

We're Looking  
Forward to

**JFest 5785**

**Parenting Workshops**

**Authors + Innovators Festival**

**Shabbat Dinners**

**TYKEs' 20<sup>th</sup> Season**



**Sunday, September 22**  
**11am–5pm**

**Celebrate our incredible Jewish community.**

Live music, kosher food, a Sukkah City,  
family-friendly activities—including crafts, bounce house  
and train rides, an Israeli shuk and more!

[LEARN MORE](#)





**Celebrate with us!**  
Click here to view  
our community  
gatherings.

# Jewish Holidays

**October 2-4 | Rosh Hashanah**

(literally “Head of the Year” in Hebrew) is the Jewish New Year. Rosh Hashanah is the first of the Jewish High Holidays, beginning a 10-day period of soul searching and contemplation that concludes with Yom Kippur. Rosh Hashanah is also referred to as the birthday of the world. It is a joyous holiday that celebrates sweetness. It is also a time to reflect, sing, pray, gather with loved ones and eat symbolic holiday foods.

**October 11-12 | Yom Kippur** is the Day of Atonement, when we ask forgiveness for the wrongs we have committed over the past year. Jewish tradition believes that on this day G-d places a seal upon the divine decrees affecting each person for the coming year. Traditionally, Jews fast on this somber day.

**October | 16-25 Sukkot** begins five days after Yom Kippur and is named after the booths or huts (sukkot in Hebrew) in which Jews are supposed to dwell during this week-long celebration. It is a time to kick back and have a party. In blessings, Sukkot is referred to as “z’man simchateinu,” which translates as “the time of our celebrating,” and since the holiday lasts seven days, there’s plenty of time to enjoy. Sukkot is also all about not taking things for granted, and it’s a time to give thanks—particularly for food and shelter.

**Shemini Atzeret & Simchat Torah** coming at the conclusion of Sukkot are the two holidays of Shemini Atzeret and Simchat Torah. In Israel and among liberal Jews, they are combined into one holiday on the day after the conclusion of Sukkot. Among more traditional Jews outside of Israel, they are observed separately from one another on two consecutive days. Shemini Atzeret means the “Eighth Day of Assembly,” while Simchat Torah means “Rejoicing in Torah.”



# JLEARN

**JLEARN**  
Nurture Your  
Soul and Build  
Community

## Torah & Tea: A Weekly Meetup for Women

New

**Wednesdays, 11am–12pm, September 11, 18, 25; October 9, 30;**

**November 6, 13, 20, 27; December 4, 11, 18; Conference Room**

Looking for inspiration? Camaraderie? Spiritual insights into life? Stimulating conversations? This weekly informal get together, facilitated by Rishi Hein, is designed to do this. Come to one or all classes! No registration required.



*Rishi Hein is a wife, mom of 8 fabulous kids, and the co-director of Chabad of Pittsford. She is passionate about learning and teaching Torah through the lens of Jewish mysticism and Chassidism as way to connect with our deepest selves, and with one another.*



## Hope for the Holidays with Rabbi Setel

**Thursdays, 11am–12:30pm; Yiddish Room**

This past year has been one of great uncertainty for the American Jewish community. The rise of antisemitism, the war in Gaza, and the threat of autocracy have led many of us to question our previous assumptions about our security, our belief in progress, and even our Jewish identity. This series is intended to give participants an opportunity to express their concerns about these issues while offering wisdom from the Jewish tradition about how we address them so that we might enter the High Holidays with a greater sense of clarity and hope. Please plan to attend all three sessions.

**September 5: Antisemitism**

**September 19: Gaza**

**September 26: Autocracy**

REGISTER



*Rabbi Drorah O'Donnell Setel is best known as the co-author (with Debbie Friedman) of the "Mi Shebeirach" prayer sung in congregations throughout the world. Born in Lausanne, Switzerland, Rabbi Setel grew up in Buffalo, New York. A fifth generation Reform Jew, her Jewish commitment was formed through involvement in Temple and regional youth group programs and Reform summer camp.*



## Read it in Hebrew with Rabbi Yitzi Hein

New

Wednesdays, 7:30–8:30pm, September 4, 11, 18, 25; October 9

### Conference Room

According to a survey by the Pew Research Center, only half of American Jews (52%) can read Hebrew. To fill this gap in Jewish education, 'Read it in Hebrew' was created, an innovative Hebrew reading course that is sweeping the Jewish world.

With interactive flashcards and its own app for remote learning, Read it in Hebrew utilizes the latest technology to combine timeless learning methods with contemporary psychology for a course guaranteed to be effective in only five sessions.

The program is appealing to people at all levels of Jewish education, including those without any prior experience in Jewish learning as well as those seeking a fun refresher course. With flashcards depicting the letters alongside catchy mnemonics, Read it in Hebrew feels like a game of concentration and promises great results.

**\$75 (includes flashcards)**



REGISTER

## JCC Learning Circle: A Cohort-based Program for Curious Adults

New

Fridays, 12–1:30pm; Yiddish Room

Are you interested in Jewish learning with like-minded peers? Do you have questions about Judaism and are you eager to learn more in a safe and welcoming environment? Join the inaugural cohort of the JCC's Learning Circle to learn, ask questions and create community.

The JCC's Learning Circle is a program that aims to build community among curious adults who are eager to enhance their Jewish knowledge and are willing to explore some of life's big questions through the lens of Jewish wisdom. This program encourages critical thinking and helps learners apply Jewish teachings to real-life situations.

Utilizing the **IYUN** curriculum, *Jewish Wisdom for Life's Great Questions*, as the program's anchor, the JCC Learning Circle will meet ten times over the course of ten months. Each session includes eating, learning, socializing and fun. Consistent attendance is appreciated.

Facilitator: Rachel Kest, Senior Director of Jewish Life

Free

REGISTER



### DATES

November 8  
December 13  
January 10  
February 14  
March 14

April 11  
May 9  
June 13  
July 11  
August 8  
September 12



## JREADS: A Community Reading Program New

**Lunch + Learn: Tuesday, November 19, 12pm**

JREADS is a joint venture between the Jewish Life department and the Authors + Innovators Festival that is designed to bring books and people together and spur discussion around important topics and ideas.

Our first book is *Streams of Shattered Consciousness: A Chronicle of the First 50 Days of the Israel-Hamas War* by Rabbi David-Seth Kirshner. Read the book in advance and join the lunch and learn. You can purchase your book at JFEST on September 22. Registration information coming soon.

**Member: \$25 Non-member: \$30**



## Introduction to Israeli Dance

**Wednesdays, 7–8pm; UGX**

**October 30; November 6, 13, 20; December 4, 11**

Interested in trying something new? Enjoy social dancing and making new friends? For over 40 years, the JCC has hosted a weekly drop-in Israeli Dance class. Dancers enjoy a rotating assortment of choreographed dances to Israeli music. While the class is open to all, it can sometimes be intimidating for newcomers. In this special six-week workshop for beginners and anyone looking to refresh their skills, the instructor will teach the basics of Israeli Dance and to prepare you for our regular Tuesday night sessions.  
*Instructor Max Steiner*

**\$30**

**REGISTER**

## MIT–Men in Touch

**Tuesdays, 8:30–10am; Auditorium A**

For more than 30 years, MIT has been convening men of retirement age for socialization, camaraderie and learning. The first 30 minutes of every session begins with coffee and conversation. (The popular bagels, put on hiatus during the pandemic, hopefully will be returning soon.) The remaining time is spent either with a guest speaker or with a facilitated discussion based on a particular topic. No need to register, just show up and introduce yourself. If you are not available in person, a Zoom link is available. For more information, contact Rachel Kest at [rkest@jccrochester.org](mailto:rkest@jccrochester.org).

**Free**

## HEBREW LANGUAGE CLASSES

If you are interested in joining either class, please contact Rachel Kest at [rkest@jccrochester.org](mailto:rkest@jccrochester.org).

### Modern Hebrew Level 2

**Wednesdays, 11am–12pm  
Yiddish Room**

Join gifted community educator Tzippy Kleinberg for weekly Hebrew reading and conversation. This class has been meeting regularly for more than a year.

### Beginner Hebrew

**Wednesdays, 12–1pm  
Yiddish Room**

This class is designed as a series with each session building on the previous one.



*Master teacher, Zippy Kleinberg, has been sharing her wisdom with students for decades. Zippy was born in Israel and came to Rochester as a child.*

*Teaching is her absolute love and passion.*

# Weekly Challah Delivery to the JCC

**September 20–December 27**

*No delivery: October 4, 18, 25 and November 29*

Malek's Bakery will deliver weekly pre-ordered challah to the JCC. All sales will benefit the JCC.

**Deadline to register: Friday, September 13, 5pm**

**\$77/11 Challahs**

## **How do we get the Challah?**

### **JCC Members and Employees:**

Membership Desk pick up after 11am.

### **Wolk Children's Center Families:**

Challah will be placed in your child's cubby.

If you are unable to pick up your challah please make alternative arrangements.

**REGISTER**

*Malek's Bakery*



**PROCEEDS  
SUPPORT  
THE JCC**



# JFAMILY

## Shabbat Sing

**Fridays, 10–10:30am; Main Lobby**

Kickoff each Shabbat at the Louis. S. Wolk JCC with Shabbat Sing! Join the Wolk Children's Center to welcome Shabbat every Friday with singing, prayers and ruach (spirit). All are welcome! No registration necessary—open to all.

**Free**

## Singing with Morah Silvana

**Sundays, 9–10am, September 15 and October 6  
Classroom #6 (before/after care area)**

Join us at 9am for schmoozing, bagels, coffee and fun. Silvana Bacman will lead a 30-minute Jewish-focused, engaging, and interactive session for the under-five crowd, which will include music, singing, and dance.

No registration necessary—open to all.

**Free**



New

# JBABY CLUB

Ages 0–5 with a caretaker

Join other families in the Family Room for multiple opportunities to get together throughout the week. Perfect for all families, caregivers, and grandparents. Kosher snacks and fun provided.

### Toddler Time

**Mondays, Begins September 9,  
9:30–11am; Family Room**

Start your Mondays off in the Family room with friends. Each week will have a fun theme.

### Babyccino: A Chic Meet for Parents & Tots

**Wednesdays, 9:30–10:30am  
Family Room  
September 11, 18, 25, October 9,  
30 November 6, 13, 20, 27  
December 4, 11, 18**

Join us for a magical hour each week in a warm Jewish atmosphere filled with music, creativity, and sensory exploration. Please register with Biffy at [bborg@jccrochester.org](mailto:bborg@jccrochester.org).

### Sha-Baby: Shabbat Sing, Storytime and Sensory Play

**Fridays, Begins September 13,  
10–11:30am; Café and Family Room**

Come enjoy a morning filled with music to start off your Shabbat! We will join the Wolk Center's Shabbat Sing in the café and afterwards spend time in the family room playing, reading stories, and having fun.



# PARENTING WORKSHOPS

New

Thursdays, 7–8pm; Erdle Lounge

Bringing community experts together to help support you in your parenting journey. Each workshop will focus on a different topic impacting parenting today. Babysitting is available upon request. Please contact Biffy at [bborg@jccrochester.org](mailto:bborg@jccrochester.org). **Register for one workshop or all three.**

Free

REGISTER



JLEARN

Programs  
Specifically for  
Parents

## SPACE: Supportive Parenting for Anxious Childhood Emotions

**September 19**

Come learn about Jewish Family Service's SPACE Program. This program is aimed at treating childhood anxiety by working solely with parents to change parents' communication patterns and behaviors.

*Facilitator: Rachel Glazer, LCSW*

## Managing Mealtimes with Little Ones

**November 21**

Navigating mealtimes with little ones can be quite challenging! Stacia is an experienced pediatric speech pathologist with a passion for educating and coaching parents on all things feeding. At this workshop, Stacia will help you problem solve your biggest challenges and will help to eliminate stress at mealtimes!

*Facilitator: Stacia Paganelli, MA, CC-SLP, CLP*

## Thriving Through Change: The Early Years

**January 16**

Change is inevitable. For families with little ones, life is full of new adjustments: new siblings, starting a new day care or pre-school, moving to a new home, or maybe even something as simple as a new food for dinner. Change is designed to nudge us toward resilience and growth. Learn simple key coping skills to help your young family thrive in the midst of life transitions.

*Facilitator: Julia Sittig, Co-Owner of Beautiful Birth Choices LLC, MSW, Adv/CD/BDT(DONA), LCCE.*



New

## JFAMILY Parents Circle: A Cohort-based Program for Parents Raising Jewish Children

Sundays, 10–11:30am; Conference Room

Are you seeking connections with other families raising Jewish children? Are you curious how to “do” Jewish as a family? Do you have questions about Judaism and are eager to learn more in a safe and welcoming environment? Join the inaugural cohort of JFAMILY Parents Circle to learn, ask questions and grow among like-minded peers.

Parents Circle is a program that aims to build community among parents who are raising young Jewish children, enrich participants' Jewish knowledge by exploring ancient and modern sources, and help parents create a Jewish home with intention and meaning.

Utilizing the **IYUN** curriculum, *The Home We Build Together*, as the program's anchor, Parents Circle will meet ten times over the course of 8 months. Each session will include eating, learning, socializing and fun. Babysitting will be provided so that parents can have time for themselves. Consistent attendance is appreciated.

Facilitator: Jacqui Lipschitz, JCC Jewish Educator

Free

REGISTER



### DATES

November 3

November 17

December 1

December 12

March 2

March 30

May 4

May 18

June 8

Final Session TBD



# SIGN UP for our NEWSLETTERS

Stay connected to our community!  
Learn about upcoming programs  
and events.

SEND ME EMAILS

## Reptile Guy

**Sunday, September 8, 1–1:45pm; Auds B&C**

All Ages

Start your school year with a slither! One of our all-time most popular family events returns to the J by very popular demand: The Reptile Guy! If you love snakes and lizards, this hands-on event is for you – and it's free! Get up close and personal with some friendly reptiles you can see and TOUCH, and learn all about what makes each creature so unique and fascinating!

**Free**

## Craft time with Toria

**Sundays, 1–3pm, September 15, October 20, November 17**

**Erdle Lounge**

Ages 4–12 with a caretaker

Feeling creative? Come get your craft on with the fabulous Toria.

**Free**

## The Almost-Magic (Juggling) Show

**Saturday, October 26, 1–1:45pm; Erdle Lounge**

All Ages

Buckle up for this comedic look at the thin line between magic and juggling. The two art forms share a long and intertwined history dating back to ancient Egypt. Magicians woo audiences by hiding their skills. Jugglers wow audiences with their skills totally on display! Manipulating multiple objects as well as the audience is all part of the fun.

**Free**

## Jewish Board Game Day

**Sunday, November 17, 11am; Auds**

All Ages

In honor of the Authors + Innovators Festival's presentation on Jews in the game industry, we invite family audiences to join us for a host of fun and beloved board games, including family favorites like *Operation* and *Mouse Trap* plus more!

**Free**

## Magic Show

**Saturday, November 30, 11am; Erdle Lounge**

All Ages

Incredible magician and JCC member Lewis St. Andrew returns by popular demand with his very interactive family fun magic show that will leave you amazed and awe-struck!

**Free**



## Israeli Games & Culture with the Shinshinim

**Mondays, 4–5pm, September 30; October 14, 21, 28; November 4, 18; December 2, 9, 16; Aud B**

Ages 5–12

Learn about Israel—the culture and its people—through interactive play and activities.

Facilitated by: Shinshinim

**\$45/Participant**

**REGISTER**





# JTweens Kitchen Lab

New

AGES  
8-12

REGISTER

## Thursdays, 4-5pm; Auditorium/Conference Room

Does your tween like to bake/cook? Sign up for one or all five workshops and your child will learn valuable and fun skills in the kitchen. Busing from FRES and Henrietta Schools with pre-program supervision can be arranged. Space is limited. Register for one or all five classes.

*Instructor: Biffy Borg*

**Member: \$10/Class Non-member: \$15/Class**

*All ingredients are kosher. The JCC kitchen is not certified. Arrangements can be made to prepare during class and bake at home.*



### Yeastie Beasties

**November 7**

Learn all about yeast and make challah dough critters from scratch.



### Who Invented Pizza?

**December 5**

Learn to make pizza from scratch and find out more about how the Jewish people influenced the best food ever invented.



### Bake Sale Besties

**November 14**

Want to help out at your next fundraiser? Add treats to your lemonade stand? Learn to bake brownies, rugelach, and unicorn poop cookies!



### Holiday Hot Chocolate Bombs

**December 12**

Make sweet chocolate bombs filled with hot chocolate to give to family and friends for the holidays.



### What's So Jewish About Apple Pie?

**November 21**

Have you ever made apple pie pops? Come learn how to make this delicious and fun take on apple pie and learn how apple pie is connected to Judaism. Good for Thanksgiving AND next Rosh Hashanah.

# Celebrate Israel and Baseball: A Family Day at the JCC



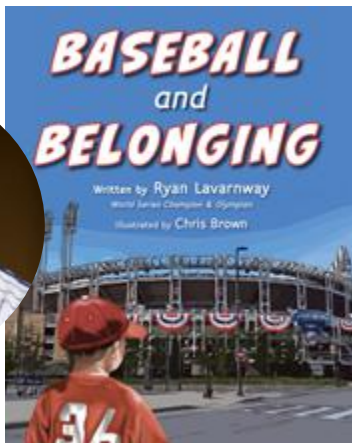
## Ryan Lavarney: *Baseball and Belonging*

Monday, November 11, 11am; JCC Hart Theater

Best for ages 5-Adult

Ryan Lavarney is an MLB World Series champion and Israeli Olympian. Recently, Ryan was named the 11<sup>th</sup> most influential Jewish athlete of all time.

As a child, Ryan's confidence soared when he had a glove and a ball in his hand. Off the field, he struggled to find where he belonged. Playing in the World Baseball Classic and Olympics with his teammates changed his life. By embracing his Jewish identity, Ryan found where he belonged.



Join us after the talk for book signings and photo ops!  
Plus Spikes, the Red Wings mascot!

Children: \$5 Adult Member: \$10  
Adult Non-member: \$12  
Registration links coming soon.

Sports-themed activities including photo ops with Ryan!  
12-2pm; Auditorium  
Free

## Film Screening: *Israel Swings for Gold*

2pm; JCC Hart Theater

77 minutes

In 2021, Israel's baseball team competed in the Olympics for the first time. With no media allowed in Tokyo's Olympic Village, the players recorded their own experiences. Mostly newly minted Israelis, they log unexpected battles against anti-Semitism and anti-Zionism. *Some language and themes may not be appropriate for younger children.*

Member: \$5 Non-member: \$7



Generously underwritten by the Miller Family Foundation – Carolyn, Michael, Deanna, Sophie, Andrea and Aaron.

Community Partner:





# FAMILY SPACES

## FAMILY POOL

The Bobry Family Pool is warm (83-85°), well stocked with pool toys, and features zero-depth entry and large windows for natural sunlight.

## PLAYGYM

Ages 3–10

Run, climb and play! This space offers multiple climbing towers, slides and even a rock climbing wall. The combination of equipment allows for the development of gross motor skills, balance and coordination for your child. DROP-OFF and crafts are a free weekend benefit for members.

## FAMILY ROOM

Ages 0–5

A family-friendly space, enjoy a cup of coffee, relax with your little ones and connect with others. There are plenty of toys, books, and room to play – big windows offer lots of natural light. DROP-OFF is a free member benefit; online [registration is required](#).

## INZONE

Ages 3–10

A cozy and inviting space with plenty of natural light, where children can enjoy reading from our collection of age-appropriate books, solving puzzles, engaging in crafts, and playing hands-on games.

## FAMILY GYM TIME

Ages 3+

Drop-in for self-led and parent-supervised play.

## SHABBAT SING

Ages 0–5

Welcome Shabbat every Friday, 10am next to the cafe with singing and ruach (spirit). Plus challah + grape juice! All are welcome.

Parents are welcome to stay during drop-off times. [Click here for more information and schedules.](#)



**Climbing and crafts  
every weekend  
in the PlayGym**



## JFAMILY Shabbat Dinners

**Fridays, 6pm; Auds**

Build community, spend time with old friends and meet new friends! Family-friendly activities provided.

**\$54/Family**

SEPTEMBER 27

NOVEMBER 8

DECEMBER 13

## JFAMILY Dinner in the Sukkah

**Tuesday, October 22, 5:30–7pm;**

**Memorial Courtyard (in the Sukkah)**

Celebrate Sukkot with your friends at the JCC.

**\$54/Family**

REGISTER

## CKids Hanukkah Block Party

**Sunday, December 8**

A JCC collaboration with Chabad.

## Silent Rollerdisco Hanukkah

**Thursday, December 19, 5:30pm; Gymnasium**

Ages 3–Adult

Two of our most fun and exciting events ever, combined into one tremendous Hanukkah celebration: Silent Disco PLUS Rollerskating! The best combination since latkes and sour cream! In celebration of the upcoming Festival of Lights, our Silent Disco headphones (courtesy of Rochester Silent Disco) light up in different colors based on your song selections! You'll celebrate Hanukkah in style with fabulous music, friends, great exercise and FUN! Music headphones and skates provided – children's size 8 (approx. size for a 3 year old through adult size 15).

Gavi's kosher pizza available for purchase, plus delicious Hanukkah treats for all. A totally unique experience you absolutely won't want to miss!

**Free, Pizza \$3/Slice**

Registration information will be shared after Thanksgiving.

# Shabbat & Holiday Celebrations

Save the Date



# ADULT RECREATION + WELLNESS

## PICKLEBALL LADDER LEAGUES

Session 1: September 9–October 23

Session 2: November 11–December 19

Gymnasium

12 player leagues. Players are guaranteed 6 games a night for each week and all matches will be first to 11. Every player will be assigned a court based on an initial estimate of ability. In each session, the highest-scoring player moves up the ladder, and the lowest-scoring moves down. EVERY PLAYER is to register as an individual, not as a team.

Member: \$110 Non-member: \$140

### SESSION 1

#### Advanced

Mondays, 7:30–9:30pm

REGISTER

#### Beginner/Intermediate

Tuesdays, 5:30–7:30pm

REGISTER

#### Intermediate/Advanced

Tuesdays, 7:30–9:30pm

REGISTER

#### Beginner

Wednesdays, 5:30–7:30pm

REGISTER

#### Intermediate

Wednesdays, 7:30–9:30pm

REGISTER

### SESSION 2

#### Advanced

Mondays, 7:30–9:30pm,

REGISTER

#### Beginner/Intermediate

Tuesdays, 5:30–7:30pm

REGISTER

#### Intermediate/Advanced

Tuesdays, 7:30–9:30pm

REGISTER

#### Beginner

Wednesdays, 5:30–7:30pm

REGISTER

#### Intermediate

Wednesdays, 5:30–7:30pm

REGISTER

#### Intermediate

Thursdays, 7:30–9:30pm

REGISTER

## International Folk Dance

**Mondays, Ongoing, 7:30–9:30pm; Aud C**

A great way to exercise, socialize, hear some great music, and learn about the cultures of other countries.

*Instructor: Alene Boyer*

**Single Class: Member: \$5 Non-member: \$7**

**10-Class Card: Member: \$45 Non-member: \$63**

REGISTER

## Israeli Dance

**Tuesdays, Ongoing, 7–9pm; UGX**

Explore and celebrate Israeli music and culture through dance.

*Instructor: Max Steiner*

**Single Class: Member: \$5 Non-member: \$7**

**10-Class Card: Member: \$45 Non-member: \$63**

REGISTER

## Introduction to Israeli Dance

**Wednesdays, October 30–December 11, 7:30–8:30pm; UGX**

**(No class Nov. 27)**

Dancers enjoy an assortment of choreographed dances to Israeli music. This workshop is for beginners and anyone looking to refresh their skills. The instructor will teach the basics and prepare you for our regular Tuesday night sessions.

*Instructor: Max Steiner*

**\$30/6-week Session**

REGISTER

## Adult Ballet

**Thursdays, Ongoing, 5:30–7pm; Dance Studio**

This ballet basics class is geared toward adults looking to build strength, stretch and improve balance through dance. Class will include a traditional ballet barre, stretching and center combinations. This will be a low-impact class with little or no jumping. Enjoy ballet in a low-stress, friendly and welcoming environment. Prior dance experience suggested.

*Instructor: Kathy K.*

**Member: \$16/Class**

**\$70 for 5-Class Card \$130 for 10-Class Card**

**Non-member: \$18/Class**

**\$75 for 5-Class Card \$140 for 10-Class Card**

REGISTER





# YOUTH RECREATION

## Biddy Basketball

**Sundays, 10–10:45pm, September 15–October 20; Gymnasium**

Ages 3–5

Biddy basketball is about having fun and learning the game in a creative way. All the skills and drills are taught through various games and movements.

*Instructor: Coach Boris*

**Member: \$77 Non-member: \$99**

[REGISTER](#)

## Biddy Sports Sampler

**Sundays, 10–10:45pm, September 15–October 20; Gymnasium**

Ages 3–5

Have a little one who hasn't quite figured out what they love? We can help! Each week we bring in a new sport to explore in a fun way!

*Instructor: Coach Boris*

**Member: \$77 Non-member: \$99**

[REGISTER](#)

## Group Basketball Training

**Mondays, 3:30–4:30pm, September 9–October 21**

**Sundays, 12–12:50pm, September 15–October 20**

**Gymnasium**

Ages 10+

Get the tools you need to be a better basketball player. We'll work on every facet of the game: dribbling, shooting, defense, passing, and finishing at the basket.

*Instructor: Coach Boris*

**Member: \$125 Non-member: \$150**

[REGISTER MONDAYS](#)

[REGISTER SUNDAYS](#)



## Flag Football Skills & Drills

Tuesdays, 3:30–4:30pm, September 10–October 22; Gymnasium

Ages 10+

Get ready for the fall with flag football! We'll be working on team building and team camaraderie with other football fanatics! Focusing on enhancing your skill level with various drills. We'll also break into teams to scrimmage against each other.

*Instructor: Coach Boris*

**Member: \$77 Non-member: \$99**

**REGISTER**

New



## YOUTH DANCE ACADEMY

Sundays, September 15–October 20; Dance Studio

This creative movement class will strengthen your dancer's imagination and develop their spatial awareness, all while incorporating the beginning teachings of ballet and jazz! Your dancer will also be working on developing teamwork, visual and kinesthetic senses, and individualism in dance. A curriculum will be implemented to ensure dancers are getting proper technique training from a young age.

This is a child drop-off program.

*Instructor: Sabrina S.*

**Member: \$120 Non-member: \$150**

## Teeny Dancers A

Sundays, 9–9:45am

Ages 2–3

This class is designed for students who have not taken a dance class before, or would fit well in this age range.

**REGISTER**

## Teeny Dancers B

Sundays, 10–10:45am

Age 3

Students with or without dance experience.

**REGISTER**

## Mini Dancers

Sundays, 11–11:45am

Age 4

Students preferably have dance class experience and tap shoes.

**REGISTER**

## Junior Dancers

Sundays, 12–12:45pm

Ages 5–6

Students preferably have dance class experience and tap shoes.

**REGISTER**

# SWIM LESSONS



## Registration + Program Dates

### Fall 1

**Member: August 16, 7am**

**Non-Member: August 19, 7am**

**Tuesdays, September 10 – October 22**

**Thursdays, September 12 – October 24 (No Class Oct. 3)**

**Sundays, September 15 – October 20**

### Fall 2

**Member: October 18, 7am**

**Non-Member: October 21, 7am**

**Tuesdays, November 5 – December 17**

**Thursdays, November 7 – December 19  
(No Class Nov. 28)**

**Sundays, November 3 – December 15  
(No Class Dec. 1)**

**VIEW TIME OFFERINGS + REGISTER**

## Group Swim Lessons

Designed to teach a variety of formal swimming skills in a fun and safe environment. Class curriculum was developed by the American Red Cross. Classes are organized by both age groups and skill levels. Session lengths are typically 5–8 weeks long. The listed price is based on an 8-week session. Sessions fewer than 8 weeks will be prorated.

**Member: \$104 Non-member: \$128**

## Intro to Swim Team

**Tuesdays or Thursdays, 6:15–7:15pm**

Ages 6–15

*Prerequisite Skills: (1) Ability to swim 50 yards (2 pool lengths) continuously, (2) Basic ability to perform all 4 competitive strokes: Front Crawl, Backstroke, Breaststroke, and Butterfly.*

This non-competitive swim team is designed to build swimming endurance, stroke technique, promote sportsmanship, and teach general knowledge of swim team practices.

**Member: \$78 Non-member: \$96**

## Adult, Beginner Swim Lessons

**Mondays, 6–6:45pm, Ages 13+**

*Prerequisite Skills: None*

Students with little to no swim experience will join this small group to learn the foundational skills and start to become more comfortable in the water. Students will learn how to swim on their front and back and tread water.

**Member: \$78 Non-member: \$96**

## Parent/Child Swim Lessons

**Sundays, 10:30–11:10am**

Ages 6 months–3 years

*Prerequisite Skills: None*

Adult participants will learn various techniques to promote their child's comfort in and around the water with a focus on safety, fun, and socialization. Each child participant must have an adult accompany them into the pool. Families may have up to two adults per child in the water.

*Please note: The JCC recognizes that families come in many forms. The term "parent" includes any caregiver or guardian.*

**Member: \$65 Non-member: \$80**





Feel like you're just going through the motions?

## Train Smarter

Our **certified personal trainers** design personalized plans to get you the results you deserve, faster. We'll help you crush your fitness goals, hold you accountable, and teach you the right techniques to transform your workouts.

[LEARN MORE](#)

Contact Member Services to schedule a **FREE** consultation!



# PILATES REFORMER

NEW CLASSES

**\$30/Class**

60 minutes

Registration required

## **Pilates Reformer Foundation**

A safe class experience to build a solid foundation with a focus on breath, form, and alignment. Ideal for those new to Pilates reformer.

## **Pilates Reformer Flow**

Full-body workout using the beginner-intermediate Pilates exercises.

[LEARN MORE + VIEW SCHEDULE](#)





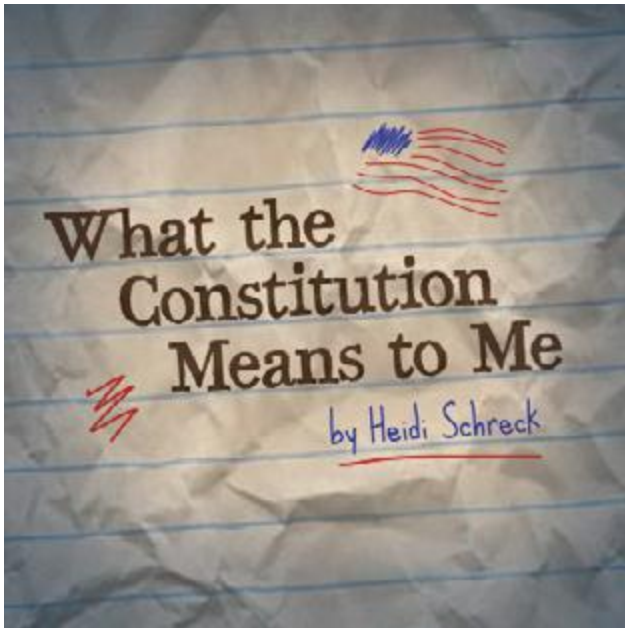
# 2024–25 Season

## Subscription Packages and Individual Tickets On Sale Now!

CenterStage Theatre is excited to announce our epic 2024–25 Theatre Season filled with World/Regional Premieres and exciting community partnerships.

Audiences are flocking to CenterStage at the JCC in record numbers thanks to positive word-of-mouth about our groundbreaking plays and musicals featuring many of Rochester's finest performers! As your local professional theatre at the JCC, we strive to bring excellence to the stage with affordable prices.

Our 48th Season will feature an expanded schedule to accommodate our growing audiences. Please subscribe to ensure you don't miss any one of our amazing titles.



### What the Constitution Means to Me

October 9–20, 2024

**An Area Premiere Play by Heidi Schreck**

Heidi Schreck's ground-breaking, humorous and hopeful Broadway hit, breathes new life into our U.S. Constitution as it looks at today's Constitutional conversations from a very human perspective. An adult woman resurrects her teenage self who earned her college tuition by winning Constitutional debate competitions across the United States. She reflects on the impact of the founding document's effect on her ancestors, then she goes head-to-head with an actual teenager to debate the value of the constitution today. Winner of the **Obie Award** and several other **Best New Play** awards, this unique theatrical event was also a **Tony Award Nominee** and finalist for the **Pulitzer Prize** for Drama.

**Member: \$30 Non-member: \$35 Student: \$20**

[BUY TICKETS](#)

Also available for school performances!

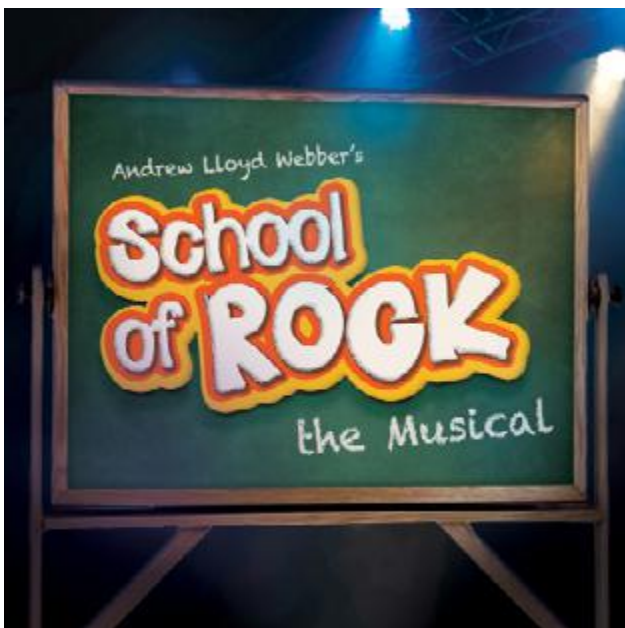
Sponsored by



Presented in partnership with



Proud to be a "Rock the Vote"



### School of Rock

December 7–22, 2024

Based on the hilarious film, this fish-out-of-water musical follows Dewey Finn, a failed rock star who decides to earn a few extra bucks by posing as a substitute teacher at a prestigious prep school. There, he turns a class of straight-A students into a mind-blowing rock band with roof-raising energy. **A family show for all ages!**

**Member: \$35 Non-member: \$40 Student: \$20**

[BUY TICKETS](#)

Sponsored by



Presented in partnership with



As a client of RBC you agree to receive our regular business information unless you opt out. © 2024 RBC Dominion Securities, Inc. All rights reserved.





## Hitmakers: Superstars of the 70s

February 1–16, 2025

Written by **Danny Kincaid-Kunz**

Musical Direction & Arrangements by **Casey Filiaci**

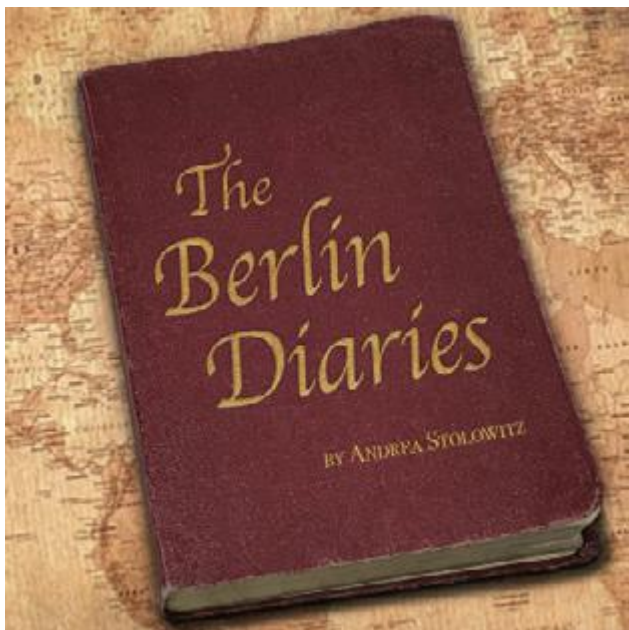
In this 10th Edition of the *Hitmakers* we explore the vast and varied artists that defined the "Me Generation." Singer-songwriters, pop music, R&B, soft rock, glam, and even a little country music will merge into an all new show highlighting the top-charting artists of the 1970s.

Member: \$35 Non-member: \$40 Student: \$20

Sponsored by **Debby Goldman**

[BUY TICKETS](#)

Featuring music from Fleetwood Mac, Linda Ronstadt, Stevie Wonder, Billy Joel, Queen, Eagles, Michael Jackson, and more!



## The Berlin Diaries

March 2–16, 2025

A World Premiere Play by **Andrea Stolowitz**

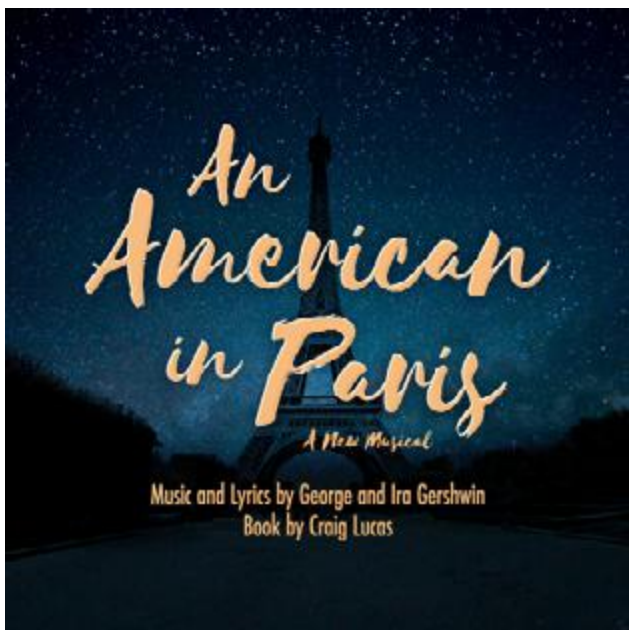
Hidden secrets are revealed when a great-grandfather's Holocaust-era diary sends a young woman on a "Finding Your Roots" style journey of discovery across the globe on a quest to fill in the missing branches of her family tree. Two dynamic performers play dozens of roles in this contemporary play about the search for home and the family you never knew existed.

Member: \$30 Non-member: \$35 Student: \$20

[BUY TICKETS](#)



Presented in partnership with:



Cornell/Weinstein Family Foundation presents

## An American in Paris

May 3–18, 2025

Music and Lyrics by **George and Ira Gershwin**

Book by **Craig Lucas**

Inspired by the 1951 film of the same name, this Tony Award-Winning new musical is an epic song and dance extravaganza about an American soldier at the end of WWII.

Member: \$35 Non-member: \$40 Student: \$20

[BUY TICKETS](#)

Sponsored by

**Dawn Lipson**

**Nelson B. Delavan Foundation**



Presented in partnership with



Join us to acknowledge, elevate and celebrate Jewish authors, speakers and the diversity of the Jewish experience. Featuring 12 Speakers, including:

- |                       |               |
|-----------------------|---------------|
| Community Reads event | Book signings |
| Fiction Panel Lunch   | Photo ops     |
| Post event Q+As       | Sports        |
| Bookstore             | Food          |
- ...and more!

Mark your calendars and watch for the full line up of speakers and events coming soon at [rjbf.org](http://rjbf.org)



## Opening Day: Demo and Tasting Party with Micah Siva

**November 10, 11am**

**Micah Siva, *Nosh***

Join us as Micah prepares two vegetarian dishes from her plant-forward Jewish cookbook. Tasting to follow (prepared at Beth El under supervision).

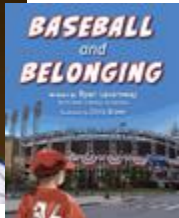
Generously underwritten by **Deborah G. Goldman**

Community Partners:



Rochester Lifestyle Medicine Institute

**ROCHESTER REGIONAL HEALTH**



## Family Sports Day with Ryan Lavarney

**November 11, 11am–3pm**

**Ryan Lavarney, *Baseball and Belonging***

A full day of family fun, including book reading, signing, photo ops, fun games, movie screening of *Israel Swings for Gold*, and a surprise guest from the Red Wings! **All ages.**

Generously underwritten by

**Miller Family Foundation:**

**Carolyn, Michael, Deanna, Sophie, Andrea, and Aaron**

Community Partner:



## Rochester's Own: Brown Bag Lunch & Learn

**November 12, 12pm**

**Helena Temkin Greener** presents her mother **Hanna Temkin's** Holocaust memoir,

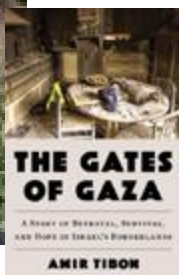
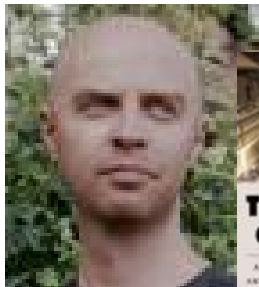
***My Involuntary Journeys***. Bring your own lunch or purchase ahead of time from Fox's Deli.

Generously underwritten by:



**WOODS OVIATT GILMAN**  
 The art of representing people

Community Partners:



## Headliner: Amir Tibon, *The Gates of Gaza:*

***A Story of Betrayal, Survival, and Hope in Israel's Borderlands***

**November 13, 7pm**

The gripping true story of how leading Israeli journalist Amir Tibon, along with his wife and their two young children, were rescued from Kibbutz Nahal Oz on October 7, 2023, by Tibon's own father—an incredible tale of survival that also reveals the deep tensions and systemic failures that led to Hamas's attacks that day.

Generously underwritten by



Community Partners:



With additional support from

**Gary and Marcia Stern Family Foundation**



**HADASSAH**  
 Rochester Chapter





### Fiction Panel Lunch

November 15, 12pm

Sara Goodman Confino, *Don't Forget to Write*  
Lee Matthew Goldberg, *The Great Gimmelmans*  
Samantha Green Woodruff, *The Trade Off*

This year's authors bring us to Jersey shore, Wall Street and along a madcap RV ride, with the theme of Jewish identity woven throughout. Moderated by **Ellen Comisar**.

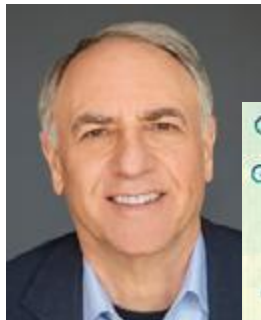
Generously Underwritten by **The Rubens Family Foundation**



### Rochester's Own: Coffee and Games!

November 17, 10am

Professor Stephen Jacobs discusses Jewish "Game Changers" who shaped the Western Industrialized toy, game, pinball, and video game businesses. We'll have games for you to play after the talk!



### Rochester's Own: Brown Bag Lunch and Learn

November 18, 12 PM

Peter Lovenheim, *Giftshop of Gratitude*

Through the lens of twenty common gift shop souvenirs, you are prompted to recall and organize all the things in life you're most grateful for. Join Peter for a brief talk about the book, followed by conversation and Q&A. Bring your own lunch or purchase ahead of time from Fox's.

Generously underwritten by **Harold and Judy Samloff**



### Community Reads Event with JLearning

November 19, 12pm

David-Seth Kirshner, *Streams of Shattered Consciousness: A Chronical of the First 50 Days of the Israel-Hamas War*

Lunch with Rabbi Kirshner as he discusses his book and experiences. Moderated by **Joy Getnick**.

Generously Underwritten by: **Ames Amzalak Memorial Trust**

Community Partner: **JCC Jewish Life**



### Closing Day with Abigail Pogrebin and Rabbi Dov Linzer

November 21, 7pm

Abigail Pogrebin & Rabbi Dov Linzer, *It Takes Two to Torah*

Join the authors as they talk their way through the Five Books of Moses with candor, humor, emotion, personal revelation, and scholarship.

Generously underwritten by: **Dan and Victoria Goldstein**

Community Partner:



*This listing reflects sponsorships and partnerships as of August 9, 2024.*





# September 10–21

2 Stages, 12 Days, 54 Shows!

## A Festival Within a Festival...

### Five Jewish-Themed Shows at Rochester Fringe Festival

The JCC is once again a Rochester Fringe Festival venue, and our schedule is packed with great theatre, music, and more. The JCC will be home to several acclaimed Jewish-themed productions that are coming to Rochester from around the world!

Full Schedule + Tickets at [rochesterfringe.com](http://rochesterfringe.com)



#### Daniel Cainer: Gefilte Fish & Chips

September 15, 12:30pm  
September 16, 8pm

Daniel returns to the JCC after an acclaimed run in 2023 with more stories in song from this multi award-winning musical storyteller. Cainer's stories

are about all our families and all our foibles, lovingly and intelligently depicted. Smart, funny, timely and deeply moving.

BUY TICKETS



#### Eleanor's Story: An American Girl in Hitler's Germany

September 12, 8:30pm  
September 13, 6:30pm  
September 14, 1pm  
September 15, 1pm

Ingrid Garner's internationally

acclaimed adaptation of her grandmother's award-winning WWII memoir traces 9-year-old Eleanor Ramrath Garner's path from the U.S. to Germany, where her family moves in pursuit of work during the Depression. But when war breaks out as they are crossing the Atlantic, return home becomes impossible.

BUY TICKETS



#### Exiles in Paradise September 11, 7pm

Part documentary film, part performance piece, and part recital, the show spans the lives of Europe's composers and artists who fled to L.A. from the rise of the Nazi party, the war, the Holocaust, their exile and influence

in Hollywood to the final chapter of those emigres who were brought to trial in America during the McCarthy Era.

BUY TICKETS



#### The Israel Monologues: David Killimnick Stand-Up Comedy

September 10, 7pm  
September 15, 2:15pm

The Jewish expat returns to the JCC and takes you on the roller coaster of immigration and life overseas, as he

brings you the Israel Comedy Experience. Always the outsider, David uses what he has learned in his travels to share his newfound point of view on Israel, his childhood, religious life and America.

BUY TICKETS



#### Moses Man: Finding Home

September 10, 7:30pm  
September 12, 7pm

This musical tells the true story of Holocaust Survivors Lily and Kalman Haber, who fled Vienna, Austria during Hitler's annexation and their perilous nine-year journey of displacement

through Europe, Cyprus, Palestine, and Africa to find home and freedom in Rochester, NY.

BUY TICKETS

Don't miss our  
other fantastic Fringe  
shows including:

**Coldwater Blues**  
featuring JCC's own Myriah Marsh-Hall

**Banachek's Mind Games Live**  
World-class mentalism act

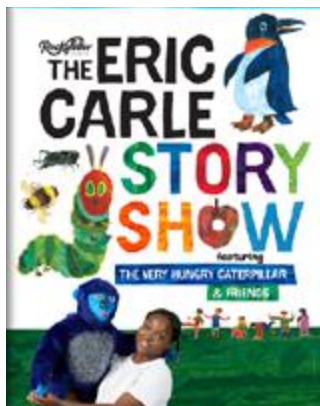
**Vocal Point with the YellowJackets**  
U of R a cappella



# TYKEs' 20<sup>th</sup> Anniversary Season!

Tickets available soon at [tykestheatre.org](http://tykestheatre.org)

- Top 5 favorite places in town to bring kids
- #1 in performing arts (for the 14<sup>th</sup> year in a row!)
- #1 in arts education



## The Eric Carle Story Show

featuring *The Very Hungry Caterpillar & Friends*

November 7–10, 2024

Experience the colorful characters of world-famous author Eric Carle in a whole new way as we help *The Very Hungry Caterpillar* on his timeless journey! Three new stories grace the TYKEs stage for the first time: *From Head to Toe*, *The Very Quiet Cricket* and *Little Cloud*. This innovative premiere production brings some of your favorite Eric Carle stories to life in an intimate storytelling setting by world-class puppeteers and 45 handcrafted, magical puppets.

## Press Here, the Musical

January 11–19, 2025

The stage is set for adventure as the longest-running picture book on the **New York Times** bestseller list bounces to life on stage — and you're at the center! The performance can't go on without you, the audience, as **you** become an integral part of the show! Immerse yourself in a world where the red, yellow and blue dots come alive and create mischief on stage in a unique and very interactive way!



Our Missoula Children's Theatre show-in-a-week is BACK by popular demand!

## Hercules

March 10–15, 2025

The Olympic Games are starting soon in Ancient Greece, and the Cyclops and Titans are both expecting to win big — but the tournament can't start without Hercules. Will the legendary strongman of the ancient world spark the flame and start the festivities on time, or will his legendary tardiness get in the way? A jovial story with a meaningful message that true strength lies not in our muscles but in our character.

Aspiring young thespians can enjoy the epic adventure in two ways: as an audience member or as a performer! Fabulous on-stage roles for kids ages 5 and up in this full-scale musical complete with sets, props and costumes! Registration opens in September. No prior acting experience necessary.

## Rapunzel

March 29–April 6, 2025

A modern adaptation of the long-haired princess and her climbing suitor, hilariously written by the creators of *Friends* and *Veronica's Closet*. This uber-witty tongue-in-cheek retelling of the famous fairytale, *Rapunzel* is the very first show TYKEs ever created! We've never repeated a show title in TYKEs' entire history — until now! To celebrate our 20th anniversary, we're bringing this comedic show that launched TYKEs two decades ago — one of our favorite shows of all time — to a new generation of audience members!





# Your donations help cover community care

**MAKE A GIFT!**

Please consider a meaningful gift today.  
The JCC is a 501(3)(c) nonprofit.







Our JCC program guide contains programming that reflects the J in our name – opportunities to enrich understanding of our Jewish culture and values, build community and more. This programming is denoted by a J and is open to all!

**Cancellation Policy for JCC Fitness, Wellness, Aquatic, and Recreation Programs**

Contact the front desk or program director.

Notice of Cancellation:

- 15+ days prior to program start: full refund
- 8–14 days prior to program start: 75% credit
- 4–7 days prior to program start: 50% credit
- 1–3 days prior to program start: 25% credit
- No refunds offered on or after start of program

For CenterStage or Concert Series ticket cancellations, contact [centerstage@jccrochester.org](mailto:centerstage@jccrochester.org).

The JCC is a 501(c)(3) nonprofit organization.

**JCC POLICIES**

Member Services

585.461.2000

[membership@jccrochester.org](mailto:membership@jccrochester.org)

The William & Mildred Levine Bldg  
1200 Edgewood Avenue  
Rochester, NY 14618



Adult enrichment from our partners, **Rochester Regional Health and Lifespan**, can be found on our website.



**HAVE YOU MET OUR PARTNERS?**

**LEARN MORE**