possible



What does it mean to lead? Are leaders born, forged, or a combination of both? At IMAGINE, the Bender JCC's annual spring event (Monday, June 10), our community will celebrate and honor civic leaders who have dedicated their lives and careers to breaking down barriers, bringing about change, and positively impacting humanity.

This year's IMAGINE will feature a new and exciting fire-side chat between two of Greater Washington's most tireless and impactful changemakers: David Rubenstein and Ambassador Stuart Eizenstat (former Bender JCC Board President). The two civic leaders will discuss their decades-long friendship and the remarkable contributions they've each made to communities across our region, nation, and world.

We are thrilled to present the 2024 Benjamin Ourisman Memorial Award for Civic Achievement to Dana Marlowe (Founder and CEO, I Support the Girls). Dana's fight for equity began as a teenager advocating for the deaf community and has continued through her work with I Support the Girls, a nonprofit honoring the dignity of women in underserved communities by providing access to essential feminine products and items.

IMAGINE raises critical funds for Bender JCC scholarships, ensuring that financial limitations never become a barrier to joining our community and helping us welcome individuals and families of all abilities, backgrounds, and identities. Thank you in advance for helping us elevate civic leadership and supporting our efforts to "imagine" what's possible for our community when we lean into our shared values of kehillah (community), b'yachad (working together) and inclusion.

Josh

AQUATICS

Caroline Cardullo,

Director

301.348.3890 | ccardullo@benderjccgw.org



Youth Group Swim Lessons

Skip dates: April 22, 25, 28, 29, May 26, 27

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

Choose from three convenient class options:

Sundays | April 7 – June 2 | 10:00 – 10:30 AM \$150/members | \$160/public

Mondays | April 8 – June 3 | 4:00 – 4:30 PM \$125/members | \$140/public

Thursdays | April 11 – June 6 | 4:00 – 4:30 PM \$170/members | \$185/public

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

Choose from three convenient class options:

Sundays | April 7 – June 2 | 10:00 – 10:30 AM \$150/members | \$160/public

Mondays | April 8 – June 3 | 4:00 – 4:30 PM \$125/members | \$140/public

Thursdays | April 11 – June 6 | 4:00 – 4:30 PM \$170/members | \$185/public

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

Choose from three convenient class options:

Sundays | April 7 – June 2 | 11:00 – 11:30 AM \$150/members | \$160/public

Mondays | April 8 – June 3 | 4:30 – 5:00 PM \$125/members | \$140/public

Thursdays | April 11 – June 6 | 4:30 – 5:00 PM \$170/members | \$185/public

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

Sundays | April 7 – June 2 | 11:30 AM – 12:00 PM \$190/members | \$210/public

Group Swim Classes

Waterbabies (6 - 18 months)

Sundays | April 7 – June 2 | 9:00 – 9:30 AM \$150/members | \$160/public

Watertots (18 months - 3 years old)

Sundays | April 7 – June 2 | 9:30 – 10:00 AM \$150/members | \$160/public

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 orthopedicrelated 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.

SPRING/SUMMER 2024 POOL HOURS

Starting Monday, April 1:

Outdoor Pool

Monday – Friday | 6:00 AM – 7:45 PM Saturday & Sunday | 7:00 AM – 7:45 PM

Indoor Pool

Monday – Friday | 6:00 AM – 7:45 PM Saturday & Sunday | 7:00 AM – 7:45 PM







Mike Holmes, Director HEALTH & FITNESS

301.348.3894 | mholmes@benderjccgw.org

PERSONAL TRAINING

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

PICKLEBALL

Adult Beginner Pickleball

Tuesdays | April 16 – June 25 10:30 AM – 12:00 PM | \$250

Kindy Diallo

301.348.3852 | kdiallo@benderjccgw.org

Spring Adult Basketball League

April 13, 2024 – June 15, 2024 Tuesday games | 6:00 – 8:00 PM Saturday games | 11:00 AM – 2:00 PM

\$850 per team / members | \$850 per team / public

Offseason Basketball Workout Clinic

Sundays | Choose from two sessions:

- Session 1: April 7 and April 28
- \$70/members | \$80/public
- Session 2: June 2, June 9 and June 16 \$110/members | \$120/public

GROUP EXERCISE CLASSES Emma Hertzberg, Group Exercise Coordinator301.348-3710

ehertzberg@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

Agua Fit

Tuesdays + Thursdays | 11:00 AM

Balance & Strength

Mondays | 12:00 PM + 1:00 PM Wednesdays | 12:00 PM + 1:00 PM

Butts and Guts

Tuesdays | 10:30 AM Virtual Only

Cardio Sculpt Virtual Only 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

Sundays | 10:45 AM

Les Mills BODYPUMP

Mondays, Wednesdays, Fridays | 6:15 AM Tuesdays, Thursdays | 6:30 PM Saturdays | 8:00 AM

Pilates

Sundays | 11:00 AM Mondays | 7:00 PM

Cardio Challenge

Fridays | 9:30 AM

Spin

Tuesdays | 6:00 PM

Cycle

Thursdays | 8:00 AM Saturdays | 7:00 AM

Sunrise Yoga

Saturdays | 9:00 AM

Tai Chi

Mondays | 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

7umha

Sundays, Wednesdays | 9:30 AM Tuesdays | 8:00 AM + 5:30 PM Saturdays | 10:15 AM

All Bender JCC programs are open to everyone. Contact Kate Falls, Director of Inclusion, at kfalls@benderjccgw.org or 301.348.3767, to discuss support and accommodations.









YOUTH SPORTS

Kindy Diallo, Director

301.348.3852 | kdiallo@benderjccgw.org



MULTI-SPORTS & RECREATION

Superheroes

Mondays | April 8 - June 3 | 3:00-3:30 PM \$155/members | \$165/public

Soccer

Mondays | April 8 - June 3 | 3:45-4:15 PM \$155/members | \$165/public

Strength & Conditioning (12-16-year-olds)

Mondays and Tuesdays | April 8 – June 4 | 4:30-5:30 PM 1 day/week (Monday <u>OR</u> Tuesday) | \$200/members | \$220/public Mondays + Tuesday \$400/members | \$440/public

Wall Climbing (ages 3 - 5)

Tuesdays | February 6 – April 2 3:00 – 3:40 PM | \$220/members | \$240/public

Wall Climbing (ages 5 - 12)

Tuesdays | February 6 – April 2 4:15 – 5:00 PM | \$220/members | \$240/public

Tumble Tots Gymnastics (ages 3 - 4)

Wednesdays | April 10 – June 5 3:00 – 3:30 PM | \$230/members | \$240/public

Super Tots Gymnastics (ages 3 - 5)

Wednesdays | April 10 – June 5 3:45 – 4:15 PM | \$230/members | \$240/public

Gymnastics Level 1 (ages 5 - 8)

Wednesdays | April 10 - June 5 4:30 - 5:10 PM | \$230/members | \$240/public

Gymnastics Level 2 (ages 8 - 12)

Wednesdays | April 10 – June 5 5:10 – 5:50 PM | \$230/members | \$240/public

Tennis + Volleyball (ages 3 - 5)

Thursdays | April 11 – June 6 3:00 – 3:30 PM | \$185/members | \$195/public

Superstar Basketball (ages 3 - 5)

Thursdays | April 11 – June 6 3:45 – 4:15 PM | \$185/members | \$195/public

Pickleball (ages 6 - 12)

Thursdays | April 11 – June 6 5:00 – 5:30 PM | \$220/members | \$240/public

Basketball Level 1 (ages 7 - 12)

Thursdays | April 11 - June 6 5:10 - 5:45 PM | \$185/members | \$195/public

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YOUTH KARATE

All karate classes run through June.

Participants are welcome to join mid-session for a prorated class fee.

Skip dates for all karate classes: Mondays: April 22, May 27 Wednesdays: April 24

Lil Dragons (ages 3 - 5)

Wednesdays | 3:15 – 4:00 PM \$430/members | \$450/public

Kid Tiger (ages 5 – 8)

Mondays | 4:15 – 5:00 PM \$430/members | \$450/public

Wednesdays | 4:15 – 5:00 PM \$520/members | \$550/public

Mondays & Wednesdays | 4:15 – 5:00 PM \$960/members | \$1,000/public

Beginner (ages 9+)

Mondays & Wednesdays | 5:00 – 5:45 PM \$960/members | \$1,000/public

Intermediate/Advanced (ages 9+)

Mondays & Wednesdays | 5:45 – 6:30 PM \$960/members | \$1,000/public

Adult/Black Belt (ages 9+)

Mondays & Wednesdays | 6:45 – 7:30 PM \$960/members | \$1,000/public





Kate Falls,
Director

INCLUSION

301.348.3767 | kfalls@bendericcgw.org

Empowering Friendship

Tuesdays | April 9 – June 4 | 4:30 – 6:00 PM *Skip dates*: April 23, 30 \$200 Members | \$215 Public

Brain Builders

Wednesdays | April 10 – June 5 | 3:30 – 4:15 PM *Skip date:* April 24 \$200 Members | \$215 Public

Drop in Social Time

Thursdays | April 11 – June 4 | 5:00 – 7:00 PM Skip dates: April 25 Free

Pull Up A Chair: A Conversation About Mental Health

Thursday, April 18 | 5:00 – 7:00 PM Free

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CHILDREN & FAMILIES

Lauren Dworkin,

Director

301.348.3837 | Idworkin@benderjccgw.org



BENDER-DOSIK PARENTING CENTER Jennifer Radosh, Director of JFamily Programs

301.348.3848 | jradosh@benderjccgw.org

Bim Bom Bags: Passover

\$18/members | \$20/public (Please purchase 1 ticket per bag)

- Sign up deadline: Wednesday, April 10
- Receive your bag by: Tuesday, April 16

Books and Bubbles

Wednesdays | May 1 – June 5 10:30 – 11:00 AM | \$60/members | \$70/public

Music Together

Saturdays | April 6 - June 8

Choose from two convenient class times: Saturdays | 9:00 – 9:45 AM

Saturdays | 10:00 – 10:45 AM

\$234 for the 1st child.

\$158 additional for the 1st sibling of a registered child over 8 months at the time of registration.

\$68 2nd sibling of a registered child over 8 months at the time of registration.

Skip day: April 27

Rhythm 'N' Ruach with Auntie

Choose from two convenient class times: Tuesdays | May 7 – June 4 | 4:00 – 4:45 PM \$125/members | \$135/public

Thursdays | May 2 – June 6 | 10:00 – 10:45 AM \$150/members | \$160/public

Baby and Me Yoga

Mondays | April 22 – June 3 | 8:45 – 9:30 AM \$175/members | \$185/public *Skip day:* April 29, May 27

Little Passover Noshers

Sunday, April 14 | 10:00-11:00 AM \$10/child | \$5/adult

Big Messy Art Keepsakes

Select Sundays | 3:15 PM - 4:00 PM April 7 | Floating Frame Fun April 21 | Mosaic Madness May 5 | Playful Pottery May 19 | Mandala Jeweled Window Art \$25/tickets | 10% discount when buying all 4)*

Silly Soccer

Saturdays, May 4 – June 8 | 10:00 – 10:30 AM \$125/members | \$135/public *Skip day:* May 25

FIT4BABY

Mondays, May 6 – June 17 | 6:00 – 7:00 PM | \$199/person *Skip day:* May 27

VIRTUAL Growing Grasshoppers

Sundays | March 17 - April 21 | 8:30 AM

VIRTUAL Baby Lap Time

Sundays | March 10 - April 28 | 8:30 AM FREE

Story Time at the Capital Jewish Museum

Select Thursdays | February 8 - June 13 | 10:00 AM FREE

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.

BENDER-DOSIK GRANDPARENTING CENTER

benderjccgw.org/grandparenting

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

DELIVERING GOOD NETWORK

Habitat Playhouse Build

Sunday, May 5 | 1:00 PM

Good Deeds Week

Sunday, April 7 - 14

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. Visit benderjccgw.org/dgn for more information.



Frieda Enoch, Director

COMING OF AGE

301.348.3809 | fenoch@benderjccgw.org

SPECIAL EVENTS FOR ACTIVE ADULTS (60+)

CINEMA

One Life

Tuesday, May 7 | 7:00 PM | \$12 English | Docudrama | UK, 2023 | 110 minutes Screening at the Bender JCC Kreeger Auditorium 6125 Montrose Road, Rockville, MD 20852

Remembering Gene Wilder

USA | Documentary | 1h 32m | 2023

Two Showings!

Cinema J Matinee @ Leisure World Tuesday, May 21 | 1:30 PM | \$10 Clubhouse II, 3300 N. Leisure World Blvd., Silver Spring, MD 20906

Cinema J @ The Bender JCC Thursday, May 23 | 7:00 PM | \$12 Kreeger Auditorium 6125 Montrose Rd., Rockville, MD

I Scream, You Scream....ICE CREAM SOCIAL!

Monday, June 10 | 1:30-3:00 PM | Leisure World, Clubhouse II 3300 N. Leisure World Blvd., Silver Spring Rear Parking Lot (outdoors near tennis courts) FREE (no registration required; while supplies lasts)

13th Annual Health & Wellness Expo at Leisure World

Thursday, June 6 | 10:00 AM-2:00 PM Leisure World | Clubhouse 1 3700 Rossmoor Blvd, Silver Spring, MD 20906 FREE (no registration required)

We Remember: A special Yom HaShoah Concert featuring the Iris Piano Trio & Guest Vocalist, Frieda Enoch

- Wednesday, May 8 | 7:00 PM | \$15 Bender JCC of Greater Washington
- Thursday, May 9 | 2:00 PM | \$15
 Leisure World Clubhouse I Ballroom, 3700 Rossmoor Blvd.,
 Silver Spring, MD 20906

Coffeehouse: Oldies, But Goodies, Featuring the Daryl Davis Trio

Thursday, June 20 | 7:00-8:30 PM | \$36

All Bender JCC programs are open to everyone. Contact Kate Falls, Director of Inclusion, at kfalls@benderjccgw.org or 301.348.3767, to discuss support and accommodations.

13th Annual Health & Wellness Expo

June 6 | 10:00 AM - 2:00 PM

FREE & Open to the Public!

Highlights Include:

- Exhibitor Hall
- Health screenings and vaccines
- Interactive workshops
- Grand Finale Show | 3:00-4:00 PM
 The Magical Mystery Girls: A Beatles Tribute Band \$15/advance | \$15/door
 Raffle Prizes | Grand Prize: An Apple iPad!

Visit benderjccgw.org/expo for details.



HEBREW CLASSES Rivka Degani, Director

301.348.3810 | rdegani@benderjccgw.org



The price for all Hebrew classes is \$560.

Hebrew Aleph 1

Requires a mandatory multimedia program fee of \$75, due at registration.

Wednesdays | February 7 - June 26 4:00 - 6:00 PM | hybrid class! Skip date: June 12

Hebrew Aleph 2

Mondays | February 19 - July 15 4:40 - 6:30 PM | *hybrid class! Skip date:* April 22

Hebrew Bet

Thursdays | February 8 - June 20 6:15 - 8:15 PM | *hybrid class!*

Intermediate Hebrew Gimmel

Choose from two convenient class times:

Mondays | February 19 - July 8 3:45 - 5:45 PM | *virtual class! Skip date:* April 22

Wednesdays | January 24 - June 19 6:00 – 8:00 PM | *hybrid class! Skip date:* June 12

Hebrew Dalet

Choose from three convenient class times:

Tuesdays | January 30 - June 25 6:00 - 8:00 PM | *virtual class! Skip dates:* April 23, 30

Thursdays | February 8 - June 20 4:00 – 6:00 PM | *hybrid class!*

Fridays | February 16 - June 28 11:00 AM - 1:00 PM | *hybrid class!*

Advanced Hebrew (Level 1)

Thursdays | February 8 - June 20 7:00 – 9:00 PM | *virtual class!*

Advanced Hebrew (Level 2)

Choose from three convenient class times:

Mondays | February 19 - July 8 6:30 - 8:30 PM | *virtual class! Skip date:* April 22

Wednesdays | January 31 - June 19 9:00 – 11:00 AM | *hybrid class! Skip date:* April 12

Wednesdays | January 24 - June 12 7:00 – 9:00 PM | *virtual class!*

All Bender JCC programs are open to everyone. Contact Kate Falls, Director of Inclusion, at kfalls@benderjccgw.org or 301.348.3767, to discuss support and accommodations.



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

Contact clubj@benderjccgw.org for more information.

Licensed through the Maryland State Department of Education.

Register at benderjccgw.org/club-j



Marcie Blackman, Director

ARTS & ADULTS

301.348.3808 | mblackman@benderjccgw.org

2023–2024 POLINGER ARTISTS OF EXCELLENCE CONCERT SERIES

Israeli Chamber Project

Sunday, April 14 | 7:00 PM | \$50

SEASON FINALE: Horszowski Piano Trio

Sunday, May 5 | 7:00 PM | \$50

Mount Vernon Virtuosi: Around the World In Seven Cellos

March 10 | Free Children's Concert: 11:00 AM-12:00 PM Family Concert 2:00-3:00 PM

ESOL

Virtual | Wednesday, April 3 – May 29 |9:30-10:30 AM | Free Skip date: April 10

In Person | Wednesday, April 3 – May 29 | 10:00 AM – 12:00 PM | Free *Skip date*: April 10

U.S. CITIZENSHIP

In Person Only

Tuesday, April 2-May 28 | 10:00 AM- 12:30 PM | Free Skip date: April 9

CANASTA

Tuesday, March 12 – April 23 | \$140/members | \$160/public *Skip date:* April 2

GOLDMAN ART GALLERY

To Life - Interconnections Through Art | March 24 – April 14 Pull Up A Chair 2.0 | April 18 – April 28 A Lifetime of Perspective - Senior Art Show | May 5 – May 23

MAH JONGG

Monday, March 4 -March 25 | 10:00 AM-12:00 PM \$90/members | \$100/public

LESSANS FAMILY LITERARY SERIES

Lauren Grodstein: We Must Not Think of Ourselves: A Novel May 16 | 7:00 PM|\$18

ADULT MEMOIR WRITING CLASS: REMEMBER WHEN?

Mondays | March 18- April 22 | 10:00 AM - 12:00 PM \$100/members | \$120/public

ADULT ISRAELI DANCE

February 28-April 3 | 6:30 - 7:30 PM \$100/members | \$120/public

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.

Israeli Chamber Project

Featuring Grammy-Winning Special Guest Karim Sulayman



April 14 | 7:00 PM

The Israeli Chamber Project offers audiences of all backgrounds dynamic concert and educational experiences, drawing on the rich history of chamber masterworks, as well as fresh, new voices from Israel and beyond.

The Israeli Chamber Project is that rarest of creatures: a band of world-class soloists that is not a muster of peacocks, but a hive mind in which egos dissolve and players think, breathe and play as one.

-Time Out New York

PURCHASE TICKETS AT benderjccgw.org/concerts





OUTDOOR AND INDOOR POOLS:

- Heated, open year round
- Dual, twin-flume waterslides
- Water-play and splash-pad
- Gated and shaded party patio
- Sun-deck with ample lounge chairs



For details, contact membership at 301.881.0100.

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







