

J

MANDELL JCC PROGRAMS & CLASSES



WINTER 2026

JOYCE D. AND ANDREW J. MANDELL JEWISH COMMUNITY CENTER
Zachs Campus | 335 Bloomfield Ave | West Hartford, CT 06117 | 860-236-4571 | www.mandelljcc.org

Registration

OPENS FOR JCC MEMBERS

Thur. Dec 11, 9:00am

OPENS FOR ALL

Thur. Dec 18, 9:00am

See page 65

Think You Know Jewish Hartford? **THINK AGAIN.**



JEWISH OUR COMMUNITY. OUR STORIES. HARTFORD

DECEMBER 7, 2025 - JANUARY 23, 2026

Chase Family Gallery | Mandell JCC

A new photo exhibit by acclaimed photographer Steven Laschever with over 100 striking portraits and tableaus that reveal a side of our community that's anything but predictable—diverse, vibrant, and full of surprises. It's a side of Hartford you won't forget.

OPENING RECEPTION

Sunday, December 7, 12:30-5:30pm

Continuous live music

Light refreshments

Free and open to all

Reservations Recommended



J CONTENTS

Pictured on the front cover:

More than 200 Mandell JCC team members standing in front of the J's main entrance. From teachers and coaches to lifeguards, and operations staff, this portrait honors those who bring our community to life every day. From the exhibition "Jewish Hartford: Our Community. Our Stories." Photograph by Steve Laschever.

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How to Register

Members: Online, in person, or by phone
Community Members: In person or by phone
Online: www.mandelljcc.org
In Person: Member Services Center
Phone: 860-236-4571
 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.



MAKE A GIFT TODAY!

MANDELL JCC
Greater Hartford

2025 Friends of the J Campaign

Your gift makes a difference, helping us to provide fulfilling programs, foster connections, and build a vibrant community.

The JCC and PJ Library have both given our family a sense of community, friendship and growth. We became members of the JCC when our older son Max was an infant and starting swim lessons. As new parents, this was one of our first activities with him and allowed us to have a great learning environment for all of us, in addition to participating with him in building life-long skills in the water. We then began attending Shabbat in the Family Room every Friday morning, along with participating in many events all year round with both of our boys.

Even during the height of the pandemic, we were able to continue to participate in our weekly Shabbat program from home over Zoom, and maintaining the unforeseen virtual connection for all of us was meaningful beyond words. The feeling of community and family every Friday morning is something we truly look forward to each week. It is a wonderful space for families of all ages and stages to be. We have made so many friendships with other families and watching the kids grow and learn together during Shabbat, toddler activities, summer camp and more has been wonderful.

The PJ Library program continues to be a highlight for our boys. They both love receiving a book each month and learning more about upcoming holidays and celebrations as well as attending events at the JCC and our community. Both the JCC and PJ Library have given us the opportunity to teach our boys about performing Mitzvot with the many different opportunities from donating food, toiletries, school supplies, socks and gloves, pajamas and more.

Jarad, Shayna, Max and Noah Goldberg



YES!

I would like to support the J.



Donate online at
www.mandelljcc.org/friends

OR

Make a gift over the phone by calling
Elana MacGilpin at 860-231-6317



A Winter Full of Energy, Creativity, and Community

As we look ahead to the winter season, we're reminded how the Mandell JCC truly shines as a place for connection, inspiration, and renewal. Whether you come to move, learn, celebrate, or simply share time with others, the J offers countless ways to connect and thrive this season.

We're especially thrilled to kick off the **30th Annual Phyllis Hoffman Hartford Jewish Film Festival** in January! This milestone year features a spectacular lineup, beginning with our dazzling opening event, "Starry, Starry Night" with the **Hartford Symphony Orchestra**, and wrapping up with a lively closing night show, **Comedy for Peace**—plus 16 incredible films that celebrate Jewish stories from around the world. Each screening brings our community together through laughter, reflection, and meaningful conversation.

Winter at the J also means exciting new opportunities to support your health and wellness. From our **Zumba Dance Party** and second annual **Fit Fest** to Youth Strength Training, Adult Learn-to-Swim, and Pickleball classes, there's something for every interest and fitness level. And don't miss **Mind Matters: Exploring Your Brain, Optimizing Your Health**, our first-ever Community Brain Health Symposium on Sunday, April 26, featuring Dr. Gabriele DeLuca of the University of Oxford. This inspiring day will engage both mind and spirit through thought-provoking presentations and hands-on activities.

For those looking to explore creativity and community, our **Hydroponics Gardening classes** offer a fresh way to grow and learn together. And we're already counting down to the **Annual Fashion Show**—a fabulous event and fundraiser that celebrates style, confidence, and inclusion, all benefiting our Special Needs programs at the J.

The options are truly endless for all ages, stages, and abilities. This winter, we invite you to reconnect with your community, discover something new, and celebrate all that the J has to offer.

We can't wait to see you here.



David Jacobs
President & CEO



Steven M. Greenspan
Board Chair





Community

Noun: [kuh·myoo·nuh·tee]

A group of people with Diverse characteristics who are linked by social ties, share common perspectives and engage in joint action.



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.

For accommodations requests, please contact Kasiana Friedman at 860-231-6311 or kfriedman@mandelljcc.org at least eight (8) business days before the event. We will make every effort to accommodate your needs.

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, Jweekly, and on www.mandelljcc.org.

Weather Alerts

Facility advisories, weather closings and delayed or revised hours will be posted on www.mandelljcc.org. For important Early Childhood Center updates, families should call 860-231-6344 or 860-231-6345. 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 46.

Financial Assistance

Together we're stronger. At the Mandell JCC, we believe in building an inclusive community where financial limitations are never a barrier. Financial assistance is available to ensure that all can participate fully in our programs and services.

For more information visit www.mandelljcc.org/financialassistance or reach out to Kim Corona Charron, 860-231-6439, kcharron@mandelljcc.org to learn how we can help support your JCC experience.

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
- Three state-of-the-art Group Fitness Studios, including a 2,000-square-foot all-purpose studio, a dedicated cycle studio with 25 Matrix indoor cycle bikes, a 1,000-square-foot yoga studio and a Pilates Reformer studio—enabling us to offer multiple classes during prime times.
- 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, accessible showers and 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
- 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, Phyllis Hoffman 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
- Pilates Reformer
- The Kitchen at Futures at Café J
- Babysitting
- After School Care
- Birthday Parties
- Early Childhood Center
- Sharks Swim Team
- Holistic Health Options
- Youth Performance Center

Jewish Holidays

Jewish holidays begin at sundown the evening before the listed date. For holiday hours, visit www.mandelljcc.org. To explore more about Jewish holidays and traditions, 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 on Friday until the appearance of three stars in the sky on Saturday night (Havdalah). This 25-hour period commemorates the day when God rested after creating the world in six days. To sanctify the Sabbath, blessings over candles, wine, and a special braided egg bread, challah, are shared with family and friends.

Shabbat is a day of rest and spiritual enrichment, observed in the synagogue or at home. By “unplugging” from work and daily concerns, we devote time to relaxation and reflection on how to live a good life. Shabbat brings renewal through meditation, special meals, and time in nature.

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

TRADITIONAL GREETINGS

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



Tu B'Shvat

Begins Sundown on Sun. February 1 through sunset on Mon. February 2

Tu B'Shvat is known as the New Year of the Trees or the Trees' Birthday. It coincides with the beginning of spring in Israel when the first almond blossoms open. 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).

Tu B'Shvat can be celebrated by participating in a Tu B'Shvat seder, by planting trees and seeds, and thus, investing in our future, by eating the seven species, and exploring ways to sustain and care for our environment.

TRADITIONAL GREETINGS

Chag Sameach (Happy Holiday)



Purim

Begins Sundown on Mon. March 2 through sunset on Tues. March 3

Purim is often called the “Fun Jewish Holiday.” It celebrates the Jewish people’s survival against annihilation in ancient Persia, as told in the biblical Book of Esther. This joyous holiday honors the courage of Queen Esther and her cousin Mordechai, who saved their people from the wicked tyrant Haman.

We celebrate Purim by reading the Megillah (the Purim story), giving to charity (tzedakah), enjoying a festive meal (seudah), dressing up in costumes, and sharing mishloach manot (gifts of food) with friends. We also indulge in hamantaschen—triangle-shaped, filled cookies that symbolize Haman’s three-cornered hat.

TRADITIONAL GREETINGS

Chag Sameach or
Chag Purim Sameach

At the Mandell JCC, our holiday programs and special events are open to all. We proudly embrace the diversity of our community and invite everyone to come together for joyful, meaningful, and inclusive Jewish experiences—both within and beyond the walls of the JCC.



Passover

Begins Sundown on Wed. April 1 through sunset on Thur. April 9

The JCC closes at 3:00pm on Wed. April 1 and remains closed on Thur. April 2.

The JCC closes at 3:00pm on Tue. April 7 and remains closed on Wed. April 8.

Passover is a celebration of freedom from slavery in Egypt. Known as Pesach in Hebrew, it is a week-long celebration of spring, birth and rebirth, the journey from slavery to freedom, and taking responsibility for oneself, the community, and the world. Passover commemorates the exodus of the Jews from Egypt. The word Pesach means “to pass over,” referring to the plague that struck the firstborn Egyptians, while the Angel of Death passed over the homes of the Jews.

Passover is one of the most widely observed Jewish holidays, celebrated with family and friends gathered around the Seder table. During 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 of the suffering and degradation faced by those who are poor, the sharp pain of hunger, and the bondage of poverty and persecution. This shared memory and experience compel us to act.

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

TRADITIONAL GREETING

*Chag Sameach or
Chag Pesach Sameach*



Yom HaShoah

Begins Sundown on Mon. April 13 through sunset on Tue. April 14

Holocaust Remembrance Day memorializes the six million Jews who perished as victims of the Nazis during World War II, with community gatherings, prayers, songs, and survivor testimonies. Known in Hebrew as Shoah, which means “catastrophe” or “utter destruction,” the Holocaust reminds us of the horrors faced by Jews and other persecuted groups: forced labor, starvation, humiliation, and torture, often ending in death.

In Israel, Yom HaShoah is observed for 24 hours (from sunset to sunset), during which all places of public entertainment are closed. The most notable feature of the holiday is the sound of a siren at sundown and again at 11 a.m. the next morning, when the entire country pauses for two minutes.

Many commemorate Yom HaShoah by lighting yellow candles to honor the memory of the six million victims. Synagogues and Jewish communities gather to mark the day through worship and sharing survivor stories, keeping these memories alive for future generations.

Yom Hazikaron

Begins Sundown on Mon. April 20 through sunset on Tue. April 21

Israel’s Memorial Day honors the sacrifices of soldiers who gave their lives defending the Jewish state and commemorates victims of terror. Observed annually on the day before Israeli Independence Day, this juxtaposition serves as a powerful reminder that the freedom and safety enjoyed in Israel are possible only because of the individual heroes who made the ultimate sacrifice for our people and shared dreams.

As on Yom HaShoah, the entire country pauses at the sound of a siren, followed by prayers recited in military cemeteries. This solemn day sees Israelis attending public ceremonies, visiting the graves of loved ones, and leaning on each other for strength, hope, and the resolve to thrive. Together, they ensure these lives were not lost in vain.

Yom Ha’Atzmaut

Begins Sundown on Tue. April 21 through sunset on Wed. April 22

Israel Independence Day celebrates the founding of the modern state of Israel in May 1948, with 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, marking an emotional shift from mourning to joy. Jewish communities around the world join in solidarity with Israel and one another.

SAVE THE DATE
Yom Hazikaron
Commemoration
Mon. April 20, 2026 | 7:00pm

SAVE THE DATE
Yom Ha’Atzmaut
Family Israel Concert
Sun. April 26, 2026

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.

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Hoffman Family

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As of October 22, 2025

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Community Donor Circle

We express our profound appreciation for our Community Donor Circle members who so generously support the Mandell JCC with an annual gift of \$365 and above. 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



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As of December 22, 2025 | J = JNext

SALES | SERVICE | PARTS | COLLISION

Driven by Family.

Hoffman
AUTO GROUP

HoffmanAuto.com



PORSCHE

SUBARU





Get Started with JFit Orientation Sessions!

Included with your membership, these orientation sessions are designed to help you explore new activities and kickstart your fitness journey.

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

Jr. JFit Orientation (Ages 12-16)

This required orientation session introduces participants to the Fitness Center. During this 45-minute session, we demonstrate the use of specific cardio and strength machines, review goals, and cover guidelines for using our main fitness facilities.

Fitness 101 (30-minute Orientation)

Get a quick overview of our equipment and a detailed tour of the fitness center during this orientation. Designed to boost your confidence and empower you to start achieving your fitness goals effectively.

Personal Training 101

Meet with one of our skilled J Personal Trainers for a 30-minute assessment. Discuss your fitness objectives and learn how personalized training can help you reach them.

Group Fitness 101

Consult with a member of our Group Fitness Team to explore our diverse group fitness offerings. Gain valuable insights on integrating cardio, strength, and flexibility training into your schedule through group classes.

Aquatics 101

Meet with our Aquatics Director to discover our Aquatics Center offerings, including classes and lap pool options. Learn how water-based activities can enhance your overall health and well-being.

Pilates Reformer 101

Explore the benefits of Pilates Reformer with one of our instructors. All levels are welcome for this personalized demo session tailored to your abilities.



Join us for special fitness opportunities throughout the year.

Monthly Fitness Challenges

Stay motivated and active with our monthly fitness challenges like:

- January - Health & Wellness Bingo Challenge
- February - Partner Challenge
- March - March Madness Challenge
- May - Fitness Scavenger Hunt

Fit Fest - Sun. Feb 15

A celebration of health, wellness and active lifestyles from fitness enthusiasts to families offering a blend of competition, group classes, fitness assessments, kids fitness/sport activities and a Health & Wellness expo.

JFit Calendar

The monthly JFit calendar provides information about our J-table and Member appreciation tables, group demo classes and pop-up classes like Sprint 8, Planks with Pete and Recovery Tools & Tips.

Monthly Fitness Exercise Challenges

Challenge yourself with workouts designed by personal trainers and/or specific monthly exercises like push-ups, burpees, sit-ups, etc.



GROUP FITNESS

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

- From Cardio Splash in the water to Zumba, Core and Mat Pilates, we offer something for everyone!
- Les Mills classes! BODYPUMP, BODYCOMBAT, BODYBALANCE, CORE!
- Virtual and on-demand classes available.
- All group fitness classes are INCLUDED in your membership!
- Members 12 years and older are welcome to participate in our group fitness program.

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



ZUMBA

Dance Party

Come Party with the JCC Zumba Instructor Team!

Sun. Feb 1, 10:15–11:45am | Mandell JCC, Studio 1

Get ready to dance, sweat, and support a great cause! Join us for a high-energy Zumba party led by your favorite instructors from the JCC. Let's move together and make a difference in our community!

Admission:

Please bring a donation for our local food shelter "HOUSE OF BREAD" — every item helps! Let's fill the room with music, movement, and generosity. Tell your friends and bring the whole crew — the more, the merrier!

Open to All

JCC members (drop-in) and guests - registration required at www.mandelljcc.org/tix



Group Fitness
at it's **BEST!**

LES MILLS

Mandell JCC is where it's at!

BODYPUMP • BODYBALANCE • BODYCOMBAT • CORE



Barre
Get flexible and strong!

Barre classes improve focus and posture while building muscle & cardiovascular capacity! All while relieving stress!

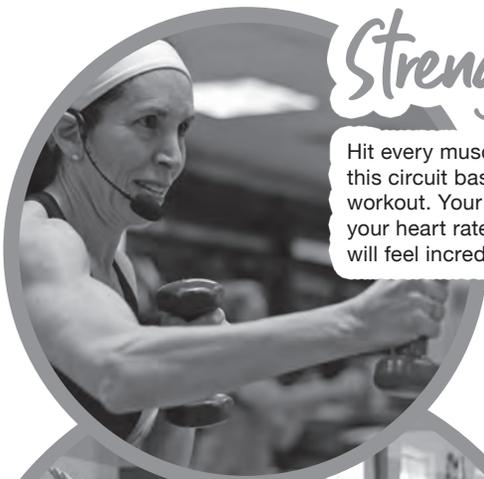
Yoga Sculpt
with Becca

Ignite your strength from the inside out in this dynamic, music-driven fusion class! Yoga Sculpt blends traditional yoga postures with strength training, heart-pumping cardio and Pilates!



Chair Yoga
Accessible to all!

Chair Yoga will improve your balance, flexibility and help with pain management.



Strength

Hit every muscle in your body with this circuit based strength workout. Your muscles will fatigue, your heart rate will rise, and you will feel incredible!



Yoga

Relax and quiet your mind, body and spirit with ancient yoga postures and controlled breathing techniques while you improve your flexibility and balance.



Cardio Splash

An energetic water workout with lots of rebounding, strengthening, stretching and fun.

Babysitting

Members using the JCC are offered childcare for children ages 4 months-7 years old every day of the week:

Monday-Friday: 8:45-11:30am
Saturday & Sunday: 8:30-11:45am

Our experienced childcare staff, under the supervision of Jill Rothstein, encourages 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.

Pilates

Enhance your body, flexibility,
and health with us!

NEW! - Cadillac

Our Pilates program is growing with the addition of the Cadillac. This equipment's static nature provides support and safety for those recovering from injuries or limited mobility, yet can still offer advanced exercises requiring suspension and hanging for more advanced users.



Benefits of Pilates:

- Boost your mental health
- Increase power and strength
- Relieve pain and discomfort
- Create self-awareness
- Promote mindfulness
- Increase joint health

There are many ways to practice Pilates at the JCC:

- Free mat classes, offered three times week and included in your membership.
- Reformer classes, offered 12 times per week.
- Private, partner and small group training with the equipment.

To schedule your demo, contact:

Carmen Erian, 860-231-6348,
cerian@mandelljcc.org
Learn more at mandelljcc.org/pilates



Learn how to eat for your body! Change your relationship with food!

Our JCC team of Nutrition Coaches will work with you to create an individualized plan which will include recommendations and tailored education to fit your needs and lifestyle.

\$289 - One comprehensive session and two follow-up sessions plus weekly check ins.

For your free initial consultation, contact Carmen Erian, 860-231-6348, cerian@mandelljcc.org.

Nutrition Coaching at the J



InBody

the **best ME** i can **BE**
We'll show you what YOU are made of!



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.

ONLY \$50/\$20 JCC Member
Stop by the Fitness Desk or contact Farrah LaPorte for more information, flaporte@mandelljcc.org.

“Doing an InBody scan gave me real insight into how my workouts and nutrition are actually impacting my body. It's empowering to see measurable progress and adjust my plan based on real data, not just the scale.”

JCC Member

HARTFORD HEALTHCARE AND MANDELL JCC OF GREATER HARTFORD

Working together for stronger, healthier communities

Hartford HealthCare is proud to be recognized as the nation's best in cardiac surgery, kidney transplant surgery and patient safety.

Offering the best and safest care in all seven of our hospitals.

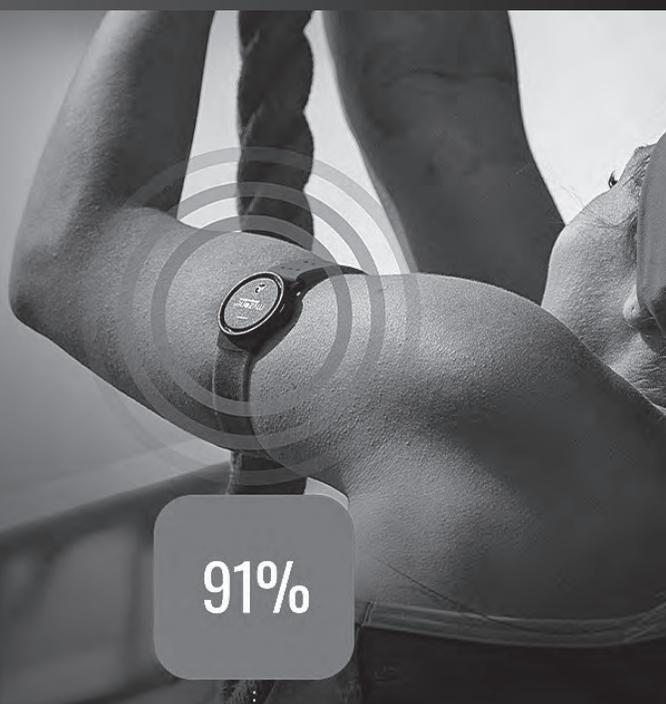
Learn more at HartfordHealthCare.org



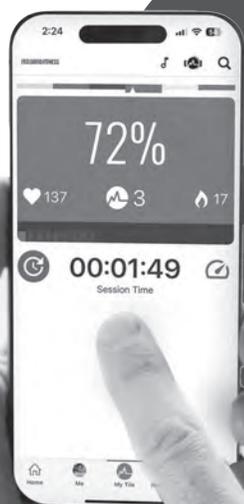


myzone®

MOVE MORE. MEASURE BETTER.



91%



ONLY
\$85*
JCC MEMBER
(Regularly \$159)

See a JCC Fitness
Team Member
for details

Jump Start your Workout Routine with Myzone

What is Myzone?

Motivational tool: Your virtual workout companion that keeps you accountable and motivated via in-facility software displays, an app and the activity tracker of your choice.

Activity tracking: Compatible with its own device or can integrate with Apple or Android watches to track all types of movement.

Inclusivity: Celebrates all forms of physical activity, accommodating all fitness levels.

Why use Myzone?

Community and connection: Fosters a sense of connectedness and encourages the development of healthy, lifelong habits.

Simplified science: Based on the science of heart rate training, presented in a simple, user-friendly format.

Recognition and rewards: Provides recognition for all effort, no matter fitness level or expertise, ensuring motivation is maintained.

Questions or to purchase, please contact
Farrah LaPorte at flaporte@mandelljcc.org.

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

Invest In Yourself PERSONAL TRAINING AT THE J



Personal Training Can Help You:

- Build Strength
- Increase Balance
- Change Body Composition
- Weight Loss
- Increase Mobility & Flexibility
- Prevent Injury
- Rehabilitation from Surgery
- Increase Athletic Performance

“Personal training at the JCC has been a truly positive and empowering experience. The supportive and knowledgeable guidance has helped me stay strong, mobile, and confident as I work toward long-term wellness goals. Each session is both effective and enjoyable, making it easier to stay motivated and committed.”

Peggy - JCC Member

The Mandell JCC personal training team works with people of all abilities. To 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

Personal Training | Partner Training | Virtual Training | Pilates Training | Yoga Training | Martial Arts Training

Small Group Training with Laura at the JCC

Tuesday Nights, 6:15pm | Wednesday Mornings, 10:30am | Friday Mornings, 11:00am

Elevate your fitness level in 2026 with small group training classes. These dynamic 50-minute workouts will combine strength, cardio, and power exercises that will boost both endurance and strength for the ultimate full body workout. Designed in a circuit format, each session targets all major muscle groups, using a wide range of specialized equipment often not used in general fitness classes - BOSU balls, TRX straps, med balls, battle ropes, weighted bars, and the Octagon. Whether you're looking to tone, build strength, or increase stamina, this class will leave you energized and ready to conquer your goals.

For more information, contact Farrah LaPorte at flaporte@mandelljcc.org.





Join Kathy for the
WELLNESS 30
Winter Fitness Challenge

Whether it's your first time or you need a reset, this program is perfect for you. Enjoy 30 days of guided support, including an exercise template, all accessible on a private Facebook page.

What is the challenge?

WELLNESS 30 focuses on eating whole, natural, unprocessed foods including meat, seafood, eggs, vegetables, fruits, nuts and natural fats. The diet focuses on eliminating all dairy, grains, sugar, legumes, alcohol and processed foods from your diet for 30 days, to help:

- Reset Body
- Increase Energy
- Decrease Inflammation
- Improve overall health
- Change body composition
- Lose Weight through eating clean for 30 days!

You will reintroduce these foods with a slow roll or fast track on day 31! If you have been stuck and want to finally have the food freedom you deserve, sign up for the challenge!

When: January 12-February 10

Where: Mandell JCC

How: Daily updates on Facebook

Cost: \$109/\$89 JCC Members - Includes 2 Inbody scans - before & after

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

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.



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AAWLLC.COM | USARECYCLE.COM

**At Your Service
 Since 1974**



**Our communities
 count on us.**





Active Aging Adults

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

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 some are offered virtually on Zoom.

All classes are free and included in your membership.
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.*

**Proud
to
support
the
Mandell JCC**



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Avon | Glastonbury | Wallingford | Willimantic

Adult Aquatics

Adult Learn to Swim

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

Wed 6:00-6:45pm Jan 7-Mar 25 (12 wks)

\$216 JCC Member

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



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.



\$85/hour | \$70/45 minutes | \$55/30 minutes

Available by appointment: Kathy Armstrong-Crouch, 860-231-6337, kcrouch@mandelljcc.org

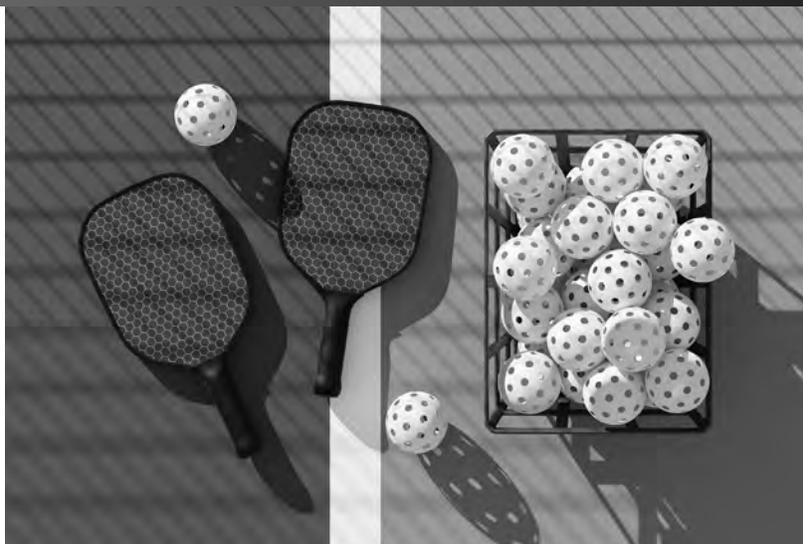


Racquetball at the J

The Mandell JCC has two official racquetball courts open to members on a first-come, first-served basis. Reservations can be made up to two days in advance.

Free racquet rentals are available, but feel free to bring your own gear.

Reserve your court at Member Services: 860-236-4571.



Pickleball Training with Racquets For Life

Join Racquets For Life certified Pickleball instructors 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!

Mon 2:30-3:30pm Jan 5-Feb 16
(7 weeks)
\$235/\$180 JCC Member

Fri 1:30-2:30pm Jan 9-Feb 20
(7 weeks)
\$235/\$180 JCC Member

Drop-in Pickleball

16 years +

Thur, Fri, Sat 9:00am-11:00am Ongoing
Free for JCC Members

Drop-in Basketball

18 years +

Thur 7:00pm-9:00pm Begins Dec. 11
Tue, Thur, Fri 6:00-7:30am Ongoing
Sun 8:00-11:30am Ongoing
Free for JCC Members

For more information contact Thai Tran, 860-231-6410, ttran@mandelljcc.org. To register, call member services at 860-236-4571.

MANDELL JCC HEALTH CLUBS

Special Offer
for New Health
Club Members:
Add the Health Club
**3 MONTHS
FOR ONLY
\$149!***



Discover the Health Benefits of Using a Steam Room and Sauna

STEAM ROOM

- Improved circulation
- Detoxification
- Healthy Skin
- Sound Sleep
- Exercise recovery
- Lowering blood pressure
- Decreases joint stiffness

SAUNA

- Improves heart health
- Exercise recovery
- Flushes toxins
- Relieves stress
- Induces a deeper sleep
- Burns calories
- Cleanses skin

Indulge in the relaxing benefits of our Men's or Women's Health Club - featuring a sauna, steam room, lounges with cable TV and refreshments, plus locker rooms with fresh towels, workout laundry service, and premium amenities.

Upgrade your JCC membership to include Health Club access for just \$77/month. For more information, contact Kevin Manion at 860-231-6431.

*JCC membership is required. Offer valid for new Health Club members only.



STEAM



**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.

ACUPUNCTURE

HEALTH & LIFE COACHING

MASSAGE THERAPY

SOUND THERAPY

ENERGY THERAPY

THERAPEUTIC HYPNOSIS

860-231-6333

www.mandelljcc.org/hho

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

HOLISTIC HEALTH OPTIONS SPOTLIGHT:

Sound Therapy

Sound vibrational medicine is a holistic approach that uses sound frequencies to promote physical, emotional, and spiritual well-being by restoring the body's natural balance. It is rooted in the idea that everything in the universe vibrates and that disruptions to these frequencies can negatively affect our health. Practitioners use tools like singing bowls, tuning forks, and gongs, as well as the human voice, to create vibrations that can reduce stress, improve mood, and aid healing.

Experience the benefits:

- Calms the nervous system and reduces stress
- Promotes deep relaxation
- Aids in improved sleep
- Helps to resolve emotional blockages and traumas, promoting emotional balance and enhancing overall mental health
- Helps alleviate pain at certain frequencies
- Addresses the root cause of imbalances promoting comprehensive healing

Experienced staff



Gina Ferrara, MA, Reiki Master

Gina is a Master of Reiki and Vibrational Healing, and integrates these modalities individually and in combination to help participants enter deep states of relaxation — the space where true transformation begins. Her sessions invite release, renewal, and a return to inner calm. Each experience is thoughtfully curated and may include crystal and Tibetan bowls, rain sticks, a gong, and other instruments, along with optional Reiki energy to support deep stress relief and energetic balance.



Edie Jemiola

Edie is a Reiki Master/Teacher and certified Sound Healer, practicing energy therapy and sound therapy for over 25 years. She uses gorgeous crystal alchemy bowls and is blessed with a beautiful healing voice that adds to her sound therapy sessions. She studied different complimentary healing modalities to heal herself after the loss of her oldest son, and when they worked, she started to share and teach these healing techniques with others.



Terry Nicholas

Terry found a love for Tibetan Singing Bowls in 2016 and completed training as well as created her own personal collection of singing bowls to bring peace and healing to the soul. She also trained to be a Reiki Master and loves the fact that she has been able to combine my Western Medical knowledge with Eastern Holistic practices.

WELLNESS CLASSES & PROGRAMS

Reset for 2026



Each year at this time, many of us find ourselves reflecting on how we can improve our lives—often with the hope of becoming a little happier and healthier. It's a natural point for renewal, a chance to reset priorities and set new intentions. One of the most effective ways to pursue both happiness and health is by taking deliberate care of your body—both mentally and physically. The J has so many options for you to do so – please let us know if we can

help you!

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

Intervention Programs

BrainSavers – Because Gray Matters!

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

Tue. Jan 6-Mar 24, 1:00pm | Mandell JCC

Thu. Jan 8-Mar 26, 11:00am | JCC at Saint Francis

\$150 Community Members/Free for JCC Members

Register: www.mandelljcc.org/tix

Rock Steady Boxing for Parkinson's

Specifically designed to address the symptoms of Parkinson's Disease, such as small movements, imbalance, stiffness, flexed posture and respiratory weakness, our scientifically based curriculum can allow you to take control, build confidence, and feel stronger. No experience necessary for this non-contact exercise. All levels welcome and an assessment is provided prior to beginning.

8-Week sessions begin the week of January 5 and March 2

Mon & Wed 11:00-11:45am; Fri, 11:15am-12:00pm

COST FOR 8-WEEK CYCLE:

1 day \$160/\$120 JCC Members

2 days \$320/\$240 JCC Members

3 days \$450/\$330 JCC Members

Scholarships available if needed

Register: www.mandelljcc.org/register

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.

Thur 6:30-8:30pm Jan 29-Mar 5

\$295/\$260 JCC Member

Register: www.mandelljcc.org/tix



January

Healthy Weight Week | January 19-24

Take this week as an opportunity to focus on healthy eating as a long-term lifestyle—not just a quick fix for weight loss. Throughout the week, we'll be sharing helpful tools and tips to support your journey, including ideas for nutritious meals, ways to use food to support overall wellness, strategies for reducing stress, and even some delicious treats you can feel good about.



February

Heart Health

Heart disease is the leading cause of death for both men and women. Do you know your numbers? This month focus on heart risk factors and stop in to get your blood pressure taken.



March

Colorectal Cancer Awareness Month

Colorectal cancer is the second deadliest cancer in the United States. Yet it's highly preventable with screening. Have you had your colonoscopy? Join Dr. Rachel Scott, one of our JCC moms from CRSGH, March 10 to learn more about this important topic.



WELLNESS CLASSES & PROGRAMS

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

Individual Classes

Surgical Spotlight

A Saint Francis Hospital Education Series

Wed. 5:30-6:30pm

Jan 14: Preventing Heart Attacks - What You Need to Know – Jennifer Perri, MD

Feb 18: The Truth About Hernias: presentation and screening – Kurt Roberts, MD

Free and open to all

Stress and Your Body

Tue. Jan 20, 5:30-6:30pm

Instructor: Sharon O'Brien

Stress can have a significant impact on your body, causing weight gain, weight loss, skin conditions, digestive distress, and more.

Learn techniques to help relieve these effects.

Free and open to all

Not Just Cardio – The Best Exercise for Healthy Weight

Wed. Jan 21 12:00-1:00pm

Instructor: Kim Foster

Regular physical activity provides immediate and long-term health benefits. Learn the best ones to manage your weight effectively.

Free and open to all

Menopause, Metabolism, & More – A Food First Plan for Every Stage in Life

Thu. Jan 22, 6:00-7:00pm

Instructor: Christine Najjar, MD

Join us for an empowering conversation that introduces a new way of understanding how your body works, and how you can use food to work with it, not against it. Grounded in a metabolic, food-first approach, this talk is designed especially for women navigating menopause and midlife changes, but is equally valuable for women in earlier stages of life who want to take charge of their health before symptoms ever begin.

Free and open to all

Journaling in January

Wed. Jan 28, 5:30-6:30pm

Instructor: Leslie Mathews

In the depths of winter, there is spring in the soul, and nature journaling is a refreshing way to begin the year, tap into joy, and start a healthy habit. Learn the practice that author Amy Tan said freed her from can't, don't, and won't.

Cost: \$5

Reiki Level 1 (Shoden)

Fri. Jan 30, 9:00am-4:00pm (Virtual)

Instructor: Gina Ferrara, MA, Reiki Master

Reiki Level 1 is an introductory course that lays the foundation for self-healing and energy work. Upon completion, you will be able to practice self-Reiki and share Reiki with family and friends. Also included a one-hour follow-up session for continued practice Q and A, and integration.

Cost: \$200

Not All Pain is Gain: What Your Body's Trying to Tell You.

Wed. Feb. 11, 5:30-6:30pm

Instructor: Cody Ibarra, PT, DPT

Pain isn't just a signal of damage — it's your body's alarm system trying to protect you. This session explores the science behind pain and practical ways to quiet it, restore confidence, and move forward.

Free and open to all

Intro to Fast Metabolism Diet

Thu. Feb 12, 6:00-7:00pm (Virtual)

Instructor: Karen Boutin

Haylie Pomroy's book *The Fast Metabolism Diet* was a #1 NY Times bestseller and has helped many people change their metabolism and get fat burning. Come learn about how it can be used to kick start your fat loss.

Free and open to all

Massage Techniques for Couples

Sun. Feb 22, 1:00-3:00pm

Instructors: Julie Olson, LMT & Barry Wixsom, LMT

Bring your partner and spend time together learning some effective massage techniques to connect with your loved one and help them relax.

Cost: \$40/couple

Caregiver R.E.S.T. (Virtual)

Mon-Thurs, Feb 23-26, 12:00-1:00pm

Instructor: Gina Ferrara, MA

A four-day self-care series designed for caregivers and those navigating chronic stress. One-hour sessions blend meditation, journaling, Reiki, and sound healing to release tension, restore balance, and build resilience. Over the four days, you'll cultivate calm, clarity, and a renewed sense of inner strength and joy.

Free and open to all

Colorectal Cancer Awareness and Prevention

Tue. Mar 10, 6:00-7:00pm

Instructor: Rachel Scott, MD

Colorectal cancer is the second deadliest cancer. Join Dr. Scott, one of our JCC moms from CRSGH, to learn about colorectal cancer prevention, screening, and treatment options.

Free and open to all

Balance and Memory Screening

Wed. Mar. 11, 1:00-5:00pm

If you've noticed feeling off balance or fearful of falling lately, experiencing forgetfulness, or are simply curious to learn more about your physical and cognitive health, join the University of Hartford Physical and Occupational Therapy Students and faculty.

Free and open to all

Reiki Level 2 (Okuden)

Fri. Mar 27, 9:00am-5:00pm (Virtual)

Instructor: Gina Ferrara, MA, Reiki Master

Level 2 will profoundly deepen your connection to the energy. You'll be attuned to several symbols, including the Distant Symbol, which allows Reiki energy to be sent across time and space. This is the practitioner level, preparing you to offer Reiki ethically in private practice or as a complement to your current work.

Cost: \$250

Caregiver R.E.S.T Self Care Session

Tue. Apr 7, 6:30-8:00pm

Instructor: Gina Ferrara (MA, Master of Reiki and Sound Healing)

A self-care session designed for caregivers and anyone under high stress. Through guided meditation, journaling, Reiki, and sound healing, you'll release tension, restore balance, and reconnect with your inner strength. This supportive experience creates space in your heart for calm, clarity, and renewed joy.

Cost: \$25

Warm Your Heart and Soul – Kindness Project

Studies show that acts of kindness improve both the giver's and receiver's happiness and well-being. Kindness is also linked to improved physical health, such as lower blood pressure, reduced stress, and potentially a longer lifespan.

Watch for details on our own J Kindness project.

WELLNESS CLASSES & PROGRAMS

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

Ongoing Programs (offered monthly or as a series)

Cut Out Cancer At The J

Join us for relaxing services designed to support and comfort cancer patients who are undergoing treatment. Experience massage, acupuncture, mini facials, a haircut, style or shave, an art project, and enjoy refreshments while socializing with others in a safe and welcoming place.

3rd Mon of the month, 11:00am-2:00pm
On-going | Lounge and Study Room
Contact Sharon O'Brien to register, sobrien@mandelljcc.org

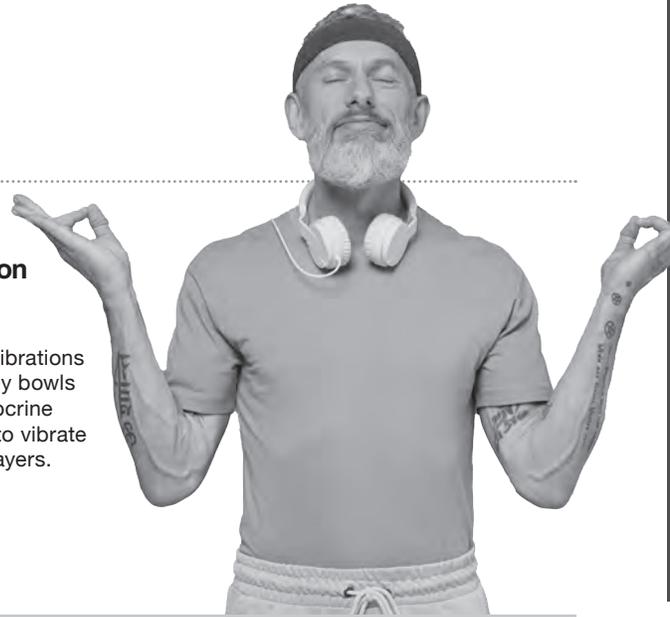
Sound Bath for Deep Relaxation and Rejuvenation

Instructor: Edie Jemiola

Sink into deep body rest with sound vibrations and frequencies with 8 crystal alchemy bowls that can affect DNA, support the endocrine system, and allow unconditional love to vibrate throughout your body and energetic layers.

Wednesdays

Jan 14 1:00-2:30pm
Feb 18, Mar 18 6:00-7:30pm
\$20 per person per class



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

Financial Assistance

Financial assistance is available to ensure that all can participate fully in our programs and services. For more information visit www.mandelljcc.org/financialassistance or reach out to Kim Corona Charron, 860-231-6439, kcharron@mandelljcc.org

Mind Matters: Exploring your Brain, Optimizing Your Health

A Community Brain Health Symposium

Sun. Apr 26, 2026 | 12:00-4:00pm
Mandell JCC

Discover how to boost your brain power, feel younger, and live healthier at every age! Join us for an energizing and engaging day devoted to your most important organ—your brain.

Renowned neurologist Dr. Gabriele DeLuca from Oxford University will kick things off with an inspiring talk on how science is helping us stay sharp, focused, and vibrant throughout life. Then choose hands-on workshops led by top health and wellness professionals exploring ways to boost brain health and mindfulness at every age.

Learn. Laugh. Connect.

Leave feeling energized and empowered to love your brain and live your best life.



Featuring
Dr. Gabriele DeLuca,
University of Oxford

Each participant will choose three 45-minute workshops:

- **Thinking and Moving**
How movement keeps your mind and body strong
- **Nutrition & Supplements for Brain Health**
What to eat, what to avoid, and when and if supplements can help
- **The Gut-Brain Connection**
How gut health impacts mood and memory
- **Alcohol & the Brain**
The truth about red wine and moderation
- **Better Sleep, Better Brain**
Why rest is your secret weapon
- **Mindfulness & Meditation**
Reduce stress, focus better, and live in the moment
- **Protecting Your Brain**
Concussion awareness and prevention
- **Train Your Brain: Fun and Easy Ways to Stay Sharp**
Memory exercises, problem solving, expressing yourself artistically to boost neuroplasticity

Menopause Mpowered at the J

STRONG. RESILIENT. CONFIDENT.

Welcome to *Mpowered at the J* — where the Mandell JCC is committed to empowering women to take charge of their lives through menopause and beyond. In the months ahead, we'll offer a variety of expert-led talks, informational sessions, and supportive programs to guide you through this important life chapter with confidence and clarity



Mpower 4-Week Workout Program

Winter Program Dates TBA

At the heart of this initiative is our **4-week signature program: MPower** - an immersive experience that blends:

- Strength training (yes, we lift heavy!) with a focus on form, safety, and progression.
- Sprint and HIIT workouts designed for women in midlife.
- And practical nutrition guidance to fuel your workouts and recovery effectively.

More than just a class — MPower is a movement.

We teach you the why, coach you on the how, and help you apply what you've learned well beyond the program.

Whether you're new to lifting or looking to elevate your current fitness, join a community of strong, informed women embracing this chapter with energy, resilience, and purpose.

For more information please contact Farrah LaPorte, flaporte@mandelljcc.org or Kim Foster, kfoster@mandelljcc.org

MPowered Moment

You're Not Alone.

Hot flashes, sleepless nights, mood shifts — menopause can be challenging, but it's also a time for renewal.

Our MPowered programs offer guidance, support, and community every step of the way.

Let's navigate this stage together — with strength, laughter, and self-care.

UPCOMING EVENTS & PROGRAMS

To register visit www.mandelljcc.org/tix

Thu. Jan 22, 5:30-6:30pm

Menopause, Metabolism, & More – A Food First Plan for Every Stage in Life

Christine Najjar, MD

Join us for an empowering conversation that introduces a new way of understanding how your body works, and how you can use food to work with it not against it.

Wed. Feb 25, 5:30-6:30pm

An Integrative Approach to Menopause

Diana Zitserman, ND

Adding a holistic combination of complementary therapies and potential supplements to your conventional treatment may help address symptoms and support mind-body-spirit health.

Tue. Mar 24, 7:00pm | \$12

Millennial Menopause: Preparing for Perimenopause, Menopause and Life's Next Period

Lauren A. Tetenbaum

A fresh, relatable, and empowering guide to understanding modern menopause.

Thu. Mar 19

Pelvic Floor Disorders

Kristina Joy, APRN

At least 1 in 3 women will experience a pelvic floor disorder in her lifetime. These disorders include muscles, ligaments, and connective tissue that support the pelvic organs and can cause incontinence and other issues. Join us to learn about the latest treatments.



For more information, or to register for these programs, contact Kasi Friedman, Director of Adult Engagement, 860-231-6311, Kfriedman@mandelljcc.org



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 12:15-1:30pm
Jan 21, Feb 11, Mar 25, Apr 22, May 20

Speakers to be announced.
\$10/\$8 JCC member includes a bagel lunch
To receive emails about upcoming speakers, contact Kasiana Friedman, Kfriedman@mandelljcc.org

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 1:00-2:00pm
Free and open to all

JCC Afternoon Book Club

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

Mon 1:00-2:00pm (NEW TIME)
Jan 5, Feb 2, Mar 2, Apr 6, May 4
Free and open to all

Café Europa

A social group for Holocaust survivors.
Includes a kosher lunch. Transportation can be arranged if needed.

Tue 12:00-1:30pm Mar 24, Jun 2
Contact Kasiana Friedman, 860-231-6311, Kfriedman@mandelljcc.org

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



BrainSavers – Because Gray Matters!

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

Tue. Jan 6-Mar 24, 1:00pm | Mandell JCC
Thu. Jan 8-Mar 26, 11:00am | JCC at Saint Francis

\$150 Community Members/Free for JCC Members

Register: www.mandelljcc.org/tix

Rock Steady Boxing for Parkinson's

Specifically designed to address the symptoms of Parkinson's Disease, such as small movements, imbalance, stiffness, flexed posture and respiratory weakness, our scientifically based curriculum can allow you to take control, build confidence, and feel stronger. No experience necessary for this non-contact exercise. All levels welcome and an assessment is provided prior to beginning.

8-Week sessions begin the week of January 5

Mon & Wed 11:00-11:45am; Fri, 11:15am-12:00pm

COST FOR 8-WEEK CYCLE:

1 day \$160/\$120 JCC Members

2 days \$320/\$240 JCC Members

3 days \$450/\$330 JCC Members

Scholarships available if needed

Mah Jongg Lessons - Beginners

One bam! Two crack! Find out what it's all about. Mah Jongg is a game for four people played with 166 tiles, which are manipulated to form specific patterns. In our 4-session beginner's class you will learn the basics of this fun, social, and mentally-stimulating game, and be on your way to hours of challenging fun with your fellow Mah Jongg mavens!

Instructor: Ellen Ernest-Jones

Wed 10:00am-12:00pm Jan 7, 14, 21, 28

\$85/\$70 JCC Member, includes 2025 Mah Jongg card

A minimum of 4 students are needed to run the class, maximum of 8.



HARTFORD STAGE
Wednesday Matinees

This program is generously supported through funds from the Jewish Community Foundation of Greater Hartford. Subsidies are available for series subscribers who qualify – Contact Kasiana Friedman, 860-231-6311, Kfriedman@mandelljcc.org

Feb 4 - The Cottage

By Sandy Rustin
Directed by Zoë Golub-Sass

Mar 18 - Death of a Salesman

By Arthur Miller
Directed by Melia Bensussen

May 6 - Native Gardens

By Karen Zacarias
Director TBA

Jun 24 - Sweeney Todd

Music and Lyrics by Stephen Sondheim
Book by Hugh Wheeler
Based on an adaptation by Christopher Bond
Directed by Rob Ruggiero
A Co-Production with TheaterWorks Hartford

Bus Departs JCC at 1:00pm

Subscription prices for this 5-play series range from \$125 to \$425, and will depend on your seating preferences.



An intergenerational program for seniors and teens

Please join high school students from the New England Jewish Academy (NEJA) for monthly discussions about important topics and questions of our time, through the lens of Jewish values. The NEJA teens are excited to get to know you, to share and debate ideas, to hear your opinions and values, and to learn from your wisdom.

Meets monthly, 12:30-1:15pm

Mon. Dec 8; Thu. Dec 18; Mon. Jan 26;

Mon. Feb 9; Mon. Mar 9; Mon. Apr 20;

Mon. May 11

There is no fee to participate, but a yearlong commitment to this program is required

If you are a senior adult interested in participating in Better Together, please contact Kasiana Friedman, 860-231-6311, Kfriedman@mandelljcc.org

New Programs:

Exciting creative opportunities are coming to the JCC this winter! We'll be offering a variety of art classes and writing workshops for all skill levels—perfect for exploring new talents or deepening your creative practice. From painting and mixed media to poetry and storytelling, there's something for everyone. Watch for upcoming announcements and registration details in Jweekly, our weekly newsletter!

For more information or to register, contact Kasiana Friedman at 860-231-6311 or Kfriedman@mandelljcc.org

Grow Together:

A Tu B'Shvat Hydroponic Herb Garden Workshop

Sun. Feb 1, 3:00pm

Presented by Levo International Celebrate Tu B'Shvat, the New Year of the Trees, with a unique, hands-on workshop perfect for all ages! In this multigenerational class, participants will explore the wonders of hydroponic gardening and build their own soil-free herb garden to take home and enjoy year-round. Whether you're a grandparent, parent, or young learner, this program is a beautiful opportunity to connect across generations while learning about sustainability. This experience is ideal for a senior adult to bring a grandchild or young friend to learn, create, and grow side by side. All materials provided. Each registered pair will leave with a complete hydroponic herb garden system.

In partnership with Levo International, leaders in sustainable hydroponic innovation.

\$22/\$18 JCC Member

Home Hydroponics "Bokit" Building Workshop

Wed. May 13, 5:00pm

Join Levo International for a hands-on, 1-hour Home Hydroponics "Bokit" Building Workshop and learn the basics of hydroponic farming using the Kratky method—a simple, no-electricity approach perfect for beginners. Participants will explore the science behind this soil-free system, then build their own Bokit growing container, plant seedlings, and leave with everything needed to set up and maintain their hydroponic garden at home. All materials provided.

\$68/\$60 JCC Member

Lantern-Making Workshop

Celebrate the light of winter in this two-part lantern-making workshop led by local artist Anne Cubberly. Using natural and found materials, participants will create beautiful, nature-inspired lanterns that reflect the season's quiet beauty. In the first session, you'll make a simple, functional lantern—perfect for beginners and open to all. In the second session, you'll have the chance to enhance your lantern with intricate details and personal touches to make it truly one-of-a-kind. You can attend one or both sessions—no experience necessary, and all materials are provided.

First session: Tue. Jan 13, 6:00-8:00pm

\$28/\$24 JCC Member

Second session: Thu. Jan 15, 6:00-8:00pm

\$20/\$16 JCC Member

Word Game Group

Join our weekly, friendly and relaxed Word Game Group. Enjoy classic and creative word games like Boggle, Scrabble, Bananagrams, and more while building your vocabulary, keeping your mind sharp, and having fun with others who love language. All skill levels are welcome—drop in any week for laughs, learning, and a little friendly competition.

Fri 1:00-2:30pm Ongoing

Free and open to all



Israeli Folk Dancing

Weekly instruction followed by open dancing.

No partner necessary.

Instructor: Marla Cohen

Tue 7:00-9:00pm Ongoing

Free and open to all

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

JCC Book Lovers Club

Join our evening book club for great discussions and great people! Meets monthly,

Wednesdays at 7:00pm

Jan 21, Feb 18, Mar 18

Books TBD

Free and open to all

For more information, contact Dana Bock Decoteau, danabockdecoteau@gmail.com

PROUD TO
SUPPORT THE
MANDELL JCC



WWW.MYSTICLOGISTICS.COM



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 Carly H. Norman at 860-727-6180.



**Life &
Legacy**

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

Baking for the Holidays

Baking for the Holiday, simple recipes of goods with creative ideas make this program more exciting.

Facilitator: Lucy Dratva

Wed. 3:00-4:00pm

Jan 28, Feb 24, Mar 24

Held at Federation Square, 2 Starkel Rd, West Hartford

Free (Max people 6)



Jewish Federation
of Greater Hartford

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

Support Groups:

Morning Tea with Lucy

Discussion group on art, music, Jewish life, new books, and world news.

Online with Lucy Dratva

Mondays, 10:00am-12:00pm - Ongoing

Free

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

Pre-Shabbat

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

Facilitator: Lucy Dratva

Fri 3:00-4:00pm

Two locations provided:

Alfred E. Plant, 759 Farmington Ave., West Hartford: Jan 9 & 23, Feb 13 & 27, Mar 13 & 27

Federation Square, 2 Starkel Road, West Hartford: Jan 16, Feb 20, Mar 21

Free



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we support...



we empower...

As One



we respond...



we engage...

As one, we will lead the way to a brighter tomorrow where Jewish life flourishes for generations to come.
Join us, and we will rise as one.



Jewish Federation
of Greater Hartford

jewishhartford.org | 860.232.4483

ADULTS WITH SPECIAL NEEDS



The Mandell JCC provides year-round social and recreational programs for adults 18 and over with developmental disabilities. 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, Adults with Special Needs Program Coordinator, at 860-231-6338, bmunday@mandelljcc.org.



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

Pottery with GERALYNN KAY

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

Winter Session 1: Mondays

Jan 5, 12, 19, 26; Feb 2, 9

Class 1: 5:30-6:15pm

Class 2: 6:30-7:15pm

\$66 per 6-week session, sign-up required

Winter Session 2: Mondays

Feb 23; Mar 2, 9, 16, 23, 30

Class 1: 5:30-6:15pm

Class 2: 6:30-7:15

\$66 per 6-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 7, 14, 21, 28; Feb 4, 11

Winter Session 2:

Wed 5:30-6:15pm

Feb 18, 25; Mar 4, 11, 18, 25

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

Fitness with Dave

Join our new fitness program that combines fun, low-impact exercises and simple strength training to help build confidence, coordination, and overall fitness. Enjoy staying active while connecting and socializing in a supportive and encouraging environment!

Thur 5:30-6:15pm Jan 8, 15, 22, 29

\$45 per 4-week session, sign-up required

Music Therapy with Maggie Carchrie, MA, MT-BC

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

Tue 4:30-5:30pm

Jan 13, 20, 27; Feb 3, 24; Mar 3

\$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!

Thur 4:30-5:30pm Feb 5, 12, 19, 26

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

Valentine's Dance

Sun. Feb 8, 1:00-2:30pm

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

\$15 Sign up required

Bingo!

Everyone's favorite game where everyone wins!

Sun. Jan 11, 1:00-2:00pm

Sun. Feb 22, 1:00-2:00pm

Sun. Mar 15, 1:00-2:00pm

No cost, sign-up preferred

Contact Becky to sign up;
bmunday@mandelljcc.org



SAVE THE DATE

Annual Fashion Show

MARCH 26, 2026





30th Annual
Phyllis Hoffman
**HARTFORD JEWISH
FILM FESTIVAL**

JANUARY 15-FEBRUARY 28

Celebrating 30 YEARS!

Three Decades of Milestones, Memories and Movies!

For thirty years, the Hartford Jewish Film Festival has celebrated the power of film to illuminate the Jewish experience, inspire conversation, and connect our diverse community through stories that move, challenge, and uplift.

Join us Jan 15-Feb 28, 2026, for an unforgettable anniversary edition filled with special guests, community partnerships, and the films that remind us why storytelling still matters — perhaps now more than ever.

Michael Fishman & Johanna Goldblatt, *Co-Chairs*
Ephi Stempler, *Director of Arts & Culture*



**HARTFORD
SYMPHONY
ORCHESTRA**

OPENING EVENT

Starry, Starry Night: Hartford Symphony Orchestra

Thursday, January 15 | 7:00pm | \$36

Cue the lights, cue the strings – it's 30 candles for the Hartford Jewish Film Festival! A live quartet from the **Hartford Symphony Orchestra** brings beloved Jewish movie soundtracks to life, while scenes from the films shimmer on screen above. Then blast off with a **short film** about (yes!) Jews in space. Dress to dazzle in silver, gold, or black, and prepare for a night that's truly out of this world.



CLOSING EVENT

Comedy for Peace

Saturday, February 28 | 8:00pm | \$36

End our 30th Anniversary Festival on a high note—with laughter that unites. **Comedy for Peace** is an international comedy tour that has brought audiences from Jerusalem to New York to their feet. It features world-class stand-ups of three faiths—Judaism, Christianity, and Islam—who turn shared humanity into shared hilarity. No preaching, just punchlines - and a reminder that sometimes the best SOS is LOL. Come ready to laugh, think, and leave a little lighter than you arrived. This is an event not to be missed!



Sabbath Queen
Sat. Jan 17 | 7:00pm



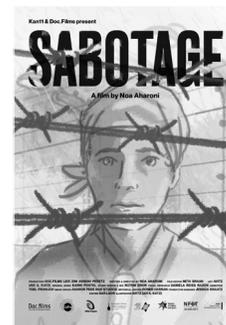
Pink Lady
Sun. Jan 18 | 2:00pm



**"Short & Jewish":
An Evening of
Short Films**
Thur. Jan 22 | 7:00pm



Among Neighbors
Sat. Jan 24 | 7:00pm



Sabotage
Sun. Jan 25 | 3:00pm



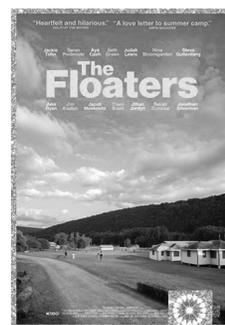
Maintenance Artist
*In partnership with
Wadsworth Atheneum*
Sun. Feb 1 | 2:00pm



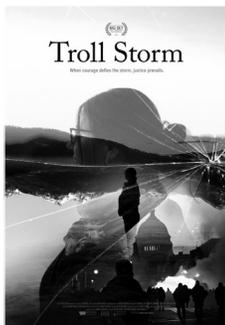
Marathon Mom
Wed. Feb 4 | 7:00pm



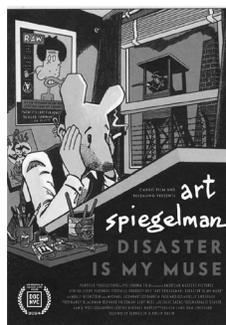
**Elie Wiesel:
Soul on Fire**
Thu. Feb 5 | 7:00pm
Wed. Feb 11 | 2:00pm
(Senior Matinee)



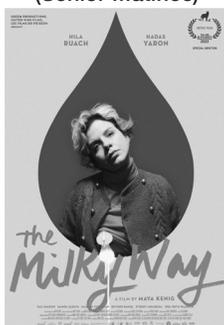
The Floaters
Sat. Feb 7 | 7:30pm



Troll Storm
Sun. Feb 15 | 2:00pm



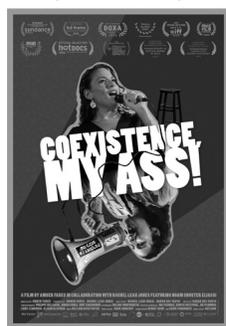
**Art Spiegelman:
Disaster is My Muse**
Tue. Feb 17 | 7:00pm
Wed. Feb 18 | 7:00pm
(Manchester)



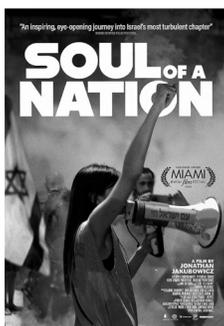
The Milky Way
Sat. Feb 21 | 7:00pm



Halisa
Sun. Feb 22 | 2:00pm



Coexistence, My Ass!
Tue. Feb 24 | 7:00pm



Soul of a Nation
Thu. Feb 26 | 7:00pm

Visit hjff.org for tickets, trailers, and more details.

INDIVIDUAL FILM: \$15
OPENING / CLOSING EVENT: \$36
ALL-FESTIVAL PASS: \$236
(Includes Opening & Closing Events)

We are grateful for our sponsors!
Visit our website for the complete list

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 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 Pasternak, Gallery Director, 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.



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



Interstice

MOLLY DENELLO

February 1-28

Artist Reception:

Sunday, February 8, 1:00-2:30pm

Interstice delves into the mysterious architecture of human connection — the quiet spaces between self and other where unspoken emotions reside. Through abstract faces and figures, the exhibit reveals the fragile, often unseen terrain we navigate in our relationships with ourselves and those around us.



Molly DeNello's abstract paintings emerge from an intuitive flow, where acrylic paint becomes a vessel for unspoken emotions and subconscious energy. Guided by instinct rather than plan, her work transforms inner landscapes into vibrant forms, offering a quiet dialogue between healing, integration, and the unseen layers of the self.



Sandra Hershson

March 4-26

Artist Reception:

Sunday, March 8, 1:00-2:30pm

Sandra Hershson is a full-scope artist, interior designer and a seeker of truth and expansion. She is a mother, a wife, a designer, an artist, a language teacher, and an entrepreneur. Born and raised in Argentina, Sandra has always had a passion and eye for design. Her art is an expression of her personal journey and world travel.



JEWISH

OUR COMMUNITY. OUR STORIES.

HARTFORD

Exhibition Dates: December 7, 2025 – January 23, 2026

Grand Opening: Sunday, Dec 7, 2025 | Chase Family Gallery

See inside front cover



PEGGY AND ALAN MENDELSON FUND



FOR TICKETS VISIT
mandelljcc.org/bookfestival

Debbie Mehlman and Jodie Sadowsky, Co-Chairs



Sat. Jan 10, 7:00pm | \$12
Carole King:
She Made the Earth Move
Jane Eisner

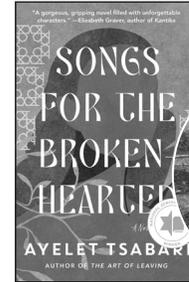
Jane Eisner is a journalist and educator. A former Editor-in-Chief at The Forward, Eisner was the first woman editor of The Argus at Wesleyan University.

In this book, she explores the life of Carole King—Brill Building songwriter, Grammy-winning artist, and political activist. From her Jewish Brooklyn roots to Tapestry and Beautiful: The Musical, this biography traces King’s musical genius, personal struggles, and enduring influence on American pop culture.



Tue. Jan 27, 6:30pm | \$15
Gursha: Timeless Recipes from Ethiopia, Israel, Harlem and Beyond
Beejhy Barhany

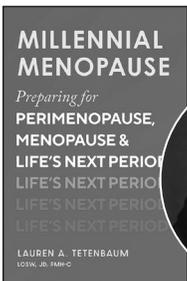
Beejhy Barhany is a cultural and community icon. Born in Ethiopia, raised in Israel, and currently living in New York City, she is the owner of Tsion Café, a renowned Ethiopian-Israeli restaurant in New York City’s Harlem. In *Gursha*, she shares over 100 vibrant, healthy recipes celebrating the cuisine of Ethiopian Jews as well as her own journeys. *Gursha* blends personal narrative with rich cultural history, tracing Barhany’s journey from Ethiopia to Harlem and highlighting the flavors, traditions, and resilience of the Beta Israel community.



Sun. Feb 8, 12:00pm | Free | Virtual
Songs for the Broken Hearted:
A Novel
Ayelet Tsabari

In this powerful novel debut, a young Yemeni Israeli woman uncovers her mother’s secret romance, setting off a journey through lost family stories. Spanning generations, the novel reveals love, identity, and the enduring bond between mother and daughter.

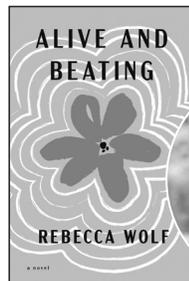
“A richly layered tale of family, love and identity.”—*Hadassah Magazine*



Tue. Mar 24, 7:00pm | \$12
Millennial Menopause:
Preparing for Perimenopause, Menopause and Life’s Next Period
Lauren A. Tetenbaum

A smart, honest, and empowering guide to navigating menopause for a new generation. With expert advice, real stories, and practical tips, this book helps millennial women face hormonal changes, mental health shifts, and more—with confidence, humor, and empowerment.

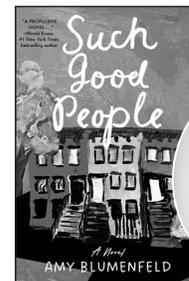
Lauren A. Tetenbaum (AKA “The CounselLaur”) is a millennial mother of two, a social worker specializing in supporting women through life transitions, and a former lawyer passionate about advocating for women.



Thu. Apr 23, 7:00pm | \$12
Alive and Beating
Rebecca Wolf

Inspired by a true story, this powerful debut follows six people from diverse backgrounds and neighborhoods throughout Jerusalem - Jewish, Muslim, and Christian—brought together by the need for organ transplants, on the day their lives will be forever changed. As ancient divisions give way to shared humanity, *Alive and Beating* explores renewal, connection, and the hope that transcends faith, politics, and circumstance.

“A hopeful moving novel based on a true event.” -*Independent Book review*



Wed. May 6, 7:00pm | \$12
Such Good People
Amy Blumenfeld

When a long-buried past resurfaces, April must choose between the life she’s built and the man who once saved it. Spanning decades, this gripping novel explores justice, loyalty, and the ripple effects of one fateful night. A powerful story of love, sacrifice, and second chances.

“Such Good People is a captivating portrait of blurred lines, divided loyalties, and what it means to love purely, steadfastly, and interminably.” Good Reads



Join the Kol Zahav Chorale – Lift Your Voice in Song

Are you a passionate singer looking to be part of something meaningful, musical, and inspiring? Kol Zahav Chorale is inviting new members to join our dynamic ensemble of 35 singers, under the renowned direction of Cantor Joseph Ness.

Rehearsals take place Tuesday evenings from 6:30-8:30pm at the Mandell JCC, where voices of all generations come together to explore a rich tapestry of Jewish liturgy and music from around the world — from stirring Israeli melodies to powerful works of remembrance and celebration.

What's Coming in 2026:

We're preparing for a powerful season of music and meaning, including:

- Yom HaZikaron & Yom Ha'atzmaut Program
- Sephardic Heritage Concert

Kol Zahav has quickly emerged as a vibrant and meaningful presence in our community.

Ready to join us?

Contact Cantor Joseph Ness at josephness7@gmail.com or call/text 860-888-7650. Come sing with us and be part of something beautiful.



Engage. Learn. Connect.

Fall Learning Series with Our Community Rabbis – Free & Open to All

What They Didn't Teach You in Hebrew School

Tuesdays | 9:00am | Mandell JCC

Led by Rabbi Yitzchok Adler, Beth David Synagogue, West Hartford

Think you know the basics?
Think again. Join Rabbi Yitzchok Adler for an engaging weekly class that explores the stories, ideas, and big questions that go beyond what you learned in Hebrew school—offering fresh insight into Jewish life, history, and tradition.
Register www.mandelljcc.org/tix



Wisdom of Our Ancestors: A Study of Pirke Avot

Wednesdays | 10:00am | Mandell JCC

Led by Rabbi Fliegel and Rabbi Pincus, Congregation Beth Israel

Join Rabbi Fliegel or Rabbi Pincus for a thoughtful, hour-long discussion exploring Pirke Avot—some of the wisest and most enduring teachings in Jewish tradition. No prior knowledge needed—just a willingness to learn, reflect, and engage in open conversation.

"Find a teacher to challenge your answers. Acquire a friend to challenge your questions. Allow everyone the room to doubt: the ability to challenge opinions—even your own."

– Pirke Avot 1:6 (Trans. Rabbi Rami Shapiro)
Register www.mandelljcc.org/tix



Weekly Torah Study

Thursdays | 1:00pm | Mandell JCC

Led by Rabbi Tuvia Brander, Young Israel of West Hartford

Are you interested in learning the weekly parsha Torah portion, understanding the important lessons from them in a group setting? Rabbi Tuvia Brander from Young Israel of West Hartford will lead these engaging weekly sessions, offering insight and discussion for all participants.

Register www.mandelljcc.org/tix





Seth, Will, Marissa, David, & Brian Fierston

Fierston Financial Group
is proud to support the
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much like ours - to strengthen
our local community in meaningful,
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mandell jcc

JNext

Next Generation Philanthropy

JNext Chair: Amanda Katzman

JNext Vice Chair: Liza Padellaro

JNext is the Mandell JCCs newest philanthropy group. It brings people, ages 45 and under, together for the future of our community while building personal connections through social events, special networking opportunities and family gatherings.

JNext members have made gifts with lasting impact:

2022 | The JNext Activity Center was installed in The Family Room which offers unique equipment and teaching tools that promote healthy childhood development.

2023 | JNext supported the purchase and installation of the JCC Aquatics Center Training Pool Full-Platform. Specifically designed for young children, the adjustable legs make it perfect for swimmers of different levels.

2024 | JNext helped purchase three new interactive play panels at Jonathan's Dream Playground on the campus of the Mandell JCC.

2025 | JNext purchased a new kiln to support new pottery and art classes for community members of all ages.

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.

Donors making annual gifts of \$365 and above qualify as a JNext member.



MANDELL JCC
Greater Hartford



Learn More:

WWW.MANDELLJCC.ORG/JNEXT

Thank You!

Thank you to all of the donors and families who have established endowment funds at the Jewish Community Foundation of Greater Hartford that benefit the Mandell JCC. Your vision and generosity ensures that the Mandell JCC is at the center of our community in perpetuity.

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JCC Presidents' Courtyard Fund
Jewish Community Center Capital Campaign Endowment Fund
Jewish Community Center Endowment Fund
Lynne Gordon Hartford Jewish Film Festival Fund
Mandell Jewish Community Center Endow Hartford 21 Fund
PJ Library Fund
Rick Robinson JCC Fitness Fund



*New Fund

If you're interested in establishing a fund to benefit the Mandell JCC, please contact Elana MacGilpin, Chief Development Officer, 860-231-6317, emacgilpin@mandelljcc.org. To learn more about the Jewish Community Foundation visit www.jcfhartford.org.



Winter/Spring Program Begins Monday, January 5-June 4, 2026

**No classes from March 30-April 19 for
Passover Holiday & Spring Break Week*

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



Our karate program is thoughtfully designed to help children of all ages and experience levels thrive—physically, mentally, and emotionally. Led by Sensei Dave LaPorte, a 3rd Degree Black Belt with over 30 years of martial arts experience, our classes combine the traditions of karate with a modern, child-centered approach. Sensei Dave is known for his patient, encouraging teaching style and his ability to connect with students of all abilities.

Through structured classes and engaging activities, children develop coordination, balance, and physical strength, while also building focus, discipline, and self-confidence that extends far beyond the dojo. In a positive and supportive environment, students learn real-world self-defense skills and the deeper values of respect, perseverance, and self-control. Every class empowers them to grow into strong, capable, and confident individuals—on and off the mat.

For Inquiries about our Karate program, please contact: Sensei Dave LaPorte at dlaporte@mandelljcc.org or 860-231-6362

Little Ninjas

3-Years-Olds

A playful, engaging introduction to martial arts! We teach focus, respect, and self-control through interactive games and movement.

Schedule (Choose One):

Mon 1:30-2:00pm

Tue 3:30-4:00pm

Thu 12:45-1:15pm

Thu 3:30-4:00pm

Pay in full option:

\$685/\$550 JCC Member

OR Payment Plan:

(5 Monthly payments begin Jan 1)

\$137/\$110 JCC Member

Junior Karate (All Levels)

Grades 1-6

Focus on respect, self-control, discipline, and goal-setting through structured skill-building and belt progression.

** Attend up to 2 days per week*

Choose up to 2 Classes:

Mon 4:10-4:55pm

Tue 4:45-5:30pm

Wed 4:10-4:55pm

Thu 4:45-5:30pm

Pay in full option:

\$995/\$815 JCC Member

OR Payment Plan:

(5 Monthly payments begin Jan 1)

\$199/\$163 JCC Member

Little Dragons

Ages 4-Kindergarten

Build confidence, focus, respect, and discipline with fun drills and karate basics.

**Attend up to 2 days per week*

Choose up to 2 Classes:

Mon 12:45-1:15pm

Mon 3:30-4:00pm

Mon 5:00-5:30pm

Tue 4:10-4:40pm

Wed 12:45-1:15pm

Wed 3:30-4:00pm

Wed 5:00-5:30pm

Thu 4:10-4:40pm

Pay in full option:

\$790/\$620 JCC Member

OR Payment Plan:

(5 Monthly payments begin Jan 1)

\$158/\$124 JCC Member

Financial Assistance

Financial assistance is available to ensure that all can participate fully in our programs and services. For more information visit www.mandelljcc.org/financialassistance or reach out to Kim Corona Charron, 860-231-6439, kcharron@mandelljcc.org

Swim Classes

Please see page 46

Theater Classes

Please see page 48

Dance Classes

Please see page 49





M A N D E L L J C C

JYOUTH

PERFORMANCE CENTER

**Get Moving.
Build Strength.
Boost Confidence.**

Ages 7-16 | 45-minute classes

\$180/\$145 JCC Member per 8-week session

Minimum of 3 participants required for class to run

Maximum of 12 participants per class

For more information about Youth Personal Training or Youth Strength & Conditioning Classes, please contact Paul Pino at paulmandelljcc@gmail.com or scan the QR code or visit www.mandelljcc.org/youthtraining for schedule of classes.



This high-energy program is designed to get youth active and strong — in body and mind. Led by expert coaches, kids and teens will learn proper technique, develop total-body strength, improve agility and coordination, and gain lifelong confidence in a supportive, empowering environment.

Whether your child is just starting their fitness journey or looking to improve athletic performance, this program meets them where they are — and helps them grow.

- Age-appropriate training
- Focus on form, technique & injury prevention
- Build strength, speed, and confidence
- Fun, motivating environment

**8-Week Session Begins
January 5-March 23**

(No Classes on: Jan 19, Feb 15, Feb 16 & Feb 17)

Ages 7-10

Tue, 4:15-5:00pm

Thur, 4:15-5:00pm

Sat, 11:00-11:45am

Sun, 11:00-11:45am

Ages 11-16

Mon, 4:15-5:00pm

Wed, 4:15-5:00pm

Sat, 10:00-10:45am

Sun, 10:00-10:45am





Refunds and class changes available prior to **Monday, December 29 at 4:00pm**. 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 Jaime Mazer, 860-231-6363, jmazer@mandelljcc.org.

Winter swim class registration opens on Thursday, Dec 11 at 9:00am, online, in person, or by phone 860-236-4571.

TODDLER 1 6 mos.-36 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 4-Mar 22 (12 wks) \$216

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 4-Mar 22 (12 wks) \$216
Sunday | 11:30am-12:00pm
Jan 4-Mar 22 (12 wks) \$216

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 4-Mar 22 (12 wks) \$216
Sunday | 9:30-10:00am
Jan 4-Mar 22 (12 wks) \$216
Sunday | 11:00-11:30am
Jan 4-Mar 22 (12 wks) \$216
Monday | 12:45-1:15pm
Jan 5-Mar 23 (10 wks) \$180 No class 1/19, 2/16
Monday | 3:30-4:00pm
Jan 5-Mar 23 (10 wks) \$180 No class 1/19, 2/16
Tuesday | 12:45-1:15pm
Jan 6-Mar 24 (11 wks) \$198 No class 2/17
Tuesday | 3:30-4:00pm
Jan 6-Mar 24 (11 wks) \$198 No class 2/17
Wednesday | 3:30-4:00pm
Jan 7-Mar 25 (12 wks) \$216
Thursday | 3:30-4:00pm
Jan 8-Mar 26 (12 wks) \$216
Friday | 12:45-1:15pm
Jan 9-Mar 27 (12 wks) \$216

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.

Sunday | 11:00-11:30am
Jan 4-Mar 22 (12 wks) \$216
Monday | 12:45-1:15pm
Jan 5-Mar 23 (10 wks) \$180 No class 1/19, 2/16
Thursday | 12:45-1:15pm
Jan 8-Mar 26 (12 wks) \$216

NEW! MINNOWS 3 3-5 yrs.

Prerequisite: Minnows 2 skills. MUST BE 3 YRS. BY FIRST CLASS.
Skills Taught: Independent prone and back float in deep water. Independent front crawl stroke in deep water. Independent swim on back in deep water. Class will be taught in the deep side of the training pool.

Wednesday | 3:30-4:00pm
Jan 7-Mar 25 (12 wks) \$216

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 4-Mar 22 (12 wks) \$216
Sunday | 2:00-2:45pm
Jan 4-Mar 22 (12 wks) \$216
Monday | 4:00-4:45pm
Jan 5-Mar 23 (10 wks) \$180 No class 1/19, 2/16
Wednesday | 4:00-4:45pm
Jan 7-Mar 25 (12 wks) \$216
Thursday | 4:00-4:45pm
Jan 8-Mar 26 (12 wks) \$216

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 | 1:00-1:45pm
Jan 4-Mar 22 (12 wks) \$216
Sunday | 2:00-2:45pm
Jan 4-Mar 22 (10 wks) \$216
Monday | 4:00-4:45pm
Jan 5-Mar 23 (10 wks) \$180 No class 1/19, 2/16
Wednesday | 4:00-4:45pm
Jan 7-Mar 25 (12 wks) \$216

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 5-Mar 23 (10 wks) \$180 No class 1/19, 2/16
Wednesday | 4:00-4:45pm
Jan 7-Mar 25 (12 wks) \$216

LEVEL 4 SWIMMING K & Up

Prerequisite: Level 3 skills
Skills Taught: Side stroke and butterfly. Front crawl increased distance. Elementary backstroke increased distance. Breaststroke.

Monday | 4:00-4:45pm
Jan 5-Mar 23 (11 wks) \$180 No class 1/19, 2/16

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	\$40	30-minutes	\$30/person
45-minutes	\$50	45-minutes	\$40/person
60-minutes	\$60	60-minutes	\$50/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.

Wednesday | 6:00-6:45pm
Jan 7-Mar 25 (12 wks) \$216

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.

\$85/hour | \$70/45 minutes | \$55/30 minutes

Available by appointment:
 Kathy Armstrong-Crouch, 860-231-6337,
 kcrouch@mandelljcc.org



Mandell JCC Sharks Swim Team

Junior Sharks (Ages 6–9) & Age Group 1 (Ages 8–11)

9-Week Introductory Training Sessions
Jan 5–Mar 12

Our entry-level swim team programs are designed for young athletes ready to take the next step after swim lessons. Both groups focus on building strong stroke technique, endurance, and confidence in a fun, team-oriented environment while introducing swimmers to competitive swimming.

Junior Sharks (Ages 6–9):
Prerequisites: Must be able to swim one lap of freestyle and one lap of backstroke.
 Foundational group focusing on freestyle, backstroke, and introducing breaststroke, butterfly, flip turns, and racing dives. Swimmers are expected to practice 2x per week and are expected to participate in 10&Under meets. Evaluation required prior to registration.

Age Group 1 (Ages 8–11):
Prerequisites: Must be able to swim freestyle, backstroke, butterfly, and breaststroke.
 A flexible program for swimmers new to the sport or returning after time away. Practice expectation is 2–3x per week with an emphasis on refining technique, building endurance, and preparing for meets. Participation in meets is expected. Evaluation required prior to registration.

Both groups provide the perfect bridge from swim lessons to team training, helping athletes develop skills and confidence while preparing for future Sharks programs.



To schedule an evaluation, please contact sharks.swimstaff@gmail.com or scan the QR code for more information.



Lifeguard Training Courses

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

APRIL 2026 SESSION
Monday, April 13 | 9:00am-5:00pm
Tuesday, April 14 | 9:00am-5:00pm
Wednesday, April 15 | 9:00am-5:00pm
Thursday, April 16 | 9:00am-5:00pm
Friday, April 17 | 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)
 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



2025/2026 Theater Season

The Mandell JCC is proud to announce our upcoming Youth Theater season, featuring live musical productions in the Herbert & Evelyn Gilman Theater.

FINANCIAL AID AVAILABLE

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



J CENTER STAGE TEAM:

Meg Buckner Furtick
Theater Director/Choreographer

Meg Markwith
Music Director

Samm Smith-Rapaport
Stage Manager

Mira Godel
Program Administrator

Teen Production | Grades 7-12

The Addams Family

Performance Dates:

Dec 11, 7:30pm

Dec 13, 7:00pm

Dec 14, 1:00pm

Tickets: \$16 Adults/\$14 Kids

www.mandelljcc.org/tix

Youth Production | Grades 3-8

Shrek Jr.

First Rehearsal: Sun. Jan 4, 1:00-5:00pm,

First Rehearsal of 2026: Jan 8, 6:00-8:00pm,

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

Performance Dates:

Mar 5, 7:00pm, Mar 7, 7:00pm, Mar 8, 2:00pm

Mar 12, 7:00pm, Mar 14, 7:00pm, & Mar 15, 2:00pm

Tickets: \$16 Adults/\$14 Kids

www.mandelljcc.org/tix



Now Delivering
to the
Mandell JCC!

NAVAD

BAKERS

Visit www.navad.co to browse and pre-order your favorite products. Navad delivers to the Mandell JCC every Friday for pick-up Friday mornings.

Order today! Every bite supports a sweet cause—part of every purchase is donated to the Mandell JCC.



Under the Supervision of Rabbi Barry Dolinger
of Lighthouse Kosher, Providence RI

Theater Classes



Story to Stage: Elephant and Piggie Adventures

Grades K-2

Instructor Meg Jabaily

Introduce your little thespian to the pachyderm-packed, pig-tastic world of Mo Willems with Story to Stage: Elephant and Piggie! This enchanting class invites students into the hilarious and heartwarming adventures of Elephant Gerald and Piggie, two best friends who always find a "hog-wild" way to turn life's surprises into smiles. Through a mix of theatre games, dynamic storytelling, and hands-on activities, budding actors will learn to embody these beloved characters while building confidence, creativity, listening skills, and "ham-onious" teamwork. Whether it's Elephant Gerald's careful planning or Piggie's "oink-tastic" enthusiasm, students will discover how to channel different perspectives, emotions, and personalities—because "Mo' Willems, mo' fun!"

Thu 4:15-5:00pm Jan 8-Mar 26 (12 weeks)

\$288/\$240 JCC Members

Max class size 12

Heroes of the Stage: A Percy Jackson Musical Adventure

Grades 3-7

Instructor Meg Jabaily

Spend your winter unlocking the hero within in our action-packed, 12-week musical theatre program inspired by the electrifying world of Percy Jackson and the Olympians! Perfect for students ages 8-12, this epic program combines the magic of theatre, the excitement of Greek mythology, and the unforgettable energy of The Lightning Thief musical. Under the guidance of our expert instructors, students will develop confidence, refine their acting and vocal abilities, and harness their inner demigod to bring the bold and brave characters of Camp Half-Blood to life. Whether solving puzzles worthy of the Oracle, singing a show-stopping tune, or stepping into the shoes of a daring hero (or maybe a tricky Titan), every student will steal the show.

Thu 5:15-6:00pm Jan 8-Mar 26 (12 weeks)

\$288/\$240 JCC Members

Max class size 15 students



2026 Dance Program

SAVE THE DATE!
DANCE RECITAL
 Sun. May 17, 2026

For more information, contact
 Kim Corona Charron, kcharron@mandelljcc.org.

Instructors: Pam Shapiro, Piper Birney, Cassie Malloy, Myia Chappell,
 Kim Corona Charron, Hannah Leon, Izzy Steinberg, Cece Torres

Schedule subject to change based on availability and enrollment. Payment plan available. Missed classes can be made up by attending another class 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!

Tumbling: Learn basic tumbling using proper technique, building full body strength and balance.

RECREATIONAL CLASSES

Winter Session Jan 4-Mar 28 | \$240/\$192 JCC Member

Spring Session Apr 19-Jun 6 | \$140/\$112 JCC Member

In the event a makeup class is needed, it will be the week following the last class.

Sundays (Classes begin Jan 4) | \$300/\$240 JCC Member

10:00-10:45am	Progressive Movement for 2's & 3's
11:00-11:45am	Ballet/Tumbling ages 3-5
12:00-12:45pm	Jazz/Hip Hop for ages 5-7

Mondays (Classes begin Jan 5) | \$180/\$144 JCC Member

4:00-4:45pm	Hip Hop for ages 4-6
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Tuesdays (Classes begin Jan 6) | \$180/\$144 JCC Member

6:00-6:45pm	Beginner Tap ages 13+
6:30-7:30pm	Israeli Dance: Beginner
7:00-7:45pm	Intermediate Tap ages 13+
7:30-9:00pm	Israeli Dance: Int/Advanced

FULL YEAR PROGRAM

Fee prorated for mid-year enrollment

Now-May 15, 2026 | Costume fee included in price

Culminates with a year-end performance, scheduled for Sunday, May 17, 2026

Mondays

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

Tuesdays

12:45-1:30pm	Tap/Ballet for 3's
1:45-2:30pm	Tap/Ballet for 4's
4:00-4:45pm	Tap/Ballet for ages 4-5
4:00-4:45pm	Jazz/Hip Hop for ages 5-7
4:45-5:30pm	Tap/Ballet for ages 6-7
5:00-5:45pm	Tap/Ballet for ages 7-10
5:00-5:45pm	Jazz/Hip Hop for ages 7-9
6:00-6:45pm	Jazz/Hip Hop for ages 10+

Wednesdays

12:45-1:30pm	Ballet for ages 3-5
4:00-4:45pm	Progressive Movement for 2's
5:00-5:45pm	Tap/Jazz for ages 5-7
6:00-6:45pm	Tap/Jazz for ages 8-10

Thursdays

4:30-5:15pm	Ballet/Tumbling for ages 5-7
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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 6-Mar 24

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

No class Feb 17

\$265/\$200 JCC Member

Wednesdays, Jan 7-Mar 25

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

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

\$285/\$220 JCC Member

Youth Basketball

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

Girls Maccabi Basketball

Grades 2-3

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

Sun 4:00pm-5:00pm Jan 4-Mar 29

Mandatory placement clinic:

Jan 4 at 4:00pm

\$290/\$210 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 44

Preschool Swim Classes

Please see page 46

Dance Classes

Please see page 49

Something BIG is coming!

May 14-15, 2026

A day 4 the J

A 24-hour day of giving to celebrate the J!

One Day. One Community. Your J.



MANDELL JCC
Greater Hartford



Youth/Teen Classes

For more information on youth classes and programs contact, Jamie Cohen, jcohen@mandelljcc.org



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.

Beginner Pottery

Grades K-3 or by request

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: TBA

Wed 3:00-3:45pm Jan 7-Mar 25
(12 sessions)
\$315/\$240 JCC Member

Intermediate Pottery

Grades 2-5 or by request

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

Instructor: TBA

Mon 4:00-4:45pm Jan 5-Mar 23
(10 sessions)
No class Jan 19, Feb 16
\$270/\$200 JCC Member

Advanced Pottery

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

Instructor: TBA

Tue 4:00-4:45pm Jan 6-Mar 24
(11 sessions)
No class Feb 17
\$290/\$220 JCC Member

Live Action Role Playing

Grades 1-5

Blake Seers from Torch Tales LLC offers a course in live action role-playing (LARPing). Live-Action Role Play (LARP) has been around since the late 1970s, blending role-playing games, genre fiction, and immersive storytelling.

Growing up in England with a love for theater and outdoor adventure, Blake found LARP to be the perfect collision of everything he loved—performance, creativity, teamwork, and imagination.

Learn the game mechanics of the unique Torch Tales LARP system, explore the safe equipment, and experience a variety of ways to engage in this interactive storytelling experience with character development and immersive play.

Session 1

Wed 4:00-5:00 pm Jan 7-Feb 11 (6 weeks)
\$150/\$120 JCC Member

Session 2

Wed 4:00-5:00 pm Feb 18-Mar 25 (6 weeks)
\$150/\$120 JCC Member





School Vacation Programs

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

Winter Vacation: Wed. Dec. 24-Fri. Jan 2

MLK Jr. Day: Jan 19

February Break: Feb 16 & 17

*Vacation programs on 12/24 and 12/31 end at 1:00pm,
No program 12/25 and 1/1

\$110/\$84 JCC Member per day

Before care is from 8:00-9:00am - \$10/day

After care 4:00-5:30pm - \$13/day

**For more information or to register,
contact Jamie Cohen at jcohen@mandelljcc.org**

Kids Korner

Grades K-5

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: Jamie Cohen, jcohen@mandelljcc.org

**Times change.
What matters hasn't.**

Since 1825, Liberty Bank has been dedicated to helping families throughout Connecticut.

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**WE'RE MORE THAN JUST PARKING.
WE'RE ABOUT PEOPLE.**

That's why we proudly support the Mandell JCC and its mission to build community, promote wellness, and celebrate Jewish culture and values.



people first



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)

\$450/375 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 6-10

Info: Jamie Cohen, 860-231-6334, jcohen@mandelljcc.org

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

Sports Party: Love sports? We've got you covered! Have fun with relay races or level up with one of our Sports Coordinators for a basketball, soccer, lacrosse or football themed birthday party. (Sports Coordinator led birthday parties are an additional \$50)

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, face masks, hair dos, and more!

Paint Party: Unleash your inner artist! Make colorful memories with your friends as you create your very own masterpiece. (Paint parties are an additional \$50)



SPORTS & RECREATION

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

Swing Shoot Score For 3's

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 7-Mar 25

\$285/\$220 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.

Coach: Jaden Hendricks

Tue 12:40-1:20pm Jan 6-Mar 24

No class Feb 17

\$265/\$200 JCC Member



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

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



Babysitting in the Childcare Suite

Hours: Monday-Friday: 8:45-11:30am
Saturday and Sunday: 8:30-11:45am

Members using the JCC are offered childcare for children ages 4 months-7 years old in the Fitness Wing. Our experienced childcare staff encourage children to engage in fun, age-appropriate activities. For the safety of all children, the babysitting room is a food free zone with the exception of baby bottles.

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

Discover the JNext Activity Center, an engaging space within the Family Room at the Mandell JCC, made possible by the generosity of our JNext donors. This dynamic environment offers innovative activities designed to foster socialization, imaginative play, and collaborative learning for children. Featuring a light table, magnetic walls, and story-building platforms, the center provides age-appropriate opportunities for hands-on exploration and creative expression.



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



PARENT/CHILD CLASSES

Join other families with children under age 6 for 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.

PJ Library Family Shabbat

Bring your little ones to the Family Room Parenting Center to welcome Shabbat with friends, family, songs, blessings and challah!



Fri 11:00-11:45am Jan 2-Mar 27

Free and open to all

RSVP to Susan, slentini@mandelljcc.org.

Please visit www.facebook.com/PJLibraryGreaterHartford for events, news, and updates.

Baby Bunch

Are your little ones younger than 15 months old? Are you looking for some adult conversation and playtime with your little one? You and your baby are invited to drop in to play in the Family Room Parenting Center on Wednesday mornings. If you are new to parenthood or our community, this is a great way to meet other parents and share ideas. Free and open to all! Membership not required. Please let us know you will be coming.

Wed 10:30-11:15am Jan 7-Mar 25

Free and open to all. Bring a friend.

Please let us know when you will be coming.

RSVP to Susan at slentini@mandelljcc.org,

860-231-6374 or Robin Toomey at

rttoomey@mandelljcc.org

Tumbling Time

Ongoing weekends beginning Jan 4th. Another space for your family to enjoy at the J. The Karate Studio will be set up with soft equipment for the little ones to roll and tumble. Open to children 5 and under - supervision required by an accompanying adult. Please remember this is a food free zone.

Sat & Sun

Begins Jan 4



Michelle Russell is returning to teach our littlest learners with their grownups as well as a drop off preschool music class. Michelle has a MA and is a board-certified music therapist with over 20 years of experience. Her child-centered

programming supports developmental milestones, musical exploration, and having fun. www.mmmusictherapy.com

Making Music with Michelle and My Grownup

Come tap, clap, cuddle, dance, and sing with your little ones! This music class is designed for children under 3 years old with their adult companions. Michelle will facilitate live music-making, singing and movement to enhance motor and language development.

Session 1

Mon 10:00-10:45am Jan 5-Feb 9

No class on Jan 19

\$125/\$100 JCC Member

Session 2

Mon 10:00-10:45am Feb 23-Mar 23

\$125/\$100 JCC Member

Financial Assistance

Financial assistance is available to ensure that all can participate fully in our programs and services. For more information visit www.mandelljcc.org/financialassistance or reach out to Kim Corona Charron, 860-231-6439, kcharron@mandelljcc.org



Robin Toomey expands her role in the Family Room. Robin is a dedicated educator who is passionate about creating a nurturing and stimulating environment for young children. With over 25 years of experience as an early

childhood teacher, director, and child life specialist, Robin bring joy and knowledge to share with parents, too. She will be teaching a new class for the little ones and their grownups, as well as multiple preschool enrichment classes featuring stories, movement, art, science, and cooking.

NEW!

Toddler Tuesdays

Ages 18-35 months old with their grownup

Instructor: Robin Toomey

Toddlers are terrific. You and your little ones will gather for a circle time featuring finger plays, songs, and stories. Activities in the Family Room include hands-on art, sensory exploration, dramatic play, and building activities. Soft climbing toys and big movement games will be in the karate studio. This class provides opportunities for your child to interact other children close in age while you meet other adults raising toddlers.

Session 1

Tue 10:30-11:15am Jan 6-Feb 10

\$150/\$120 JCC Member

Session 2

Tue 10:30-11:15am Feb 24-Mar 24

\$125/\$100 JCC Member



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.



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 all classes online. 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.

PLEASE NOTE:

Children must be enrolled in a 3, 4 or 5 year-old classroom and/or born in 2022, 2021, or 2020 to register for enrichment classes.

Little Chefs

4's program and TK

Instructors: Susan Lentini & Robin Toomey

Your little chef will explore how foods grow and taste, and gain skills measuring, cutting, and mixing ingredients. Each child will be able to eat or take home what they make.

The children will enjoy many stories and games related to the season or recipes.

**Please note that this class is not recommended for children with food allergies. We will be using dairy and wheat products, eggs and a variety of fruits and vegetables. Little chef's age requirement is 4 years or older by Dec. 2025.*

Mon 12:30-1:30pm Jan 5-Mar 23

Mon 2:00-3:00pm Jan 5-Mar 23

No class on Jan 19, Feb 16

\$375/\$300 JCC Member

Making Music with Michelle

Ages 3-5

Instructor: Michelle Russell

Your child will have fun using percussion instruments, singing, and moving with the music. Michelle will play the guitar and keep the children active and engaged while supporting developmental skills and educational milestones.

Mon 12:30-1:15pm Jan 5-Mar 23

No class on Jan 19, Feb 16

\$300/\$240 JCC Member

Artists Who Love Books!

Ages 3-5

Instructor: Robin Toomey

Favorite picture books will come to life through imaginative activities that build literacy skills. The children will explore a variety of materials and techniques to create art inspired by illustrators and famous artists.

Tue 2:00-3:00pm Jan 6-Mar 24

No class Feb 17

\$345/\$275 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 3:00-3:45pm Jan 6-Mar 24

No class Feb 17

\$300/\$240 JCC Member

Sticky Fingers And Steam

Ages 3-5

Instructor: Robin Toomey

Your children will explore Science Technology Engineering Art Math (STEAM) by experimenting with light, color, gravity, and magnets. Each week, different open-ended activities will allow for building, problem solving, using concoctions, creating process art, and more.

Wed 12:35-1:30pm Jan 7-Mar 25

\$375/\$300 JCC Member

Wed 2:00-3:00pm Jan 7-Mar 25

\$375/\$300 JCC Member

Movin' And Groovin'

Ages 3-5

Instructor: Melissa Bambery

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 9-Mar 27

No class Jan 30

\$325/\$260 JCC Member

Happy Piano

Age 3-6

Instructor: Julie Rosenberg

Introduce your child to music through keyboarding classes. Each class includes keyboard instruction, music theory, songs, games, music activities and use of a personal classroom keyboard. Lessons are 30 minutes per week. Material Fees included

Thur 12:30-1:00pm or 1:15-1:45pm

Jan 8-Mar 26

\$375/300 JCC Member

Fri 12:30-1:00pm or 1:15-1:45pm

Jan 9-Mar 27

No class Jan 30

\$355/280 JCC Member

(New students will need to pay a \$35 materials fee)

Birthday Parties

Is your 1-5 year old having a birthday? Let us plan the next party for your little one.

\$450/\$375 JCC Member

All parties designed for 1-1/2 hours and up to 12 children.

For more information:

Susan Lentini, 860-231-6374,

slentini@mandelljcc.org

See page 54 for more details.



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. In case of inclement weather some outdoor events may be moved indoors. Please call the Member Services Center, 860-236-4571 to inquire.

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

Family Lantern-Making Workshop

Thu. Dec 18, 5:00pm

Celebrate the light of Hanukkah in this joyful family lantern-making workshop led by local artist Anne Cubberly! Designed for children ages 8 and up with an accompanying adult (maximum 2 children per adult), this hands-on class invites families to create beautiful, glowing lanterns inspired by the themes of light, hope, and creativity. Using natural and festive materials, participants will work together to craft unique lanterns to brighten the holiday season. No experience needed—all materials provided as well as a pizza dinner.

\$40/\$36 JCC Member - Includes one adult and one child; \$5 for each additional child
Register www.mandelljcc.org/tix

Grow Together: A Tu B'Shvat Garden Workshop

Sun. Feb 1, 3:00pm

Celebrate Tu B'Shvat, the New Year of the Trees, with a unique, hands-on workshop perfect for all ages! In this multigenerational class, participants will explore the wonders of hydroponic gardening and build their own soil-free herb garden to take home to enjoy year-round.

This experience is designed for an adult and younger learner to do together.

Registration is \$22 for each adult and child pair

For more information, contact Susan Lentini, slentini@mandelljcc.org, 860-231-6374 or Kasi Friedman, Director of Adult Engagement, 860-231-6311, kfriedman@mandelljcc.org



Books are 'Snow' Much Fun!

Sun. Jan 11, 3:00pm

It's Storytime!

Bring your children to listen to favorite winter stories featuring The Snowy Day by Ezra Jack Keats read by our special guest readers.

Free and open to all

Please bring new hats or mittens to give to families in our community to keep them warm this winter.

PJ Library Purim Party

Sun. Feb 22, 3:00pm

Families with children are invited to come in costume for lots of some Purim fun.



Learn how to make hamantashen cookies, create a noisy grogger, play games, and more.

Free and open to all with registration

Passover with PJ Library

Sun. Mar 22, 3:00pm

Bring your family to get ready for the Passover holiday through stories, songs, and hands-on activities before for your family's Seder.



Free and open to all with your registration





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 Kasi at kfriedman@mandelljcc.org.

In Honor of Dr. Martin Luther King

Mon. Jan 19, 10:30am-12:00pm

Keep Dr. King’s legacy alive by acting on his vision of neighbors working together to build a better society. You can make a difference! Help make sandwiches and create care packages to be donated to agencies which serves individuals facing food & housing insecurity.

Free and open to all

Please bring a jar of peanut butter and a loaf of bread for each person attending and we’ll provide the rest. We will also have a collection bin for individually wrapped snacks, toothbrushes, toothpaste, soap, and shampoo, which will be donated with the lunches.

Designed for everyone age 9 to 99!

If you have questions please contact Kasi at kfriedman@mandelljcc.org or Susan at slentini@mandelljcc.org

Food for All

Food security is an even bigger problem this year. Any day that you stop by the JCC, you can always drop off nonperishable food items into the grocery cart inside the JCC lobby. This food is donated to Kosher Food Pantry at Jewish Family Services which feeds hundreds of families of all backgrounds throughout our community. There is also need for paper towels and cleaning supplies.

Share the Warmth

Sun. Dec 28 – Mon. Jan 19

Brighten the day for those in need by keeping them warm and cozy this winter. Give the gift of hand warmers and new hats and mittens of all sizes and colors. Please bring your donations to the Mandell JCC lobby December 28-January 19. Your gifts will be distributed to families in need throughout our community.



Jonathan's Dream

A Place to Celebrate Life

Discover Jonathan’s Dream Playground! This state-of-the-art, inclusive playground, located on the Mandell JCC campus, invites children of all abilities to play, explore, and enjoy active, interactive fun. With equipment and activities designed for everyone, it’s a place for kids, parents, and grandparents to come together, stay active, and create lasting memories.

Open daily, free, and welcoming to the entire community!

Hours: 8:00 AM to sunset, Sundays 10:00 AM to sunset.

Visit the www.jonathansdream.org for more details, to book an event, or make a donation.



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 Reaback 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
Early morning offered, 8:00am and 8:30am

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

Flexible scheduling available. Please call
Dee Chappell, SRECC Director, 860-652-0396,
dchappell@mandelljcc.org for details and pricing.





Workplace Wellness & Corporate Team Building

Our Mission

Investing in employee well-being can ultimately affect your company in the form of increased productivity, employee satisfaction and increased retention, and decreased healthcare costs. Focusing on ways to reduce health risk factors, make healthier lifestyle choices, and support staff's physical and mental well-being, will allow happier, healthier workers.

Unique to You

We understand that your employees have unique needs. Let us work with you to find a balance of programming that meet your wellness needs. Below are a few ideas to build upon.



HEALTH AND WELLNESS CLASSES & SERVICES

- Blending Holistic Care with Traditional Medicine
- Self-Care at Work
- Chair Massage
- Sound Therapy Meditation
- Mindfulness and Meditation
- Eating for Energy and Reducing Health Risks
- Stress Management
- Making Habit Change
- Keeping Your Brain Sharp

LEARNING AND DEVELOPMENT

- Myers Briggs for Communication and Leadership
- Leadership Coaching
- Client Relations
- Crucial Conversations
- Building Trust and Accountability

TEAM BUILDING

- Ropes Course Challenges
(High and low rope elements at our Camp)
- Team building activities (at JCC or at your site)

SPECIAL PROGRAMS

Professional Development Retreat (on-site or at JCC) – build your own day or 1/2 day to give your employees time for rejuvenation. May include educational presentations in combination with rejuvenating modalities, and unique relaxation experiences.

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





Fitness Center at Saint Francis

In collaboration with



- 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



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

Here's a preview of Summer 2026. More details coming soon!

Excitement and memories await this summer! Whether you're taking the stage, creating something new, swinging a racquet, splashing in the pool, relaxing and unwinding, climbing through the trees, or paddling down the river – join us for an unforgettable season. There's something for everyone at the Mandell JCC this summer!



Sports Jams

Entering Grades 1-8 Fall 2026

June 15-August 21

Early Bird Deadline March 18

- The Mandell JCC
- The Swim & Tennis Club
- 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, Swimming and more.

After care available.

Information:

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

Camp Shalom

Entering Grades K-10 Fall 2026

June 22-August 14

For nearly 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 2026

June 22-August 21

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

June 22-August 14

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



Little Explorers

Tuesday & Thursday

June 23-August 11, 9:30-11:00am

(8 weekly, two-day sessions)

Mandell JCC

A play based program designed for the little ones and their grown-ups! For children age 18-months up to 3-years-old.

Information:

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



The Swim & Tennis Club

Where Summer Comes to Play!

Opening May 23, 2026

Dive into a summer of sunshine, fun, and community at the JCC's Swim & Tennis Club — your local escape in the scenic Bloomfield countryside. Whether you're splashing in our oversized pool with waterslide and diving board, playing on the courts, being creative in our art shack, or just relaxing in the shade, there's something for everyone to enjoy for all ages!

Spend your summer days with wonderful, engaging staff, and our full vibrant community. Every day at the Club is full of exciting fun for all ages. From yearly favorites to exciting new upgrades coming soon, the Swim & Tennis Club is your go-to destination for summer memories that last all season and beyond.

With special events, recreation for all ages, and a laid-back vacation vibes close to home, you'll want to stay all summer long. Join us!

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



Summer Job Fair

Wed. Jan 7 | 5:00-7:00pm | Mandell JCC

Don't miss your chance to land the perfect summer job! Many seasonal positions are available in our summer programs, located at our 3 facilities – The Mandell JCC in West Hartford, Camp Shalom in Windsor and The Swim & Tennis Club in Bloomfield. Stop by our Summer Job Fair to learn more!

Available Positions:

- Lifeguards
- Swim Instructors
- Chefs & Line Cooks
- Front Desk/Check In
- Camp Counselors
- Media & Photography
- Maintenance
- Registered Nurse
- Camp Unit Heads & Administrative Staff

Specialist:

- Archery*
- Woodworking*
- Arts & Crafts*
- Cooking
- Improv
- Music
- Ropes Course*
- Tennis & Sports
- Motor Boat Drivers*

**The Mandell JCC will arrange for and pay fees associated with training and certifications*

Online Registration

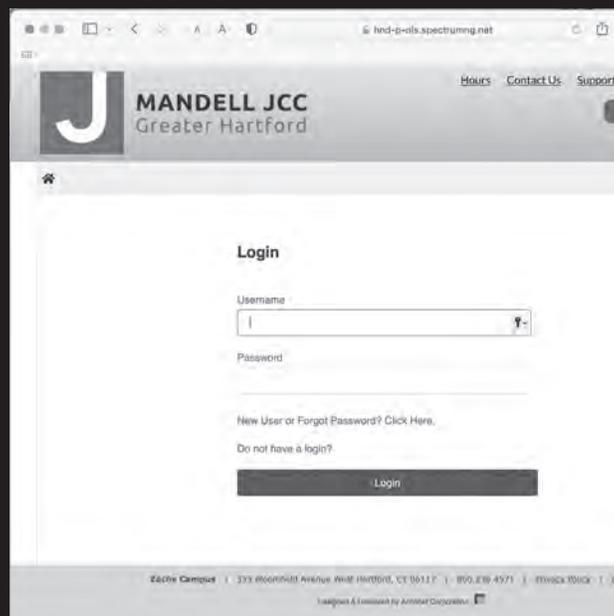
Program registration for JCC Members will begin on **Thur. Dec 11, at 9:00am**, available online, over the phone, and in-person. Registration for community members will open on **Thur. Dec 18, at 9:00am**, either in-person or over the phone.

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
Jessica Farrell, jfarrell@mandelljcc.org,
860-231-6329.





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 Program Officer	860-231-6455	Leslie Sax	lsax@mandelljcc.org
Chief Development Officer	860-231-6317	Elana MacGilpin	emacgilpin@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
Director of Safety & Security	860-231-6356	Jim Schwab	jschwab@mandelljcc.org
Executive Assistant	860-231-6315	Cheryl Bechard	cbechard@mandelljcc.org
Marketing Assistant	860-231-6325	Kate Sullivan	ksullivan@mandelljcc.org
Finance Director	860-231-6336	Cheryl Couture	ccouture@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
Events Director/Swim & Tennis Club Director	860-231-6323	Amy Gurchin	agurchin@mandelljcc.org
Program Administrative Coordinator/Registrar	860-231-6329	Jessica Farrell	jfarrell@mandelljcc.org
Member Services Center	860-236-4571		thejcc@mandelljcc.org

Recreation & Wellness

Director of Operations Fitness, Aquatics & Sports	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/On Boarding Coordinator	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
Sharks Swim Team Head Coach		Kobe Dominguez	kdominguez@mandelljcc.org
Mt. Sinai Physical Therapy	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
SRECC Director - Glastonbury	860-652-0396	Dee Chappell	dchappell@mandelljcc.org
Director of Camp Shalom	860-231-6376	Colby Wyckoff	cwyckoff@mandelljcc.org
Youth Director	860-231-6334	Jamie Cohen	jcohen@mandelljcc.org
Theater Director		Meg Buckner	mbuckner@mandelljcc.org
Chase Family Gallery	860-231-6316	Jane Pasternak	jpasternak@mandelljcc.org
Director of Arts and Culture	860-231-6382	Ephi Stempler	estempler@mandelljcc.org
Family Room Director & PJ Library Coordinator	860-231-6374	Susan Lentini	slentini@mandelljcc.org
Director of Adult Engagement	860-231-6311	Kasiana Friedman	kfriedman@mandelljcc.org
Special Needs Program Coordinator	860-231-6338	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



Life is an event... Make it Memorable!

Let the Mandell JCC be your destination for parties, corporate events, meetings, and celebrations.

With our range of meeting and event spaces, we have the perfect setting to accommodate your needs. Whether you're looking to plan a celebration, a meeting equipped with a fully updated tech system, or a grand production deserving of a standing ovation in our 375-seat theater, we are here to assist you every step of the way. Let us help create extraordinary moments that will leave a lasting impression.

To schedule a tour of our spaces, or for questions about booking and availability, contact: Amy Gurchin, Events Director/Swim & Tennis Club Director, 860-231-6323, agurchin@mandelljcc.org.



OUTDOOR VENUES

THE SWIM & TENNIS CLUB

The 45-acre Swim & Tennis Club, located in a serene area in Bloomfield, is perfect for a relaxed and casual corporate retreat, party or private event.

CAMP SHALOM

Just minutes from I-91 and the airport in Windsor, Camp Shalom hosts retreats, picnics, reunions, team building and outings on its 75 wooded acres on the Farmington River.

CHALLENGE COURSE

Our ropes course at Camp Shalom makes for a great corporate team building adventure, bridal party activity, family reunion, sports and/or religious team bonding and more!

PRESIDENTS' COURTYARD (Seasonal)

An outdoor space ideal for an assortment of special events and programs, including Bar/Bat Mitzvahs, anniversary & birthday parties, bridal showers, weddings and more.

INDOOR VENUES

THE LOUNGE

A private, secluded space that is popular for meetings away from the distractions of the office.

THE BOARD ROOM

The Board Room is the perfect setting for meetings, conferences and smaller events.

THE INNOVATION CENTER

A stunning showcase for meetings, receptions, showers and more.

HERBERT & EVELYN GILMAN THEATER

Performances, lectures, films and concerts take center stage.

THE CHASE FAMILY GALLERY

An elegant space for cocktail receptions, showers, buffets and sit-down dinners, lectures, small performances and more.

BREAKOUT ROOMS

The Breakout Rooms provide more intimate spaces for meetings, receptions, showers and more.

THE HOFFMAN SPORTS & ENTERTAINMENT FIELD HOUSE

The gymnasium in The Field House has space for up to 800 people theater-style, or 500 people for a sit-down dinner.



Ronit Shoham

The Mandell JCC is a wonderful, welcoming gathering place that offers a wide variety of events and activities for people of all ages. It's a place where you can connect with others and truly feel a sense of belonging, no matter where you are on your life's journey.

It's important to me to ensure that a place like this continues to thrive—today and for many years to come—so that everyone can experience the warmth, connection, and meaningful engagement that make the Mandell JCC so special.

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.

To discuss your legacy gift to the JCC, please contact Elana MacGilpin, 860-231-6317



JEWISH
COMMUNITY
FOUNDATION
OF GREATER HARTFORD



www.mandelljcc.org/1915

1915 Legacy Society Members

Anonymous (3)
 Becky & Jeffrey Azia
 Kim & David Charron
 Michael J. Croll
 Harriet M. Cutler
 Brad & Lauren Drazen
 Amy & Richard Fechter
 Jean^{z1} & David^{z1} Federman
 Jillian & Joshua Feldman
 Kathy & Ron Fishman
 Lisa & Peter Fishman
 Jessie & Jason Gagnon
 Gary & Joan Greenberg

Arthur & Zabelle Krasow Greenblatt
 EJ & Steven Greenspan
 Dianne & Walter Harrison
 Sharon & Grant Holtzberg
 David L. Jacobs
 Michael Jacobs
 Roberta Woronow & Ted Kaplan
 Amanda & Aaron Katzman
 Annie & Stephen Keith
 Jeanne & Daniel Kleinman
 Alys & Jack Krichavsky
 Julie & Jerry Levy
 Bonnie Hittleman-Lewis & Paul Lewis

Elana & Scott MacGilpin
 Joyce & Andrew Mandell
 Deborah Mehlman
 Alan & Peggy Mendelson
 Frederick Moss
 Robert Naboichek
 Leah & Andrew Paller
 Ian & Debra Polun
 Frank & Judy Resnick
 Anndee & Rick Robinson
 Arthur L. Rome
 Elisabeth Kostin & Doron Roth
 Susan & Michael Schenker

Jaime & Mark Seltzer
 Ronit Shoham
 Lois Siegal
 Ronny & Al Siegel
 Stacy Silk-Rome
 Melvin Simon
 Drs. Rosalie H.^{z1} & Jay D.^{z1} Smith
 Gayle & Steven Temkin
 Karen & Alan Tuvin
 Rhonda & Richard Wirth
 Ellen Woodruff
 Karen E. Wyckoff
 Henry M. Zachs