L'Shanah Tovah!

Best wishes for a happy, healthy, and sweet New Year.
TAKE A CLOSER LOOK AT JEWISH SENIOR LIFE.

In-home companion care and home medical visits. An independent living retirement community. Memory care, long-term care, short-term rehab, and much more. At Jewish Senior Life, we provide a full spectrum of services on a single campus. So whether you or a family member need an occasional helping hand or around-the-clock assistance, you’ll find comfort with Jewish Senior Life.

Live the way you want. Visit JewishSeniorLife.org to learn more.
FRIENDLY REMINDERS FOR OUR MEMBERS

- Please scan your key tag when you enter the building at the Hospitality or Fitness Center Desk.
- Stay in the know! Sign-up for JCC emails right on our homepage and download the JCC App. Opt-in to receive notifications. See page 15 for App instructions.
- Have you taken advantage of your complimentary FitPlan for new members? Meet with one of our certified personal trainers for (2) 30 minute sessions and a one-hour equipment orientation.*
- Please notify us of any new billing or account information or if you have a new phone number or email address. Do we have an up-to-date photo of you?
- All children 4 and under must wear a swim diaper in the pools.
- Individual guest passes are available for purchase at the Hospitality Desk. A guest must be accompanied by a JCC member when using the facility. Photo ID required.

Guest Pass Pricing
- Children 0–2yrs: Free
- Children 3–12yrs & Seniors 65+: $3
- Teens 13–18yrs: $4
- Adult 19–64yrs: $7
- Spa Passes (must be 19+): $10

*Learn more at the Hospitality Desk or contact Rachel Maxon at ext. 265.

Welcome to the JCC!
Full breakfast & lunch menu now available.

CAFE HOURS
- Monday–Thursday 7:30am–7pm
- Friday 7:30Am–4pm
- Saturday – Closed
- Sunday 8am–5pm
AQUATICS

FALL 2018 AQUATIC PROGRAMS

RED CROSS LIFEGUARD CERTIFICATION
Session 1
Pre-Test: Monday, October 1, 4:30–7:30pm
Classes: October 13 & 14, 8:30am-5pm
Session 2
Pre-Test: Monday, November 5, 4:30–7:30pm
Classes: November 17 & 18, 8:30am-5pm
Session 3
Pre-Test: Monday, December 3, 4:30–7:30pm
Classes: December 15 & 16, 9:30am–6pm
$280/Session Member: $200/Session

RED CROSS ADULT & PEDIATRIC FIRST AID/CPR/AED COURSE
Session 1
Thursday, October 18, 7–8:30pm
Session 2
Tuesday, November 6, 4–5:30pm
$120/Session Member: $80/Session

RED CROSS CPR/AED COURSE FOR THE PROFESSIONAL RESCUER
Sunday, December 9, 1–4pm
$140/Session Member: $100/Session

For more information, contact Marissa Fishman at ext. 225.

GROUP SWIM LESSONS

Registration opens Monday, September 3, 2018.

Fall Session 1
September 23–November 1
Fall Session 2
November 4–December 20
Visit jccrochester.org for more information about American Red Cross swim lessons, private lessons for all ages, and our schedule of open swim times.

$110/Session Member: $70/Session

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FITNESS

FALL 2018 FITNESS PROGRAMS

ADULT BALLET
Mondays, September 17–October 29
(No class October 8)
5:45–7:15pm
$90 Member: $60

YOGA & PILATES

PILATES REFORMERS & CHAIRS
Fall Session: October 1–November 9
$180 Member: $150

SPECIALIZED FITNESS

BOXING FOR PARKINSON'S DISEASE
Fridays, October 12–November 15, 12pm
$102 Member: $72

STRETCHING THE LIMITS FOR PARKINSON'S
Mondays & Wednesdays
October 31–December 26, 12pm
(No class December 24)
Tuesdays & Thursdays, October 25–December 18, 12pm
$124 Member: $100

MUSIC, MINDFULNESS & MOTION
FOR ALZHEIMER'S
Tuesdays, October 16–December 4, 12pm
(No class October 30, November 1 & 22)
$124 Member: $100

For more information, contact Marissa Fishman at ext. 225.

SPORTS & RECREATION

PICKLEBALL 101 – CORE SKILLS
Session 1: Tuesdays, September 4–25, 12–1pm
Session 2: Tuesdays, October 2–23, 12–1pm
Session 3: Tuesdays, November 6–27, 12–1pm

PICKLEBALL 201 – STROKES & STRATEGIES
Session 1: Tuesdays, September 4–25, 12–1pm
Session 2: Tuesdays, October 2–23, 12–1pm
Session 3: Tuesdays, November 6–27, 12–1pm
Session 4: Thursdays, September 6–27, 11am–12pm
Session 5: Thursdays, October 4–25, 11am–12pm

PICKLEBALL 301
KITCHEN STRATEGIES & TECHNIQUES
Session 1: Thursdays, September 6–27, 11am–12pm
Session 2: Thursdays, October 2–23, 11am–12pm
Ages 18+
Instructor: Jenn Murphy and Jackie Ebner
$65 Member: $40

PICKLEBALL ADVANCED LEAGUE
Thursdays, September 6–November 8, 11am–12pm
Ages 18+
Competitive advanced level play for minimum 4.0 level players.
$50 Member: $35

PICKLEBALL LADDER LEAGUE
Mondays, September 17–November 19, 7pm–9:30pm
Ages 18+
Meet new people, socialize, keep your body active, and join our fun 10-week and competitive Pickleball Ladder League. Please note when registering that league rating requires a minimum 2.5 to 3.9 level.
$50 Member: $35

For more information, contact Brian Dengler at ext. 248.

18+ FULL COURT BASKETBALL LEAGUE
Tuesdays, September 25–November 27
$125 Member: $75

35+ HALF COURT BASKETBALL LEAGUE
Wednesdays, September 26–November 27
$125 Member: $75

PERSONAL TRAINING

NEW YEAR, NEW YOU!
Available for purchase September 1–30, 2018
In the spirit of the Jewish New Year we challenge you to leave the past behind and start the new year off on the right foot!
10 Personal Training Sessions, plus (2) 30 minute Fitness Assessments to track and monitor progress, for $400 (a $500 value!). Limit one per member.

For more information, contact Rachel Maxon at ext. 265.
YOUTH SPORTS & FITNESS PROGRAMS

Registration opens Monday, September 3, 2018.

SPORT COURT FUN
Wednesdays, 4:30–5:20pm
Session 1: September 26–October 31
Session 2: November 7–December 19
(No class November 21)
Grades 3–6
Enjoy games such as: kickball, basketball, and capture the flag.
$60/Session    Member: Free

KIDS RUN CLUB
Wednesdays, 4:30–5:20pm
Session 1: September 26–October 31
Session 2: November 7–December 19
(No class November 21)
Grades 3–6
$60/Session    Member: Free

CATCH®
Thursdays, 4:30–5:20pm
Session 1: September 27–November 1
Session 2: November 8–December 20
(No class November 20)
Grades K–2
Come ready to jump, run, and dance in an environment that makes physical activity and healthy decisions fun. (CATCH: Coordinated Approach to Child Health)
$60/Session    Member: Free

TABLE TENNIS
Fridays, 4:30–5:20pm
Session 1: September 28–November 2
Session 2: November 9–December 21
(No class November 23)
Grades 1–6
$60/Session    Member: Free

FLAG FOOTBALL
Session 1: September 23–October 28
Session 2: November 4–December 16
(No class November 18)
Sundays, 1–1:45pm
Grades K–2
Sundays, 2–3pm
Grades 3–6
$80/Session    Member: $50/Session

SOCcer
Session 1: September 23–October 28
Session 2: November 4–December 16
(No class November 18)
Sundays, 10–10:30am
Ages 3–4
Sundays, 12–12:45pm
Grades K–2
Sundays, 3:15–4:15pm
Grades 3–6
$80/Session    Member: $50/Session

YOUTH TENNIS DEVELOPMENT
Tuesdays, 4:30-5:30pm
Session 1: September 25–October 30
Session 2: November 6–December 18
(No class November 20)
Grades K–2
$80/Session    Member: $50/Session

FIT FEMALES
Thursdays, 4:30–5:20pm
Session 1: September 27–November 1
Session 2: November 8–December 20
(No class November 22)
Grades 3–6
Explore a variety of exercises including running, strength training, yoga, and TRX®.
$80/Session    Member: $50/Session

For more information, contact Carolyn Whitbeck at ext. 290.
**FALL 2018 PROGRAMS & EVENTS**

**PAINT & PLAY**

**NEW**

Sundays, 10–10:30am  
Session 1: September 23–October 28  
Session 2: November 4–December 16  
(No class November 18)

Ages 3–4  
$80/Session  
Member: $50/Session

For more information, contact Carolyn Whitbeck at ext. 290.

**FANTASY TABLE TOP GAMING**

**NEW**

- Mondays, September 24–December 17, 4–6pm  
  Grades 4–7
- Thursdays, September 27–December 20, 4–5:30pm  
  Grades 1–3

Dungeons & Dragons and Magic the Gathering gives players an avenue to improve skills such as reading and writing, basic mathematics, critical thinking, problem solving, and teamwork. Plus it’s loads of fun!

$130  
Member: $110  
Gesher Participant: Free

**FIRST LEGO® LEAGUE JUNIOR: MISSION MOON!**

**NEW**

- Mondays, September 24–December 17, 4–6pm  
  Grades 1–4
- Thursdays, September 27–December 20, 4–5:30pm  
  Grades 1–3

Early elementary school students and their adult coaches explore science and technology concepts using LEGOs.

$200  
Member: $150  
Gesher Participant: Free

For more information, contact Dan Irving at ext. 274.

**SUNDAY MORNINGS WITH PJ LIBRARY**

October 14 & December 9, 10:30–11:30am  
Ages 18 months–5 years

A drop-in program featuring crafts, activities, stories, and snack. The October theme is kindness to animals and the December theme is Hanukkah.

Free

**NEW**

**BABYCCINO**

Wednesdays, October 17–December 5, 9:30–10:30am  
A chic meet for parents and tots (0–3yrs).

An hour filled with music, rhythm, sensory exploration, giggles and bonding.

$10/Class  
$70/8 Class Series

Sponsored by Pittsford Chabad, the JCC, and PJ Library.

**MAKING EVERY MOMENT COUNT: THE PRACTICE OF MINDFUL PARENTING**

Monday, October 22, 12pm  
Learn how practicing mindfulness can help us connect with our kids more deeply and savor every moment.

Facilitator: Pam Pollack, Fully Present Mom

Free

For more information, contact Carrie Dengler at ext. 214 or Joy Getnick at ext. 239.
TYKEs ACADEMY

Got a budding actor in your living room? Channel their energy with creative, fun and educational on-stage workshops.

- **Moves and Grooves**
  Thursdays, September 27–December 20, 4–5pm
  Ages 5–7
- **Shining Stars**
  Mondays, September 24–December 17, 4–5:30pm
  Ages 8+

$175   Member: $150

For more information, contact Freyda Schneider at ext. 269.

GESHER 2018-2019

BEFORE & AFTER SCHOOL CARE

Before School Care: 7–9am
KinderCrew: 8:30–11:30am; 11:30am–3pm
After School Care: 3–6pm

Gesher is the Hebrew word for bridge. Our Gesher program serves as a bridge between school and home, as well as between the individual and the community, for children grades K-6. Gesher provides informal educational opportunities in a structured framework and safe environment. Busing from Brighton & Henrietta schools. Select from 2 to 5 days per week. A continuous JCC family membership is required.

$69/Month–$465/Month

For more information, contact Dan Irving at ext. 274.

JCC WOLK CHILDREN’S CENTER

EARLY CHILDHOOD LEARNING

Wolk classrooms are communities for children of all backgrounds set within a Jewish context. Children gain a deeper sense of their identity and an awareness that they belong to a diverse and dynamic community. Our approach to Jewish content is about exposure, experience, and values— not religious practice. Learn through play at the Wolk Children’s Center.

TWO-YEAR-OLD PRESCHOOL
Monday–Friday, 7am–6pm
Part-time & full-time availability.

THREE & FOUR-YEAR-OLD PRESCHOOL
Monday–Friday, 7am–6pm
Part-time & full-time availability.

New baby on the way? Put your mind at ease and ask us about "saving a spot".

For pricing and tours, contact Denise Johnson at ext. 505.
J-CATION CAMPS FOR SCHOOL BREAKS

WHEN SCHOOL IS OUT, WE’RE OPEN!
Join us during school vacations for days filled with fun and adventure!
For more information, contact Dan Irving at ext. 274.
$75/Day  Member: $65/Day  Gesher Participant: $55/Day

WHAT MAKES THE J-CATION EXPERIENCE UNIQUE?
• Swimming, Sports + Crafts
• Drama with TYKEs
• Hobbies + Special Activities
• Access to JCC Facilities
• Nutritious Kosher Snacks Provided

COLUMBUS DAY
October 8, 2018

VETERAN’S DAY
November 12, 2018

DECEMBER BREAK
December 24, 26, 27, 28, 31, 2018

MARTIN LUTHER KING, JR. DAY
January 21, 2019

FEBRUARY BREAK
February 18–22, 2019

MARCH BREAK
MARCH 22, 2019

APRIL BREAK
April 15–19, 2019

K-6
**JCC FACILITIES FOR KIDS**

**HOURS OF OPERATION**

**The Pit**  FREE afterschool destination exclusively for youth and teens, ages 11-13. Have fun, socialize and refuel.

**In Zone**  FREE to JCC members ages 6-11. Interactive, state of the art fitness equipment just for kids. Children must be signed in and out by an adult remaining in the JCC.

**PlayGym**  FREE to JCC Family members ages 2-10. Children under the age of 4 must be accompanied in the room at all times by a parent, guardian, or sibling (18 years of age or older) who will be directly responsible for them. Children ages 4-10 must be signed in and out by an adult remaining in the JCC. Children must be potty trained. Socks must be worn.

**SitterService**  FREE to our JCC Family Members 6 weeks to 4 yrs of age. Two hour time limit and ratios observed.

For holiday hours, visit jccrochester.org.

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<th>The Pit 11-13 yrs old</th>
<th>In Zone 6-11 yrs old</th>
<th>PlayGym 2-10 yrs old</th>
<th>SitterService 6 wks-4 yrs</th>
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FALL 2018 PROGRAMS & EVENTS

INTERFAITH CONNECTION
FALL HOLIDAY WORKSHOP
Wednesday, September 5, 12pm
For couples with one Jewish partner. Bring a brown bag lunch and join others to learn about the fall holidays and discuss interfaith issues on your mind.
Free

AARP SAFE DRIVERS CLASS
Monday & Wednesday, 9am–12pm
• September 24 & 26
• October 15 & 17
• November 5 & 7
Earn discounts on your auto insurance with the NY state approved driver safety course. Payment must be made by check to AARP on the first day of class. Must attend both days.
Instructor: Pincus Cohen
$25    AARP Member: $20

JCC 2019 ADULT ISRAEL TRIP, 60+
Informational Meetings:
Wednesday, September 26, 12pm
Wednesday, October 3, 7pm
The 2019 trip is scheduled for April 1–11, 2019.
For more information, contact Joy Getnick at ext. 239.

JEWISH GENEALOGY
• Informational Meeting
Thursday, September 27, 1pm
Meet others interested in genealogy, brainstorm guest speakers and determine direction of the group.
• The Role DNA Testing Can Play in Genealogical Research
Monday, October 15, 1pm
Free

For more information, contact Carrie Dengler at ext. 214 or Joy Getnick at ext. 239.

KNITTING FOR BEGINNERS/INTERMEDIATE
Mondays, October 8–November 12, 1–3pm
Each week will feature a new project. All materials provided.
Facilitator: Susan Zanni, The Yarne Source
$60    Member: $50

EUCHRE INSTRUCTION FOR BEGINNERS
Mondays, October 15–November 19, 3:30–4:30pm
Please bring a deck of cards.
Instructor: Dick Seils
$80    Member: $70

YIDDISH AND YIDDISHKEIT:
LANGUAGE LITERATURE, AND CULTURE
Tuesdays, October 16–December 18
10:30am–12:30pm (No class November 20)
For intermediate and advanced learners.
Instructor: Deborah Rothman
$120    Member: $90

Sign up for the Year & Receive a Discount!
$110/session   ($330/year)
Member: $85/session ($255/year)

CARING FOR A PARENT/LOVED ONE SUPPORT GROUP
Wednesday, October 17, 1:15pm
Registration is required 48 hrs prior to a meeting.
Facilitator: Dee Shwartz, LMMSW, Jewish Family Service
Free

LIVE MUSIC
Thursday, October 25, 5–6:30pm
Complimentary beverages and snacks with the acoustic tunes of Rochester duo Date Night.
$7    Member: Free

JY REUNION DANCE
Saturday, November 3, 7:30–10:30pm
Do you have fond memories of the JY? Reminisce, enjoy food, and live music by the The Generations.
All are welcome.
$18

The Department of Jewish Life is generously funded in part by the Harry and Regina Cornell Fund.
HEALTH & WELLNESS

NUTRITION FOR THE NEW MOM
Monday, October 15, 12pm
Learn simple tips to create quick, easy and nutritious snacks and meals that help you get the energy, fuel, and nutrition you need to get through the day (and night!).
Facilitator: Adrienne Markus, AADP Certified Health Coach
$15

ADULT MENTAL HEALTH FIRST AID CERTIFICATION
Friday, October 19, 8:30am–5pm
Learn how to identify, understand and respond to signs of mental illness and substance abuse disorders. Please bring a lunch. Register by October 10.
Facilitator: Megan Clifford
$189 Member: $159

SENIOR ADULT SPEAKER SERIES
• Scam Protection
  Wednesday, October 17, 2pm
  Learn how to protect yourself or someone you love.
  Facilitator: Leita King, Lifespan
• Medicare 101
  Wednesday, October 24, 1pm
  Facilitator: Ron Brandwein, Lifespan
• Senior Housing
  Wednesday, October 31, 1pm
  Facilitator: Dee Shwartz, Jewish Family Service
Free

ENJOYING DIFFICULT PEOPLE
Wednesday, November 7, 1pm
Learn how to navigate challenging relationships in your personal and professional life.
Facilitator: Gary Updyke, M.A.
Free

LOAVES OF LOVE IV: A MULTI-GENERATIONAL MEGA CHALLAH BAKE
Thursday, November 29, 7pm (doors open at 6:30pm)
In partnership with Pittsford Chabad.
$18

FREE SENIOR ADULT PROGRAMS
These senior programs are made possible through a generous grant from the Daisy Marquis Jones Foundation.

NUTRITION & WELLNESS
Tuesdays, 1pm
• October 16: Trust Your Gut, Food & Mood
• October 23: The Importance of Hydration
• November 6: Cooking Dairy & Gluten-Free
• November 13: Eating for Heart Health
• December 4: Cancer Prevention Through Nutrition
Facilitated by: Adrienne Markus, AADP Certified Health Coach

SAFETY & STABILITY
Wednesdays, 1pm
• October 17: Practice Perfect Posture
• November 14: Oh My Aching Back
• December 12: Pain in the Neck
Facilitated by: Sarah Lipinski, MS, PT GVPT
Free

MEMORY & MINDFULNESS
Thursdays, 1pm
• October 18: 10 Steps to Brain Fitness
• October 25: Life Review & Memory Enhancement
• November 1: Stress Reduction
• November 8: Mental Exercises
• November 15: Better Sleep
• November 29: Memory Techniques
• December 6: Mindfulness
• December 13: Remembering Names & Faces
Facilitated by: Emily Krohn, LCSW-R, CDP

For more information, contact Carrie Dengler at ext. 214 or Joy Getnick at ext. 239.
TYKES 2018–19 SEASON
THEATER YOUNG KIDS ENJOY
Voted #1 Children’s Theatre for the 8th Consecutive Year by KidsOutandAbout.com

DIARY OF A WORM, A SPIDER & A FLY
Area Premiere – Based on the books by Doreen Cronin
November 10–18, 2018

CORDUROY
Area Premiere – Based on the books by Don Freeman.
January 12–21, 2019

Another great title coming…
March 9–17, 2019

THE PIED PIPER
April 1–6, 2019
Theatre In A Week Camp by Missoula Children’s Theatre Experience

Tickets
$18 Member: $16

For more information, contact Freyda Schneider at ext 269.

SUBSCRIBE & SAVE UP TO $5 PER TICKET
Tickets for CenterStage & TYKES can be purchased at the JCC Arts Department or Hospitality Desk.
For more information, call (585) 461-2000 ext. 235 or visit jccrochester.org.

JCC LANE DWORONKIN ROCHESTER JEWISH BOOK FESTIVAL

October 21–November 4, 2018
Visit rjbf.org for a line up of authors, thinkers, and more including Jane Isay, Nathan Englander and Yossi Klein Halevi. For more information, contact Marc Cataldi at ext. 235 or Andrea Miller at ext. 237.
COMMUNITY

Look for our NEW SUKKAH this fall in the JCC Holocaust Memorial Garden & Courtyard.

BLOOD DRIVE
Wednesday, September 12, 2–7pm
JCC Auditorium
Call 1-800-Redcross to schedule an appointment.

2019 FEDERATION CAMPAIGN
Monday, October 15, 2018
An exclusive evening in support of the Jewish Federation of Greater Rochester with radio host, bestselling author, producer, creator of Facebook Live, and devoted Jewish mom Randi Zuckerberg.

CAREER OPPORTUNITIES
- Lifeguards
- Swim Instructors (WSI)
- Fitness Instructors
- Membership & Customer Service Reps
- Assistant Teachers, Ages 8 Weeks–Pre-K
Apply online at jccrochester.org

VOLUNTEER OPPORTUNITIES
Looking to give back? We’re always looking for those members (of all ages) who want to “pay it forward.” If you’re interested, call Michele Ruda at ext. 232.

AMAZON SMILE
Choose Jewish Community Center of Greater Rochester Inc. when you shop through smile.amazon.com and Amazon will donate 0.5% of the price of your eligible purchases to the JCC!

GIVING TUESDAY
November 27, 2018
A global day of giving that harnesses the collective power of individuals, communities and organizations to encourage philanthropy and to celebrate generosity worldwide. Interested in making a donation? Contact our Chief Advancement Officer, Debra Walker at ext. 258 or visit jccrochester.org to learn more. #GIVETINGTUESDAY

The JCC is Proud to Support
THE FABRIC OF SURVIVAL:
THE ART OF ESTHER NISENTHAL KRINITZ
Exhibit: August 17–December 2, 2018
- "Her Daughters Remember" Lecture
  Sunday, September 16, 3:30pm
- Jewish Heritage Day
  Sunday, November 11, 12–5pm
Memorial Art Gallery
For more information, visit mag.rochester.edu.
DOWNLOAD THE JCC APP & SCAN IN WITH YOUR PHONE!

Forgot your key tag in the car? No worries! Just download the JCC mobile app!

It’s easy to check-in, get schedules, and receive important notifications. Follow these simple instructions:

SEARCH
JCC Rochester

DOWNLOAD
Find classes, schedules, and events

SCAN-IN
Just ask for your bar code #

OPT-IN
Be sure to save notifications to “on” to receive important notifications.

Don’t forget to SAVE!
**how will you assure JEWISH TOMORROWS?**

**LOUIS S. WOLK JCC OF GREATER ROCHESTER**

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