



MANDELL JCC
Greater Hartford

WINTER 2024

PROGRAMS & CLASSES



REGISTRATION

OPENS FOR JCC MEMBERS
Monday, Dec 11, 9:00am

OPENS FOR ALL
Monday, Dec 18, 9:00am

See page 6

JOYCE D. AND ANDREW J. MANDELL JEWISH COMMUNITY CENTER

Zachs Campus | 335 Bloomfield Ave | West Hartford, CT 06117 | 860-236-4571 | www.mandelljcc.org




MANDELL JCC COMMUNITY DONOR CIRCLE

Every day, thanks to our generous supporters in the Community Donor Circle, the Mandell JCC brings people together...makes us healthier...educates our children...supports those in need of assistance...and strengthens our connection to our culture, our community, and each other.

As a nonprofit organization that helps to build community every day, the Mandell JCC depends on your generous gifts to guarantee that the many vital and meaningful programs our members and neighbors rely on can continue to provide transformative experiences.

We are so grateful to our Pillars, Builders, Sustainers, Pacesetters and Friends who make a real difference. Please consider making a donation. Every act of generosity counts, and each means even more when we give together.

Did you know that a gift of stock helps to avoid capital gains taxes, while you are able to claim an income deduction for the stock's full market value? The full value of your gift can support our mission!

Contact us to learn more about how to give a stock gift:
Elana MacGilpin, emacgilpin@mandelljcc.org, 860-231-6317

MANDELL JCC
PILLARS SOCIETY

MANDELL JCC
SUSTAINERS

MANDELL JCC
BUILDERS

MANDELL JCC
PACESETTERS

MANDELL JCC
FRIENDS

MANDELL JCC
PARTNERS

www.mandelljcc.org/support

Hold your device over this QR code so it is clearly visible within your smart device screen.



We Stand with ISRAEL

Now and Always

Dear Members and Community,

Today, in the midst of the war in Israel, the need for community is greater than ever. As we face these challenging times, it's our shared bonds and support for one another that can provide the strength and comfort we all seek.

At the core of everything we do lies our unwavering belief in the power of community connections. We are committed to being an inclusive hub that welcomes individuals of all ages, backgrounds, stages, and beliefs. Our J serves as a place where generations come together, bridging the gaps between diverse experiences and backgrounds, and enriching each other's lives through shared moments.

We understand that in the hustle and bustle and the demands of daily life, it's easy to forget to take time for ourselves. We want you to know that you can find that balance within our community. At the Mandell JCC, we are dedicated to our community members, providing support to help you nurture your well-being and thrive.

Within the pages of this program guide, you will discover a wide range of classes, programs, and events that offer numerous opportunities to engage with our diverse community. These opportunities allow us to nurture our health and happiness and contribute to the well-being of those around us.

We extend our heartfelt gratitude to each of you for being an essential part of our Mandell JCC. We look forward to the many shared moments of warmth and connection that this winter season will undoubtedly bring to our community.



David Jacobs

David Jacobs
President & CEO



Steven M. Greenspan

Steven M. Greenspan
Board Chair

CONTENTS

Membership Information	3
Community Donor Circle	4
Board of Directors	4
Israel Programming	6
Aleph	7
Jewish Holidays	8
Youth Strength Performance Center	10
JFit	11
Group Fitness	13
Pilates	15
InBody/MyZone	17
Adult Aquatics/Sports	19
Personal Training	21
Health Clubs	22
Holistic Health Options	23
Adult Wellness	24
Adult Classes & Programs	26
New American Seniors	29
Special Needs	31
Arts & Culture	32
Karate School	35
Swim Classes	36
Sharks Swim Team	37
J Center Stage	38
Dance Studio	39
Youth & Teen Sports	40
Youth & Teen Classes & Programs	41
School Vacation Programs	42
Social Action	43
Birthday Parties	44
Birth to Five Sports	45
Birth to Five Classes & Programs	46
Family Events	49
Facility & Venue Rentals	51
Early Childhood Centers	53
Summer Preview	54
Fitness Center at Saint Francis	57
Maccabi Team Hartford	58
Corporate Team Building	59
Staff Directory	60

HOW TO REGISTER

Online: www.mandelljcc.org

In Person: Member Services Center

Phone: 860-236-4571

Fax: 860-233-0802

MANDELL JCC

Zachs Campus, 335 Bloomfield Ave.

West Hartford, CT 06117  



Programs provided by the Mandell JCC are funded, in part, by dollars raised through the Jewish Federation's annual campaign. We are proud to be Mandell JCC's partner in providing services to enhance the education, heritage and social commitment in our local and global Jewish community.



Through donor and endowment funds, the Jewish Community Foundation of Greater Hartford is proud to support the Mandell Jewish Community Center. Together, we envision a thriving and vibrant Greater Hartford Jewish community now and in the future.



Empowerment

Noun: /im'pouərmənt/

The process of enabling individuals and communities to take control of their lives, make choices, and achieve their goals.

It's about fostering a sense of self-belief and confidence.

"Empowerment is the key to personal and collective growth."



DATA-MAIL

Direct success. Delivered.

The Mandell-Braunstein Family is proud to partner with the JCC in building community.





The Mandell JCC is your community center. Join us for a class, exercise your mind or body, enjoy a cultural event or holiday program, or become a volunteer. **You Belong Here!**

Joining is easy! No annual contracts; memberships are month-to-month with a variety of plans for maximum flexibility. A joining fee (due with 1st payment) is applicable to all new members.

For more information, please stop in or call the Member Services Center, 860-236-4571.

Accessibility

The Mandell JCC welcomes everyone regardless of age, race, religion, national origin or special need. The Mandell JCC is committed to fostering a culture of inclusion and to enabling individuals to participate in social, cultural and educational experiences whenever possible and affordable.

Requests for effective communication should be made at least eight (8) business days in advance of a spoken word event to Sharon Holtzberg, 860-231-6311 or sholtzberg@mandelljcc.org. Every effort will be made to provide the requested effective communication aid or service.

JCC Hours

For up-to-date hours please check our website www.mandelljcc.org.

Special Hours

Hours in observance of Jewish and other holidays will be posted at the facility, in our e-newsletter, JToday, and on www.mandelljcc.org.

Weather Alerts

Facility advisories, weather closings and delayed or revised hours will be posted on www.mandelljcc.org. Early Childhood Center families should call 860-231-6344 or 860-231-6345 for important updates. Sign up for text message alerts at www.mandelljcc.org/alerts.

To be eligible for the JCC member rate for classes and programs, JCC membership must be in good standing through the duration of the class. A class refund will be given if the participant withdraws one week prior to the beginning of the activity. Refunds will not be given once a class has begun. For swim class refunds, please see page 36.

Financial Assistance

No one is denied membership or access to programs because of inability to pay the full rates. Financial assistance is awarded based on demonstrated need. For more information visit www.mandelljcc.org/financialassistance or contact Kim Corona Charron, 860-231-6439, kcharron@mandelljcc.org

Membership Benefits

Fitness & Wellness Wing

- 22,000 square foot Hoffman Field House with full-size gymnasium for basketball, volleyball, indoor soccer, pickleball, etc.
- 7,000 square foot fitness center with 70+ pieces of cardiovascular equipment, strength training circuits & Octagon
- 3 state-of-the-art Group Fitness Studios, enabling us to offer multiple classes during prime times. 2,000 square foot all-purpose studio, dedicated cycle studio with 25 Matrix indoor cycle bikes and 1,000 square foot yoga studio
- Full aquatics center with lap pool, training pool and whirlpool
- 65+ weekly land, water, and virtual group fitness classes
- Indoor, year-round jogging/walking track
- Certified & experienced personal trainers & fitness specialists available
- JFit – 6 complimentary orientation sessions with fitness & wellness professionals to get you acquainted with our facility and our services (\$300 value for FREE)
- Men's & women's locker rooms (handicap accessible)
- Family locker room with private showers/changing areas (handicap accessible)
- Reciprocal guest privileges at other Jewish community centers

Family Room Parenting Center

- A place to play and meet other families with young children
- Interactive classes for parents/caregivers and infants, toddlers & preschoolers
- Drop-off enrichment classes for ages 3 to 5
- Jewish holiday family programs
- Entertaining and educational family events
- Playgroups
- Weekend Tumbling for Tots
- JBaby
- PJ Library program

Culture/Community

- Chase Family Gallery
- Access to lectures and shows in the 375-seat Herbert and Evelyn Gilman Theater
- Jewish Book Festival, Hartford Jewish Film Festival, and holiday programming for individuals and families

Additional Fee-Based Services

- Men's & Women's Health Clubs
- Personal Training
- Small Group Training Classes
- Private & Group Swim Lessons
- Babysitting
- After School Care
- Birthday Parties
- Early Childhood Center
- Sharks Swim Team
- Holistic Health Options
- Youth Training Center

MANDELL JCC PILLARS SOCIETY

Our dedicated Pillars have helped the JCC successfully touch the lives of so many people in our community. We are so grateful for their dedication to building and strengthening our community.

VISIONARIES

Federman Family
Hoffman Family

Mandell Braunstein Family
Temkin Family
Zachs Family

LUMINARIES

Robin & David Gelles & Family
EJ & Steven M. Greenspan

Roberta Woronow & Theodore Kaplan
Lazowski Family
Renee & Bob Samuels

TRAILBLAZERS

Robert Kennedy
Gail & Harold Kirstein

Joyce & Richard Leibert

INNOVATORS

Cheryl Chase & Stuart Bear
Sandra & Arnold Chase
Cheryl & David Epstein
Amy & Richard Fechter
Lisa & Peter Fishman
Joan & Gary Greenberg
David Jacobs
Todd Kaufman

Stephen & Tali Kest
Arlene & Daniel Neiditz
Ann & Jeremy Pava
Randi & Steven Piaker
Richard & Lea Rubenstein
Debbie & Jim Shmerling
Mickey & Michael Weinstein

As of October 27, 2023

2023-2024 Mandell JCC Board of Directors

BOARD CHAIR

Steven M. Greenspan

PAST BOARD CHAIR

Bradford Drazen

VICE CHAIRS

Meryl Braunstein
Kathy Fishman
Matthew Hoffman
Karen Tuviv

SECRETARY

Debbie Mehlman

TREASURER

Joshua Feldman

ASSISTANT TREASURER

Jeffrey Azia

BOARD MEMBERS

Megan Carannante
John Henry Decker
Richard B. Fechter
Michael Fishman
Ben Fuchs
Jessica Gagnon

Tracy Gelles
Monica Gold
Stein Helmrich
Dennis House
Amanda Katzman
Tamara Kagan Levine

Robert Krug
Irene O'Connor
Molly Polk
Ian Polun
Max Reiss
Jesse Samuels

Evan Schiff
David Shapiro
Debbie Shmerling
Ronit Shoham
Rebecca Stewart
Ruthan Wein

TEEN REPRESENTATIVES

Simon Levy

Lily Temkin

LIFE OFFICERS (PAST PRESIDENTS)

Michael P. Berman
Richard B. Fechter
Peter Fishman
Jeffrey S. Hoffman

Theodore N. Kaplan
David A. Klau
Joyce D. Mandell
Brian J. Newman

Lewis Rabinovitz
Richard C. Robinson
Melvin A. Simon
Gayle W. Temkin

Roberta Woronow
Eric M. Zachs

LIFE OFFICERS

Debbie Elman
Jean S. Federman
Bruce A. Fischman

Patricia Kazakoff
Alys Krichavsky
Andrew J. Mandell

Ursula Marx
Susan Schenker

Mark Seltzer
Judith Siegal

LIFE DIRECTORS

David Baram
Leigh N. Farber
Debra G. Fischman

Diane Greenfield^{z7}
Martin Levitz
Ellen K. Roth

Stuart Roth
Robert T. Samuels
Judith M. Zachs

Community Donor Circle

We express our profound appreciation for our Community Donor Circle members who have so generously supported the Mandell JCC. We are proud of the community we are building together.

To learn more about the Community Donor Circle and the benefits provided to all donors, contact Elana MacGilpin, 860-231-6317, emacgilpin@mandelljcc.org.



MANDELL JCC SUSTAINERS

Jillian & Joshua Feldman | JP
Arnold Greenberg

Monica & Matthew Hoffman | J
Alys & Jack Krichavsky

Robert Naboicheck
Annette & Paul Shapiro

MANDELL JCC BUILDERS

Alisha & Ron Cipriano | JP
Marcia & Alan Cornell
Joan & Daniel Fine
Evelyn & Michael Fishman
Kristin Churila & Benjamin Fuchs | J
Jessica & Jason Gagnon | J
Tracy & Matthew Gelles | JP
Monica & Lee Gold
Francine & Robert Goldfarb
Amy & James Goldman
Rona Gollob
Zadelle & Arthur Greenblatt
Rhonda & Jim Heisler
Ross Hollander

Amanda & Aaron Katzman | JP
Patricia & Michael Kazakoff
Lois & Chuck Koteen
Tammi Kraushaar
Beth & Cary Lakenbach
Karen & Morris Later
Ellen & Mark Lescher
Judy & Merrill Marks
Stefanie & David Ochs | JP
Anne Martha & John Pitegoff
Kelley & Max Reiss | J
Judy & Frank Resnick
Anndee & Richard Robinson
Susan & Jesse Samuels
Leslie Sax

Susan & Michael Schenker
Julie & Evan Schiff
Janet & Steven Selden
Brittney & Matthew Seltzer | J
David Shapiro
Joan & Paul Shapiro
Melvin Simon
Dr. Jay Smith^{z7}
Waldman/Pearlman/Seltzer Family
Lois Siegal
Karen & Alan Tuvin
Ruthan Wein
Leslie & Richard Weinstein
Ellen Woodruff
Mary-Jane Eisen & Robert Yass

MANDELL JCC PACESETTERS

Alexandra Abed | J
Carrie Berman & Ronald Apter
Rebecca & Jeffrey Azia
Harriet Cutler & David Bass
Shari & Arnie Baum
Khrystyna Stefak & Greg Benites | J
Lauren & David Bergman | J
Lisa & Evan Berman
Melissa & Lee Bloom | J
Miriam & Tuvia Brander | J
Barbara & David Brown
Maryann & Gerald Burns
Megan and Vincenzo Carannante | J
Kim & David Charron
Stanley Cherry
Sharon & Stephen Conway
Stephanie Coroso | J
Melinda & John Henry Decker
Angelique & Franklin Dempsey
Lauren & Brad Drazen
Kathy & Ronald Fishman
Muriel & Karl Fleischmann
Irene O'Connor & Matt Fleury
Jennifer & Adam Garelick | J
Wendy Amblo & William Glucksman
Blanche & Steven Goldenberg
Lindsay & Michael Goltzman | J

Robert Gordon
Karina & William Goykman
Jennifer & Stein Helmrich | J
Amy & Jonathan Herzog
Kara Sundlun & Dennis House
Mindy & Jeremy Jason | J
Rachel Lutzker Jorgensen &
David Jorgensen | J
Barbara & David Klau
Robert Krug
Nina & Jordan Kunkes | J
Fran & Frederick Landy
Tamara Levine
Irene & Stuart Mahler
Kimberly & Scott Margolis
Kimberly Cohen & Adam Marks | J
Debbie & Peter Mehlman
Roberta & Benson Monastersky
Rick Moss
Rebecca Stewart & James Muro
Robert Newman
Michael Goldberg & Emily Norman | J
Leah & Andrew Paller
Beth & Daniel Papermaster
Joanne & Saul Pasternack
Ivy & Avinoam Patt
Molly & Ryan Polk | J

Maryanna & Konstantin Polukhin
Debra & Ian Polun
Barbara Portnoy
Claire & Aaron Puzarne | J
Patricia & Lewis Rabinovitz
Marion & Seth Radeen
Erin and Jason Rickel | J
Bishop Peter Rosazza
Elisabeth Kostin & Doron Roth | J
Rachel & Jason Rudnick
Justin & Sarah Sanders | J
Naomi & Matthew Scheinerman | J
Toby Schuman
Patricia Schuster
Jennifer Sharp
Ronit Shoham
Ronny & Elbert Siegel
Debbie & Jason Silverman | J
Laurie & Isaac Silverman
Kathryn Gonnerman & Darrell Tibbles | J
Rachel Leventhal-Weiner &
David Weiner | J
Melissa & Randall Weinstock
Amanda Kushner & Ran Zhao | J

As of October 27, 2023 | J = JNext | JP = JNext Pillars

ISRAEL PROGRAMMING



Jewish Federation
of Greater Hartford

Funded in part
by the Jewish
Federation's
annual campaign.



Deepening Connections to Israel

As I begin my second year as your emissary, I continue to be here as your connection to Israel. The war in Israel has changed so much in all of our lives. Now more than ever I am here for you. My door is always open, I am a phone call away, or you can stop by the JCC for weekly "Shalom Sips" to answer questions, have informal conversations, deal with emotions, find out how you can help, learn about programs and future initiatives.

The people in Israel, from soldiers to the homeless, have many needs for survival. Please check our new "Israel Board" (next to Health and Wellness board), the JCC website and JWeekly for updated information and find out how you can help. Our support for the people of Israel is more important than ever, and together we can help make a difference.

Reach out at any time, aperetz@mandelljcc.org, 860-231-6331

Asif Peretz, JCC Shlichah (Emissary)

SHALOM SIPS

Stop by Café J, enjoy a free small coffee and engage in an informal conversation with Asif on all things Israel, Hebrew, Judaism or whatever is on your mind.

Thu 9:00-10:00am Ongoing

Free and open to all

INTERNATIONAL WOMEN'S DAY

Thu. Mar 7, 6:00pm

Join us for a night of celebrating our community's remarkable women and their stories.

ISRAELI FOLK DANCING

Instructor: Marla Cohen

Weekly instruction followed by open dancing.

No partner necessary

Tues 6:45-9:00pm Ongoing

Free and open to all

Information, twinkletoesmarla@aol.com
or 860-490-8336

COMMUNITY WISHING TREE

Tue. Jan 23, 3:00-5:00pm

Create a leaf for our community wishing tree, make your own trail mix and decorate a birthday card celebrating the trees.

Free and open to all

PURIM: HAMANTASHEN - MAKE THEM AND BAKE THEM AT HOME

Wed. Mar 20, 3:00-5:00 pm

Join us for Purim fun! Choose your favorite filling to make delicious hamantashen (triangle shaped cookies) and create a holiday craft.

Free and open to all

ISRAELI BOOK AND FOOD CLUB FOR ISRAELIS

הפגישה תתקיים פעם בחודש במרכז
הקהילתי – תאריכים ייקבעו בהמשך,
להצטרפות אנא שלחו לי מ"ל.

TU B'SHEVAT

Thu. Jan 25, 9:00am-12:00pm

Stop by our holiday table next to member services before or after your workout to make your own Tu B'Shevat trail mix as we celebrate the birthday of our trees.

GOOD DEEDS DAY

Sun. Apr 14, 2:00-4:00pm

"Doing good – spreading good" Volunteer Fair

Online Registration

Program registration for JCC MEMBERS opens Mon. Dec 11, 9:00am.

Program registration for ALL opens Mon. Dec 18, 9:00am.

For step-by-step instructions on how to create an online account, visit:

www.mandelljcc.org/registration

We recommend you have your online account ready before the day of registration.

For questions or support contact
jfarrell@mandelljcc.org, 860-231-6329.





Funded By:



Hosted By:



Sponsors:



ALEPH 2024

The Land of Israel in Jewish Thought

Thursdays at 7:00pm | February 15-March 28, 2024 | Mandell JCC

Zachs Campus, 335 Bloomfield Ave., West Hartford, CT 06117

The Institute of Jewish Ideas is a community-wide Jewish learning initiative, supported by a community donor through a family fund at the Jewish Community Foundation.

This year's program will explore the evolution of "the Land of Israel" in Jewish thought from the Bible, to the teachings of the Rabbis, the place of the Land in the Jewish imagination in the medieval period, and finally its evolution in religious, cultural, and political terms in the modern period.

SESSION SCHEDULE:

- February 15: Deena Grant, "The Land of Israel in Biblical Thought"
- February 22: Yoni Miller, "The Land of Israel in Biblical and Rabbinic Thought"
- February 29: Yoni Miller, "The Land of Israel in Biblical and Rabbinic Thought" (Part 2)
- March 7: Dana Fishkin, "The Land of Israel in Medieval Jewish Thought"
- March 14: Avinoam Patt, "The Land of Israel and Modern Jewish Political Thought"
- March 21: Avinoam Patt, "The Land of Israel and Zionist Thought"
- March 28: Concluding panel discussion with course instructors

Hybrid Sessions: The series will be offered in-person at the Mandell JCC and online via Zoom for those who would like to join remotely.

\$18 per person for the series

To register, visit MandellJCC.org/tix.

Registrants will receive Zoom links the day of each event.

For More Information:

Contact Avinoam Patt at avinoam.patt@uconn.edu.

Financial assistance is available for those in need.



Dr. Dana Fishkin



Dr. Deena Grant



Dr. Yonatan "Yoni" Miller



Dr. Avinoam J. Patt

Jewish Holidays

Holidays begin at sundown the previous day.
Holiday hours are listed on www.mandelljcc.org.
For more Jewish resources visit www.myjewishlearning.com.

SHABBAT

Begins Friday at sundown and ends sundown on Saturday every week.

Shabbat (the Sabbath or Day of Rest) is observed each week from sundown Friday until the appearance of three stars in the sky on Saturday night (Havdalah). To sanctify the Sabbath, blessings over candles, wine and a special braided egg bread, challah, are shared on Friday evening.

Shabbat is a day of rest and spiritual enrichment in synagogue or at home and is eagerly awaited throughout the week. By “unplugging” from work and concerns, time is devoted to relaxation and how to live a good life. Shabbat provides renewal through meditation, special meals, and walks. It is a joyful evening and day spent with family and friends before the demands of the next week begin.

Shabbat is welcomed every Friday in the Early Childhood Center and the JCC building, and all families with young children are invited to our PJ Library Shabbat Club.



TRADITIONAL GREETINGS

Shabbat Shalom or Gut Shabbos
(Wishing you a good and peaceful Sabbath)

TU B'SHEVAT

Begins Sundown on Wednesday, January 24 through sunset on Thursday, January 25

Tu B'Shevat is known as the New Year of the Trees or the Trees' Birthday. It is the beginning of spring in Israel with the first almond blossoms opening. It is traditional to eat fruits from Israel called the 7 species: figs, dates, grapes, olives, pomegranates and wheat. It is also a time to eat new fruits and to say the *Shehechyanu* (a prayer for experiencing something new).

The Tu B'Shevat seder is a celebration of our relationship with nature and with fruit trees in particular, and a time for reflection. Many enjoy a Tu B'Shevat seder which is structured like a Passover Seder. The Seder is divided into four sections. Each section includes eating specific fruits with 4 cups of wine symbolizing the seasons, and different aspects of the trees and our own lives.



TRADITIONAL GREETINGS

Chag Sameach (Happy Holiday)

PURIM

Begins Sundown on Saturday, March 23 through sunset on Sunday, March 24

This joyous holiday celebrates the salvation of the Jewish people from the wicked tyrant Haman by Queen Esther and her cousin Mordechai. The mitzvah of giving, mishloach manot, comes from the Book of Esther. There are several traditions that take place on Purim: we give gifts to the poor, we read the megillah (the Purim story), we eat a festive meal (seudah) and we give mishloach manot (gifts of food) to our friends and enjoy hamantashen, triangle shaped filled cookies, named for the villainous Haman. Purim merry making includes carnivals and costumes.

TRADITIONAL GREETINGS

Chag Sameach or Chag Purim Sameach



PASSOVER

Begins sundown on Monday, April 22 through sunset on Tuesday, April 30.

The JCC closes at 3:00pm on April 22, and remains closed on Tuesday, April 23

The JCC closes at 3:00pm on Sunday April 28, and remains closed on Monday, April 29

Passover is truly a celebration of freedom from slavery in Egypt. Passover (in Hebrew, Pesach) is a one week celebration of spring, birth and rebirth, of a journey from slavery to freedom, and of taking responsibility for yourself, the community and the world. It commemorates the exodus of the Jews from slavery in Egypt. Pesach means “to pass over” which refers to the plague of the killing the first born by the Angel of Death passing over the homes of the Jews.

Passover is one of the most universally observed Jewish holidays, with family and friends rejoicing around the seder table. At Passover we remember “Let all who are hungry come and eat” and “Let all who are in need, come and share the Passover meal.” The Passover Seder reminds us that we know firsthand the suffering and degradation faced by those who are poor. We know the sharp pain of hunger, the slavery that is poverty and persecution. And we also know that this memory, this shared experience, compels us to act.

The first two and last two days are observed as holy.



TRADITIONAL GREETING

Chag Sameach or Chag Pesach Sameach

YOM HASHOAH

**Sunday, May 5 (at sunset) –
Monday, May 6**

Holocaust Remembrance Day memorializes the six million Jews who perished as victims of the Nazis in World War II with community gatherings, prayers, songs and survivor testimonies. Shoah, which means catastrophe or utter destruction in Hebrew; also is known as the Holocaust. Yom HaShoah reminds us of the horrors that Jews and other persecuted groups faced: forced labor, starvation, humiliation and torture which often resulted in death.

In Israel, for 24 hours (from sunset to sunset) all places of public entertainment (theaters, cinemas, nightclubs, pubs, etc.) are closed. The most noticeable feature of the day is the sound of a siren that is heard throughout the country twice, during which the entire nation observes a two-minute “standstill” of all traffic and daily activities. The first siren marks the beginning of Memorial Day at 8 p.m., and the second is at 11 a.m., before the public recitation of prayers in the military cemeteries. All radio and television stations broadcast programs portraying the lives and heroic deeds of fallen soldiers. Most of the broadcasting time is devoted to Israeli songs that convey the mood of the day.

Many commemorate Yom HaShoah by lighting yellow candles to keep alive the memories of the victims. Most synagogues and Jewish communities gather together to mark the day through worship and the stories from survivors.

YOM HAZIKARON

**Sunday, May 12 (at sunset) -
Monday, May 13**

Israel's Memorial Day recalls the sacrifices of soldiers who gave their lives in defense of the Jewish state and memorializes victims of terror. Celebrated annually before Israeli Independence Day, the juxtaposition serves as a tribute and reminder that freedom and safety enjoyed daily in Israel is only possible because of the individual heroes who made the ultimate sacrifice for our people and our shared dreams.

As on Yom HaShoah, the entire country stops again with the siren, followed by a recitation of prayers in the military cemeteries. No segment of Israel's population has been spared, so public ceremonies, visiting graves of loved ones and leaning on each other for strength, hope and willingness to thrive and persevere ensures that their lives were not lost in vain.



YOM HA'ATZMAUT

Monday, May 13 (at sunset) - Tuesday, May 14

Israel Independence Day celebrates the founding of the modern state of Israel in May 1948, marked by celebrations including parades, concerts, barbecues, outdoor festivities and Israel-themed parties. Moments after the sun sets on Yom HaZikaron, the flag is raised from half-staff to full height and an emotional switch from tears to joy is flipped. Jewish communities around the world join in solidarity with Israel and each other.

Yom Ha'atzmaut in Israel is always preceded by Yom Hazikaron, Israel's Memorial Day for the fallen soldiers. The message of linking these two days is: Israelis owe their independence — the very existence of the state — to the soldiers who sacrificed their lives for it.



M A N D E L L J C C

J YOUTH PERFORMANCE CENTER

Looking to elevate your fitness routine?
Need an edge for team tryouts?
Seeking supplemental training for your winter sport?

Let our expert trainers, Paul Pino, Tim Baxer and Spencer Brazalovich, guide you through group programs tailored for two age groups: 7-10 years-old and 11-15 years-old.

Who Can Benefit? All Are Welcome!

Youth strength and conditioning training programs are open to everyone between the ages of 7 and 15-years-old, from athletes seeking extra training for their sport to youth interested in starting a new training routine.

Reach New Heights with Us

Gain strength and power, enhance conditioning and agility, boost your sports performance.



For more information about Youth Strength & Conditioning Classes and Youth Personal Training, scan the QR Code or visit www.mandelljcc.org/youthtraining.





The JFit orientation program is a benefit of your membership to help you get started.

For more information or to schedule one or all of these sessions, please contact Kathy Armstrong-Crouch, Staff Exercise Physiologist and On Boarding Coordinator, 860-231-6337, kcrouch@mandelljcc.org

Jr. JFit Orientation (Ages 12-16)

Required orientation for using the Fitness Center. A 45-min session demonstrating specific cardio and strength machines, while reviewing their goals and the guidelines of our main fitness center.

Fitness 101 (30-minute Orientation)

During Fitness 101, we'll give you a quick rundown of the equipment and take you on a more detailed walk-through of the entire fitness center. This orientation is designed make sure you feel confident and empowered to utilize the facilities as you begin tackling your fitness goals.

Personal Training 101

In this 30-minute session, you will meet with one of our skilled J Personal Trainers. They will conduct an assessment, discuss your fitness goals, and guide you on how to effectively utilize personal training to achieve them.

Group Fitness 101

Meet with one of our Group Fitness Team Members to learn about all of our group fitness opportunities and options. Gain helpful information on how to create a cohesive schedule combining cardio, strength and flexibility training through group fitness.

Aquatics 101

Meet with our Aquatics Director to explore the offerings of our Aquatics Center. Learn about our classes, lap pool options, and how water-based activities can enhance your health and well-being. Dive in and make a splash!

Pilates Reformer 101

Meet with one of our Pilates instructors to learn what the Reformer is all about. Your instructor will give you a demo according to your capability. All levels welcome!

Elevate your Fitness Journey at the Mandell JCC

Monthly Fitness Challenges

Get ready for the January Health & Wellness Challenge, the February Partner Challenge and our March Madness Team Challenge! Look out for our "Get Ready for Summer Challenge" in May with Personal Trainer, Sam!

JFit Calendar

This calendar let's you know when our J-Table and Member Appreciation tables (prizes and goodies), our pop-up and demo classes, as well as our Jr. Fit orientation days/times will be happening.

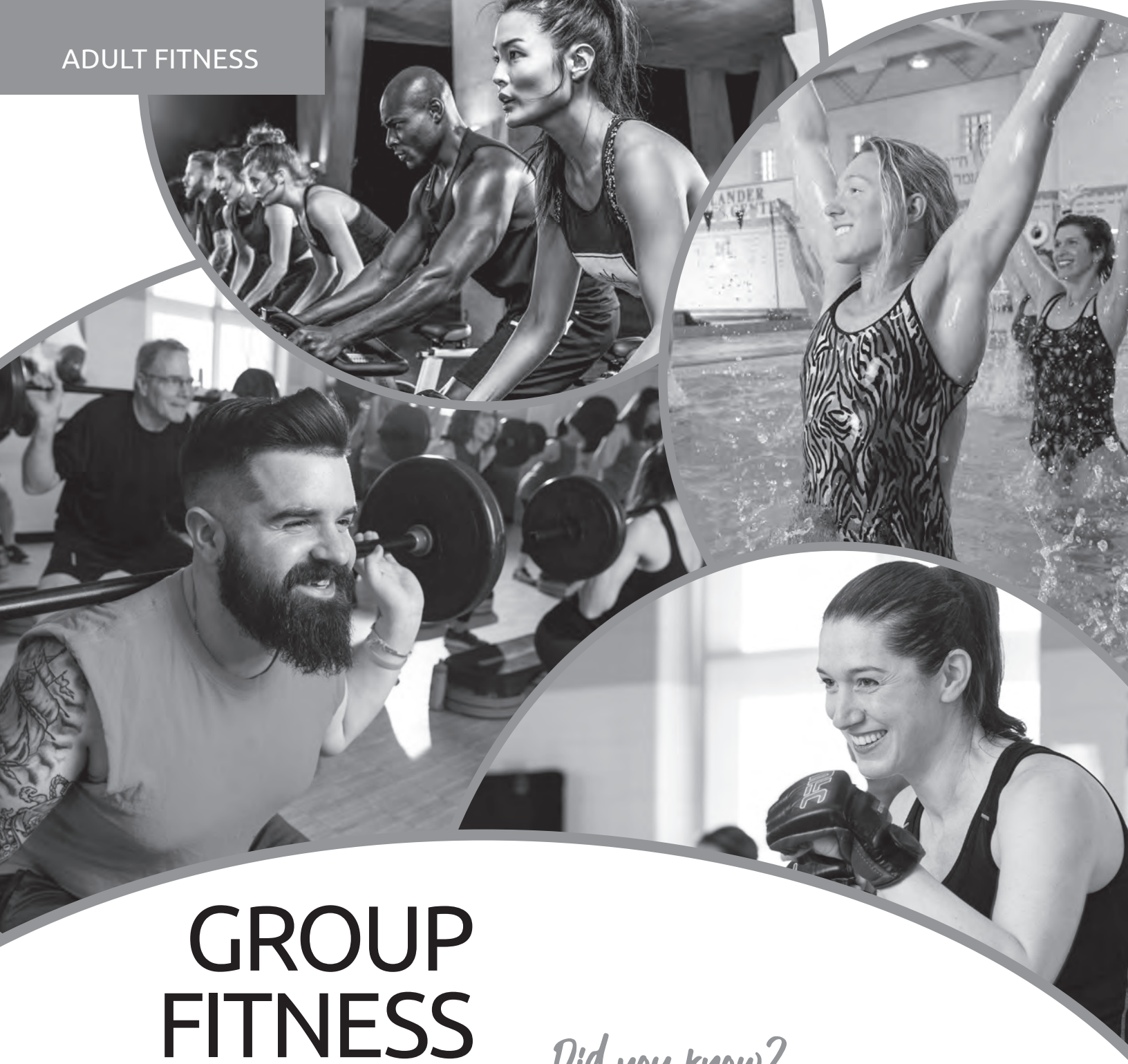
J Engagement Table

Experience meeting trainers and instructors each month, as well as learning more about what's happening in the Fitness & Wellness centers.

Workout of the Day/Week/Month

When you walk into the fitness center, keep your eyes out for our special WORKOUT on the board to challenge yourself or someone else.





GROUP FITNESS

From Les Mills classes, Yoga and Mat Pilates, to Water Group Fitness, we have something for everyone! We offer Virtual and live in-person classes, as well as an on-demand library where our classes are stored so that you can work out on your own time.

Did you know?

We proudly offer the largest variety of group exercise classes in the area.

All Group Fitness classes are FREE for members
Members 12 years and older are welcome to participate in our group fitness program.



Schedules: www.mandelljcc.org
Information: Carmen Erian, Group Fitness Director,
860-231-6348, cerian@mandelljcc.org

Group Fitness at its BEST!



LES MILLS

Mandell JCC is where it's at!

BODYPUMP • BODYBALANCE • BODYCOMBAT • CORE



ZUMBA
fitness

Have fun
and dance!



Tai Chi + Qi Gong

Connect your
mind and Body!



Aqua Tabata

Boost your
metabolism!

ADULT FITNESS



POUND[®]
ROCKOUT. WORKOUT.

De-stress, have fun, get happy!
MONDAYS, 6:00PM | STUDIO 1

POUND marries cardio with bodyweight exercise using our trademark RIPSTIX. It is set to music spanning all genres and is for all ages and levels! Push your boundaries, join the posse, and **COME MAKE SOME NOISE!**

Info: Carmen Erian, cerian@mandelljcc.org

This class is loud! Earplugs are recommended for those who are sensitive to louder volume.



**SUPER SPLASH
PARTY**

FRI. FEB 16, 10:00-10:45 AM

Experience a variety of water group fitness featuring the Mandell JCC Aquatic Group Fitness Team.

Free & open to the community

Information: Carmen Erian, cerian@mandelljcc.org



THE OFFICIAL HOTEL OF THE **MANDELL JCC**

Offering luxurious accommodations and distinguished event space for special occasions in your life.



**MARRIOTT
HARTFORD
DOWNTOWN**

200 Columbus Boulevard • Hartford, CT 06103

860-249-8000 • www.hartfordmarriott.com



“ After being inactive for a long time and struggling with back issues, I started doing Pilates Reformer on a weekly basis, and it has been amazing for me. I have noticed significant improvements in my physical and mental well-being. The studio has a positive and welcoming environment that fosters a sense of community and encouragement. ”

-Gloria F.

Pilates is for everyone...

from someone who is rehabilitating, to an athlete!

- Boost your health!
- Feel better!
- Be more self-aware!
- Increase mental well-being!
- Decrease pain!
- And so much more!

Mat Pilates

Classes are included in membership and are offered Tuesdays at 10:15am and 6:15pm, and Sundays at 9:00am.

Pilates Reformer

Offered as single sessions, partner sessions or group classes. Schedule your free demo today!

For more information, contact Carmen Erian, Pilates Director,
860-231-6348, cerian@mandelljcc.org

Pilates Chair

The Pilates Chair is a multipurpose apparatus and challenges balance and proprioception in different ways than other apparatus. The chair's unique design enables everyone to achieve amazing results.

The chair is great for beginners or injury rehab: Pilates instructors can use the chair to progress a client from basic exercises to more integrated standing movements. This means that once someone has mastered an exercise like reformer footwork (which is performed lying down on the Reformer), they can then attempt a more advanced standing version of footwork using the chair's pedals.

To schedule your free demo with the Pilates chair, contact Carmen Erian, cerian@mandelljcc.org, 860-231-6348.





Get yourself a
Myzone Belt

to stay on top of your fitness



**Step It Up
Challenge**

Enter our monthly
Fitness Challenges

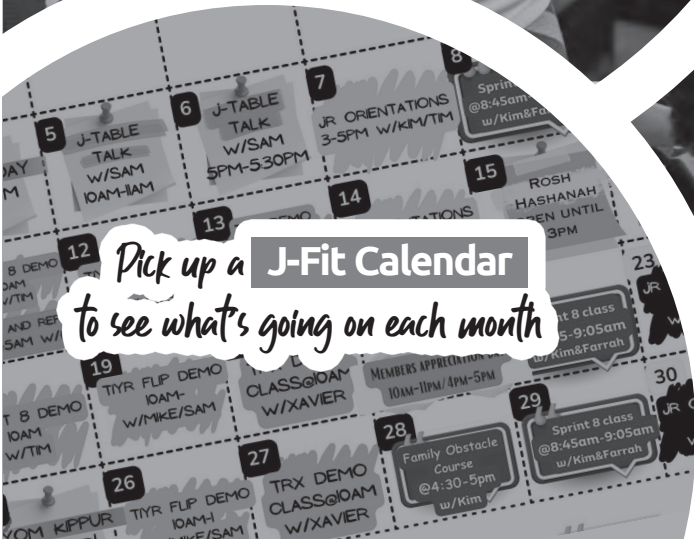
to win a prize or
just challenge yourself

**What's Happening
in the
J Fitness
Center**

Checkout our
**Demo Equipment
and Bulletin Boards!**



Sign up for one of our monthly
"Pop-Up" Classes
with any personal trainer



Pick up a **J-Fit Calendar**
to see what's going on each month



Use the
Sprint 8 Program
on our **TM & Ascent Trainers**
to get more out of your workout

“For me this was a game changer. Seeing those numbers was so motivating. Helped me get into the best shape of my life!”

-Andy

InBody

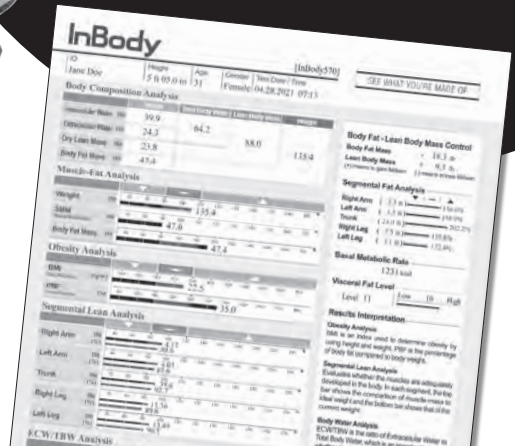
See what you look like on the inside

InBody is a body composition analysis machine. Your results will show metrics including weight, total body fat, total body water and a full segmental muscle and fat analysis. This is a great way to track your progress.

Contact Tim Baxer for more information:
tbaxer@mandelljcc.org



9 Month Pass!
Unlimited Scans!
Only \$99!



Technology to up your game at the Mandell JCC

myzone®

“The MYZONE switch keeps me connected to my workout. By knowing where I am at every step of my workout, I push more and get more out of it. I have lost 6 percent bodyfat since I started working out with my MYZONE switch. Love the accountability and the community support in the app.”

MZ-SWITCH

MZ-Switch is the world's first interchangeable heart rate monitor you can wear in the gym, outdoors or in water.

Track your real time heart rate and effort to see your data on screen and move through the colored zones to earn MEPs. Simply switch between the chest belt, wrist strap and arm band depending on your choice of physical activity.

Visit myzone.org or email Farrah LaPorte, flaporte@mandelljcc.org, to find out more.

*Plus tax. Member required to purchase to use myzone® features.



ONLY
\$85*
JCC MEMBER

(Regularly \$159)

See a JCC Fitness Team Member for details



Active Aging Adults

*Looking for fun ways to
move and enjoy exercising?*



**We offer classes geared towards our Active Aging Adults.
All classes are free for JCC members.**

The Mandell JCC offers a variety of classes every week (land and water) that are specifically geared towards “Active Senior Adults.” These classes include but are not limited to Tai Chi, Cardio Splash, Gentle Yoga, and Silver Strength. Classes are offered in person and virtually on Zoom. All classes are free for JCC members.

**For more information, please contact Carmen Erian,
Group Fitness Director, 860-231-6348, cerian@mandelljcc.org**



**JEWISH
COMMUNITY
FOUNDATION**
OF GREATER HARTFORD

*Thank you to the Jewish Community
Foundation for their financial support of
our Senior Group Fitness.*

Healthier COMMUNITIES START HERE

Every day, Hartford HealthCare touches **23,000 lives**. And in every aspect of our work—from training to research to charitable care and screenings—Hartford HealthCare is committed to strengthening the communities we serve.

Proud to partner with the Mandell JCC

Learn more at HartfordHealthCare.org

Hartford 
HealthCare

Adult Aquatics

TOTAL IMMERSION (ONE-ON-ONE)

This swimming technique embraces the art of swimming efficiently. Feel relaxed and love each stroke you take. Many triathletes seek this method to improve their speed and distance in open water. JCC membership required.
\$80/hour | \$65/45-minutes | \$50/30-minutes
 Available by appointment:
 Kathy Armstrong-Crouch, 860-231-6337,
kcrouch@mandelljcc.org



ADULT LEARN TO SWIM

Learn to swim at any age. You will love this life skill that's also great exercise. JCC membership required.

Fri 9:00-9:45am Jan 12-Mar 22 (11 wks)
\$165 JCC Member

For more information, contact Jaine Mazer, 860-231-6363,
jmazer@mandelljcc.org.

Adult Basketball

DROP-IN BASKETBALL

18 years +

Thursdays: 7:00pm-9:00pm beginning in Dec.
 Tuesday, Thursday and Friday: 6:00-7:30 am Ongoing
 Sundays: 8:00-11:30 am Ongoing
Free for JCC Members



Adult Pickleball

PICKLEBALL TRAINING WITH AHMAD

16 years and up

Please join Ahmad, certified IPTPA instructor and 4.5 pickleball medalist, on this seven week program structured to help beginners learn how to play and have the confidence for social pickleball. You will learn various shots (dinking, drop shots, serving, etc) and the rules to help you play your best game. Every week will have a different learning objective. There will be skill games and game play to solidify your learning. Enjoy learning about the fastest growing sport while having fun!

Beginner Pickleball

Tue 1:30-3:00pm Jan 9-Feb 20 (7-week session)
\$235/\$180 JCC Member

Intermediate Pickleball

Wed 1:30-3:30pm Jan 10-Feb 21 (7-week session)
\$235/\$180 JCC Member

HARTFORD ATHLETIC

**SEASON TICKETS
ON SALE
NOW!**

hartfordathletic.com/seasontickets

Hoffman

100 YEARS OF TRUST



Audi



PORSCHE



LINCOLN



TOYOTA



HONDA



**HOFFMAN AUTO GROUP
IS A PROUD SUPPORTER OF THE
MANDELL JCC**



**East Hartford • Avon
New London • Waterbury
860.289.7721
www.hoffmanauto.com**



Change your habits. Change your life.



“ I love the personal training at the JCC. My trainer once said to me, “What you go through, you grow through. How will you learn from your experiences today?” I have put this in my toolbox and there was no looking back. ”
- Mary Wenner

Reach your goals Take back control

COME TRAIN WITH US!

- Personal Training
- Partner Training
- Virtual ZOOM Training
- Martial Arts
- Pilates
- Weight Training
- Injury Prevention
- Rehabilitation

We are happy to help you get started,
please contact us!

Farrah LaPorte
Director of Operations -
Fitness, Aquatics & Sports
860-231-6362
flaporte@mandelljcc.org

Kathy Armstrong-Crouch,
OnBoarding Coordinator/
Exercise Physiologist
860-231-6337
kcrouch@mandelljcc.org

In-Person Training & Virtual Training on Zoom!

The Mandell JCC Personal Training Team works with people of all ages and abilities. Our team is made up of trainers with areas of expertise in cross training, functional fitness, strength training, athletic training, weight loss training, injury prevention and rehabilitation.

Choose from 1-hour, 45-minute and 30-minute sessions. Personal training is offered in-person or via zoom in the comfort of your home.





MANDELL JCC HEALTH CLUBS



What could be better than a visit to the adults-only JCC Health Club following a hard day at the office or a workout on the treadmill? Relax in our Women's and Men's Health Clubs. Ask for a tour on your next visit. JCC membership is a prerequisite.

**For more information
and rates, contact
Kevin Manion, 860-231-6431,
kmanion@mandelljcc.org**

- Adults-only locker rooms
- Overnight locker
- Laundry service for exercise clothing
- Lounge with beverages, newspaper, TV
- Towels, toiletries
- Sauna and steam rooms



HOLISTIC HEALTH OPTIONS

AT THE MANDELL JCC



Holistic Health Options support your journey toward optimal health. Whether you want to reduce pain, decrease anxiety, increase energy or resiliency, or simply relax and feel better, our modalities can help make a difference in your physical and mental well-being.

Providers include:

Karen Boutin
Rio Camoduran, LCSW
Tamera Green, LMT
Joan Harovas, RN, BSB, HNB-BC
Ginger Harris, L.Ac.
Terry Nicholas, RN, BSN
Sharon O'Brien, BS
Julie Olson, LMT
Jen Tartakoff, L.Ac., Dipl.Ac.
Barry Wixsom, LMT

860-231-6333

www.mandelljcc.org/hho

Mandell Jewish Community Center
335 Bloomfield Avenue
West Hartford, CT 06117

ACUPUNCTURE *Both private and community acupuncture available.*

An ancient drug-free alternative to relieve pain, reduce side effects from medication and treatment, promote relaxation, and balance the body's energy.

HEALTH & LIFE COACHING

Used to help discover the reason behind their desired health or life change, coaches empower individuals to become experts on themselves and what is best for them, identify tools to help shift behaviors, and provide both support and accountability on their wellness journey.

MASSAGE THERAPY

Used for thousands of years to prevent and alleviate pain, discomfort, muscle spasms, and stress. Bodywork can improve the functioning of circulatory, lymphatic, muscular, skeletal, and nervous systems, and can help in recovery from injury and illness.

NUTRITION CONSULTATION

Finding the best nutritionally balanced diet can be challenging. This session offers you tools to help you feel better, lose weight, or improve your gut health through lifestyle management techniques and coaching.

SOUND & ENERGY THERAPY

Sound therapy is an immersion in the beautiful sounds & vibrations of Tibetan bowls which can affect our bodies at the cellular level with deep relaxation and healing energy for the body and mind.

THERAPEUTIC HYPNOSIS

Guided relaxation and focused attention to achieve a natural state of awareness which can help clients to reduce pain, lessen pre-surgical jitters, relieve anxiety, assist with weight management and calm the body and mind.

Please register online for the days and times you wish to relax and to find the costs of services.

Go to: holistichealthoptionsllc.janeapp.com

Drumming, pre-surgical classes, & more unique programs also available. Please call us or visit www.mandelljcc.org to learn more about our wellness programs.

WELLNESS CLASSES & PROGRAMS

Healthy Weight



Striving for a healthy weight means being cognizant of what foods go in your body, how much you move, and how you manage your stress. When you are overweight – have a high BMI or body composition – you are at a higher risk for many diseases and health conditions including body

and joint pain, sleep apnea, cardiovascular disease, stroke, osteoarthritis, depression, lower quality of life, and the list goes on! Even losing a little bit of weight can provide health benefits.

Begin the New Year by making small changes in your lifestyle, and let us help you on your way!

Sharon O'Brien, 860-231-6333,
sobrien@mandelljcc.org



January

Healthy Weight Week- January 21- 27

Join us throughout this week for ways to help you manage your weight. Learn how stress, food choices and movement can affect your waistline as well as strategies to prevent weight gain.



February

Heart Health Month

Your heart is your most important organ. Treat it well with exercise, good foods, and a calm spirit. Check out our wellness classes and services to reduce your risk of heart disease and treat your heart well.



March

Colorectal Cancer Awareness Month

Colorectal Cancer is highly preventable and treatable when caught early. Get screened if you are 45 or older or are experiencing any symptoms, and be sure to eat well and exercise to keep your risk lower.

Intervention Programs

healthystart

This 60-day intervention program helps individuals set health, wellness and fitness goals and then guides them to reach those goals with assessments, health coaching, a structured exercise plan, and nutrition and stress management education.

\$60/\$30 JCC Member for 60 days

Information: Sharon O'Brien, 860-231-6333, sobrien@mandelljcc.org

BRAINSAVERS - BECAUSE GRAY MATTERS!

BrainSavers is an evidence-based program and focuses on the brain and body to help create a lifestyle for seniors that can stave off Alzheimer's and dementia. This instructor-led program encompasses six lifestyle components to prevent Alzheimer's: physical fitness, cognitive fitness, stress management, healthful nutrition, quality sleep, and social engagement.

Tue 1:00pm Jan 9-Mar 26

Introductory offer \$150 community members/free for JCC members

Register: www.mandelljcc.org/tix

MINDFULNESS FOR STRESS REDUCTION

Instructor: Jeryl Brown, LCSW

Learn a different successful approach to dealing with stress, chronic pain, illness, and difficult life challenges. This 6-week class combines a variety of meditation techniques with gentle, mindful stretching and movement.

Tue 6:30-8:30pm Jan 9-Feb 13

\$295/\$260 JCC member

Screenings

HERNIA SCREENING AND INFORMATION SEMINAR

Wed. Jan 31, 5:00-6:30pm

Don't wait until it becomes an emergency. In this seminar, we will discuss the anatomy of hernias, why and how we get them, ways to avoid getting them and ways to fix them. Free private screenings and consultations with our surgeons will follow the information session.

Register: TrinityHealthOfNE.org/SFH-Hernia

BLOOD PRESSURE SCREENING

Throughout February

In recognition of Heart Health Month, pop by the Wellness office to see if your blood pressure is within a healthy range. Pick up information on how to manage it, too.

Free and open to all

BALANCE AND MEMORY SCREENING

Tue. Mar 5, 12:00-2:00pm

If you've noticed feeling off balance or fearful of falling lately, or are experiencing forgetfulness or are simply concerned about your memory, join UHART Physical Therapy students for this screening event.

Free and open to all

WELLNESS CLASSES & PROGRAMS

Information: Sharon O'Brien, 860-231-6333, sobrien@mandelljcc.org

On-Going Programs (offered monthly or as a series)

GUIDED MEDITATION

Join us virtually any Wednesday and experience Deepak Chopra meditations meant to reduce tension, manage stress, and help you feel more at peace.

Wed 11:30am Ongoing
Free and open to all

WOMEN'S WISDOM CIRCLE

Instructor: Joan Harovas RN BSN HNB-BC

Come together to discuss what it means to bring wisdom to every decision, to live a life of authentic presence with grace, integrity and equanimity, and to look to new paradigms with love, and tenderness.

2nd Mon of the month, Jan-Jun 5:30-7:00pm
Cost: \$10/session

Register: www.mandelljcc.org/tix

CUT OUT CANCER AT THE J

Please join us for relaxing services designed to support and comfort cancer patients who are undergoing treatment. Experience complimentary massage, acupuncture, mini facials, and/or a haircut, style or shave (please come with clean hair as we cannot wash hair), and try an art project, enjoy refreshments, and socialize with others in a safe and welcoming place. A friend or support person is welcome to join you, too.

3rd Mon of the month, 11am-2pm, Ongoing
To register, contact Sharon O'Brien at 860-231-6333

DEEP RELAXATION AND REJUVENATION USING SOUND

Instructor: Edie Jemiola

Sink into deep body rest with sound vibrations and frequencies that can effect DND, support the endocrine system, and allow unconditional love to vibrate throughout your body and energetic layers.

Jan 23, 12:00-1:30pm
Jan 23, Feb 13, or Mar 13, 6:00-7:30pm
\$20 per person per class

Register: www.mandelljcc.org/tix

JOURNAL TO EMOTIONAL FREEDOM COURSE

Instructor: Sally Gencarelli

Journal and learn how to put the past in the past (where it belongs) and begin to write your own, new, empowering story. This 5-week course will give you the opportunity to see how forgiveness and gratitude are your ticket out and imagination and action are your access in.

Wed 7:00-8:30pm Feb 7-Mar 6
Cost: \$125

Register: www.mandelljcc.org/tix

PROCESSING GRIEF WITH SOUND THERAPY

Lighten the weight of grief, allow your life force energy to flow again, and allow your heart and body to heal and to strengthen.

Instructor: Edie Jemiola

Wed 12:00-1:30pm Feb 28 or Mar 27
Cost: \$20/session

Register: www.mandelljcc.org/tix

Individual Classes

JOURNAL TO EMOTIONAL FREEDOM

Wed. Jan 24, 7:00-8:30pm

Instructor: Sally Gencarelli

Emotional trauma comes from many different, difficult past experiences. It can affect the whole being by overpowering you and weighing on your energy and life experience. Find your way out with a 4-step process to shift from being at the Effect of your past to the Cause of your future, leading to the free, happy, healthy life you deserve.

Free

Register: www.mandelljcc.org/tix

GUIDED MEDITATION FOR WEIGHT LOSS

Fri. Jan 26, 1:00-2:00pm

Instructor: Rio Comaduran

Group guided meditation to help reset and create new healthy thought patterns around weight loss and a healthier lifestyle.

Cost: \$30 per person/Maximum 10 people
Register: www.mandelljcc.org/tix

WOMEN'S RELAXATION RETREAT

Sun. Feb 4, 8:30am-12:00pm

Our bodies and minds need time to relax and recharge. This retreat will include self-care techniques, meditation, journaling, a sound therapy relaxation, yoga and more.

Cost: \$50 per person
Register: www.mandelljcc.org/tix

SUSTAINED ENERGY WITH PLANT-BASED FOODS

Thu. Feb 8, 5:30-7:00pm

Instructor: Terry Walters, local author, chef, educator

Learn how to nourish yourself with plant-based foods for sustained energy and better health. This is a hands-on workshop where participants will create, taste, and even bring home delicious samples. Any time you can add more plant-based foods to your diet, your body and the environment will thank you!

Cost: \$25

Register: www.mandelljcc.org/tix

SELF LOVE GUIDED MEDITATION & SOUND BATH

Sat. Feb 17, 1:00-2:00pm

Instructor: Rio Comaduran

Come experience the bliss of a multi-instrument sound bath (chimes, singing bowls, gong, drums, and more) while we dive deep into the subconscious and create new healthy thought patterns around self-love and acceptance.

Cost \$30 per person

Register: www.mandelljcc.org/tix

GROUP REIKI AND SOUND HEALING

Sun. Mar 10, 1:00-2:00pm

Instructor: Rio Comaduran, Clinical Hypnotherapist and Reiki Master

Enjoy the bliss of deep meditation through the healing vibrations of reiki and a beautiful, multi-instrument sound bath (chimes, singing bowls, gong, drums, and more)

Cost: \$30 per person

Register: www.mandelljcc.org/tix

INTRODUCTION TO PLANT-BASED EATING

Sun. Mar 31, 1:00-2:00pm

Instructor: Rebecca Mehlman

Have you ever wanted to learn more about going plant-based but weren't sure where to start? Join a Plant-Based transitional coach to help navigate the overwhelming information available and start your plant-based journey.

Cost: \$25 per person

Register: www.mandelljcc.org/tix

ADULT DAYTIME PROGRAMS



For more information, or to register for these programs, contact Sharon Holtzberg, Adult Program Director
sholtzberg@mandelljcc.org,
860-231-6311



Jewish Federation
of Greater Hartford

Senior adult programming is funded in part by the Jewish Federation's annual campaign.

BRUNCH & LEARN SPEAKER SERIES

Join us monthly for interesting and informative guest speakers from our community, who will stimulate your mind on a variety of topics.

Wed 12:30-1:30pm Feb 14, Mar 13
Speakers to be announced. No program in Jan.
\$10/\$8 JCC Member (includes a bagel lunch)

To receive emails about upcoming speakers, contact Sharon Holtzberg, 860-231-6311, sholtzberg@mandelljcc.org

JCC AFTERNOON BOOK CLUB

Join us monthly for friendly and thought-provoking discussions on books of Jewish content or by Jewish authors.

Mon 12:30-1:30pm

Jan 8 (on Zoom):

Hotel Cuba by Aaron Hamburger

Feb 5:

Code Name Sapphire by Pam Jenoff

Mar 11:

The Heaven & Earth Grocery Store

by James McBride

Apr 1:

The House is on Fire by Rachel Beanland

Free and open to all

CURRENT EVENTS DISCUSSION GROUP

Drop in any Thursday for a lively discussion on news from the week's headlines – a great way to keep abreast of current events both locally and around the world.

Thu 12:30-1:30pm Ongoing
Free and open to all

CAFÉ EUROPA

A social group for Holocaust survivors.

Includes a kosher lunch. Transportation can be arranged if needed.

Tues 12:00-1:30pm Mar 19

This program does not meet in Jan & Feb.

Contact Sharon Holtzberg, 860-231-6311, sholtzberg@mandelljcc.org

These socialization programs for Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany



VIRTUAL CULTURAL ARTS PROGRAMS

Offered through the OMJCC/National JCC Adult & Senior Alliance

The Osher Marin JCC in San Rafael, CA has created the National JCC Adult & Senior Alliance to offer an array of interesting, engaging, and educational programs for continued growth and learning! All are welcome to join in these virtual programs.

- **MUSIC & MORSELS** - Live, classical piano concerts, with historical insights and Q&A by artist
- **STILL TRAVELING** - Live, virtual visits with professional tour guides in international destinations
- **EXPLORING OPERA** - Live sessions with an opera expert, who will show video performance clips and share insights on the magic of opera.
- **EXPLORING BROADWAY** - Live sessions with a Broadway aficionado, who will share behind-the-scenes looks into the magic of Broadway.
- **ART & ARTISTS** - Live sessions with an art educator, who offers a focused look at art related to specific themes.

For details and pricing, please visit www.mandelljcc.org/adults

Questions? Contact Sharon Holtzberg, sholtzberg@mandelljcc.org, 860-231-6311



HARTFORD STAGE

WEDNESDAY MATINEES

This program is generously supported through funds from the



JEWISH COMMUNITY FOUNDATION
OF GREATER HARTFORD

Jewish Community Foundation of Greater Hartford. Subsidies are available for series subscribers who qualify – contact Sharon Holtzberg, 860-231-6311.

Feb 7

Simona's Search

By Martin Zimmerman

Directed by Melia Bensussen

The past is always present. From the writer and producer of Netflix's Ozark comes this gripping world premiere.

Mar 20

The Hot Wing King

By Katori Hall

Directed by Christopher D. Betts, Joyce C. Willis Fellow

In association with Baltimore Center Stage
Christopher D. Betts is back to direct this 2021 Pulitzer Prize-winning comedy that celebrates the families we make and the risks we take.

May 1

All My Sons

By Arthur Miller

Directed by Melia Bensussen

A timely revival that weighs the cost of the American dream.

Jun 19

2.5 Minute Ride

By Lisa Kron

Directed by Zoe Golub-Sass

From Tony Award-winning playwright Lisa Kron (Fun Home) comes a surprising tragicomedy about coming to terms with where — and who — you come from.

Bus Departs JCC at 1:00pm

Subscription prices will depend on your seating preferences, and range from \$80 to \$340 for a 3- or 4-play subscription. Please contact Sharon Holtzberg to discuss the seating options, 860-231-6311.

JCC BOOK LOVERS CLUB

Join our evening book club for great discussions and great people!

Meets monthly on Wednesdays at 7:00pm

Jan 17, Feb 21, Mar 20

Free and open to all

For reading list contact Sue DeMartino, suedemartino@comcast.net

ISRAELI FOLK DANCING

Instructor: Marla Cohen

Weekly instruction followed by open dancing. No partner necessary

Tues 6:45-9:00pm Ongoing

Free and open to all

For more information, twinkletoesmarla@aol.com or 860-490-8336

BRAINSAVERS - BECAUSE GRAY MATTERS!

BrainSavers is an evidence-based program and focuses on the brain and body to help create a lifestyle for seniors that can stave off Alzheimer's and dementia. This instructor led program encompasses six lifestyle components to prevent Alzheimer's: physical fitness, cognitive fitness, stress management, healthful nutrition, quality sleep, and social engagement.

Tue 1:00pm Jan 9-Mar 26

Free for JCC members

Introductory offer \$150 community members

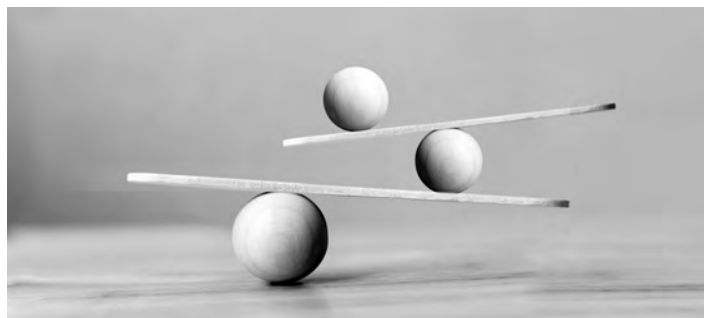
Register: www.mandelljcc.org/tix

BLOOD PRESSURE SCREENING

Throughout February

In recognition of Heart Health Month, pop by the Wellness office to see if your blood pressure is within a healthy range. Pick up information on how to manage it, too.

Free and open to all



BALANCE AND MEMORY SCREENING

Tue. Mar 5, 12:00-2:00pm

If you've noticed feeling off balance or fearful of falling lately, or are experiencing forgetfulness or are simply concerned about your memory, join UHART Physical Therapy students for this screening event.

Free and open to all



Trinity Health
Of New England

We're here for
the person behind
the condition.

We See All of You™

TrinityHealthOfNE.org/You



Why I Give

I was inspired to make a LIFE & LEGACY commitment to the Mandell Jewish Community Center. I work out there almost every day, and I am on the Board of Directors. Whenever I walk in, I feel like I am home, I am where I belong. I would like the Mandell JCC to be around for many years, so other people can feel the same way I do.

Debbie Mehlman

Whatever matters most to you,
an after-lifetime commitment can make it last forever.

Please call Kathryn Gonnerman at
413-475-0415.



**JEWISH
COMMUNITY
FOUNDATION**
OF GREATER HARTFORD

**LIFE &
LEGACY**
Answering to Jewish Tradition's
Call to the Future

PROGRAMS FOR RUSSIAN-SPEAKING SENIOR ADULTS

For more information, contact Lucy Dratva, Program Coordinator for New American Seniors, bobalylu@gmail.com, 860-549-2919

Программы для Пожилых Новых Американцев Большого Хартфорда.

Дорогие Друзья! Мы будем рады встречи с Вами.
Справки по телефону: 860-549-2919 Люся Дратва
Организатор Русских Программ, bobalylu@gmail.com

JEWISH TRIVIA CHALLENGE

Jewish Education Classes: History, Culture & Holidays
Online with Lucy Dratva. Prizes awarded for correct answers.
Ongoing

Free

Contact Lucy for more information, bobalylu@gmail.com, 860-549-2919

MUSIC BY THE FIREPLACE - PURIM SHPIEL

Wed. Mar 20, 6:00-8:00pm

Facilitator: Lucy Dratva

Dessert will be served. \$5 per person

Held at the Mandell JCC



Senior adult programming is funded
in part by the Jewish Federation's
annual campaign.

Support Groups:

PRE-SHABBAT

Shabbat creates a unique Jewish opportunity to embrace the day of rest, receive spiritual renewal, and feel joy and appreciation. Challah and wine will be served.

Facilitator: Lucy Dratva

Fridays, 3:00-4:00pm

Two locations provided:

Alfred E. Plant, 759 Farmington Ave., West Hartford
Jan 12, 26; Feb 9, 23; Mar 8, 29

Federation Square, 2 Starkel Road, West Hartford,
Jan 19, Feb 2, Mar 15

Free

MORNING TEA WITH LUCY

Discussion group on art, music, Jewish life, new books, and world news. Tea and dessert will be served.

Facilitator: Lucy Dratva

Mon 8:45-9:45am Ongoing

Free

Held at the Mandell JCC

BAKING FOR THE HOLIDAYS

Facilitator: Lucy Dratva

Wed 3:00-4:00pm Jan 17, Feb 14, Mar 20

Held at Federation Square, 2 Starkel Rd, West Hartford

Free

**Unexpectedly
Loyal. Friendly.
Flexible.
Passionate.
Human.**

Bank how you want to—
online, in the
TD Bank app or in person.

**Connect your way today.
Visit tdbank.com**



America's Most Convenient Bank®

Connect to TD:



Member FDIC, TD Bank, N.A.

It's moments like this...



**Jewish
Federation**
of Greater Hartford

...that keep us doing what we do. Whether raising funds to support Jewish refugees fleeing the warzones in Israel or Ukraine, combatting antisemitism here at home, or supporting Jewish educational opportunities for our children, the Jewish Federation of Greater Hartford is there.

We can only have this impact on all of our lives with your support.
Please consider giving today.



Jewish Federation of Greater Hartford
Zachs Campus | 333 Bloomfield Avenue, Suite C | West Hartford, CT 06117
860.232.4483 | jewishhartford.org | [@jewishhartford](https://www.instagram.com/jewishhartford)



The Mandell JCC provides year-round social and recreational programs for children, teens and adults who are neurodiverse. Our programs give participants the opportunity to interact with their peers and improve social skills while developing meaningful relationships and having fun.

For questions or for more information or to join our email list, please contact Becky Munday, Special Needs Program Coordinator, bmunday@mandelljcc.org, 860-236-4571.



Special Needs programs are funded in part by the Jewish Federation's annual campaign.

PROGRAMS FOR ADULTS

SENSORY SCIENCE SPECTACULAR

Sun. Jan 7, 1:00-2:00pm

Science can be messy and fun! We'll create some fun winter-themed experiments and crafts together. No safety goggles needed!

\$10 Sign-up required

POTTERY WITH GERALYNN KAY

Enjoy creating pottery as a form of self-expression, improving motor skills, problem solving, and patience.

Winter Session 1:

Mon Jan 8-Feb 12 *No class Jan 15*

Class 1: 5:30-6:15pm | Class 2: 6:30-7:15pm

\$55 per 5-week session, sign-up required

Winter Session 2:

Mon Feb 26-Mar 25

Class 1: 5:30-6:15pm | Class 2: 6:30-7:15pm

\$55 per 5-week session, sign-up required

MUSIC THERAPY WITH

MAGGIE CARCHIE, MA, MT-BC

Join Board Certified Music Therapist Maggie Carchie as she uses music to improve and maintain the social, physical, and psychological well-being of our community all through active music making

Winter Session 1:

Tue 4:30-5:30pm Jan 9-Feb 13

\$60 per 6-week session, sign-up required

Winter Session 2:

Tue 4:30-5:30pm Feb 27-Mar 26 *No class Mar 19*

\$40 per 4-week session, sign-up required

KARATE WITH SENSEI DAVE

Learn the basics of Martial Arts in a fun and relaxed atmosphere with a concentration on fitness, camaraderie and sportsmanship.

Winter Session 1:

Wed 5:30-6:15pm Jan 10-Feb 14

Winter Session 2:

Wed 5:30-6:15pm Feb 21-Mar 27

\$60 per 6-week session, sign-up required

MAKING HEALTHY SNACKS WITH REBECCA MEHLMAN

Join Rebecca, our health conscious, friendly plant based chef and learn how to make some yummy and healthy snacks! Recipes and simple step-by-step instructions will be provided so you can make the snack at home on your own too!

Wed 5:00-5:45pm Jan 10-31

\$50 per 4-week session, sign-up required

JOYFUL YOGA WITH BECKY

Join your friends for some mindful laughter, chair yoga, movement and music. No equipment needed.

Winter Session 1:

Thu 6:00-6:45pm Jan 11-Feb 1

\$40 per 4 week sessions, sign-up required

Winter Session 2:

Thu 6:00-6:45pm Mar 7-28

\$40 per 4-week session, sign-up required

MOVEMENT STUDIO WITH PENNY LAZOR

Enjoy the power of creative movement, as Penny leads a great class of dance, movement, music, and stretching.

Thu 6:00-6:45pm Feb 8-29

\$40 per 4-week session, sign-up required

VALENTINE'S DANCE

Sun. Feb 11, 1:00-2:30pm

Shake off the winter blues with your friends and boogie down to some great tunes!

\$10 sign-up required

SPRING GARDENING WORKSHOP

Sun. Mar 10, 1:00-2:00pm

Let's welcome spring and get our hands in the dirt! We'll learn about planting seeds and use some upcycled seed starter pots to bring home to water and watch our plants bloom and grow!

\$10 sign-up required

VIRTUAL AFTERNOON CHAT

Enjoy a hangout with friends on the computer! Let's catch up on our week, sing songs, tell jokes, and laugh together.

Mon 2:00-2:30pm Ongoing

No cost, program run via Zoom

Contact Becky to sign up;

bmunday@mandelljcc.org

VIRTUAL VACATION

Pack your bags, it's time for vacation! This well-loved program allows friends to bring adventurous ideas on locations to travel the world. From Israel, to Africa, Europe and beyond—the possibilities for exploration are endless!

Thu 10:00-10:30am Ongoing

No cost, program run via Zoom

Contact Becky to sign up;

bmunday@mandelljcc.org

BINGO!

Everyone's favorite game where everyone wins!

Sun. Jan 21, 1:00-2:00pm

Sun. Feb 25, 1:00-2:00pm

Sun. Mar 24, 1:00-2:00pm

No cost, sign-up preferred

Contact Becky to sign up;

bmunday@mandelljcc.org

Save the Date
SPECIAL NEEDS FASHION SHOW
April 3, 2024

NEW! PROGRAMS FOR CHILDREN & TEENS

PLAYGROUP

For ages 2-5 and their caregiver. This program will be facilitated by a BCBA (behavior analyst) and will include music, movement and play.

Wed 10:00-10:45am Jan 3-31 | **\$70 for a 5-week session**

KARATE

For ages 7-14. Individuals with special needs will learn the basics of Martial Arts in a fun and relaxed atmosphere.

Wed 4:45-5:30pm Jan 3-31 | **\$100 for 5-week session**

TEEN CLUB

For ages 14-18. We will play games, listen to music, dance (if we want to) and do some crafts. The focus will be on providing a fun and safe environment for teens to come and meet new people.

Fri 4:00-5:30pm Jan 5-26 | **\$100 for 4-week session**

"FUN FIT JAM"

Mon. Jan 15, 3:15-3:45pm | Ages 18 +

Mon. Jan 22, 3:15-3:45pm | Ages 14-18

Come Jam out and get Fit with personal trainers Sam and Tim! Let's get you stronger with confidence! Supervision is required. Can't wait to Jam out with you ALL! **FREE - Registration required**

Contact Becky to sign up; bmunday@mandelljcc.org

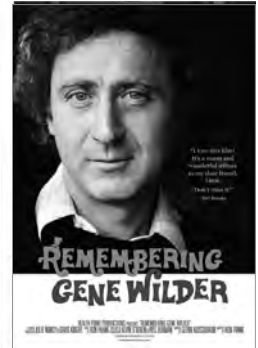
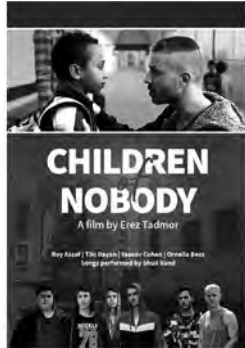


Phyllis Hoffman
**HARTFORD JEWISH
FILM FESTIVAL**

Reimagined

Same great programming with monthly screenings from October-March.

Jennifer Sharp, Director
Becky Azia and Debbie Shmerling, Co-Chairs
Dr. Avinoam Patt, Festival Advisor



UPCOMING FILMS

Scan the QR code to explore our lineup of films or visit hjff.org

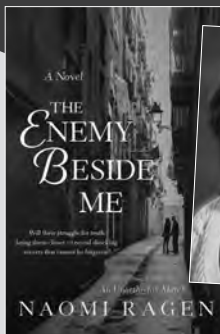


Mandell JCC
**Jewish
Book
Festival**

FOR MORE INFORMATION - WWW.MANDELLJCC.ORG/BOOKFESTIVAL

Purchase tickets online at www.mandelljcc.org/tix
To purchase books visit www.rjjulia.com/mandell-jcc

Jennifer Sharp, Director | Kathy Fishman and Debbie Mehlman, Co-Chairs



THE ENEMY BESIDE ME

Naomi Ragen

Sun. Feb 4 | 2:00pm (Zoom)

FREE | Virtual Event, Zoom



THE CONFIDANTE -

THE UNTOLD STORY OF THE WOMAN WHO HELPED WIN WWII AND SHAPE MODERN AMERICA

Christopher C. Gorham

Wed. Mar 6 | 7:00pm

Tickets: \$12 | Mandell JCC



MIND OVER BATTER: 75 RECIPES FOR BAKING AS THERAPY

Michael Harari & Jack Hazan

Tue. May 7 | 7:00pm

Tickets: \$12 | Mandell JCC



CHASE FAMILY GALLERY

A treat for the eyes and nourishment for the soul, the Chase Family Gallery proudly presents works by local and worldwide talent. Discover art in all forms – painting, sculpture, photography, glass and ceramics.

We present 10 to 12 ever-changing major exhibits throughout the year. Make a connection with art and bring our walls to yours. The Chase Family Gallery will help you start or expand your personal collection.

For gallery information contact Jane, jpasternak@mandelljcc.org

Gallery Hours:

M-Th 5:30am-9:00pm

Fri 5:30am-6:00pm

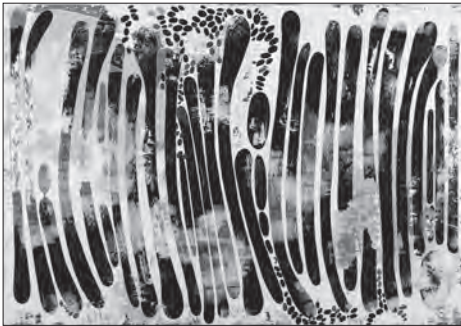
Sat & Sun 7:30am-5:00pm

Gallery purchases help support the arts at the Mandell JCC.



Jewish Federation
of Greater Hartford

The Chase Family Gallery is funded in part by the Jewish Federation's annual campaign.



SUZANNE JILL LEVY - A JOURNEY THROUGH

January 3-26, 2024

Artist Reception: Sun. Jan 14, 3:00-4:30pm

Suzanne Jill Levy is an abstract artist whose paintings are modern and vibrant while evoking a feeling of calm. This exhibition represents her connected series focusing on color and form.

Born October 30, 1970 and raised in a household saturated with art, Suzanne identified herself as an artist early on. Today her paintings can be seen in gallery and juried exhibitions, auctions, corporate and private collections and even on craft beer cans.



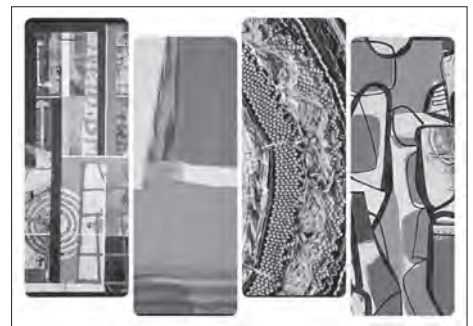
CLOSE OBSERVATION: PAINTING, PHOTOGRAPHY, COLLAGE

February 6-March 4, 2024

Artist Reception: Sun. Feb 18, 3:00-4:30pm

Lisa Pleskow Kassow has lived in West Hartford since 1990. Lisa's artistic career began in Israel in 1978 where she was a painter and an award-winning photojournalist focused on human interest stories and portraiture.

Lisa strives to capture the essence of her subjects through careful observation, finding beauty in the everyday. In her paintings, she is inspired by nature and creating still lifes that juxtapose natural forms with textured and patterned objects that hold personal meaning for her. Many of the works included in this exhibit focus on imagery in Israel, a lifelong source of inspiration.



OUT OF THE ORDINARY: CONTEMPORARY ARTISTS AT WORK

March 6-27, 2024

Artists Reception: Sun. Mar 10, 2:00-4:00pm

Curated by C. Dianne Zweig, "Out of the Ordinary" is a dynamic group exhibit featuring bold, unique and innovative abstract art. Eight skilled artists showcase a diverse collection of fiber and textile art, mixed-media, collage, painting, printmaking and fine art photography.

You will be dazzled by how each artist exploits the shapes, lines, patterns and designs that are found in the natural, material and imagined worlds. Strong works of art in color as well as in black and white will be exhibited.

Meet the artists:

C. Dianne Zweig - curator
Paul Baylock, Debra Cantor, Peggy Dembicer,
Anne Doris Eisner, Melissa Meredith,
Michael Toti, Stephen Wilson



Under One Roof Kehillah: Community

December 1-27

This unique collaborative art exhibit features the work of community organizations and agencies, sharing their perspectives on the theme of "Community." This project brings together, under one roof, diverse people, organizations and ideas from throughout our community and collectively exhibits their artistic expressions about this important and timely value.



Our Youth Need Us.

Youth Mental Health First Aid.

Take ↪



Take our FREE course to learn to identify the signs of mental health challenges in the youth in your life and how to get them the help they need.

To register visit:
bit.ly/3rNFTvP
 or scan the QR code



For more information, contact Anna MacDonald
 at 860-761-7099, amacdonald@jfs Hartford.org

For more information on
 Mental Health First Aid Training:
www.mentalhealthfirstaid.org

**Space available for
 upcoming classes held
 at the Mandell JCC!**

February 6 & 7 | 9:00am-12:00pm
 March 6 & 7 | 1:00-4:00pm
 May 2 | 9:00am-4:00pm
 May 19 | 9:00am-4:00pm





Instructor
Dave LaPorte
holds a 3rd Degree
Black Belt. He
brings over 20 years
of experience to
the program.

Our Karate School helps children of all levels improve coordination, balance, and focus, and build self-confidence while learning self-defense skills.

For more information, contact
Dave LaPorte, 860-231-6362,
dlaporte@mandelljcc.org

Program runs January 8-June 7

*Missed classes can be made up by
attending any other class of the same level.*

LITTLE NINJAS

3-Year-Olds

A fun introduction to our martial arts program. We incorporate interactive play and games to teach focus, respect and self control. Students will improve motor skills and balance while practicing basic martial arts skills. Classes are 30 minutes and will meet once a week.

Mon 1:30-2:00pm

Tue 3:30-4:00pm

Payment Options

Pay in full option:

\$525/\$425 JCC Member

OR

Payment plan option:

\$105/\$85 JCC Member

*5 monthly payments begin Jan 1 with last
payment being May 1*

LITTLE DRAGONS

Ages 4-Kindergarten

Children work on developing respect, self-control, focus and confidence. Fun drills teach valuable lessons and basic karate skills.

Students may attend up to twice per week.

Mon 12:45-1:15pm

Mon 4:10-4:40pm

Tue 5:50-6:20pm

Wed 12:45-1:15pm

Wed 4:10-4:40pm

Thu 1:30-2:00pm

Thu 5:00-5:30pm

Payment Options

Pay in full option:

\$600/\$475 JCC Member

OR

Payment plan option:

\$120/\$95 JCC Member

*5 monthly payments begin Jan 1 with last
payment being May 1*

JUNIOR KARATE BEGINNER

Grades 1-6 (White to Orange Belt)

With a strong emphasis on teaching respect, self-control, and mental focus, we wrap all these components into fun drills teaching valuable lessons and karate skills. Students achieve success and confidence as they advance through the karate belt system.

Students may attend up to twice per week.

Mon 5:35-6:20pm

Tue 4:10-4:55pm

Wed 3:20-4:05pm

Thu 4:10-4:55pm

*Uniform Required

Payment Options

Pay in full option:

\$780/\$625 JCC Member

OR

Payment plan option:

\$156/\$125 JCC Member

*5 monthly payments begin Jan 1 with last
payment being May 1*

JUNIOR KARATE INTERMEDIATE

Grades 1-6

(Purple Belt and above or by invitation)

Students build upon karate skills learned in the white and orange belt program. Continued work on strengthening skills in respect, self control and focus, delivered in a supportive and fun learning environment.

Students may attend up to twice per week.

Mon 4:45-5:30pm

Tue 5:00-5:45pm

Wed 2:30-3:15pm

Thu 5:40-6:25pm

*Uniform Required

Payment Options

Pay in full option:

\$780/\$625 JCC Member

OR

Payment plan option:

\$156/\$125 JCC Member

*5 monthly payments begin Jan 1 with last
payment being May 1*

ATTENTION ADULTS!

Authentic Martial Art - Yinstyle Baguazhang

Instructor: Sifu Pete Unitet

Yinstyle Baguazhang is a Chinese discipline where you learn how to strike while moving, confusing an attacker with precise stepping. Qin Na is also a training art which will be learned with a rich background and information base going back 2 centuries, turning, striking and changing. Sifu Pete is looking for dedicated adults to learn and develop this unique style of art. www.yinstylebaguazhang.com

To register or for more information, contact Sifu Pete Unitet, chantao9@aol.com



For registration information, contact Jessica Farrell, Program Administrative Coordinator, 860-231-6329. **Refunds and class changes available prior to December 29, 2023, 5:00pm.** To be eligible for JCC swimming classes and programs, JCC membership must be in good standing through the duration of the class session. For more information, contact Jaine Mazer, 860-231-6363, jmazer@mandelljcc.org.

Winter swim classes registration opens Dec 11 at 9:00am.
Online in person or by phone 860-231-6329.
Visit www.mandelljcc.org for more information.

TODDLER 1 6 mos.-18 mos.

Prerequisite: None.

Skills Taught: Parent/Child Interaction. Water adjustment. Safety. Propulsion and fun. Bring a special swim diaper.

Sunday | 8:00-8:30am

Jan 7-Mar 24 (12 wks) \$180

TODDLER 2 18 mos.-3 yrs.

Prerequisite: Ability to walk independently.

Skills Taught: Parent/Child Interaction. Water adjustment. Safety. Propulsion and fun. Bring a special swim diaper.

Sunday | 9:00-9:30am

Jan 7-Mar 24 (12 wks) \$180

Sunday | 11:30am-12:00pm

Jan 7-Mar 24 (12 wks) \$180

MINNOWS 1 3 yrs. (by first class)-5 yrs.

Prerequisite: Children are ready to learn on their own in a group setting. **MUST BE 3 YRS. BY FIRST CLASS.** Children are toilet trained and comfortable taking a shower. ECC: Pre-K 3, Pre-K 4, TK.

Skills Taught: Bubbles. 3-second submersion. Floating and kicking with a kick board.

Sunday | 8:30-9:00am

Jan 7-Mar 24 (12 wks) \$180

Sunday | 9:30-10:00am

Jan 7-Mar 24 (12 wks) \$180

Sunday | 11:00-11:30am

Jan 7-Mar 24 (12 wks) \$180

Monday | 12:45-1:15pm

Jan 8-Mar 25 (10 wks) \$150 No class 1/15, 2/19

Monday | 3:30-4:00pm

Jan 8-Mar 25 (10 wks) \$150 No class 1/15, 2/19

Tuesday | 12:45-1:15pm

Jan 9-Mar 26 (11 wks) \$165 No class 2/20

Tuesday | 3:30-4:00pm

Jan 9-Mar 26 (11 wks) \$165 No class 2/20

Wednesday | 3:30-4:00pm

Jan 10-Mar 27 (12 wks) \$180

Thursday | 3:30-4:00pm

Jan 11-Mar 28 (12 wks) \$180

Friday | 12:45-1:15pm

Jan 12-Mar 22 (11 wks) \$165

MINNOWS 2 3-5 yrs.

Prerequisite: Minnows 1 skills. **MUST BE 3 YRS. BY FIRST CLASS.**

Skills Taught: Front float independently. Swim independently. Back float independently.

Monday | 12:45-1:15pm

Jan 8-Mar 25 (10 wks) \$150

No class 1/15, 2/19

NEW! Wednesday | 3:30-4:00pm

Jan 10-Mar 27 (12 wks) \$180

Thursday | 12:45-1:15pm

Jan 11-Mar 28 (12 wks) \$180

LEVEL 1 SWIMMING K & Up

Prerequisite: Children are ready to learn on their own in a group setting.

Skills Taught: Submersion 5 seconds. Independent prone and back float. Independent front crawl stroke (10 feet in deep water).

Independent swim on back (10 feet in deep water). Class will be taught in the training pool.

Sunday | 1:00-1:45pm

Jan 7-Mar 24 (12 wks) \$180

Sunday | 2:00-2:45pm

Jan 7-Mar 24 (12 wks) \$180

Monday | 4:00-4:45pm

Jan 8-Mar 25 (10 wks) \$150

No class 1/15, 2/19

Wednesday | 4:00-4:45pm

Jan 10-Mar 27 (12 wks) \$180

Thursday | 4:00-4:45pm

Jan 11-Mar 28 (12 wks) \$180

LEVEL 2 SWIMMING K & Up

Prerequisite: Level 1 skills.

Skills Taught: Treading water. Swim front crawl stroke 30 feet with breathing. Combined stroke on back 30 feet. Class will be taught primarily in lap pool.

Sunday | 2:00-2:45pm

Jan 7-Mar 24 (12 wks) \$180

Monday | 4:00-4:45pm

Jan 8-Mar 25 (10 wks) \$150

No class 1/15, 2/19

Wednesday | 4:00-4:45pm

Jan 10-Mar 27 (12 wks) \$180

LEVEL 3 SWIMMING K & Up

Prerequisite: Level 2 skills.

Skills Taught: Front crawl with rotary breathing. Elementary backstroke. Scissor kick. Dolphin kick. Breaststroke kick. Class will be taught in the lap pool.

Monday | 4:00-4:45pm

Jan 8-Mar 25 (10 wks) \$150

No class 1/15, 2/19

Wednesday | 4:00-4:45pm

Jan 10-Mar 27 (12 wks) \$180

LEVEL 4 & 5 COMBINED SWIMMING K & Up

Prerequisite: Previous Level 4 experience.

Skills Taught: Side stroke and butterfly. Front crawl increased distance. Elementary backstroke increased distance. Breaststroke.

Monday | 4:00-4:45pm

Jan 8-Mar 25 (10 wks) \$150

No class 1/15, 2/19

PRIVATE SWIM LESSONS All ages

Private swim classes are available for children and adults of all abilities and ages. For JCC members only.

PRIVATE	1 lesson	SEMI PRIVATE	1 lesson
30-minutes	\$38	30-minutes	\$28/person
45-minutes	\$48	45-minutes	\$38/person
60-minutes	\$58	60-minutes	\$48/person

Information: Jaine Mazer, 860-231-6363, jmazer@mandelljcc.org

ADULT LEARN TO SWIM

Learn to swim at any age. You will love this life skill that's also great exercise.

Fridays | 9:00-9:45am

Jan 12-Mar 22 (11 wks) \$165



Lifeguard Training Courses

LOCATION: Mandell JCC main campus and a portion of one day at a deep water facility

APRIL 2024 SESSION

Monday, April 8 | 9:00am-5:00pm

Tuesday, April 9 | 9:00am-5:00pm

Wednesday, April 10 | 9:00-5:00pm

Thursday, April 11 | 9:00-5:00pm

Friday, April 12 | 9:00am-3:00pm

NOTE: Participants MUST attend all 5 days.

All materials will be provided

Initial Certification Class:

\$380/\$330 JCC Member (Non-refundable for withdrawal)

Re-certification Class:

\$190/\$165 JCC Member (Non-refundable for withdrawal)

Successful candidates hired by our JCC can be refunded after 90 days employment.

For information contact Brian Ruyle,

860-231-6434, bruyle@mandelljcc.org

To register contact Jessica Farrell, jfarrell@mandelljcc.org,

860-231-6329



MANDELL JCC SHARKS SWIM TEAM

Ages 6+



The Mandell JCC Sharks Swim Team is a nonprofit member of USA Swimming, that offers year round swimming opportunities to kids aged 6 and older. We are dedicated to the proper development and sound character building of competitive swimmers both in and out of the water. We help our swimmers reach their full potential through a balanced approach between the physical and the mental training necessary to be successful and well-rounded individuals.

For more information regarding the Sharks program, our fee structure and registration process, please visit our website at mandelljcc.org/teamunify.

Or contact: Head Coach/Team Manager, Karim Mabrouk, kmabrouk@mandelljcc.org



2023/2024 Theater Season

The Mandell JCC brings back Youth Theater, with the magic of live musical productions in the Herbert & Evelyn Gilman Theater.

J Center Stage Team:

Meg Buckner Furtick, Director of Performing Arts

Siobhan Fitzgerald, Program Director and Interim Show Director

Meg Markwith, Music Director

Samm Smith-Rapaport, Stage Manager

Mira Godel, Producer

FINANCIAL AID AVAILABLE

For more information, contact Kim Corona Charron, 860-231-6439, kcharron@mandelljcc.org.

Teen Production | Grades 7-12

HIGH SCHOOL MUSICAL

Performance Dates:

Dec 7, 7:00pm; Dec 10, 2:00pm & 7:00pm

Ticket: \$16 Adults/\$14 Kids | www.mandelljcc.org/tix

Youth Production | Grades 3-8

THE WIZARD OF OZ

First Rehearsals in 2023:

Dec 17, 6:00-8:30pm

First Rehearsal of 2024:

Jan 4, 6:00-8:30pm - Then rehearsals every

Thu, 6:00-8:30pm and Sun, 1:00-5:00pm

Extra Rehearsals:

Feb 14, 6:00-8:30pm and Feb 21, 6:00-8:30pm

Performance Dates:

Mar 7, 7:00; Mar 9, 7:00; Mar 10, 2:00pm

\$435/\$350 JCC Member



SIOBHAN FITZGERALD

Program Director and Interim Show Director

Siobhan Fitzgerald is a singer, actor, dancer and voice teacher who has enjoyed performing throughout CT and regionally. Most recently, she was seen playing Myrtle Wilson in the *Great Gatsby* at The Ivoryton Playhouse. Siobhan is a graduate of The Hartford Conservatory (Jazz Voice) and

Western Connecticut State University (Classical Voice). In addition to performing, Siobhan loves teaching voice and helping her students shoot for their dreams!



NEW!

Acting Classes

Acting classes are in collaboration with Playhouse Theatre Academy and are held at the Mandell JCC. The classes will culminate with a student showcase!

CREATIVE PLAY: STORY TO STAGE

Grades K-2

Young actors and actresses will explore creative play and storytelling through children's books. Exercises and games will focus on acting techniques, storytelling, puppetry, creating characters and fun team-building games. Perfect for budding performers or those who participated in A is for Acting in the Fall!

Thu 4:00-4:45pm

Jan 11-Mar 28

\$270/\$225 JCC Members

ACTING UP!: LEVEL II

Grades 3-8

In this class students will continue to learn and develop personal understanding of playing an action, being in the moment, listening and responding to stage partners, and other advanced fundamentals of acting through a variety of fun exercises, improvisations and scene work.

Thu 5:00-5:45pm

Jan 11-Mar 28

\$270/\$225 JCC Members



2023-2024 Dance Program

For more information, contact Meg Buckner Furtick, School of Performing Arts Director, mbuckner@mandelljcc.org
Instructors: Meg Buckner Furtick, Pam Shapiro, Myia Chappell, Ameer Cantrell, Kim Corona Charron, Siobhan Fitzgerald, Eddie Gonzalez, Hannah Leon

*Schedule subject to change based on availability and enrollment.
Payment plan available. Missed classes can be made up by attending another classes of the same age.*

The Mandell JCC dance program offers an inclusive and comfortable environment for your child, regardless of abilities, to enjoy the art of dance through movement, technique and music. We have two program tracks within our school for those children who are interested in the recreational program and those children who are interested in a full-year program, culminating with a year-end performance. Choose the track that best fits your child's needs and interests.

Our dance program offers classes in movement, ballet, tap, jazz, hip hop, modern and musical theater for all levels, ages 2 and older. We even offer Adult dance classes!

If you are interested in a program that we do not currently offer, please let us know. With enough interest, we can add classes to our program roster.

Pre-Ballet/Progressive Movement: An introduction to ballet learning through play and imaginative games.

Ballet: The most important foundation for all dance; teaches core body positioning and balance through technique and discipline.

Jazz: A fun, upbeat way to master Broadway-style steps, turns, leaps, jumps and kicks!

Hip Hop: Let loose and have fun with music video-style modern day jazz!

Tap: Learn footwork and rhythm, with many steps and variations.

Lyrical/Modern: Created from the fusion of ballet with jazz and contemporary/modern dance technique.

Theatrical Dance: This is a great way to learn all things theater from Broadway style dancing, acting, movement and more!

SAVE THE DATE!
**DANCE
RECITAL**
Sun. May 19, 2024

RECREATIONAL CLASSES

Winter Session: Jan 7-Mar 28, 2024 | \$200/\$165 JCC Member

Spring Session: May 5-Jun 7, 2024 | \$90/\$75 JCC Member

Sundays

11:00-11:45pm

Ballet for 3's and 4's

12:00-12:45pm

Jazz/Hip Hop for ages 5-7

Mondays

11:00-11:45am

Progressive Movement for 2's

4:00-4:45pm

Hip Hop for ages 5-9

Tuesdays

6:30-7:30pm

Israeli Dance: Beginner

7:30-9:00pm

Israeli Dance: Int/Advanced

FULL YEAR PROGRAM

Sep 11, 2023-May 17, 2024 | Costume fee included in price

Culminates with a year-end performance, scheduled for Sunday, May 19, 2024

Mondays | \$545/\$455 JCC Member

4:00-4:45pm

Ballet for ages 5-7

4:45-5:30pm

Ballet for 3's and 4's

5:00-5:45pm

Hip Hop for ages 5-7

6:00-6:45pm

Hip Hop for ages 8-10

Tuesdays | \$580/\$485 JCC Member

12:45-1:30pm

Tap/Ballet for 3's and 4's (ECC Only)

3:00-3:45pm

Tap/Ballet for 3's and 4's

4:00-4:45pm

Tap/Ballet Combo for ages 4-6

4:00-4:45pm

Jazz/Hip Hop Combo for ages 4-6

5:00-5:45pm

Tap/Ballet Combo for ages 7-9

5:00-5:45pm

Jazz/Hip Hop Combo for ages 10-12

6:00-6:45pm

Tap/Ballet Combo for ages 10-12

6:00-6:45pm

Jazz/Hip Hop Combo for ages 7-9

Wednesdays | \$580/\$485 JCC Member

12:45-1:30pm

Ballet for 3's and 4's

4:00-4:45pm

Progressive Movement for 2's (FULL)

5:00-5:45pm

Tap/Jazz for ages 5-7

NEED SHOES?

Check out our supply!

SHOES TOO SMALL?

Consider donating your shoes to our school!

JCC Basketball School

Morning & afternoon basketball classes, clinics and private trainings. All levels are welcome. Age-appropriate fundamental drills, conditioning, focus on dribbling, shooting and game play. Customized group classes available. For more information or to schedule a lesson, please contact Thai Tran at ttran@mandelljcc.org.

BASKETBALL FUNDAMENTALS

Grades K-6

Coach: Thai Tran

Tuesdays, Jan 9-Mar 26

4:00-4:50pm (K-2)

\$220/\$165 JCC Member

Wednesdays, Jan 10-Mar 27

3:10-4:00pm (K-1)

4:00-4:50pm (Grades 2-4)

5:00-5:50pm (Grades 5-6)

\$220/\$165 JCC Member



PRIVATE BASKETBALL COACHING WITH COACH THAI

For more information or to schedule a lesson or private group, please contact Thai Tran at ttran@mandelljcc.org or call the sports office at 860-231-6410.

Private 1 class

30 Min \$35

45 Min \$45

60 Min \$55

Semi Private (2-3 People)

30 Min \$25 per student

45 Min \$35 per student

60 Min \$45 per student

YOUTH KARATE

Please see page 35

PRESCHOOL SWIM CLASSES

Please see pages 36-37

DANCE CLASSES

Please see page 39

PROUD TO
SUPPORT THE
MANDELL JCC

mystic
LOGISTICS

WWW.MYSTICLOGISTICS.COM

Youth Basketball

We encourage you to register early, as these programs can often sell out. For more information contact Thai Tran, 860-231-6410, ttran@mandelljcc.org

PEE WEE MACCABI BASKETBALL

K-Grade 1

A beginner program that will focus on learning the fundamentals of basketball, through skill-based drills and game play.

Sat 11:30am-12:30pm Jan 6-Mar 23

Mandatory placement clinic: Jan 6 at 11:30am

\$290/\$190 JCC Member

PEE WEE MACCABI BASKETBALL

K-Grade 1

A beginner program that will focus on learning the fundamentals of basketball, through skill-based drills and game play.

Sun 11:30am-12:30pm Jan 7-Mar 24

Mandatory placement clinic: Jan 7 at 11:30am

\$290/\$190 JCC Member

JUNIOR MACCABI BASKETBALL

Grades 2-5 | Jan 7-Mar 26

Sundays and weekday practices on Tuesday or Thursday

Mandatory placement clinic: Jan 7, 1:00pm

Program focuses on skill, teamwork, and understanding of the sport

through practice and game play. Each week, a team will have one

45-minute practice during the week and one 40-minute game on Sunday.

Games: Sun 12:45-3:00pm (Rotating Schedule)

Practice Times: Tue/Thu 5:15-6:00pm or 6:00-6:45pm

(based on team placement)

\$295/\$225 JCC Member

Youth Classes

Emerging Artists

In each of our art classes, children are encouraged to create works of art of their own design from influences in the world around them. With just your hands and a few simple tools, you can transform a chunk of clay or a piece of paper into a beautiful work of art.

For questions regarding pottery class placement, please contact Jimmy Rawl, jrawl@mandelljcc.org, 860-231-6382

BEGINNER POTTERY

Introduction to clay. Learn the basic fundamentals of pottery by creating, shaping and forming your work. All children will begin to learn the technique of glazing.

Instructor: Geralynn Kay

Wed 3:00-3:45pm Jan 10-Mar 27
\$295/\$235 JCC Member, \$205 Kids Korner

INTERMEDIATE POTTERY

Children will explore the basics of shaping, attaching, carving and glazing the pieces they have designed.

Instructor: Geralynn Kay

Mon 4:30-5:15pm Jan 8-Mar 25 (No class Jan 15)
\$275/\$220 JCC Member, \$190 Kids Korner

ADVANCED POTTERY

Expand on skills with an introduction to wheel throwing, sculpture and glazing techniques.

Instructor: Geralynn Kay

Tue 4:00-4:45pm Jan 9-Mar 26 (No class Feb 20)
\$275/\$220 JCC Member, \$190 Kids Korner

ART OF THE SEASONS

K-Grade 5

Ignite your child's creativity with our special art classes using the elements, moods and motifs of the seasons! We'll explore the wonders of each season through joyful expression, colorful strokes and playful techniques for a fun-filled artistic adventure including the magic of storytelling and learning traditions. Classes are designed as enriching experiences that will leave your child inspired and excited about art!

Instructor: Max Galvin

Thu 4:30pm-5:30pm Jan 11-Feb 1
\$100/\$80 JCC Member

SCHOOL VACATION PROGRAMS

Grades K-5 | 9:00am-4:00pm

Holiday Recess: Tuesday, December 26-Friday, December 29

Martin Luther King Jr. Day: Monday, January 15

Winter Recess: Monday, February 19-Tuesday, February 20

\$100/\$70 JCC Member per day

Early morning care beginning at 8:00am: \$10/day

Evening care until 5:30pm: \$13/day

For more information or to register,
contact Eve Laub at elaub@mandelljcc.org

NEW!



Science Programs

THE SCIENCE OF MAGIC

Grades K-2

Want to know how to fool your friends? To do tricks with rings, coins, cards, cups and balls and more? You'll learn a dozen or more tricks with everyday objects, and the science behind the magic!

Instructor: John Pellino

Tue 4:00-5:00pm Jan 9-Mar 26 (No class Feb 20)
\$275/\$220 JCC Member, \$190 Kids Korner

ROBOTICS: MINDSTORMS EV3

Grades 3-5

Create & code custom robots with LEGO Mindstorms EV3. You'll work in teams to design, program, test and solve contests and challenges designed to test your skill using one of our FIRST LEGO League playing fields. Our bots, your brains! Please bring your laptop to class, or please reach out to Jimmy Rawl at jrawl@mandelljcc.org if you have questions.

Instructor: John Pellino

Tue 5:00-6:00pm Jan 9-Mar 26 (No class Feb 20)
\$275/\$220 JCC Member, \$190 Kids Korner

AI & YOU

Grades 6-8

Learn the fundamentals of AI (artificial intelligence) through coding, and see how it's used to train computers to solve problems. You'll use Scratch and App Inventor to gain the skills needed to craft your own AI projects and understand the profound influence of AI on our world. Please bring your laptop or Chromebook to class, or please reach out to Jimmy Rawl at jrawl@mandelljcc.org if you have questions.

Instructor: John Pellino

Wed 4:00-5:30pm Jan 10-Mar 27
\$375/\$295 JCC Member

Funded in part by Pratt & Whitney, An RTX Business



KIDS KORNER

Grades K-5 After School Care

After School Care Mon-Fri until 5:30pm

(Unless otherwise noted on the Kids Korner Calendar)

We offer a safe, fun, and engaging program designed for every child's needs. Enjoy our Kids Korner space including games, arts & crafts, building blocks & Legos, dramatic play, and more!

- Door-to-door transportation from school
- Outdoor play, gym, swim
- Escorts to after-school enrichment programs within the JCC
- Homework room and help available
- Vacation Programs and Snow Day Programs available for an additional fee

Information: elaub@mandelljcc.org

TEEN PROGRAMS



For more information on teen and youth programming, please contact Jimmy Rawl, Youth Director, at Jrawl@mandelljcc.org

EATING FOR ENERGY! (FOR TEENS)

Sun. Jan 28, 1:00-2:00pm

Instructor: Rebecca Mehlman

The foods we eat have a big impact on your mood and energy level. Come join us for an interactive workshop, where we will be learning about better options and taste-testing energy boosting snacks!

Cost: \$25 per person

BABYSITTING TRAINING COURSE

Sun. Mar 24, 9:00am-3:30pm

This 6-hour course is designed for babysitters aged 11 and up. This course provides skills to effectively assess and maintain a child's life following an emergency. It includes CPR and First Aid training, and everything from bee stings to diapering. AHA Pediatric book included.

\$75 per person

TEEN LEADERSHIP COUNCIL

The Mandell JCC is assisting in the development of today's and tomorrow's leaders with the Teen Leadership Council. The Teen Leadership Council consists of outstanding teenagers, representing local youth organizations, who aspire to make an impact on the community. The Council is hands on and teen led with the Council members determining the mission of the Council, how the Council is structured, and the implementation of their mission and vision. The projects of the Council may include service, fundraising, activism, and more – as large as the Council aims to create. Along the way, Council members learn important professional and life skills such as program planning and design, management, entrepreneurship, monitoring and evaluation, budgeting, training of experiential learning, and more – all guided by Jewish values and ethics.

For questions about serving on or working with the Council, please contact Jimmy Rawl, Youth Director, at jrawl@mandelljcc.org

ATTENTION
**JEWISH
TEENS**
AGES 12-16

**Join the
Hartford Team**
Get in the Games!

2024 MACABBI GAMES
HOUSTON | AUG 4-AUG 9, 2024

For more information see page 58
or contact Jimmy Rawl,
Jrawl@mandelljcc.org



We're all in this together.

For nearly 200 years, Liberty Bank has been dedicated to helping families throughout Connecticut. Today, we are reaffirming this commitment by improving the lives of our customers, teammates and communities for generations to come. We are proud to work side-by-side with our inclusive partners – like the Mandell JCC Greater Hartford – to build community, celebrate diversity and foster appreciation for Jewish culture and heritage.



Member FDIC Equal Housing Lender

J CARES

The Mandell JCC is all about community – it's our middle name! Mandell JCC Cares connects our members to social action opportunities in the community, at home and at the JCC. We will engage in acts of loving kindness (gemilut chasadim) with the goal of repairing the world (tikkun olam).

If you know of organizations that could use our help, or if you are interested in joining us, please contact Susan at slentini@mandelljcc.org or Sharon at sholtzberg@mandelljcc.org.

FEEDING OUR COMMUNITY

Food insecurity is an ongoing issue.

The Anja Rosenberg Kosher Food Pantry at Jewish Family Services distributes over 90,000 pounds of food, toiletries and cleaning supplies each year to hundreds of Greater Hartford residents. There is always a dedicated shopping cart inside the JCC entrance for you to drop off nonperishable foods and cleaning supplies to stock the pantry shelves. Your generosity is greatly appreciated.

IN HONOR OF DR. MARTIN LUTHER KING

Mon. Jan 15, 10:30am

"Everyone can be great because everyone can serve" - Dr. Martin Luther King Jr. For this day of service and to take care of those in need, we ask that you bring individually wrapped snacks and a loaf of bread per person attending. We'll make sandwiches and create care packages to be donated to Hands on Hartford which serves families and individuals facing food insecurity.

Free and open to all age 8 and older

RSVP to Susan at slentini@mandelljcc.org by Jan 10.



We've got your front
seat drive
door lines
row

And we've got your back.

Proud supporters of the
Mandell JCC.

www.lazparking.com



Get Ready to Party AT THE J!

From start to finish, let us make your birthday wishes come true. At the Mandell JCC, we offer a wide variety of party options for every age. Parties can be designed to match your child's interests.

YOUR BIRTHDAY PARTY INCLUDES:

- Two JCC staff members to assist running a successful party
- Attendance of up to 12 children for family room birthday parties and 15 children for youth birthday parties (\$10 each additional child)
- One hour for the themed activity
- Half-hour in a Party Room to share your refreshments and celebrate
- Paper party goods and tablecloths provided
- Goodie bags available for purchase (\$5 per child)

\$425/\$350 JCC Member

Extra half hour can be reserved for additional \$50

Start Planning Today!

Family Room Birthday Parties Ages 1-5

Info: Susan Lentini, 860-231-6374, slentini@mandelljcc.org

First Birthday Celebration

Gather your friends and family and bring in lunch to serve in a large party space while your one-year-old is the center of attention.

Sticky Fingers

Children will enjoy exploring hands on activities including playdough, sensory activities, magnets and more!

PlayScape Party

Crawl, slide, climb and bounce in our amazing two-story indoor playscape.

Dynamite Dinosaurs

A variation of Sticky Fingers with all dino activities

DELUXE THEMES:

Magical Unicorn Cooking Party

Put on an apron, mix up a special recipe and enjoy delicious unicorn confetti pancakes.
(add \$50 material fee for aprons and food)

Mini Monets Art Party

Children will enjoy exploring hands-on activities including playdough, sensory activities, magnets and more!
(add \$50 for paint and clay material fee)

Youth Birthday Parties Ages 5-10

Info: Eve Laub, 860-231-6334, elaub@mandelljcc.org

Playscape Party

Crawl, slide, climb and bounce in our amazing two-story indoor playscape.

Sports Party

Have a blast playing soccer, basketball, or doing relay races!

Scavenger Hunt Party

Follow clues around the JCC in an exciting search for birthday treasure! Choose from Pirate or Royal Quest themes.

Spa Day Party

Get the full glittering beauty spa treatment; including manicures, facials and more.

Create Your Own Party (Ages 1+)

Have something else in mind or want to just rent a room?
Contact Amy Gurchin, 860-231-6323 or agurchin@mandelljcc.org
and we can help you create-your-own party!

SPORTS & RECREATION

For more information on sports programming contact Thai Tran, 860-231-6410, ttran@mandelljcc.org

SPORTS BONANZA

4-5 years

Your preschooler will participate in a different sport each week. A little instruction, a little game and a whole lot of fun.

Instructor: Thai Tran

Mon 12:40-1:20pm Jan 8-Mar 25

\$220/\$165 JCC Member

SHORT SPORTS

3-5 years

Your preschooler will participate in a different sport each week. A little instruction, a little game and a whole lot of fun.

Instructor: Paul Pino

Tue 12:40-1:20pm Jan 9-Mar 26

\$220/\$165 JCC Member

Thu 12:40-1:20pm Jan 11-Mar 28

\$220/\$165 JCC Member

SWING SHOOT SCORE

3 years

With so many sports, why choose just one? Build coordination skills and have fun exploring balls, bats, hoops, and more.

Instructor: Thai Tran

Wed 12:40-1:20pm Jan 10-Mar 13

\$220/\$165 JCC Member

YOUTH KARATE

Please see page 35

PRESCHOOL SWIM CLASSES

Please see pages 36-37

DANCE CLASSES

Please see page 39



PROUD PARTNER OF THE MANDELL JCC



Resources that matter with a concierge service team that cares.

Benefits | HR | Technology | Risk/Insurance
Retirement | Private Client Services

Shaun Gagnon

Cambridge Insurance Advisors - President and Managing Partner

Cambridge Risk Advisors - CEO & Founder

shaun@camlife.com

www.camlife.com

THE FAMILY ROOM PARENTING CENTER



The Mandell JCC's Family Room Parenting Center is a special space where parents can spend time with their young children and create new friendships with other families. The parenting center offers parent/child interactive classes, enrichment classes, holiday programming, and parent workshops.

For more information, contact Susan Lentini, slentini@mandelljcc.org, 860-231-6374

Programs and Services:

- Enrichment Classes
- Parent/child Classes
- Family Programs
- Playgroups
- Birthday Parties Ages 1-5
- J Baby
- PJ Library



The Family Room Parenting Center is funded in part by the Jewish Federation's annual campaign.



BABYSITTING

HOURS: 8:45-11:30AM

Members using the JCC are offered childcare for children ages 4 months–7 years old on Monday-Friday from 8:45–11:30am. Our experienced childcare staff, under the supervision of Jill Rothstein, encourage children to engage in fun, age-appropriate activities.

The cost is \$4.00 per child per half hour. Prepaid babysitting cards are available for frequent users for \$75 for 20 half-hour punches.

This service is for JCC members only and you must remain in the JCC while using babysitting.

JNEXT ACTIVITY CENTER

The Family Room Parenting Center has just unveiled the JNext Activity Center, thanks to the generosity of our JNext donors. The Family Room and The JNext Activity Center is filled with innovative, open-ended activities which foster socialization, imaginative and collaborative play, discovery and inspiration. The new light table, magnetic walls and story-building platforms are all age and developmentally appropriate for young children and encourage hands-on learning through play and experimentation.





PARENT/CHILD CLASSES

Join other families with young children for age-appropriate playtime and activities in the Family Room. For more information about programs, classes or events, or to RSVP, contact Susan Lentini, 860-231-6374, slentini@mandelljcc.org.

Come Play With Us!

NEW!

SHAKE, SHIMMY, & SMILE

18 mos-2 years 11 mos

Instructor: Jill Ryan

Parents/Caregivers can bring their toddlers to shimmy, sing, and shake out those sillies in our tumbling room. Children will have fun and learn through activities promoting listening skills, gross-motor coordination, and social interaction. This class is designed for children under 3 years old who are capable walkers.

Tue 10:00-10:45am Jan 9-Feb 13

\$115/\$90 JCC Member

BABY BUNCH-YOU AND YOUR BABY

Do you have a child younger than 18 months old? Are you looking for some conversation and playtime with your baby? You and your baby are invited to play in the Family Room Parenting Center so you can meet other families with little ones. If you are new to the community, this is a perfect way to meet other parents with children experiencing similar developmental milestones.

Tue 11:00-11:45am Jan 9-Mar 26

Free & open to all! Membership not required.

Please let us know you will be coming.

RSVP to Susan at slentini@mandelljcc.org, 860-231-6374

PJ LIBRARY FAMILY SHABBAT

Bring your little ones to the Family Room Parenting Center to welcome Shabbat with PJ Library stories, songs, blessings, and challah.

Fri 11:00-11:45am Jan 5-Mar 29

Free and open to all

RSVP to Susan at slentini@mandelljcc.org
Please consider bringing a non-perishable food for the Jewish Family Services Food Pantry cart. Please visit www.facebook.com/PJLibraryGreaterHartford for events, news, and updates.



BREASTFEEDING SUPPORT GROUP WITH CHRISTINE

The time after having a baby can feel isolating, so the Breastfeeding Support Group will help you find meaningful guidance. This group is an informal opportunity for breastfeeding moms to connect and is facilitated by Christine Baumgart who is a Board Certified Lactation Consultant. Support is provided, questions are answered, referrals can be made, and care teams connected. All breast milk feeding families are welcome, whether you are exclusive, pumping, or combination feeding; if you have a newborn or 6 month old. Come alone or with a friend.

Thu 10:00am Jan 11-Mar 28

Free and open to all

RSVP to Jill at jryan@mandelljcc.org

TUMBLING TIME

Another space for your family to enjoy at the J. The Karate Studio will be set up with soft equipment for children 5 and under accompanied by an adult.

Sat & Sun Ongoing beginning Jan 6

Free and open to members on weekends

J Baby

JBaby welcomes parents, their newborns and newly adopted children into the greater Hartford Jewish community. Parenthood is an exciting time – one of happiness, love and probably a few questions.

- Looking for a place to meet other parents and build meaningful connections?
- Find age-appropriate activities?
- Discuss common baby concerns?

We invite you and your baby to join us in the Family Room Parenting Center. For more information, contact Susan Lentini, 860-231-6374, slentini@mandelljcc.org.

J Baby is funded in part by Robert Kennedy Charitable Fund

If you love reading with your child, PJ Library® is perfect for you.



- PJ Library® is available for children birth through 8 years and "PJ Our Way" for children 9-12
- PJ Library® is for any family raising children with a Jewish connection
- Children will eagerly anticipate the arrival of their new book in the mail each month which is addressed to them. The books are a gift and absolutely FREE!
- The age-appropriate books are about Jewish holidays, traditions, values and folk tales. You will love them as much as your children do.
- PJ Library® is more than just books. Throughout the year our families gather for story times and special programs where you and your children can meet others.

To register visit www.pjlibrary.org or contact Susan Lentini, 860-231-6374, slentini@mandelljcc.org. Find us on Facebook @ PJ Library Greater Hartford

PJ Library is facilitated by the Mandell JCC. The books are a gift from the Harold Grinspoon Foundation and funded locally by the Jewish Community Foundation advised by the Zachs Family, and the Lions of Judah through the Women's Philanthropy Division of the Jewish Federation of Greater Hartford.



HAROLD GRINSPOON FOUNDATION



PJ Our Way offers the gift of Jewish-themed books to kids ages 9-12, and you get to choose the book yourself. Every month you can choose a book from a selection of high quality titles reviewed by PJ Library educators, parents and kids. You are able to get 12 books a year. Members of PJOW can write reviews and author blogs on a website that is safe and moderated by PJ educators. Participants can also apply to be part of a national Design Team that creates featured content for the website.

To register and more information: www.pjourway.org



DROP-OFF ENRICHMENT CLASSES

The Family Room offers classes designed to meet the needs of children as they navigate through their youngest years. Register for classes online or contact Jessica Farrell, jfarrell@mandelljcc.org for financial questions. For more information about programs, classes or events, contact Susan Lentini, 860-231-6374, slentini@mandelljcc.org.

Children must be enrolled in a 3, 4 or TK classroom and/or the minimum age listed by Dec 31, 2023 to register for enrichment classes.

LITTLE CHEFS

4-5 years

Instructor: Susan Lentini

Your little chef will explore how foods grow and taste, and gain skills measuring, cutting, stirring, and combining ingredients. Each child will be able to eat or take home what is made from scratch each week. Stories related to the season, holiday, or recipes will be read.

***If your child has any food allergies, please note that we will be using a variety of fruits and vegetables as well as dairy, egg, and wheat products.

Mon 12:30-1:30pm Jan 8-Mar 25

No class Jan 15 or Feb 19

Mon 2:00-3:00pm Jan 8-Mar 25

No class Jan 15 or Feb 19

\$335/\$270 JCC Member

STICKY FINGERS AND STEAM

3-5 years

Instructor: Jill Ryan

Your children will explore Science Technology Engineering Art Math (STEAM) by experimenting with light, color, gravity, magnets, and concoctions. They will create with open ended 3D building materials, a range of art media, and more.

Tue 12:30-1:30pm Jan 9-Mar 26

No class Feb 20

Wed 12:30-1:30pm Jan 10-Mar 27

Wed 2:00-3:00pm Jan 10-Mar 27

\$300/\$240 JCC member

CLAY CREATIONS

3-5 years

Instructor: Geralynn Kay

While working with clay, your preschooler will learn basic skills, refine their fine motor skills and cognitive development all while expanding their imaginations by creating a range of three dimensional works of art. Material fee included.

Tue 1:45-2:30pm Jan 9-Mar 26

No class Feb 20

Tue 3:00-3:45pm Jan 9-Mar 26

No class Feb 20

\$250/\$200 JCC Member

Wed 12:30-1:15pm Jan 10-Mar 27

Wed 1:45-2:30pm Jan 10-Mar 27

\$270/\$215 JCC Member

WARRIOR KIDS YOGA

3-5 years

Instructor: Nancy Baron

Warrior Kids Yoga engages children in a multitude of ways including balance & flow, basic yoga poses, sequencing, breathing, meditation, mindfulness and yoga games with music.

Tue 12:30-1:30pm Jan 9-Mar 26

No class Feb 20

\$275/\$220 JCC Member

HAPPY PIANO

3-6 years

Instructor: Julie Rosenberg

Introduce your child to music through keyboarding classes. Lessons are 30 minutes per week with a limit of 6 children. Each class includes keyboard instruction, music theory, songs, games, music activities and a personal classroom keyboard.

Returning Students:

Thu 12:40-1:10pm Jan 11-Mar 28

Fri 1:15-1:45pm Jan 12-Mar 29

\$340/\$275 JCC Member

New Students Only:

Thu 1:15-1:45pm Jan 11-Mar 28

Fri 12:40-1:10pm Jan 12-Mar 29

\$375/\$305 JCC Member

(includes \$35 material fee for all new students)

MOVIN' AND GROOVIN'

3-5 years

Instructor: Melissa Bamberg

Through playful movement, rhythm, music, and props, the children will build motor skills, balance, and coordination. While using their imagination they will express themselves, improve body awareness, and gain self confidence.

Fri 12:30-1:15pm Jan 12-Mar 22

No class Mar 29

\$255/\$205 JCC members

Get the latest news and updates from the JCC through JWeekly.

Not seeing us in your inbox?

Email us at thejcc@mandelljcc.org and we'll make sure you've subscribed.

Follow us on social media...



SPECIAL EVENTS FOR FAMILIES

The Mandell JCC's holiday programs and special events are always open to all. We welcome the diversity of our community to come together and share experiences by joining us for fun-filled Jewish programs both inside and outside the walls of the JCC.

For more information or to RSVP to an event, please contact Susan Lentini, 860-231-6374, slentini@mandelljcc.org.



Jewish Federation
of Greater Hartford

*Funded in part
by the Jewish
Federation's
annual campaign.*

IN HONOR OF DR. MARTIN LUTHER KING

Mon. Jan 15, 10:30am

For this day of service and to take care of those in need, we ask that you bring individually wrapped snacks and a loaf of bread per person. We'll make sandwiches and create care packages to be donated to Hands on Hartford which serves families and individuals facing food insecurity. Designed for everyone age 8 and older.

Free and open to all

RSVP to Jill at jryan@mandelljcc.org by Jan 12.

HAPPY BIRTHDAY TO THE TREES: A TU B'SHEVAT HOLIDAY CELEBRATION

Thu. Jan 25, 12:30pm and 4:00pm

It's spring in Israel, but winter in Connecticut! Dress in warm clothing so we can explore outdoors in nature and check on our trees. We'll come indoors to warm up and learn how to take care of the earth in small ways. Everyone can enjoy a holiday story and snack. Free and open to all.

Free and open to all

RSVP to Susan at slentini@mandelljcc.org

PURIM: HAMANTASHEN - MAKE THEM AND BAKE THEM AT HOME

Wed. Mar 20, 3:00-5:00 pm

Join us for Purim fun! Choose your favorite filling to make delicious hamantashen (triangle shaped cookies) and create a holiday craft.

Free and open to all

TU B'SHEVAT

Thu. Jan 25, 9:00am-12:00pm

Stop by our holiday table next to member services before or after your workout to make your own Tu B'Shevat trail mix as we celebrate the birthday of our trees.

FAMILY FUN DAY

Sun. Feb 4, 3:00pm

Join us as we bring the story of The Mitten to life and meet some of the real animals in the story! Your children will also create a special craft. Register by Feb 1st as space is limited.

Tickets: \$10/\$8 JCC members per child

PJ LIBRARY PURIM PARTY

Sun. Mar 24, 3:00pm

Celebrate the joy of Purim. Come in costume, make hamantashen cookies, enjoy PJ Purim stories, play games and create a holiday craft.

Free and open to all

We're from here.

Family owned and operated since 1974, we have always cared about the communities we serve—because we live, work, and play here, just like you. Inspired by future generations, we continue to adapt and innovate—embracing new technologies to meet the ever-evolving recycling landscape.

Our innovations include building the largest state-of-the-art recycling facility in the country, powering our buildings with solar energy, and fueling our trucks with all-American natural gas.

We're committed to our communities and the planet.



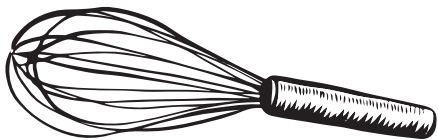
USA

CALL TODAY: 800.998.2984
AAWLLC.COM | USARECYCLE.COM

**At Your Service
Since 1974**



Our communities count on us.



THE KITCHEN
AT FUTURES INC.

at **Café J**

Delicious meals and treats are available for dine-in and take out

The mission of The Kitchen is to provide guidance and training for individuals with disabilities to obtain competitive employment in the food service industry. With this expansion, they are excited to offer employment to more individuals in Hartford County!

The Kitchen at Futures Inc. at Café J offers a dairy/vegetarian menu
Monday-Thursday, 9:00am-5:00pm.

Looking for something new for your school outing or field trip?

The Mandell JCC has the perfect locations! We have options for you.



THE PERFECT SUMMER OASIS

The Swim & Tennis Club located in Bloomfield.

- One of the region's largest, and newly resurfaced, z-shaped recreational swimming pools with a slide
- 4 Har Tru courts
- Basketball Court
- Volleyball
- Ga-Ga, Golf Putting Course and more
- Ask how we can cater your event. *(added fees apply)*

Amy Gurchin - The Swim & Tennis Club Director,
860-231-6323, agurchin@mandelljcc.org



CAMP SHALOM

Located on 75 acres along the Farmington River.

- Kayaking, Canoeing and Paddleboarding
- Fishing and Hiking
- Swimming Pool
- Climbing Wall/Low and High Challenge Course
- A variety of sports activities:
Basketball, Volleyball, Tennis, Soccer, Softball, Kickball, Ultimate Frisbee, Flag Football, Gaga and many more

Information: Colby Wyckoff, Director of Camp Shalom,
860-231-6376, cwyckoff@mandelljcc.org



Plan with **Flexibility** Gather with **Confidence**

The Mandell JCC is your destination for parties, corporate events, meetings, and celebrations.

The Mandell JCC is a centrally located full service facility. We offer a wide range of meeting and event spaces. Let us help you plan a memorable celebration, a meeting with a fully updated tech system, or a standing ovation worthy production in our 375 seat theater.

To schedule a tour of our spaces, or for questions about booking and availability, contact:

Amy Gurchin - Engagement and Events Director,
860-231-6323, agurchin@mandelljcc.org

We follow all state and local health guidelines.



NEXT GENerosity



JNext is new generations of members of all faiths coming together to raise funds and awareness for the causes they're passionate about.

There's nothing old-school about this group. It's a way for members 45 and younger to contribute views and energy to the future of our community...while building their own connections through social events, special networking opportunities and family gatherings.

JNext members don't just help to determine the future direction of the JCC. They also earn benefits, including attractive discounts on family programs, babysitting services and birthday parties. Because let's face it — your investment in our future deserves our investment in you.

Create our future...and yours. Join JNext.

If you are interested in getting involved in JNext, please contact Elana MacGilpin, emacgilpin@mandelljcc.org, 860-231-6317

mandell jcc
JNext



MANDELL JCC
Greater Hartford

WWW.MANDELLJCC.ORG/JNEXT



EARLY CHILDHOOD CENTERS



The Mandell JCC Early Childhood Centers are funded in part by the Jewish Federation's annual campaign.



BEATRICE FOX AUERBACH EARLY CHILDHOOD CENTER

Mandell JCC, Zachs Campus
335 Bloomfield Ave, West Hartford, CT 06117
860-231-6344, ecc@mandelljcc.org

Gen Delay Pasternak, Early Childhood Center Director,
gpasternak@mandelljcc.org
Andrea Rosenfield Short, Early Childhood Center Assistant
Director,
arosenfield@mandelljcc.org
Morning Preschool 2-5 years
Mon-Fri 9:00am-12:30pm

Full & part-time childcare 4 months-5 years
Mon-Fri 7:30am-5:30pm

Flexible scheduling available. Please call the main
ECC number for details and pricing, 860-231-6344.



For more information call 860-231-6344, ecc@mandelljcc.org



SHIRLEY REBACK EARLY CHILDHOOD CENTER

1079 Hebron Ave.
Glastonbury, CT 06033

A satellite Early Childhood program
of the Mandell JCC and
Congregation Kol Haverim
Morning Preschool 2-5 years
Mon-Fri 9:00am-12:30pm

Extended Afternoon 3's, 4's and 5's
Mon-Fri 12:30-4:00pm

Flexible scheduling available.
For more information call Dee Chappell, Director,
860-652-0396, dchappell@mandelljcc.org



Here's a preview of Summer 2024. More details coming soon!

Create something new. Raise the curtain. Explore new worlds. Relax, unwind, chill. Swing, shoot, SCORE! No matter how you like to enjoy your summer, there's something for the whole family to enjoy when you spend your summer with the Mandell JCC!



SPORTS JAMS

Entering Grades 1-8 Fall 2024

PRE-WEEK: JUNE 17-21

JUNE 24-AUGUST 23

- The Mandell JCC
- The Swim & Tennis Club,
4 Duncaster Road, Bloomfield
- Tumble Brook Country Club

One-week sports clinics with full and half-day options for active boys and girls.

Featuring Durelle Brown Basketball, Flag Football, Cheer Camp, Zeke Seguro Soccer, tennis, golf, Sport-A-Palooza, karate, baseball and more.

After care available.

Information & registration:

Thai Tran, 860-231-6410,
ttran@mandelljcc.org



CAMP SHALOM

Entering Grades K-10 Fall 2024

JUNE 24-AUGUST 16

For over 50 years Camp Shalom has been a community leader in creating summer memories. Located on over 75 wooded acres along the Farmington River in Windsor, CT, campers never run out of fun and adventure. Camp Shalom is the perfect summer place for campers to swim, canoe, waterski, fish, kayak and paddle board. There are sports and arts activities, too. Where friendships are built and memories made.

Information:

Colby Wyckoff, 860-231-6376, cwyckoff@mandelljcc.org
www.campshalomct.com



INDOOR SPECIALTY CAMPS

Entering Grades 1-9 Fall 2024

PRE-WEEK: JUNE 17-21 | JUNE 24-AUGUST 16

Mandell JCC

One, two, and four-week programs with full and half-day options for kids to engage in their favorite activities. Programming includes theater, dance, yoga, art, cooking, science, and more.

Before & after care available.

Information: thejcc@mandelljcc.org



ECC SUMMER OF WONDER

Ages 3-5

PRE-WEEK: JUNE 17-21 | JUNE 24-AUGUST 16

Mandell JCC

This summer we invite you to join us for a Reggio inspired summer series for children ages 3-5. The program will include outdoor fun on our playground and in nature, music and movement, water play, scavenger hunts, themed dress-up days and more!

Information & registration:

Andrea Rosenfield Short, 860-231-6310,
arosenfield@mandelljcc.org



The Swim & Tennis Club

Start creating summer memories with us!

Opening May 25, 2024

Conveniently located, yet spectacularly secluded in the Bloomfield countryside, enjoy summer relaxation and recreation in our oversized pool with waterslide, family-friendly kiddie pool, playground, basketball and volleyball courts, Woodlands putting course, arts and crafts hut, snack bar and special events for all ages.

Contact: Amy Gurchin, The Swim & Tennis Club Director,
860-231-6323, agurchin@mandelljcc.org



Summer Job Fair

Thursday, January 4

4:00-6:00 pm | Mandell JCC

Looking to make an impact on our community? There are plenty of positions available in our summer programs, including Camp Shalom, ECC's Summer of Wonder, Sports Jams, Indoor Specialty Camps and The Swim & Tennis Club. Stop by our Summer Job Fair to learn more!

AVAILABLE POSITIONS:

- Lifeguards
- Tennis & Sports Specialists
- Swim Instructors
- Camp Counselors/Specialists
- Chefs & Cooks
- Maintenance
- Snack Bar
- And More!
- Front Desk



David, Seth, Brian & Will Fierston

Fierston Financial Group

is proud to support the
Mandell JCC in its work -
much like ours - to strengthen
our local community in meaningful,
rewarding ways.



29 South Main Street, Suite 302
West Hartford, CT 06107 | www.fierston.com



Mandell JCC | 24th Annual

Scholarship Tournament

THANK YOU

TO THIS YEAR'S SPONSORS!

COCKTAIL RECEPTION
Data-Mail, Inc.

DRIVING RANGE
Walter Harrison

HOLE-IN-ONE SPONSOR
Hoffman Auto Group &
Lexus Champions for Charity

PLAYERS GIFTS
Fierston Financial Group, Inc.

GOLF CART SPONSORS
Haydon Corporation
Ideal-Tridon Group

REGISTRATION TABLE
Richard Caplan

PUTTING GREEN
Bob Spiegel
Sotil Tree Service LLC
Veritiv Corp

PLAYER PRIZES
CTEC Solar
Hartford HealthCare
Wolff Financial Group, LLC

REFRESHMENT CARTS
Aromatic Refreshment Services
Bouvier Insurance
Carey Wiper & Supply Co
Chase Bear Family Foundation
Cornerstone Properties
Distinctive Coatings
Fuller Paving and Grading
Allan and Lois Hutensky
Cathy and Mark Kolovson
Marcia Lederberg
Stamm Construction
Sun Chemical Corporation
Temps Now, Inc
USA Mechanical & Energy Services
Veritiv Corp

DIAMOND SPONSORS



**RENEE & BOB
SAMUELS**

SCREEN

TITANIUM SPONSORS



CENVEO



HARTFORD ATHLETIC
CHARITABLE FUND



PLATINUM SPONSORS

Collins Medical Group
Hartford Health Care
Lindenmeyr Munroe
Lockton Companies
Frank Longobardi and
Patricia Synhorst

Prime Materials Recovery, Inc.
Right at Home
David Savin
Wentworth-DeAngelis, Inc.
Zachs Family

GOLD SPONSORS

AM Lithography Corp
Anthem Blue Cross & Blue Shield
Baronet Coffee
Beacon Light & Supply
Berkshire Food
Best Practice Energy, LLC
Bradley, Foster, and Sargent, Inc.
C&N Mechanical
Cambridge Insurance Advisors
Captive Resources, LLC
Case Paper Company
Charter Oak Building Maintenance
CliftonLarsonAllen
Cohn-Reznick, LLP
CT Children's Medical Center
Diversified Group Benefits
Eagle Rivet Roof Services Corp.
Fosdick Fulfillment Corporation
Harris, Adelberg & Strauss
Jeffrey & Nancy Hoffman

Hooker & Holcombe, Inc.
Kaplan Insurance Group
Litchfield Cavo
Mack Fire Protection
Mail Automation Inc. (MAI)
Meyers Brothers Kalicka, PC
Midland Paper
M&T Bank
NEFCO
Norton Rose and Fulbright
Norwix Marking Systems
PAC Group, LLC
Pullman-Comley
Reid & Riege
S & S Worldwide
Saint Francis-
Trinity Health New England
The Hartford
Tidewater Direct, LLC

SILVER SPONSORS

Brenner, Saltzman & Wallman, LLP
Butler Construction Co
Crump Life Insurance
CWPM, LLC
Excelco
Fidelity Investments
K&S Distributors
LDI Connect
Lindberg & Ripple, Inc.
Joyce & Richard Leibert
Cheryl & David Epstein
EJ & Steven Greenspan

BRONZE SPONSORS

Finch Paper
MJP Wealth Advisors
EMT International
Premier Consulting
Priority Express
Standard Hunkeler



Fitness Center at Saint Francis

- Personal training*
- Small group training*
- Cardio equipment
- Strength equipment
- Beautiful and bright group fitness studio
- Towel service

- Friendly atmosphere
- Yoga, Spin, Mat Pilates, Tabata, Morning Boost, QiGong/Tai Chi, Yoga and Active Agers classes
- Sauna

- **FREE** Smart Start to Fitness 2 sessions to get you started and help you succeed
- Experienced, educated, and certified staff
- **FREE** well-lit secure parking at the rear of the building

Renew Active
by UnitedHealthcare



Trinity Health
Of New England

Saint Francis Hospital
and Medical Center

Separate membership required.

FOR MORE INFORMATION:

Sharon O'Brien, Community Wellness Director,
860-231-6333, sobrien@mandelljcc.org

95 Woodland St., 3rd Floor | Hartford, CT 06105 | 860-714-4414 | www.mandelljcc.org/stfrancis



**ATTENTION
JEWISH
TEENS**
AGES 12-16

Join the Hartford Team

Get in the Games!

This Olympic-style sporting event for Jewish teens is held every summer. More than 2,000 athletes from delegations across North America, Europe, Latin America, Israel, and beyond attend the competition. Hosted by JCC Association of North America in partnership with communities around the country and this year in Israel, too, the Games offer teens opportunities to compete in team or individual sports and participate in social activities and social action projects rooted in Jewish values.

JCC MACCABI GAMES® & ACCESS

HOUSTON

AUG 4-AUG 9, 2024

SPORTS SPECIALTIES

- 3v3 Basketball
- 5v5 Basketball
- Baseball
- Bowling
- Dance
- Flag Football
- Soccer
- Star Reporter
- Swimming
- Table Tennis
- Tennis
- Volleyball

For more information please contact
Jimmy Rawl at Jrawl@mandelljcc.org

Be part of the magic!





Workplace Wellness & Corporate Team Building

Whether your employees are working remotely, in the office or hybrid, we have solutions and a team ready to support you as you **ENGAGE, INSPIRE** and **CARE** for your employees.

Unique to You

We understand that your employees have unique needs. Let us work with you to find a balance of in-person programming and/or virtual classes that meet your wellness needs. Below are a few ideas to build upon.



Sharon O'Brien
Community Wellness Director



IN-PERSON OR VIRTUAL PROGRAMMING

Fitness Classes

- Chair exercises (at your desk)
- Group classes
- Yoga

Wellness Classes

- Nutrition
- Stress management
- Self-care
- Meditation/Mindfulness

Physician-led Seminars

- Heart health
- Orthopedics
- Diabetes
- Mental Health



TEAM BUILDING

- Low & High Ropes Challenge Courses
- Basketball Challenge
- Fitness Challenge
- Cooking Challenge

ADDITIONAL OPTIONS

- Screenings
- Chair massage
- Personal Training
- Health Coaching
- Meeting space at the JCC



WELLNESS RETREAT

Wellness retreat (your company or ours) – build your own day or ½ day to give your employees time for rejuvenation. May include educational presentations, rejuvenating modalities, and unique relaxation experiences.

For more information contact Sharon,
860-231-6333, sobrien@mandelljcc.org



Mandell JCC | Zachs Campus, 335 Bloomfield Ave. West Hartford, CT 06117
(p) 860-236-4571 | (f) 860-233-0802 | thejcc@mandelljcc.org | www.mandelljcc.org

Our Mission:

Serving people of all backgrounds and at every age and stage of life, the Mandell Jewish Community Center is a gathering place and resource for the Hartford region. The JCC provides recreational, cultural, educational, and social programs designed to promote the physical, intellectual, and spiritual well-being of its members and others who participate. As a center where all are welcome, our mission is rooted in a fundamental commitment to inclusivity and universal Jewish values. We work to build community, cultural identity, and bridges of understanding by celebrating diversity and fostering appreciation for Jewish culture and heritage.

Administration

President & CEO	860-231-6313	David Jacobs	djacobs@mandelljcc.org
Chief Operating Officer	860-231-6439	Kim Corona Charron	kcharron@mandelljcc.org
Chief Development Officer	860-231-6317	Elana MacGilpin	emacgilpin@mandelljcc.org
Chief Program Officer	860-231-6455	Leslie Sax	lsax@mandelljcc.org
Operations Director	860-231-6351	Sheri Gaudet	sgaudet@mandelljcc.org
Director of Marketing and Communications	860-231-6369	Kelly Boscarino	kboscarino@mandelljcc.org
Program Administrative Coordinator/Registrar	860-231-6329	Jessica Farrell	jfarrell@mandelljcc.org
Director of Safety & Security	860-231-6356	Jim Schwab	jschwab@mandelljcc.org
Executive Assistant	860-231-6315	Stephanie Yates	syates@mandelljcc.org
Marketing Assistant	860-231-6325	Kate Sullivan	ksullivan@mandelljcc.org
Finance Director	860-231-6336	Cheryl Couture	ccouture@mandelljcc.org
Creative Director	860-231-6304	Steve Evans	sevens@mandelljcc.org
Human Resource Administrator	860-231-6350	Katari Haslam-Washington	kwashington@mandelljcc.org

Member and Guest Services

Membership Director	860-231-6349	Rachel Stein	rstein@mandelljcc.org
Member Services Supervisor	860-231-6319	Marj Blinderman	mblinderman@mandelljcc.org
Engagement and Events Director/ The Swim & Tennis Club Director	860-231-6323	Amy Gurchin	agurchin@mandelljcc.org
Member Services Center	860-236-4571		thejcc@mandelljcc.org
Box Office	860-231-6315		tickets@mandelljcc.org

Recreation & Wellness

Operations Director	860-231-6362	Farrah LaPorte	flaporte@mandelljcc.org
Community Wellness Director	860-231-6333	Sharon O'Brien	sobrien@mandelljcc.org
Aquatics Director	860-231-6363	Jaine Mazer	jmazer@mandelljcc.org
Sports Director/Sports Jams Director	860-231-6410	Thai Tran	ttran@mandelljcc.org
Martial Arts Director		Dave LaPorte	dlaporte@mandelljcc.org
Exercise Physiologist	860-231-6337	Kathy Armstrong-Crouch	kcrouch@mandelljcc.org
Group Fitness Director	860-231-6348	Carmen Erian	cerian@mandelljcc.org
Fitness Director	860-231-6314	Kim Foster	kfoster@mandelljcc.org
Assistant Aquatics Director	860-231-6434	Brian Ruyle	bruyle@mandelljcc.org
Shark's Swim Coach		Karim Mabrouk	kmabrouk@mandelljcc.org
Mt. Sinai Rehabilitation Hospital	860-231-6352	Lisa Farr	lfarr@trinityhealthofne.org

Program Services

Early Childhood Director - West Hartford	860-231-6343	Gen Delay Pasternak	gpasternak@mandelljcc.org
Early Childhood Assistant Director - West Hartford	860-231-6310	Andrea Rosenfield Short	arosenfield@mandelljcc.org
Early Childhood Admin Assistant	860-231-6344	Liz Cleary	ecleary@mandelljcc.org
GECC Director - Glastonbury	860-652-0396	Dee Chappell	dchappell@mandelljcc.org
Director of Camp Shalom	860-231-6376	Colby Wyckoff	cwyckoff@mandelljcc.org
Youth Director	860-231-6382	Jimmy Rawl	jrawl@mandelljcc.org
Youth Program Coordinator	860-231-6334	Eve Laub	elaub@mandelljcc.org
JSchool of Performing Arts Director		Meg Buckner	mbuckner@mandelljcc.org
Chase Family Gallery	860-231-6316	Jane Pasternak	jpasternak@mandelljcc.org
Family Room Director & PJ Library Coordinator	860-231-6374	Susan Lentini	slentini@mandelljcc.org
Family and Child Program Coordinator	860-231-6342	Jill Ryan	jryan@mandelljcc.org
Adult Program Director	860-231-6311	Sharon Holtzberg	sholtzberg@mandelljcc.org
Special Needs Program Coordinator	860-231-6339	Becky Munday	bmunday@mandelljcc.org
New Americans Program Coordinator	860-549-2919	Lucy Dratva	bobalylu@gmail.com

Mandell JCC Satellite Branch



**Fitness Center
at Saint Francis**

95 Woodland St., 3rd Floor | Hartford, CT 06105
860-714-4414 | www.mandelljcc.org/stfrancis

As of 10/27/23



Walter and Dianne Harrison

GIVE OUR FUTURE A PRESENT

We are proud to celebrate our **1915 Legacy Society** and express our profound appreciation for our members.

Since 1915, the Mandell JCC has been opening its doors and building community. The 1915 Legacy Society is an opportunity for us to create a gift of permanence, and to be a part of something great. This intentional program will create a pipeline of bequests that will endow and support the JCC for future generations.

The permanent endowments created by these bequests will be held in trust at the Jewish Community Foundation, sustaining a vibrant Mandell JCC and the rest of our Hartford Jewish community in perpetuity. Legacy giving is an after-life gift, and is the ultimate expression of your values and your belief in the future of our JCC and local Jewish community. A legacy gift of any size can be designed for your personal financial circumstances.



We're all in tomorrow together. With a bequest to the 1915 Legacy Society, you will guarantee that the many vital and meaningful programs our members, friends and neighbors depend on will continue to be here for future generations.

We can't do tomorrow without you. The Mandell JCC is part of your life. And you are a part of our future.

For more information please contact
Elana MacGilpin, 860-231-6317



**JEWISH
COMMUNITY
FOUNDATION
OF GREATER HARTFORD**



www.mandelljcc.org/1915

1915 Legacy Society Members

Anonymous (2)
Kim & David Charron
Michael J. Croll
Harriet M. Cutler
Brad & Lauren Drazen
Amy & Richard Fechter
Jean & David "I" Federman
Jillian & Joshua Feldman
Kathy & Ron Fishman
Lisa & Peter Fishman
Jessie & Jason Gagnon

Gary & Joan Greenberg
Arthur & Zadelie Krasow Greenblatt
EJ & Steven Greenspan
Dianne & Walter Harrison
Michael Jacobs
David L. Jacobs
Roberta Woronow & Ted Kaplan
Amanda & Aaron Katzman
Annie & Stephen Keith
Alys & Jack Krichavsky
Bonnie Hittleman-Lewis & Paul Lewis

Elana & Scott MacGilpin
Joyce & Andrew Mandell
Deborah Mehlman
Alan & Peggy Mendelson
Frederick Moss
Robert Naboicheck
Leah & Andrew Paller
Ian & Debra Polun
Frank & Judy Resnick
Arthur L. Rome
Elisabeth Kostin & Doron Roth

Jaime & Mark Seltzer
Lois Siegel
Ronny & Al Siegel
Stacy Silk-Rome
Melvin Simon
Gayle & Steven Temkin
Karen & Alan Tuvin
Rhonda & Richard Wirth
Ellen Woodruff
Karen E. Wyckoff
Henry M. Zachs



Joyce D. and Andrew J. Mandell
Greater Hartford
Jewish Community Center
335 Bloomfield Avenue
West Hartford, CT 06117-1543
860-236-4571
www.mandelljcc.org

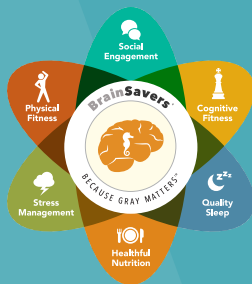


Non-Profit
Organization
U.S. Postage
PAID
Permit No. 2764
Hartford, CT



We Stand
with
ISRAEL
Now and Always

BrainSavers®
BRAIN + BODY TOTAL FITNESS



Because Gray Matters!

Tuesdays, 1:00pm, January 9-March 26

BrainSavers is an evidence-based program and focuses on the brain and body to help create a lifestyle for seniors that can stave off Alzheimer's and dementia. This instructor led program encompasses six lifestyle components to prevent Alzheimer's: physical fitness, cognitive fitness, stress management, healthful nutrition, quality sleep, and social engagement.

Introductory offer \$150 community members/free for JCC members

Register: www.mandelljcc.org/tix

For more information, contact Sharon O'Brien, 860-231-6333, sobrien@mandelljcc.org

