

Find  
Your Place  
at the



Bender JCC  
of Greater Washington

Lessans  
CAMP JCC



Special Edition

SUMMER 2025

# PROGRAM GUIDE

JUNE 22-AUGUST 9

REGISTRATION OPENS:

MEMBERS | MAY 27

PUBLIC | JUNE 4

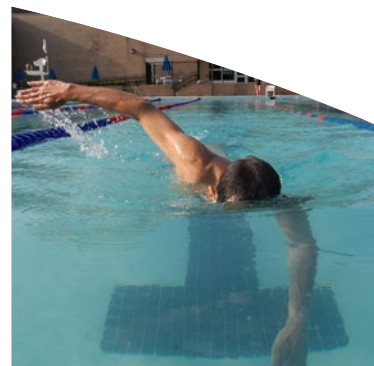
## COMMUNITY HIGHLIGHTS:

Voices of Leadership (June 5)

Visit the Health Expo (June 12)

Lessans Camp JCC 2025 (June-August)

Summer Updates (Hours and News!) Page 2



# CAMP IS COMING:

## Another remarkable summer with Lessans Camp JCC



**Josh Bender,**  
*Chief Executive Officer, Bender JCC*

Lessans Camp JCC has created a truly inclusive community that engages young people of all abilities and identities, something I knew in my *kischkes* as a Bender JCC professional but recently experienced from a new perspective as a camp parent. Watching my teenage son have a life-changing summer as a Lessans Camp JCC counselor provided a deeper appreciation of the remarkable growth our camp professionals undergo during their summers here.

Counselors develop adaptability, ingenuity, and teamwork, all critical leadership skills that establish a beneficial foundation for a meaningful life and productive career. To that point, a former Bender JCC Board Chair once shared that past professional experience as a camp counselor is an essential criterion for hiring decisions. Being a counselor is what we refer to in Hebrew as “*dugma*,” a role model. Camp staff learn quickly that their attitude and outlook can shape the experience of our impressionable campers, who watch every action and listen to every word from their counselors.

The inclusive community and our commitment to creating an environment that serves campers of all abilities and backgrounds add a formative layer to a counselor’s summer experience.

Counselors routinely spark lifelong friendships at camp and sometimes change the course of their professional journeys based on their time at Lessans Camp JCC, something you can read more about later in this Program Guide in a terrific story written by Lauren Degener. Most importantly, counselors and campers alike absorb the values of kindness and respect for all individuals.

I eagerly anticipate the start of camp every summer, not only because the sounds of boisterous laughter and the smell of sunscreen fill our campus with 10 weeks of joyous energy but also because Lessans Camp JCC is a remarkable example of what it means to be a part of our community and a reminder of the power of belonging.

A stylized, handwritten signature of Josh Bender in white ink.



# SUMMER

## Update

### BUILDING HOURS

Beginning Friday, May 23:

Monday – Friday | 6:00 A.M. – 8:00 P.M.

Saturdays & Sundays | 7:00 A.M. – 8:00 P.M.

*Reminder - the building will close at 5:00 PM on:*  
Memorial Day | Monday, May 26  
Voices of Leadership | Thursday, June 5  
Independence Day | Friday, July 4



### NEW! Outdoor Pool Weekend Entrance

Opening May 24 | Saturdays and Sundays | 10:00 A.M. – 7:30 P.M.

**Beginning on Saturday, May 24, members and guests can enter the Outdoor Pool directly through the pavilion!**

Our new Outdoor Pool Weekend Entrance will be open on Saturdays and Sundays from 10:00 A.M. - 7:30 P.M., with a Membership and Guest Services Associate, and Security Guard available for check-in.

### REMINDER! Guest Passes

\$10 Guest Pass – When accompanied by a member

\$15 Daily Pass – For unaccompanied guests or general daily use

10-Pack of Guest Passes: \$90 – Shareable and great for frequent visits

Passes can be purchased at the outdoor pool entrance or front desk

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For questions, contact [membership@benderjccgw.org](mailto:membership@benderjccgw.org) or call 301.881.0100.



**Mike Holmes,**  
*Director*

301.348.3894 | mholmes@benderjccgw.org

# HEALTH & FITNESS

## PERSONAL TRAINING NUTRITION WELLNESS & COACHING

**First time clients can "JumpSmart":**

- Three, 60-minute sessions\*/\$149
- Three, 30-minute sessions\*/\$99
- \* *Personal training or nutrition wellness coaching*

For personal training questions or to get started, contact Mike Holmes at mholmes@benderjccgw.org.

For nutrition/wellness coaching questions or to get started, contact Emma Hertzberg at ehertzberg@benderjccgw.org.

Visit [benderjccgw.org/training](http://benderjccgw.org/training) to meet our trainers and to book your session.

## SPECIALTY CLASSES FOR A FEE

### Adult Beginner Pickleball

Saturdays | June 28 - August 23 | 7:15 - 8:45 AM  
\$250/members | \$300/public

### Aqua Suspension

Mondays, July 21 - August 25 | 11:00 - 11:45 AM  
\$50/members | \$150/public

### Introduction to Krav Maga

Sundays | July 6 - August 10 | 12:30 - 1:30 PM  
\$180/members | \$210/public

### Tai Chi

Mondays | 12:00 - 1:00 PM  
\$99/members | \$149/public

## NUTRITION AND WELLNESS COACHING

For details or to book your free 30-minute consultation, contact Emma Hertzberg at 301.348.3710 or ehertzberg@benderjccgw.org.

### Healthy Eating With Ease

Wednesday, July 23 | 6:00 - 7:00 PM  
Free

## GROUP EXERCISE CLASSES

**Emma Hertzberg,**  
**Group Exercise Coordinator**

301.348.3710

[ehertzberg@benderjccgw.org](mailto:ehertzberg@benderjccgw.org)

Choose from 40+ weekly FREE 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

### Align Yoga

Sundays | 11:00 AM

### Aqua Fit

Tuesdays, Thursdays, Fridays | 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 Challenge

Fridays | 9:30 AM

### Cardio Sculpt

Wednesdays | 8:15 AM | *Virtual Only*

### Cardio Strength

Mondays | 10:30 AM

### Cycle

Tuesdays | 8:30 AM + 6:00 PM  
Thursdays | 8:00 AM  
Saturdays | 7:00 AM

### Fit Fusion

Thursdays | 9:00 AM

### Flow Yoga

Mondays | 9:30 AM  
Tuesdays | 12:00 PM  
Wednesdays | 6:00 PM

### Gentle Yoga

Thursdays | 12:30 PM

### Ignite Dance Fit

Mondays | 6:00 PM

### Les Mills BODYCOMBAT

Sundays | 8:30 AM  
Mondays | 5:00 PM

### Les Mills BODYPUMP

Mondays, Thursdays | 6:10 AM  
Tuesdays, Thursdays | 6:30 PM  
Saturdays | 8:00 AM

### Les Mills CORE

Sundays | 9:00 AM  
Mondays | 5:30 PM

### Pilates

Saturdays | 11:30 AM  
Wednesday | 9:30 AM

### Sunrise Yoga

Saturdays | 9:00 AM

### 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 | 8:00 AM  
Wednesdays | 7:00 PM  
Fridays | 11:00 AM  
Saturdays | 10:15 AM

### Zumbathon

Sunday, August 10 | 9:30 - 10:30 AM  
Free

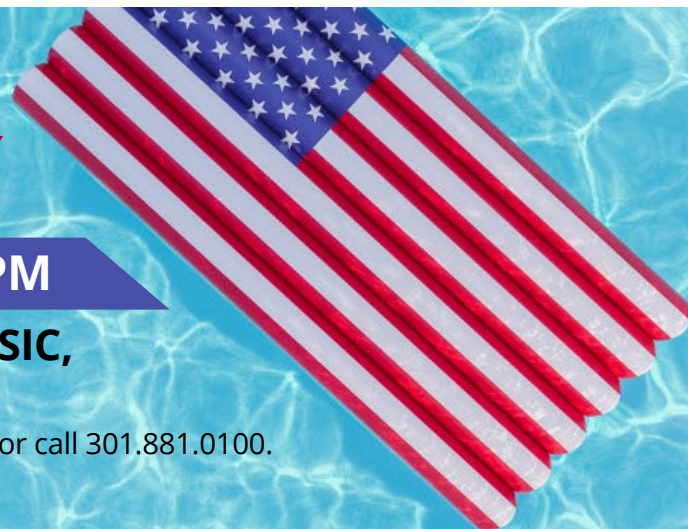
# INDEPENDENCE DAY POOL PARTY

**FRIDAY, JULY 4 | 10:00 AM - 12:00 PM**

**JOIN US FOR A FUN-FILLED DAY OF MUSIC,  
GAMES, TREATS & MORE!**

**Questions?** Please contact [membership@benderjccgw.org](mailto:membership@benderjccgw.org) or call 301.881.0100.

**Members sign up on the MyJ app!**





## Youth Group Swim Lessons

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

Sundays | June 22 – August 3 | 10:00 – 10:30 AM

\$155/members | \$165/public

*Skip date:* July 6

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

Sundays | June 22 – August 3 | 10:30 – 11:00 AM

\$155/members | \$165/public

*Skip date:* July 6

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

Sundays | June 22 – August 3 | 11:00 – 11:30 AM

\$155/members | \$165/public

*Skip date:* July 6

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

Sundays | June 22 – August 3 | 11:30 AM – 12:00 PM

\$155/members | \$165/public

*Skip date:* July 6

## Group Swim Classes

### Waterbabies (6 – 18 months)

Sundays | June 22 – August 3 | 9:00 – 9:30 AM

\$155/members | \$165/public

*Skip date:* July 6

### Watertots (18 months – 3 years old)

Sundays | June 22 – August 3 | 9:30 – 10:00 AM

\$155/members | \$165/public

*Skip date:* July 6

## 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](mailto:ccardullo@benderjccgw.org).



# Learn to SWIM

**Swimmers of all ages and skills can develop lifelong confidence and lifesaving skills:**

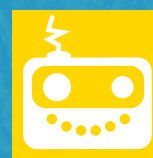
**Private and Semi-Private Swim Lessons:** Tailored instruction from expert coaches for swimmers of all ages.

**Youth Group Swim Classes:** Children learn basic swim-strokes and water safety skills while making friends.

Contact Caroline at [ccardullo@benderjccgw.org](mailto:ccardullo@benderjccgw.org) to learn more.



# Lessans CAMP JCC



This summer at Lessans Camp JCC, we're embarking on a Journey Through Time, traveling through history to experience eras like the prehistoric world, ancient civilizations, medieval times, and the Wild West—with even more adventures waiting to be discovered. With every era we explore, we'll uncover exciting new adventures while reinforcing our timeless camp values—like friendship, kindness, respect, and responsibility—that guide us every summer.

No matter what time period we visit, every day is an opportunity to build friendships, grow as leaders, and create lasting memories. Time to grab your sunscreen, round up your friends, and get ready for the adventure of a lifetime!

## 2025 SESSIONS

**June 23 – August 8, 2025 (7 Weeks)**

**Session 1** | June 23 – July 3 (no camp on July 4)

**Session 2** | July 7 – 18

**Session 3** | July 21 – August 8

## Summer Kids Club Weeks

**Aleph Week** | June 16 – 20 (no camp on June 19)

**Bet Week** | August 11 – 15

**Gimmel Week** | August 18 – 22

**Summer fun for your kids?**  
**Limited spaces available!**

Visit [benderjccgw.org/Camp](https://benderjccgw.org/Camp) to apply.

Find Your Place at the  **Bender JCC**  
of Greater Washington



Partner Agency of  
The Jewish Federation  
OF GREATER WASHINGTON



# Bonds Beyond Bunks: Camp Friendships Take Us on a Journey Through Time



By: Lauren Degener, *Social Media and Content Manager*

Lessans Camp JCC brings together people of all abilities and backgrounds for unforgettable summer experiences. For some camp alumni, these bonds can lead to exciting new careers and, even a walk down the wedding aisle.

Anneliese Girson first met her husband Matthew Caramanico, and Matthew's brother, Michael Caramanico, at Lessans Camp JCC. Their journey began as campers, grew into friendship, and then a lifetime of connection. Today, Anneliese and Michael are married with a young daughter, and remain connected to the Lessans Camp JCC and Bender JCC communities.

Anneliese, Matthew, and Michael aren't the only Lessans Camp JCC alumni whose lifelong relationships began at camp. Similarly, Alexa Edwards and Coby Offer met as counselors six years ago, are now engaged, and cherish their experiences at camp.



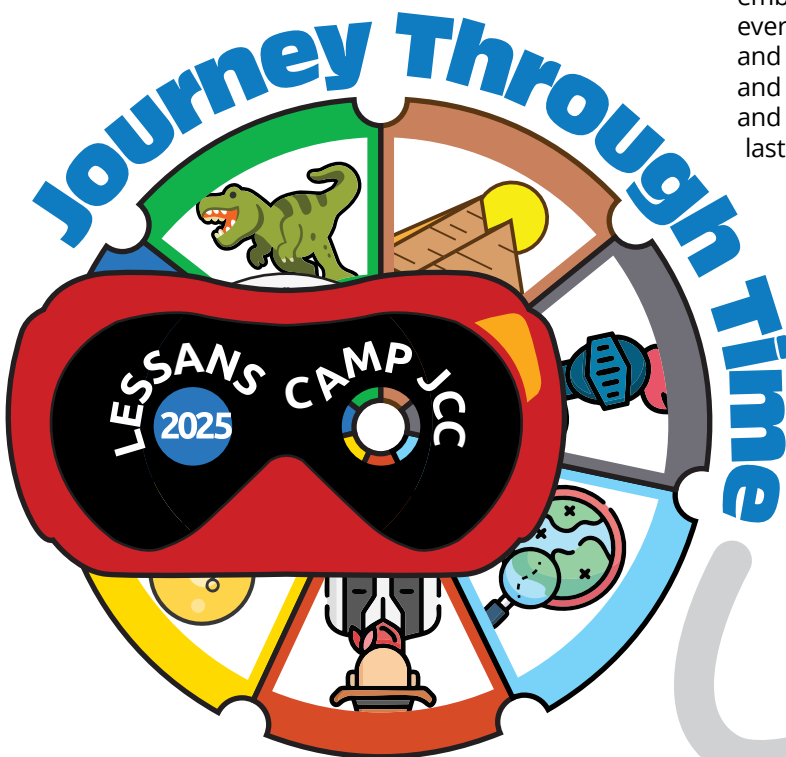
Matthew Caramanico and Anneliese Girson

## Anneliese, Matthew, and Michael

Lessans Camp JCC's commitment to inclusion exposes campers and counselors to individuals of all abilities and identities. Our camp community celebrates and embraces one another's differences which allows everyone to be their authentic selves with confidence, and grace. Creating an environment of emotional safety and mutual trust helps deepen existing relationships and lays the groundwork for new friendships that can last a lifetime.

Brothers Michael and Matt Caramanico first joined Lessans Camp JCC at ages six and four, respectively, as our camp program allows campers with and without disabilities to have an incredible summer camp experience together in a single program.

"My older brother Michael has autism," Matthew said. "When we were in camp, [Michael] was part of our group – he wasn't just in his special little program – he was actively part of our group, he was included."



Continued on  
next page...



Anneliese, Quinn, and Matthew (right)

Several years later, Michael and Matthew met Anneliese Girson during her first summer at camp, when the three were placed in the same bunk.

"Before meeting Michael, I had no experience with people with disabilities," Anneliese said. "I remember asking my mom a lot of questions, like, what is autism?"

Michael and Anneliese's friendship blossomed during summers at camp and kept the Caramanico and Girson families connected – to each other and to the community – even while camp was out of session.

"During the school year, our parents arranged family activities so we could all see each other and spend time together," Anneliese said. "It was really nice for Michael to have a good friend," Matthew added.

Anneliese, Matthew, and Michael's bond strengthened as the trio moved from high school to college. Anneliese attended the University of Maryland where she changed her major from journalism to special education, inspired by her inclusive experiences at Lessans Camp JCC. Outside of class, Anneliese began working professionally with Michael.

Simultaneously, Anneliese and Matthew's relationship took on a new dynamic.

"When I started hanging out with Michael more often, my high-school crush on Matthew resurfaced," Anneliese said. "To lure Matthew into my snare, I would purposely leave my sunglasses behind [so] I could text him."

Anneliese and Matthew started dating during their college years. The couple returned to camp together as counselors - Anneliese worked in Inclusion and Matthew in Maccabiah - for a summer that would have a long-lasting impact on their relationship and Anneliese's professional passions.

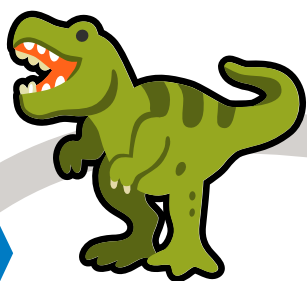
"Returning to camp as an Inclusion Counselor solidified [the special education career path] for me," Anneliese said.

After many years of friendship and camp memories, Matthew and Anneliese married in 2022 and welcomed their daughter Quinn in 2024, who they hope to send to Lessans Camp JCC and raise with the inclusive values they experienced at camp.

"Inclusion and community are big values for [our family] and we want those values to be important for Quinn too," Matthew said.

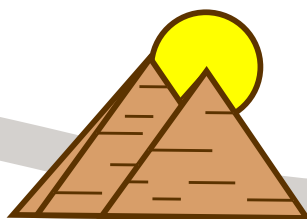
"It's important for Quinn to grow up in an inclusive environment, knowing our history, knowing her Uncle Michael," Anneliese said.

This year, we're embarking on a Journey Through Time, traveling through history to experience eras like the prehistoric world, ancient civilizations, medieval times, and the Wild West. **Get ready for the adventure of a lifetime!**



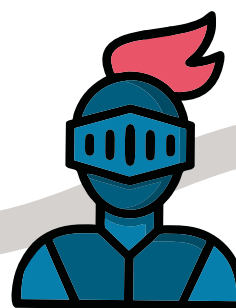
#### PREHISTORIC THEME

**Weekly Middah: Friendship  
Silent Disco Welcome Party  
Friday, June 27**



#### ANCIENT EGYPT THEME

**Weekly Middah: Creativity  
Happy 4th of July! No Camp.  
Friday, July 4**



#### MEDIEVAL THEME

**Weekly Middah: Courage  
Medieval Magic  
Friday, July 11**



#### EXPLORATION & SE

**Weekly Middah: Israel D  
Friday, Ju**



## Alexa and Coby

Lessans Camp JCC bridges the gap between neighborhoods and schools, by connecting people with shared passions who otherwise may have never met.

Though they grew up in the same area, Alexa Edwards and her fiancé Coby Offer met for the first time as counselors at Lessans Camp JCC.

"Lessans Camp JCC was my first job and my favorite job in the whole world," Alexa said. "It combined the fun of summer camp with my love of working with children."

Alexa Edwards and Coby Offer

Alexa's passion for the job caught the eye of her future husband, when Coby noticed Alexa having fun with her Adom campers. Known for winning multiple Heart of Gold Awards – camp's most prestigious honor awarded to outstanding counselors who embody kindness, warmth, and joy – Coby soon discovered Alexa truly had a heart of gold.

"I had a big crush on Alexa," Coby said. "But I was too shy to ask her on a date, so instead I just kept asking to borrow her sunscreen."

Eventually, Coby worked up the courage to ask Alexa on a date. Before long, their crush turned into a summer romance. Although Coby left camp to pursue medical school, Alexa worked at camp through 2024 until

becoming a full-time teacher in Baltimore. Now, five years later, they are headed to their happily ever after at the end of 2025.

Reflecting on their first summers together, Coby shared that camp impacted their lives in many ways.

"I'm currently in medical school and I wrote a large portion of my application about [Lessans] Camp JCC," Coby said. "[Camp] changed who I am as a person, not only how I interact with children, but also how I interact with children with autism or down syndrome [...] it was not only a really fun experience, but a valuable experience as well."

Alexa is a teacher and remained an Adom counselor until last summer, where she mentored new counselors and helped shape the future of the camp team.

Though getting hired at camp introduced Alexa and Coby, their shared love of camp, and experiences as Inclusion counselors continues to connect them.

Camp is a place to connect with others through shared values and experiences. Nothing brings people together more than the memories of sunburns, J Games, field trips, and more. Lessans Camp JCC is a place for people to learn, experience, and grow together, even after their time at camp has concluded.



Alexa (Left) receiving the R. Andrew Helgeson Dugma Award (2018)



Coby with a camper

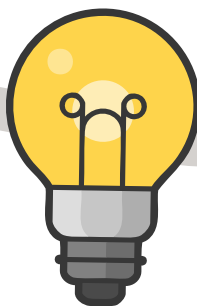
If you have a camp connection story like Anneliese, Matthew, and Michael or Alexa and Coby, we'd love to hear it! Share your story with our community by emailing [ldegener@benderjccgw.org](mailto:ldegener@benderjccgw.org).



**ADOM THEMES**  
**h: Respect**  
**Day**  
**ly 18**



**WILD WEST THEME**  
**Weekly Middah: Ruach**  
**Wild West Mystery**  
**Friday, July 25**



**AGE OF INVENTION THEME**  
**Weekly Middah: Community**  
**Special Event**  
**Friday, August 1**



**AGE OF INVENTION THEME**  
**Weekly Middah: Kindness**  
**Special Event**  
**Friday, August 8**



**Lauren Dworkin,**  
*Director*

301.348.3837 | [ldworkin@benderjccgw.org](mailto:ldworkin@benderjccgw.org)

# CHILDREN & FAMILIES

## **BENDER-DOSIK PARENTING CENTER**

**Jennifer Radosh, Director of JFamily Programs**  
301.348.3848 | [jradosh@benderjccgw.org](mailto:jradosh@benderjccgw.org)

### **Abrakadoodle Art Class**

Sundays | June 22 - August 3  
9:30-10:15 AM  
\$165/members | \$175/public

### **Baby and Me Yoga**

Mondays | June 23 - August 4 | 8:45 - 9:30 AM  
\$140/members | \$150/public  
*Skip days:* July 7, 28

### **Books and Bubbles**

Wednesdays | June 25 - August 6 | 10:30 - 11:00 AM  
\$60/members | \$70/public

### **Makin' Music With Michelle**

Tuesdays | June 17- August 12 | 10:00 - 10:45 AM  
Thursdays | June 19 - August 14 | 4:30 - 5:15 PM  
\$215/members | \$225/public  
*Skip dates:* July 1, 3, 8, 10

### **Music Together**

July 12 - August 9

Choose from two convenient class times:

Saturdays | 9:00 - 9:45 AM  
Saturdays | 10:00 - 10:45 AM  
\$150/first child.

\$100 additional for the first sibling of a registered child over eight months at the time of registration.

\$50 second sibling of a registered child over eight months at the time of registration.

### **Shabbat Shalom Playgroup**

Fridays | June 27 - July 25 | 10:30 - 11:00 AM  
Free

### **Silly Soccer With Golden Boot**

Saturdays | June 28 - August 9 | 9:30 - 10:00 AM  
\$160/members | \$170/public  
*Skip date:* July 4

### **Splash into Shabbat**

Friday, June 20 | 5:45-7:00 PM  
\$10/members | \$15/public

## **JEWISH FAMILY AMBASSADOR PROGRAM**

[benderjccgw.org/jfa](http://benderjccgw.org/jfa)

The Bender JCC welcomes parents raising Jewish children into our community. Our Jewish Family Ambassadors (JFAs) are here to listen, share, and 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](http://benderjccgw.org/jfa).

## **BENDER-DOSIK GRANDPARENTING CENTER**

[benderjccgw.org/grandparenting](http://benderjccgw.org/grandparenting)

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

## **DELIVERING GOOD NETWORK**

### **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](http://benderjccgw.org/dgn) for more information.

# DANCE & MUSIC

Talin Tahmasian,  
*Director*

301.348.3880 | [ttahmasian@benderjccgw.org](mailto:ttahmasian@benderjccgw.org)



## Private Music Lessons

Virtual and in-person private instruction available in a variety of instruments including piano, percussion, strings, and woodwinds. Choose from 30 or 45 minute lessons.

For questions, contact Talin Tahmasian at 301.348.3880 or [ttahmasian@benderjccgw.org](mailto:ttahmasian@benderjccgw.org).

## BENDER JCC'S AFTER SCHOOL PROGRAM

**2025-2026 SCHOOL YEAR  
REGISTRATION COMING SOON**

**Mondays – Fridays | 3:00 – 6:00 PM**



Bender JCC's After School Program is a fun and flexible after-school experience designed to match each child's unique interests. With a wide range of enrichment and sports activities to choose from, families can select options that align with their child's passions—whether that's arts, movement, or hands-on creativity. Our goal is to provide a safe, energetic, and inclusive environment where kids can thrive while doing what they love.

Contact Talin Tahmasian at [ttahmasian@benderjccgw.org](mailto:ttahmasian@benderjccgw.org) for more information.



**Frieda Enoch,**  
*Director*

301.348.3809 | [fenoch@benderjccgw.org](mailto:fenoch@benderjccgw.org)

# COMING OF AGE

## SPECIAL EVENTS FOR ACTIVE ADULTS (60+)

### CoA: The People's House

Monday, June 25 | 9:30-2:00 PM | Tickets | \$65  
Leisure World, Clubhouse II  
Pick Up Is Provided From Two Locations:  
9:30 AM (Leisure World)  
10:00 AM (Bender JCC)

### 14th Annual Health & Wellness Expo at Leisure World

Thursday, June 12 | 10:00 AM-2:00 PM  
Leisure World | Clubhouse 1  
3700 Rossmoor Blvd, Silver Spring, MD 20906  
FREE (no registration required)

### GRAND FINALE CONCERT: Rock the (Club) House with the Daryl Davis 6-piece Band

Thursday, June 12 | 3:00 PM | Clubhouse II  
\$15/advance | \$18/day of

## 14<sup>th</sup> Annual "To Life" Health & Wellness Expo

Presented by Bender JCC of Greater Washington's Coming of Age in Maryland (CoA)  
Co-Sponsored by the Jewish Residents of Leisure World (JRLW)

**Thursday,  
June 12, 2025**

Expo: 10:00 AM – 2:00 PM  
Leisure World • Clubhouse I  
3700 Rossmoor Boulevard, Silver Spring



### Grand Finale Concert:

**Rock the (Club) House with the  
DARYL DAVIS 6-piece BAND!**

**Thursday, June 12 | 3:00 PM | Clubhouse II  
\$15 in advance / \$18 day of**

**Questions? Please contact CoA: 301.348.3832 or [fenoch@benderjccgw.org](mailto:fenoch@benderjccgw.org).**

### THANK YOU TO OUR TOP EXPO SPONSORS (AS OF 4/18)



Charles E. Smith  
Life Communities



## HIGHLIGHTS

- ✓ **FREE** Admission
- ✓ **FREE** Tote Bags
- ✓ **FREE** Giveaways
- ✓ 50+ Exhibitors
- ✓ Health Screenings
- ✓ **Vaccines Provided**
- ✓ "Head-to-toe" Massages
- ✓ Interactive Workshops
  - Israeli Dancing
  - Yoga & Meditation
  - Author "Two Envelopes"  
A unique blend of wisdom, humor and storytelling.
- ✓ Mini Manicures
- ✓ Fairy Hair Strands
- ✓ Raffle Prizes, including:
  - Grand Prize: **Apple iPad**
  - Restaurants
  - Hair and Nail Salons
  - Keurig Coffee Maker
  - Ninja, Cold Press Juicer
  - Premium Pickleball Set
  - Gift Cards, and more!



Your Place at the **Bender JCC**  
of Greater Washington



Funded by Montgomery County  
Aging and Disability Services.

# HEBREW CLASSES

Rivka Degani,  
Director

301.348.3810 | rdegani@benderjccgw.org



## Intensive Beginner Hebrew

Monday and Wednesday | July 1 – 31 | 6:00-8:00 PM  
Meets twice/week | Hybrid | \$560

## Intermediate Hebrew

Thursdays | July 3 – 31 | 4:00-6:00 PM  
Hybrid | \$165

## Advanced Hebrew

Wednesdays | July 2 – August 6 | 7:00-9:00 PM  
Zoom | \$165



# VOICES OF leadership

INSPIRING CHANGE AND BREAKING BARRIERS

Thursday, June 5

Join us for an evening exploring and celebrating leaders who inspire change.



Featuring  
**Lior Raz**



In conversation with  
**Dana Bash**



Presenting the 2025 Benjamin Ourisman  
Memorial Award for Civic Achievement  
**Ellen and Stuart Lessans**

Scan QR code to  
purchase tickets  
and to learn more



BENDER  
FOUNDATION  
INC.

Lids  
FOUNDATION



Beth Glassman  
Lisa and John Ourisman

Reff-Kullen Family Fund  
Richard B. Reff, MD and Dr. Jodi Reff  
Robert A. Reff, MD and Jeri Reff  
Dr. Shirley R. Kullen

The Grace Robinowitz Foundation



**Marcie Blackman,**  
*Director*

301.348.3808 | [mblackman@benderjccgw.org](mailto:mblackman@benderjccgw.org)

# ARTS & ADULTS

## LESSANS FAMILY LITERARY SERIES

### SUMMER BOOK CLUB

**Songs For The Brokenhearted** by Ayelet Tsabari

Friday, June 13 | 11:00 AM | Free

**The Matchmaker's Gift** by Lynda Cohen Loigman

Friday, July 18 | 11:00 AM | Free

**We Would Never** By Tova Mirvis

Friday, August 15 | 11:00 AM | Free

### GOLDMAN ART GALLERY

**How Do You See Happiness?**

June 8 - 15 | Artists Reception: June 8

Find Your Place at the  **Bender JCC** of Greater Washington

# Your SUMMER POOLS



## OUTDOOR & INDOOR POOLS

• Double-flume water slide • Interactive water play area



**FITNESS CENTER:**  
40+ GROUP EXERCISE CLASSES  
CARDIO & WEIGHT TRAINING  
PERSONAL TRAINING  
SAUNAS & STEAM ROOMS



**40+ GROUP EXERCISE CLASSES**



**CARDIO & STRENGTH EQUIPMENT**

**JOIN TODAY!**  
SCAN QR TO LEARN MORE!



# YOUTH SPORTS

Jeremy Schlafstein,  
Sports Program Director

301.348.3852 | jschlafstein@benderjccgw.org



## YOUTH KARATE

All karate classes run June 11 through August 13.

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

*Skip date for all karate classes:*  
Wednesday, July 9.

### Lil Dragons (ages 3 – 5)

Wednesdays | 3:15 – 4:00 PM  
\$300/members | \$312/public

### Kid Tiger (ages 5 – 8)

Wednesdays | 4:15 – 5:00 PM  
\$300/members | \$312/public

### Beginner (ages 9+)

Mondays & Wednesdays | 5:00 – 5:45 PM  
\$300/members | \$312/public

### Intermediate/Advanced (ages 9+)

Mondays & Wednesdays | 5:45 – 6:30 PM  
\$300/members | \$312/public

### Adult/Black Belt (ages 13+)

Mondays & Wednesdays | 6:30 – 7:30 PM  
\$300/members | \$312/public

# Lessons CAMP JCC



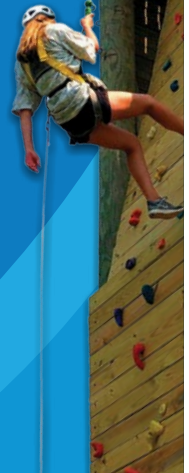
## Summer fun for your kids?

Limited spaces available!

# APPLY TODAY!



“An incredible  
experience  
for our son.  
The variety of activities,  
new friends he made, the  
staff, all the organization.  
It's a wonderful community!  
Thank you so much!  
—Tania Fleitas Kanonnikoff”



For more information and to apply, visit [benderjccgw.org/camp](http://benderjccgw.org/camp)

Find  
**Your Place**  
at the



**Bender JCC**  
of Greater Washington

[www.benderjccgw.org](http://www.benderjccgw.org)



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