New Healthy Aging Series • Family Pumpkin Festival • New Fitness Equipment
Ed Asner returns to the JCC • Classes and Leagues for Youth, Families, and Adults

Program Guide – Fall 2019
**November 3–13**

Full schedule and details at rjbf.org

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**MICHAEL SOLOMONOV & STEVEN COOK**

*Israeli Soul: Easy, Essential, Delicious*

**Thursday, November 7, 7:30pm**

Temple Beth El  139 Winton Road, Rochester, NY 14610

Michael Solomonov and Steven Cook in conversation. Cooking demo and tasting!

**JCC Member: $25 (Ticket Only) / $50 (Book Bundle*)**

**Non-Member: $28 (Ticket Only) / $53 (Book Bundle*)**


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**SAVE THE DATES**

for these upcoming events!

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**Rebecca Erbelding**

11/3

**Philip Wexler with Eli Ruben**

11/3

**Alan Zweibel**

11/3

**Jonathan Weisman**

11/4

**Rabbi Ariel Burger**

11/5

**Michael Solomonov & Steven Cook**

11/6

**Daniel Oz**

11/10

**Judith Viorst**

11/11

**Julie Orringer**

11/12

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Learn more at jccrochester.org
L’Shanah Tovah
Happy New Year!

Look for the apples and honey graphic next to Jewish holiday-themed programs. Best wishes for a happy & healthy, sweet New Year.

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Holiday Hours*
LABOR DAY
Monday, September 2
8am–3:30pm

ROSH HASHANAH
Sunday, September 29
8am–5:30pm
Monday, September 30
CLOSED
Tuesday, October 1
CLOSED

YOM KIPPUR
Tuesday, October 8
5am–5:30pm
Wednesday, October 9
CLOSED

THANKSGIVING
Thursday, November 28
8am–1:30pm

*Locker Rooms & Spas close 30 minutes later.

Want to learn more? Check out jccrochester.org for full program and registration information, or call the Main Desk at (585) 461-2000.
Parenting Village Drop-In Support Group  
Sundays, September 15, October 20, November 17, 9:30am; Conference Room  
For parents of children 4-10 years old.  
Facilitator: Parenting Village, a program of Jewish Family Service.  
Free

PJ Our Way Goes Apple Picking  
Sunday, September 22, 3–5pm  
More information to come.

Pumpkin Fest & Topher Holt Concert  
Sunday, October 20, 3–3:45pm Concert  
3:45–5pm Activities  
Join PJ Library and the JCC for a concert featuring Topher Holt, acclaimed local children’s performer. Then stay for special Sukkot-inspired activities featuring fall, harvests, and all things pumpkins!  
Free  
Co-sponsored by PJ Library

PlaySpaces for Kids  
The JCC offers four youth facilities and play areas for children ranging from 6 weeks to 16 years: PiT, InZone, PlayGym, SitterService. See area descriptions and fall hours of operation online.

J-Cation  
• Superintendent’s Day: Friday, October 11  
• Columbus Day: Monday, October 14  
• Veteran’s Day: Monday, November 11  
• Thanksgiving “Eve:” Wednesday, November 27  
  9am–4pm  
Grades K–6  
When school’s out, we’re open! Pricing and extended care info online.

Childcare  
Don’t forget about the Wolk Children’s Center and Gesher Before & After School Care! Full day childcare for children ages 8 weeks–preschool, and wrap-around care for the grades K–6 crowd in our renovated kid-friendly spaces. Call for a tour today!

Calling all kids! New Sunday sports leagues and weekday athletic and enrichment classes for our Grades K–6 crowd.

JCC Youth Enrichment focuses on both exploration and mastery of sports, recreation, and fitness in an environment that emphasizes sportsmanship, honesty, teamwork, and competing with respect. New three month sessions.

Sunday Leagues  
September 15–December 8  
Member: $100   Non-Member: $125

Soccer  
Grades K–2: 1–1:45pm  
Grades 3–6: 2–3pm  
Compete and play on a soccer team in a low stakes and high fun environment. Participants will be broken up into teams and have one or more matches each week. All skill levels welcome.

Flag Football  
Grades K–6: 3:15–4pm  
It’s football season! Learn the basics of flag football and compete with peers in a fun and safe environment.

Weekday Athletic & Enrichment Classes  
September 16–December 13  
Member: $100   Non-Member: $125

Sport Court Fun Junior  
Mondays, 4:30–5:20pm  
Grades K–2  
An opportunity to develop skills and compete in a variety of sports and gym class games. Sports instruction will include skill-based mini games and scrimmages.

Creative Kids Dance  
Mondays, 4:45–5:30pm  
Grades K–3  
A full dance experience including tap, jazz, ballet, and creative movement. Class time focuses on the fundamentals of dance, and use of mats for tumbling. Participants will need tap and ballet shoes, and should wear a dance leotard (any color or style) or athletic type clothing to class.

Learn more at jccrochester.org
Pre-School Soccer  
Sundays, September 15–December 8  
10–10:30am  
Ages 3–5  
Learn soccer basics (dribbling, passing, and shooting) in a fun and engaging way. Use newly developed skills in mini games.  
Member: $100  
Non-Member: $125

Family Soccer  
Sundays, September 15–December 8  
4:15–5pm  
Grades 3+  
A unique weekly program where parents, kids, and coaches can come together to learn the game of soccer. All levels welcome!  
Pricing is per family.  
Member Family: $100  
Non-Member Family: $125

Live on Stage: A Performing Arts Class  
Mondays, September 16–December 9, 4–5:30pm  
Grades 3+  
We’re putting on a play, live on stage! Develop characters and learn blocking, movement and acting techniques. Features a final on-stage performance on the last day of class.  
Instructor: George Barberi  
Member: $150  
Non-Member: $175

Character on Hand: A Puppetry Class  
Thursdays, September 19–December 12, 4–5pm  
Grades K–2  
Learn about various types of puppets and how they are manipulated. Kids will then design and create their own puppets for use in a group performance on the last day of class.  
Instructor: Kathy Clarke  
Member: $150  
Non-Member: $175
MINDFUL MONDAYS AND WELLNESS WEDNESDAYS
A Healthy Aging Series

Wellness Wednesdays

• **Recognizing Signs—Heart Attack and Stroke Prevention:** September 18
  Presenter: American Heart Association

• **Aging Well Rochester:** September 25
  Explore how to realistically determine the pros/cons of remaining at home, and if so, how to do so safely and comfortably.
  Presenter: Marcia Raines, LMSW, C-ASWCM

• **Medicare 101:** October 16
  Presenter: Charmel Trinidad, Lifespan

• **Scams 101:** October 30
  Learn how to handle unscrupulous contractors and telemarketers and avoid becoming a victim of a scam.
  Presenter: Leita King, Lifespan

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American Red Cross Blood Drive
Thursday, September 5 & Monday, November 4
2–7pm; Aud A
Come help save a life! Advance registration preferred via 1-800-RED-CROS (1-800-733-2767)
Walk-ins welcome.

**Flu Clinic**
Monday, September 9, 10am–1pm; Aud A
**Wednesday, September 25, 9am–11am; Aud A**
**Thursday, October 17, 12–3pm; Aud A**
Your health is a priority. Make time for your flu shot.
Walk-ins welcome. Be sure to bring your insurance card.
Sponsored by Flu Prevention Partners

**Sugar and Spice and Everything... Not So Nice?**
Monday, November 18, 1pm; Aud C
A presentation on how to eat more healthfully during the holiday season.
Instructor: Adrienne Markus
Free; All are Welcome
Generously supported by the Daisy Marquis Jones Foundation

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Mindful Mondays

• **Reducing Anxiety:** September 16
  Presenter: Mental Health Association

• **Meditation:** September 23
  Presenter: Christine Porter, CHHP, AADP

• **It’s All In Your Head—Neuroplasticity:** October 14
  How do our brains reprogram themselves as we age?
  Presenter: Bob Vukosic

• **Mindfulness:** October 21
  Presenter: Christine Porter

• **Healthy Living for the Brain & Body:** October 28
  Learn about Alzheimer’s, how it progresses, and what resources are available to take healthy brain initiatives.
  Presenter: Alzheimer’s Association

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1pm; Aud C
Full program descriptions online.
Free; All are Welcome
Generously supported by the Daisy Marquis Jones Foundation

Learn more at jccrochester.org
A SPECIAL FOCUS ON SENIOR HEALTH

Knitting & Crocheting for All Levels
Tuesdays, September 17–November 19
1–3pm, Room 2
Four new two-part sessions. Descriptions and material listings online. Instructor: Susie Zanni, former owner of The Yarn Source
Member: $25/Session + Materials
Non-Member: $30/Session + Materials

• Knitting in the Round
  Tuesdays, September 17 & 24

• Knitting Mitered Squares
  Tuesdays, October 15 & 22

• Knit Entrelac Technique
  Tuesdays, October 29 & November 5

• Crochet Entrelac Technique
  Tuesdays, November 12 & 19

The Art of Painting
Mondays, September 9–November 18
10am–2pm; Art Studio
An open studio for painters of all levels and all medium, with instructor support available for questions and guidance. Instructor: Allison Roberts
Member: $70 Non-Member: $90
Drop-in: $9 Non-Member: $11

Marquetry
Wednesdays, 9am–2pm; Art Studio
An art form made from wood veneer glued together to form a picture or pattern. Drop-in to learn this craft and create your own masterpiece. Facilitator: Nadia Sanow
Free

Open Craft Studio with Copper Enameling
Thursdays, 9am–2pm; Art Studio
An open craft studio for crafters of all mediums. Kilns available for copper enameling. Please bring your own supplies. Facilitator: Norma Gingold
Free

GVPT Lectures & Screenings
Tuesdays, Conference Room
Lectures: 12–1pm
Screenings: 12–2pm

• Balance & Falls
  Lecture: September 3, Screening: September 10

• Prehab/Rehab
  Lecture: October 8, Screening: October 15

• Neck Pain Lecture
  Lecture: November 5, Screening: November 12

Community Film Screening: Care
Wednesday, October 16, 7pm; JCC Hart Theater
In the spirit of Sukkot when we open our tents to welcome all, Care pulls back the curtain on the poignant and largely hidden world of in-home elder care and reveals the bonds that are formed when we welcome paid care workers into our homes to care for those we love most, while exposing cracks in the US care system.
Free
Presented in partnership with Jewish Senior Life, Jewish Family Services, and the Ames Amzalak Rochester Jewish Film Festival.

Aging with Options: Community Expo
Wednesday, October 23, 10am–2pm; Auds
A free health fair focused on senior living and healthy aging.
Sponsored by GRAPE: Greater Rochester Area Partnership for the Elderly

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Mondays, September 9–November 18
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Free
LEARNING & DISCUSSIONS

AARP Safe Drivers Class
Monday & Wednesday, 9am–12pm; Aud B
• September 23 & 25
• October 14 & 16
• November 18 & 20
Payment must be made by check to AARP on the first day of class.
Instructor: Patrick Fox
AARP Member: $20    AARP Non-Member: $25

Apples Every Which Way:
Info Session & Tasting
Thursday, October 17, 4-6pm
Yiddish Culture Center/JCC Sukkah
Apples aren’t only for pies. Explore the versatility of the apple and the many ways to use this NYS fall farmer’s market staple with info sessions and tastings. Free. All are welcome. Presented and Sponsored by: The Good Food Collective

Read Hebrew Like a Kabbalist
Wednesdays, September 4–25 & Thursday, October 3, 7:15–8:15pm; Yiddish Culture Center
Prepare for the High Holidays with this High-speed course! Learn how to read Hebrew while gaining Kabbalistic insights into the letters.
Instructor: Rabbi Rafi Hirsh
$25
Offered in partnership with Congregation Light of Israel

TechAge
Adult Computer Learning Center
Dozens of classes offered for desktop and mobile devices (Smart Phones and Tablets, iPhone/iPad and Android). Full schedule on-line. Don’t forget Open Lab Hours from 12–2pm! Stop by for personalized assistance.

Featured Classes
Get Comfortable with Windows 10
Sec. 211: Thursdays, September 12–October 10 9:30–11:30am (No class 9/26)
Sec. 212: Thursdays, October 24–November 14 9:30–11:30am
Sec. 213: Tuesdays, November 5–December 3 9:30–11:30am (No class 11/26)
New to Windows 10 or need a refresher? Learn the essential skills to get the most from your computer.
Member: $45    Non-Member: $55

Find Missing Money
Sec. 250: Thursday, September 26, 9:30–11:30am
Find missing money for yourself, family, and friends! Learn how to get it back and prevent it from happening again. This hands-on class includes tips to help you perform in-depth searches of both New York State and national websites. Students may use their own laptop computer or tablet or a TechAge classroom computer.
Member: $10    Non-Member: $15

Give Back with the J
Join the JCC as we give back to our community together!
September: Pencils and Paper
November: Foodlink
Advanced registration required. To learn more, contact Jen Fox, jfox@jccrochester.org, 585-461-2000 ext. 214.
ADULT RECREATION

Meet new people, socialize, keep your body active, and engage in fun, friendly competition. New leagues starting soon!

**Advanced Pickleball League**
*Thursdays, September 12–November 14, 7–9:30pm*
Please note: Minimum player level is 4.0.
*Member: $35  Non-Member: $50*

**18+ Basketball League**
*Tuesdays, September 10–November 26
6:30–9:30pm*
League runs full court, 5v5, with 6–7 person rosters. Register your entire team or as a free agent.
*Member: $90  Non-Member: $110*

**Adult Floor Hockey**
*Wednesdays, October 16–January 22, 7–9pm*
Pay for the season or drop-in and play.
*Member: $100  Non-Member: $125*
*Drop-in Member: $10  Non-Member: $12*

NEW FITNESS EQUIPMENT

SPECIALIZED FITNESS

For those with specific medical conditions requiring specialized support. Full schedule and pricing online.

**Stretching the Limits for Parkinson’s**
This group exercise class is for individuals with varying stages of Parkinson’s disease. Medical clearance is required to participate. Please contact our Main Desk to schedule an evaluation prior to class registration.
*Member: $100/Session  Non-Member: $125/Session*

**Music, Mindfulness, and Motion**
Program provides people with early to mid-stages of dementia an opportunity to exercise with others in a safe and nurturing environment along with their caregivers.
*Instructors: Carm H. and Kathy M.*
*Generously underwritten by the Konar Family Foundation*

**Joints in Motion**
Taught by a certified Arthritis instructor, this class is ideal for anyone suffering from joint pain, or range of motion or flexibility problems.
*Instructor: Christy S.*
Member Fitness Testing
Thursday, October 17; 12pm & 6pm
The best way to know what you should focus on in the gym is to know where you are now. Learn more through a variety of fitness tests. All participants will be entered into a raffle for 1 free month of Personal Training! Advanced registration required.
Member: Free

Kundalini Yoga Workshop: Chakras
Sundays, 2:15–3:45pm; Yoga Studio
Session 1: September 8–October 13
Session 2: October 27–December 1
Explore this model for making sense of life. The chakras are focal points for our concentration as well as gateways beyond our physical state through which we may evolve into a new reality.
Instructor: Sat Dharm S.
Member: $48/Session  Non-Member: $72/Session
Drop-in: $10  Non-Member: $15

STRONG by Zumba® Demo Days
Sundays, September 8, 15, 22 & 29
10:15–10:45am; DGX Studio
A thirty minute intro class of our newest group fitness format (see full description below). Modifications will be shown. Please note that although this format is designed by the Zumba® company, this is not a dance class.
Instructor: Eva M.
Member: Free  Non-Member: $10

STRONG by Zumba® Party
Thursday, September 12
5:30–6:30pm; UGX Studio
Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move.
Instructor: Shalom S.
Member: Free  Non-Member: $10

Sukkot Yoga
Thursday, October 17, 7:30–8:30pm; Yoga Studio
Sukkot is a time to connect with the beauty of the season, the impermanence of challenges, and the great value of a strong community. Gather with us for a pre-bedtime session of gratitude-inspired yoga, relaxation, and meditation during this special holiday week.
Instructor: Liza S.
Member: Free  Non-Member: $10

Yoga Basics for Athletes
Sunday, October 27, 4:30–5:30pm
Yoga Studio
Many athletes have started using yoga during the off-season to help increase flexibility, strength, balance, endurance, and focus. This class is gentle on the body, so you won’t aggravate pre-existing injuries, all while giving you an endurance workout.
Instructor: Rod C.
Member: $10  Non-Member: $15

Happy Hour Cycling
Friday, November 1, 4:30–5:15pm
Cycling Studio
After a long work week lets gather together to get our sweat on. This fun class will have you out of your seats and jamming into the weekend.
Instructor: Rachael P.
Member: Free  Non-Member: $10

Intro To Cycling
Sunday, November 10, 11:15am–12:15pm
Cycling Studio
This class will teach you everything you need to know about cycling. From how to set up your bike, to RPM’s and gears this class will get you ready and feeling confident to take a cycling class.
Instructors: Shawna S. and Kim L.
Member: Free  Non-Member: $10

Mixed Levels Pilates Group Reformer
Reap the benefits of Pilates through apparatus training on the Reformer and Chair. Improve flexibility, balance and strength, all while creating a long, lean physique. Small group classes (max 4 participants) offered in six-week blocks. See full schedule and pricing online.
Member: $150/Session  Non-Member: $180/Session
Aqua Body Strong™
Water Fitness Boards
September 3–November 24
Aqua Body Strong™ is the only water fitness board on the market designed for commercial use and engineered to ensure superior safety and stability with a textured, non-slip deck. We are currently the only facility in NYS to offer this new innovative fitness class that focuses on fun and challenging full body workouts. Classes offered for kids, teens, and adults. See full schedule and pricing online.

Adult Learn-to-Swim Clinics
Tuesdays, September 9–November 18, 6–7pm
Ages 16+
Clinics help adult beginner and intermediate swimmers improve distance and efficiency.
Member: $22/Class  Non-Member: $28/Class

Tots & Parents 1
Fall Session 1: Sundays, September 8–October 6
Fall Session 2: Sundays, October 20–November 17
9:30–10am, 10–10:30am
Ages 8 months–2 years
Parents and children are introduced to the water and become comfortable through water games, songs, floating, and fundamental safety and aquatic skills.
Member: $55/Session  Non-Member: $70/Session

Tots & Parents 2
Fall Session 1: Sundays, September 8–October 6
Fall Session 2: Sundays, October 20–November 17
10–10:30am, 10:30–11am
Ages 2–4
Parents and children explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.
Member: $55/Session  Non-Member: $70/Session

Stages 1–6
Classes available on Sundays, Tuesdays, Wednesdays & Thursdays
Ages 4–14
Fall Session 1 begins Sunday, September 8
Fall Session 2 begins Sunday, October 20
Classes offered in five-week, 30 minute blocks.
Full class schedule by level available online.
We offer six levels for children to come explore, learn, and achieve aquatic safety and swim efficiency in skill-appropriate groups with our highly trained aquatic staff.
Member: $70/Session  Non-Member: $90/Session

JCC Jellyfish Swim Team
Fall Session 1: Tuesday, Wednesdays, & Thursdays
September 10–October 10, 4–5:30pm
(No class 10/9, make-up 10/16)
Fall Session 2: Tuesday, Wednesday, Thursdays
October 22–November 21, 4–5:30pm
Ages 7–15
An aerobic-based training group that meets to learn the basics of competitive swimming in a noncompetitive environment.
• One practice per week
Member: $90  Non-Member: $110
• Two practices per week
Member: $160  Non-Member: $190
• Three practices per week
Member: $210  Non-Member: $250
**Adult Ballet**  
**Mondays, 5:45–7:15pm; Dance Studio**  
Increase your strength and flexibility through dance in a casual and fun atmosphere. Class time includes barre, center work, jumping and traveling combinations. Open to all levels. Previous ballet experience is helpful but not required.  
*Instructor: Kathy Kenez*  
See full schedule and pricing online. Take your first class for free!

**International Folk Dancing**  
**Mondays, 7:45–9:45pm; Auds**  
A fun way to exercise, socialize, hear some great music, and learn a bit about the cultures of other countries.  
*Instructors: Alene Boyar and Sarada George*  
**Member: $5  Non-Member: $7**

**Israeli Folk Dancing**  
**Sundays, Dance Studio**  
**Beginner, 6:30–7pm**  
**Open dancing and instruction, 7–9pm**  
Explore and celebrate Israeli music and culture through dance.  
*Instructors: Max Steiner*  
**Member: $5  Non-Member: $7**

**Coffee House Night with the Boom Chicks**  
**Thursday, November 14; 7pm; Kovalsky Cafe**  
Enjoy an evening with the Boom Chicks, a local women’s a cappella group named after the “booms” and “chicks” characteristic of vocal percussion. Their repertoire features mostly feel-good tunes from the ‘60s, ‘70s and ‘80s.  
*Free; All are welcome*

**Melvin Seals & JGB, featuring John Kadlecik**  
**Monday, October 7, 7:30pm; JCC Hart Theater**  
Melvin Seals has been a powerful presence in the music industry for over 30 years with a long-established reputation as a performer, recording artist, and producer. Melvin is most revered for his powerful, high-spirited, Hammond B-3 and keyboards in the Jerry Garcia Band.  
**Reserved Seats: $35  Student: $20  VIP: $55**

**THE T’N’T TOUR: Tommy Castro & Tinsley Ellis**  
**Monday, November 18, 7:30pm; JCC Hart Theater**  
Two forces of nature from the blues world play on the same stage. Tinsley Ellis and Tommy Castro & The Painkillers will deliver an evening of high energy blues, rock, and soul music that is sure to lift your spirits.  
**Reserved Seats: $30  Student: $20  VIP: $45 (Includes a meet & greet reception and seating in CENTER rows A-E.)**
Ed Asner in God Help Us
September 19–22, JCC Hart Theater
God is not pleased with American politics or what we’ve done to his Creation. Legendary actor Ed Asner returns as a wildly funny deity in this insightful play for those of ALL political persuasions.

Opening Night VIP Event with Ed Asner and the cast of God Help Us! Price includes pre and post show receptions and ticket to the performance.

Division Street
November 2–17; JCC Hart Theater
By Jason Odell Williams
A Hollywood couple’s interracial marriage is put to the test when one of them is nominated for a Golden Globe for playing a racist cop. A fresh look at media influence and cultural appropriation from the author of Church & State.

To purchase tickets visit jccrochester.org.

Pete the Cat
September 28 & 29
Pete the Cat is on a mission to help Jimmy Biddle conquer second grade art, traveling all the way to Paris and back in a VW bus for some artistic inspiration! Based on the Pete the Cat book series by Kimberly and James Dean.

Magic Tree House—Showtime with Shakespeare
November 23 & 24
In this musical version of Stage Fright on a Summer Night, Jack and Annie are transported back to Elizabethan England to meet Shakespeare himself and learn that the show must go on—no matter what! Based on the Magic Tree House book series by Mary Pope Osborne.

To purchase tickets visit jccrochester.org.

TYKEs
Check out TYKEs Academy on page 5
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JEWISH TOMORROWS?

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Jewish tomorrows.

For more information,
contact Debra Walker at
dwalker@jccrochester.org or
(585) 461-2000, ext. 258.

SEE OUR PARTNER AGENCIES AND LEARN MORE AT
WWW.JEWISHROCHESTER.ORG/LIFEANDLEGACY

Learn more at jccrochester.org
Leaders for Tomorrow

The world needs more of what the Louis S. Wolk Jewish Community Center of Greater Rochester has to offer – more inclusivity, more compassion, and more connection.

Leaders for Tomorrow are building the community for the future.

This donor society recognizes contributors who give a total of $500 or more between July 1–June 30 to support the programs of the JCC. Your annual, unrestricted support enables the JCC to serve all of our members: from the youngest at Wolk Children’s Center, Camp Seneca Lake and Gesher to our senior and adult programs including yoga, dance, book club, Art of Painting, TechAge and Music, Mindfulness, and Motion.

“I pledge my support today to the JCC towards the plan for its future tomorrows.”

Daniel J. Goldstein
President, JCC Board of Directors

To learn more, please contact Debra Walker, Chief Advancement Officer at dwalker@jccrochester.org or (585) 461-2000, ext. 258.
THANK YOU FOR A GREAT SUMMER!