

J



MANDELL JCC FALL 2021 PROGRAMS & CLASSES

WE HAVE ROOM FOR YOU!





1915
LEGACY
SOCIETY

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



Give our future a present.

Your lasting legacy gift in your will, trust, retirement account or life insurance policy will help the JCC continue to build connections between generations and sustain our strong community.

We can't do tomorrow without you. Our tomorrow depends on what we do today.

1915 Legacy Society

Since 1915, the Mandell JCC has been opening doors to better lives. The 1915 Legacy Society is an opportunity for you to create a gift of permanence, and to be a part of something great and greater than oneself.

We are all the beneficiaries of the benevolence of the generations that came before us. And now it is our time to continue their work. To ensure that we can remain vibrant and continue to fulfill our mission to share, to care and to connect.

Legacy giving is sacred and significant. It is driven by your belief in the future of our community. Legacy giving is the ultimate expression of your values and an opportunity for you to create ripples with your philanthropy.

Our plans, our goals, our dreams... they don't just happen.

For over 100 extraordinary years, the Mandell Jewish Community Center has been a vital resource that has enriched all aspects of Greater Hartford. By providing the most comprehensive range of services and recreational, cultural, educational and social programs under one roof, the JCC promotes physical, intellectual and spiritual well-being and the betterment of the community.

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.

Be a part of what's possible.

For more information, please contact David Jacobs, 860-231-6313 or Annie Keith, 860-231-6455



www.mandelljcc.org/1915

Dear Members & Friends,

It has been nearly two years since we last produced a printed program guide. As you might imagine, this one feels extra special.

After a fun-filled summer, we always look forward to the fall when we get to reconnect with and welcome you back for new classes and programs, holiday celebrations and special events. That sense of optimism has never been more palpable and universal than this year.

As we reflect on the last 18 months, we cannot help but feel enthusiastic as the autumn season builds with the anticipation of the sounds that fill our hallways: old friends reuniting, children laughing, and a fitness center bustling with activity.

We cannot say enough how truly grateful we are to all of you for supporting us during the most extraordinary period of our lifetimes. You inspired us with your commitment to the J, and we are sooooo ready to return to "normal."

STRATEGIC PLAN

Over the coming months, we look forward to sharing the results of our strategic plan as we begin implementing new initiatives to serve families, create new Jewish experiences, establish meaningful community partnerships, maximize the use of our summer facilities, and ensure the JCC's financial future.

EXCITING THINGS HAPPENING THIS FALL at the J...

Arts & Culture

A new book with a local connection - *Mitka's Secret* | Sept 19 | Page 27

An historic exhibit - *Abraham: Out of One, Many* | Oct 4-Nov 16 | Page 26

Jazz from Israel - *Guy Mintus Trio, A Gershwin Playground* | Nov 21 | Page 27

Theater Returns to the Herbert & Evelyn Gilman Theater | Page 35

In-person performances return this fall with (pending licensing) teen theater's 9-to-5 The Musical.

Youth Mental Health First Aid Training | Page 20

An important program for adults who interact with youth ages 12-18, helping them to identify and respond to mental health situations that a young person may experience, including depression and substance use disorders.

Holistic Health Options | Page 21

Over the last year, Holistic Health Options at the Mandell JCC has been instrumental in advancing our wellness priorities and supporting your quest for health.

Family Room Reopens | Page 40

Families will once again connect with one another in parent/child classes, enrichment programs, family events and so much more.

Babysitting Room Reopens | Page 42

Providing parents with safe and professional care for their children while they work out, swim and enjoy the J.

These are just some of the highlights we are looking forward to this fall. Page after page is about the community here at the J. While we were reminded that we don't need a building to build community, there is still nothing like seeing all of you live and in-person!



Brad Drazen
Board President



David Jacobs
Executive Director

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HOW TO REGISTER

Online: www.mandelljcc.org

In Person: Member Services Center

Phone: 860-236-4571

Fax: 860-233-0802

MANDELL JCC

Zachs Campus, 335 Bloomfield Ave.

West Hartford, CT 06117



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



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



MANDELL JCC
Greater Hartford

Membership Benefits

Fitness & Wellness Wing

- 22,000 square foot Hoffman Field House with full-size gymnasium for basketball, volleyball, indoor soccer, pickleball, etc.
- 7,000 square foot fitness center with 70+ pieces of cardiovascular equipment, strength training circuits & Octagon
- 3 state-of-the-art Group Fitness Studios, enabling us to offer multiple classes during prime times. 2000 square foot all-purpose studio, dedicated cycle studio with 25 Matrix indoor cycle bikes and 1000 square foot yoga studio
- Full aquatics center with three pools including a whirlpool and the only "moveable floor" pool in the area
- 100+ weekly land, water, and virtual group fitness classes
- Indoor, year-round jogging/walking track
- Certified & experienced personal trainers & fitness specialists available
- Smart Start to Fitness Program – 5 complimentary orientation sessions with fitness & wellness professionals to get you acquainted with our facility and our services (\$250 value for FREE).
- Men's & women's locker rooms (handicap accessible)
- Family locker room with private showers/changing areas (handicap accessible)
- Reciprocal guest privileges at other Jewish community centers

Family Room Parenting Center (Some discounted fees may apply)

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

Culture/Community

- Chase Family Gallery
- Access to lectures and shows at the 400-seat Herbert and Evelyn Gilman Theater
- Jewish Book Festival, Hartford Jewish Film Festival, and holiday programming for individuals and families

Additional Fee-Based Services

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

YOUR COMMUNITY CENTER

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!

The Mandell JCC welcomes everyone regardless of age, race, religion, national origin or special need. 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.

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 lesson refunds, please see page 30.

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

Financial Assistance

No one is denied membership to the Center because of their financial situation. The generosity of our donors and an active scholarship program ensure that membership is open to all.

For more information
www.mandelljcc.org/financialassistance
or call Karen Wyckoff, 860-231-6317

Accessibility

The Mandell JCC is committed to inclusion and to enabling individuals to participate in social, cultural and educational experiences whenever possible and affordable.

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

JCC Hours (As of October 2, 2021)

Monday-Thursday.....5:30 am-9:30 pm
Friday.....5:30 am-7:30 pm
Saturday & Sunday.....7:30 am-6:00 pm

Aquatics Center

Closes 15 minutes prior to the building closing.

Special Hours

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

Weather Alerts

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

crown
Café
AT THE
J

**Coming
this
October!**

**Everything you have come to
expect from the Crown now
at your fingertips at the J.**

6 Days a Week | Morning to Late Afternoon

A large selection of various grab-n-go
breakfast, lunch and dinner items as well
as beverages and snacks.

Jewish Holidays

Holidays begin at sundown the previous day.

Holiday hours are listed on www.mandelljcc.org.

For more Jewish resources visit www.myjewishlearning.com.

SHABBAT

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

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

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

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

TRADITIONAL GREETINGS

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

ROSH HASHANAH SEPT 7-8

The JCC closes at 1:00pm on Sept 6 and remains closed on Sept 7 and Sept 8

Rosh Hashanah, which marks the beginning of the Jewish year, is both a festive and solemn holiday and a time to reflect on the past year and look forward to the year to come. While celebrating the birthday of the world, many people attend high holiday services at synagogue. The shofar (ram's horn) is sounded 100 times during a traditional service. It is customary to eat apples dipped in honey and other sweet treats in the hopes of having a sweet new year.

TRADITIONAL GREETINGS

Shanah Tova (Happy New Year)

YOM KIPPUR SEPT 16

The JCC closes at 3:00pm on Sept 15 and remains closed on Sept 16

Yom Kippur, the Day of Atonement, is the holiest day of the Jewish calendar. Occurring 10 days after Rosh Hashanah, it is a day dedicated to fasting, reflection, prayer, and repentance. Traditionally it is believed to be the last opportunity to seek forgiveness from those we have wronged during the past year. Ending at sundown, it is traditional for family and friends to share a break-the-fast meal.

TRADITIONAL GREETINGS

“Have an easy fast” or “G’mar Tova”
(may your final sealing in the Book of Life be good)

SUKKOT SEPT 21-22

The JCC closes at 6:00pm on Sept 20 and remains closed on Sept 21

Sukkot is the harvest festival, and a time to recall the Israelites journey from slavery to the Promised Land. On the journey, they lived in sukkot (huts). Today, we commemorate this by building these three sided temporary booths with no real roofs so the stars and sky can be seen, and no real doors. They are decorated with branches, fruits and vegetables of the harvest. During the holiday, it is an honor to share a meal, study, play and sometimes sleep in a sukkah. The JCC Sukkah will be built in the new Presidents' Courtyard with many decorations created by children in the JCC's programs. Members are invited to visit the sukkah, enjoy the outdoors, and participate in family holiday events (September 19-29).

TRADITIONAL GREETING

Chag Sameach (Happy Holiday)



SHEMINI ATZERET/SIMCHAT TORAH

SEPT 28-29

The JCC closes at 6:00pm on Sept 27 and remains closed on Sept 28

Shemini Atzeret occurs on the day after the seven-day festival of Sukkot and is generally translated as "the eighth day of assembly." The Talmud declares the eighth day as a separate holiday dedicated to the love of God. In ancient Israel, Shemini Atzeret coincided with the beginning of the rainy season.

Each year in the synagogue, the Torah is read from start to finish. Simchat Torah (rejoicing in the Torah), marks the joyous completion of the annual cycle of reading the Torah - the day we finish reading the last section and begin reading the first section over again. In the synagogue, adults and children parade with the Torah scrolls and celebrate together.

TRADITIONAL GREETING

Chag Sameach (Happy Holiday)



CHANUKAH NOV 28-DEC 6

The eight-day Festival of Lights commemorates the rededication of the ancient Temple in Jerusalem. This followed the success of the Maccabees overcoming the restrictions to practice Judaism. Each night in homes all over the world, one more candle is added to the menorah (candelabra), celebrating the miracle of the oil, which lasted for eight days instead of only one. It is traditional to enjoy foods fried in oil such as potato latkes (pancakes) or sufganiot (doughnuts) and give small gifts to the children. The modern version of giving instead of receiving gifts is an annual cause to support at the JCC. Toys, warm clothing, pajamas and more are collected and donated to agencies in our community who serve those in need.

TRADITIONAL GREETINGS

Happy Chanukah / Happy Hanukkah





op·ti·mism

/ˈäptəˌmizəm/

Hopefulness and confidence about the future
or the successful outcome of something.



DATA-MAIL
Direct success. Delivered.

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

Photos by Steve Laschever | 2021 Annual Meeting



Special Events

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.

Information: www.mandelljcc.org or Jane Pasternak, 860-231-6342, jpasternak@mandelljcc.org.

In case of inclement weather some outdoor events will be cancelled.

Please call the Member Services Center, 860-236-4571 to inquire.



Jewish
Federation

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

WELCOMING THE NEW YEAR TOGETHER

Sun. Sept 5, 10:30am

Swim & Tennis Club, 4 Duncaster Rd,
Bloomfield, CT

We are happy to welcome you to a morning of fun. Come enjoy the company of other families, follow a Rosh Hashanah story walk, create a holiday craft and learn how bees make honey.

Free and open to all

RSVP a must by Wed. Sept 1 to Jane,
jpasternak@mandelljcc.org

FAMILY MEET-UP

Thur. Sept 9, 1:00pm



Ross Field Playground
Canione Rd, Glastonbury
Join other families for PJ Library stories, fun and meeting friends old and new.
For more information contact Jane,
jpasternak@mandelljcc.org, 860-231-6342

FAMILY FUN IN THE SUKKAH

Sun. Sept 19, 10:30am

Mandell JCC Sukkah

Mon. Sept 20, 12:45pm

Kol Haverim Sukkah, 1079 Hebron Ave,
Glastonbury
Join in the holiday fun at either location - enjoy a Sukkot story walk, fall craft and edible sukkahs.

Free and open to all

Reservations by Sept. 15 -
Jane, jpasternak@mandelljcc.org

CHALLAH MAKING

Thurs. Sept 23, 12:45 & 4:00pm

Mandell JCC

Have you ever made a round challah? Roll up your sleeves, put on an apron and together you and your child will make a challah to bring home and bake. PJ Library stories will be read to welcome the New Year.

\$15/\$10 JCC member (per family)

Registration a must by Sept 20



SAFE TOUCH & HEALTHY BOUNDARIES: TALKING TO OUR KIDS ABOUT IT

Wed. Oct 20, 9:30am

Mandell JCC

Join Emily C. Sachs, LPC for this most important conversation.

\$15/\$10 JCC member

For more information contact Jane,
jpasternak@mandelljcc.org, 860-231-6342

APPLES AND ANIMALS ON THE FARM

Sun. October 24, 10:30 am

Auerfarm, 158 Auer Farm Rd
(off Simsbury Rd),
Bloomfield, CT

Join us at Auerfarm for a hayride to the apple orchard and to make apple cider as we learn all about apples. We will also see the animals and listen to a PJ Library story.

For more information and to RSVP

by Oct 20 - Susan, slentini@mandelljcc.org



FILL THE VAN

Mon. Nov 15, 8:30am-5:00pm

Help us fill the van with non-perishable food items to restock the food pantry shelves at Jewish Family Services. Your donations are needed more than ever before.

If you would like to volunteer during the day to collect donations contact Jane,

jpasternak@mandelljcc.org.

PJ LIBRARY SHABBAT CLUB

Fri. Sept 3-Dec 24, 11:00am-12:00pm

No celebration Nov 26

Mandell JCC Family Room



Join PJ Bear for weekly drop-in playtime and Shabbat celebration led by Susan Lentini. Through hands on activities, PJ Library stories and songs, we will have fun learning about Shabbat and Jewish holidays. Together, with friends old and new, we will welcome in Shabbat by lighting the candles, saying the blessings and enjoying fresh challah.

Free and open to the community

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

MANDELL JCC SUKKAH

If you would like to host a meeting, a gathering or enjoy a meal in our sukkah, we would love to have you - contact Mitch Shakun at mshakun@mandelljcc.org, 860-231-6323.

CHANUKAH: Eight Nights of Light

All Mandell JCC Chanukah events are open to the community. Information:
www.mandelljcc.org or Jane Pasternak,
860-231-6342, jpasternak@mandelljcc.org

Join us in the Chase Family Gallery daily
to light the Chanukah candles

Nov 28	2:30pm	Candle lighting
Nov 29	4:30 & 6:15pm	Candle lighting
Nov 30	4:30pm	Candle lighting
Dec 1	4:30pm	Candle lighting
Dec 2	4:30pm	Candle lighting
Dec 3	4:30pm	Candle lighting
Dec 4	2:30pm	Candle lighting
Dec 5	2:30pm	Candle lighting

IT'S STILL CHANUKAH

Sun. Dec 5, 10:30-11:30am

Lots of Chanukah fun and crafts for families with young children!

Free and open to all with a donation of cozy children's pajamas to help those in need stay warm at bedtime.

Please let us know you will be coming by
Dec 1 - Jane, jpasternak@mandelljcc.org.



J

Workplace Wellness & Corporate Team Building

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

Unique to You

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



Sharon O'Brien
Community Wellness Director



Paul Stone
Community Partner Director



IN-PERSON OR VIRTUAL PROGRAMMING

Fitness Classes

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

Wellness Classes

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

Physician-led Seminars

- Heart health
- Orthopedics
- Diabetes
- Mental Health

TEAM BUILDING

- High Ropes Challenge Course
- Basketball Challenge
- Fitness Challenge
- Chopped Challenge

ADDITIONAL OPTIONS

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

WELLNESS RETREAT

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

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



SPECIAL
DISCOUNTED
RATES FOR
JCC MEMBERS
AND CORPORATE
SPONSORS



Plan with **Flexibility** Gather with **Confidence** FACILITY & VENUE RENTALS

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

From our top-notch centrally-located JCC to our scenic and well-equipped camp and summer recreation facilities, we can help you to take care of business, make an impression, host a celebration, close the sale, or cause a sensation!

We offer a full range of services and our professional staff serves as your personal concierge, catering to all of your needs from start to finish.

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

Mitchell Shakun, Director of Meeting & Events
860-231-6323, mshakun@mandelljcc.org

We follow all state and local health guidelines.



OUTDOOR VENUES

THE PERFECT SUMMER OASIS

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 day and overnight retreats, picnics, reunions, team building and outings on its 100 wooded acres on the Farmington River.

COURSE CHALLENGE

Our NEW Ropes Course Challenge at Camp Shalom makes for a great corporate team building adventure, bridal party activity or family reunion.

PRESIDENT'S COURTYARD

A NEW 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 COMMUNITY ROOM

An ideal for brainstorming, meetings, luncheons, or breakout sessions from a larger conference.

THE INNOVATION CENTER

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

THE 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.



GROUP FITNESS

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

Did you know?

We offer more than 100 weekly classes. More than any area fitness center.

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

Schedules: www.mandelljcc.org

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



CHANGE THE WAY YOU LIVE!



“I have worked with The JCC Personal Training Team for several years. As a result I have greatly increased my strength, agility and balance. Without their motivation, knowledge and advice, I doubt I would be in the shape I am today!”
- JCC Member

Reach your goals
Take back control

COME TRAIN WITH US!

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

To get started, contact Farrah Mead at
fmead@mandelljcc.org or call 860-231-6362

In-Person Training & Virtual Training on Zoom!

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

Choose from one-hour, 45-minute and 30-minute sessions. Personal Training is offered in-person in one of our private/semi private workstations or over zoom in the comfort of your home.





Manage your health and stress levels and relieve your anxiety with Pilates.

Toning, flexibility, better posture, more efficient movement, the body/mind connection—just about every benefit the Pilates method has to offer can be achieved through mat work.

The goal of a mat Pilates class is to strengthen the body's "powerhouse," a Pilates term that refers to your abdominals, lower back muscles, pelvic floor, hips and glutes. Through a series of floor exercises, the workout helps build, sculpt and tone these muscles, giving your body a long, lean look. Pilates can aid in flexibility and improving posture. While low-impact, Pilates burns fat during and after class. Your mat Pilates class will incorporate equipment such as tubes, weights and gliders giving you an even more dynamic mat class!

Mat Pilates will cause you to relieve stress and tension! Focusing on your breathing plays a major role in Pilates. Pilates connects your breath to the exercise, allowing that influx of oxygen to better complete each movement. Those who practice Mat Pilates often reap the benefits of these deep breathing exercises, suffering less from anxiety, anger and even depression.

Mat Pilates is accessible to everyone at any level of fitness and provides countless benefits.

“10 plus years of Pilates has made me a strong believer in the body and mind benefits. The structure and the support of the JCC Pilates team enhances every class.”

- Amy S.

We've got your front
seat drive
door
lines
row

And we've got your back.

Proud supporters of the
Mandell JCC.

www.lazparking.com



“ Pilates reformer is the best exercise and is supportive of your back. Dave Laporte (Pilates Reformer Instructor) is so creative! He hits all the stretching body parts. ”

- Chloe H.

Pilates™ Reformer Training at the Mandell JCC

New to Pilates Reformer? Try a class free!

Information: Carmen Erian, Group Fitness Director, 860-231-6348, cerian@mandelljcc.org of charge!

What is Pilates?

Pilates is a movement system designed to stretch, strengthen and balance the body, and yields numerous benefits!

The Pilates Reformer is a highly versatile, spring loaded piece of modern exercise technology. It is designed for people at all levels of physical fitness and can be individualized to meet each person's exercise goals from the beginner to the athlete.

The reformer is designed to add resistance and support for the user and is low-impact on the joints and body. Together with The Principles of Pilates, the reformer is capable of working muscle groups that are often neglected in your typical gym session.

Members can opt for a private session with a certified Pilates Reformer instructor, try a partner session or choose a group reformer class. With a maximum of 4 students, each reformer class provides semi-private instruction, where your instructor will focus on form, technique, core strength and flexibility.

The Principles of Pilates

- Control
- Concentration
- Centering
- Breath
- Flow
- Precision

For more information or to register for Pilates Reformer Training with the Mandell JCC, contact Carmen Erian, Group Fitness Director, 860-231-6348, cerian@mandelljcc.org

Pilates Reformer Rates

Single Session

30 min.....	\$45
45 min.....	\$60
60 min.....	\$75

Partner Single Session

30 min.....	\$50 (\$25 per person)
45 min.....	\$65 (\$32.50 per person)
60 min.....	\$80 (\$40 per person)

Pilates Reformer Packages

Single Pilates Reformer

Six 30-min sessions	\$258 (\$43 per session)
Six 45-min sessions	\$348 (\$58 per session)
Six 60-min sessions	\$438 (\$73 per session)
Twelve 30-min sessions	\$504 (\$42 per session)
Twelve 45-min sessions	\$672 (\$56 per session)
Twelve 60-min sessions	\$840 (\$70 per session)

Partner Pilates Reformer

Six 30-min sessions	\$138 (\$23 per person per session)
Six 45-min sessions	\$186 (\$31 per person per session)
Six 60-min sessions	\$228 (\$38 per person per session)

Small Group (Maximum of 4)

Pilates Reformer Training

55-min	\$28
Eight 55-min sessions ...	\$200 (\$25 per class)

ACTIVE AGING ADULTS

Looking for fun ways to move and enjoy exercising?

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

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

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



**JEWISH
COMMUNITY
FOUNDATION**
OF GREATER HARTFORD

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



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65 Raymond Road | West Hartford



ADULT AQUATICS

TOTAL IMMERSION (ONE-ON-ONE)

This swimming technique embraces the art of swimming efficiently. Feel relaxed and love each stroke you take. Many triathletes seek this method to improve their speed and distance in open water.

Available by appointment:

Kathy Armstrong-Crouch, 860-231-6337, kcrouch@mandelljcc.org
\$75/hour | \$60/45 minutes | \$45/30 minutes



CPR/AED AND FIRST AID CLASSES

We are proud to offer CPR/AED and First-Aid training from the American Heart Association, the leading provider of CPR training.

CPR/AED classes empower participants with the skills to help save a life in an emergency. We offer 2 different classes - **Heartsaver CPR** for people who wish to provide assistance in a cardiac emergency, but do not have a duty to respond, and **BLS** (Basic Life Support), a more in-depth class geared for the professional or those with a duty to respond.

Both classes cover basic CPR skills and use of an AED.

First-Aid classes cover topics such as recognizing serious illness and bleeding control.

Classes are 4 hours in length and participants successfully completing the class will receive a Certificate of Completion, valid for 2 years. Classes include student course manual.

CLASS SCHEDULE

All classes are 11:00am-3:00pm

HEARTSAVER CPR/AED

Jul 11, Aug 8, Sept 12, Oct 3, Nov 7, Dec 5

BASIC LIFE SUPPORT (BLS)

Jul 25, Aug 22, Oct 17, Nov 21

FIRST-AID

Jul 18, Aug 15, Sept 19, Oct 10, Nov 14, Dec 12

CPR/AED: \$95

First-Aid: \$80

Discount fee for taking both classes \$150

For more information, contact Bob Gaudio, 860-231-6431 or bgaudio@mandelljcc.org.

To register for a class contact Member Services at 860-231-6355

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MANDELL JCC HEALTH CLUBS



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

\$68/month

For more information contact Bob Gaudio,
Health Club Director, 860-231-6431,
bgaudio@mandelljcc.org

- Adults-only locker rooms
- Overnight locker
- Laundry service for exercise clothing
- Lounge with beverages, newspaper, TV
- Towels, toiletries
- Sauna and steam rooms
- Sunday morning brunch (Fall-Spring)

ADULT BASKETBALL

Information:

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

FALL 30 AND OVER LEAGUE

Sept 16–Nov 16

Registration Opens Aug 20 and Close Sept 7.
Championship will be played on Thursday Night.
8 Games plus Championship, team jersey and certified
high school/college officials. Rotating schedule.
Games: Thurs, 6:00pm, 7:00pm, 8:00pm, 9:00pm
\$165/\$110 JCC Member

DROP-IN BASKETBALL

18 years +

Mon & Wed	7:30-9:30pm	Ongoing
Thur	7:30-9:30pm	Ongoing
Sun	8:00-11:30am	Ongoing
Tue, Thu, & Fri	6:00-7:30am	Ongoing

Free for JCC Members



We're all in this together.

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



WELLNESS CLASSES & PROGRAMS

Information:

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

To register, call member services at 860-236-4571

Wellness is more than physical health, it is an active process of being aware and making choices that lead toward optimal holistic health and wellbeing. The Mandell JCC supports your endeavor to be well with prevention and intervention classes, physician-led programs, health resources, mental and emotional support, holistic services and consultations, and a caring community.

Check out our Health & Wellness webpage to discover how we can help you reach your goals no matter what health challenges you have!

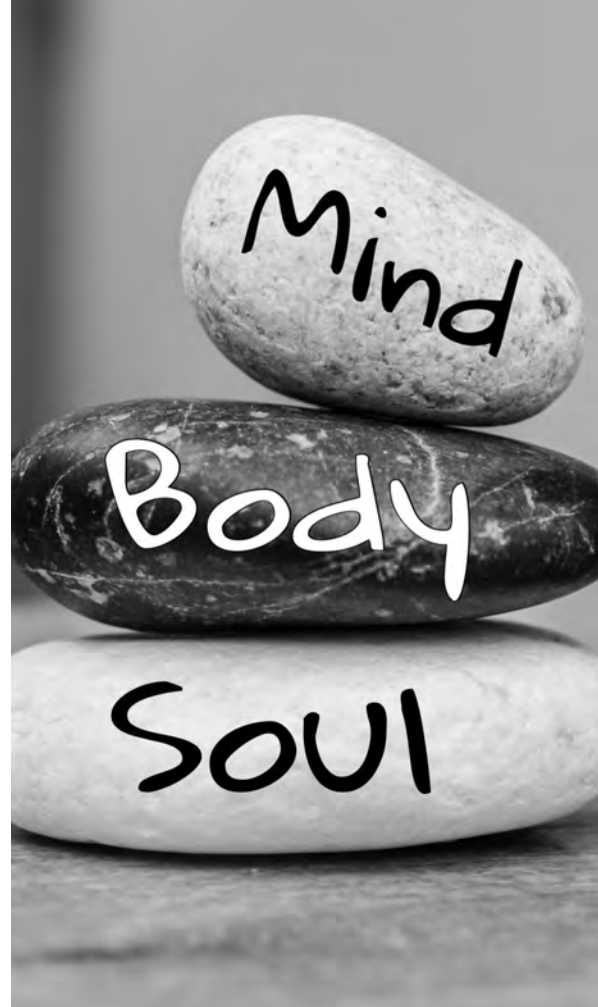
Community Wellness Director - Sharon O'Brien



Sharon, who founded the Center for Integrative Medicine at Saint Francis Hospital, was named Mandell JCC Community Wellness Director earlier this year.

Sharon has worked in the field of health promotion and wellness since 1988 – teaching prevention and intervention classes, coordinating health screenings, and promoting wellness practices. She will be responsible for all wellness programming at the J, as well as community wellness

initiatives and partnerships between the JCC and local businesses, agencies, municipalities, and services, including JCC community healthcare partner Trinity Health of New England.



SEPTEMBER

In recognition of Ovarian Cancer Awareness Month

TELL EVERY AMAZING LADY... ABOUT OVARIAN CANCER!

Throughout September, pick up some information about ovarian cancer for the amazing lady in your life. Women of Ashkenazi Jewish descent are at higher risk of having BRCA genes and developing breast and ovarian cancers. Learn the symptoms, risk factors, and genetic testing available.



OCTOBER

In recognition of Breast Cancer Awareness Month

WOMEN'S HEALTH AND BREAST CANCER PREVENTION

Thu. Oct 14, 6:00-7:30pm

Instructor: Kristen Zarfos, MD

When your health is a priority, you feel better and can be your best self as a co-worker, mother, grandmother, caregiver, spouse/partner. Join nationally known physician, Dr. Kristen Zarfos, to learn how to care for yourself and tools for prevention of disease. In addition, learn the importance of risk assessment and early detection of breast disease.



NOVEMBER

In recognition of Lung Cancer Awareness Month

DID YOU KNOW...

- 1 in 15 people in the US can expect to receive a lung cancer diagnosis in their lifetime
- Lung cancer kills almost twice as many women as breast cancer, and more than three times as many men as prostate cancer.

Throughout November, stop into the J to pick up some information about symptoms to look for, risk factors to be aware of, and how to detect lung cancer.

WELLNESS CLASSES & PROGRAMS

Information: Sharon O'Brien, 860-231-6333, sobrien@mandelljcc.org
To register, call Member Services at 860-236-4571

GUIDED MEDITATION

Wednesdays, 11:30am (No class Sept. 8)

Instructor: Sharon O'Brien

Take time for YOU with 15 minutes of relaxation. Join us virtually any Wednesday and experience Deepak Chopra meditations meant to reduce tension, manage stress, and help you feel more at peace.

Free and open to all

PREPARE FOR SURGERY, HEAL FASTER®

Sun. 10:30-12:00pm

Sept 12, Oct 10, Nov 14, or Dec 12

Instructor: Joan Harovas, RN, BSN

Studies show that people who prepare for surgery use 23-50% less medication, have fewer complications, may recover sooner, and reduce length of hospital stay. This class is taught by a holistic nurse and includes the Prepare For Surgery, Health Faster book and CD.

\$50/\$40 JCC Members

Individual sessions available as well – Call 860-231-6333 for either.

REDUCING TOXINS IN OUR ENVIRONMENT

Tue. Sept 14, 6:00-7:00pm

Instructor: Dr. Diana Zitserman

Toxins – both human-made and naturally occurring – are all around us. They can be cancer-causing chemicals and endocrine disruptors that can harm our health by disrupting sensitive biological systems. Join us to learn how you can reduce the toxins you clean with, live with, and put on your skin.

Free and open to all

GAINING YOUR Foothold WHEN THINGS FALL APART

Thu. Sept 30, 6:00-7:30pm

Instructor: Sharon Gutterman, PhD

Everything rises. Everything falls away. Searching for guideposts during shaky times of uncertainty? Totally normal! You can begin the process of transforming your life no matter what your circumstances are. Discover opportunities in living mindfully, forgiving, befriending stress, and discovering your personal resilience. Lighten the load to make room for insight and renewal.

\$36

BABY BUNCH – YOU AND YOUR BABY

Sun. Oct 3, 9:30am

See page 41

FREE and open to all

Bring your own blanket and RSVP to Jane, jpasternak@mandelljcc.org

MINDFULNESS FOR STRESS REDUCTION

Tue. Oct 5-Nov 9, 6:30-8:30pm

Instructor: Jeryl Brown, LCSW

This 6-week class is adapted from the internationally renowned MBSR curriculum developed by Jon Kabat-Zinn. Learn a different approach to dealing with stress, chronic pain, illness, difficult life challenges, and generally coping with change. This class combines a variety of meditation techniques with gentle, mindful stretching and movement.

\$295/\$260 JCC Member

DULCIMER WORKSHOP

Instructor: Carolyn Brodgerski

Thu. Oct 7, 6:00-7:30pm

Have you always wanted to play an instrument? The mountain dulcimer is the one for you. This original American folk instrument is beautiful looking, sounding, and so easy to play. Local musician, singer/songwriter, and Therapeutic Musician, Carolyn Brodgerski, will have you playing in no time in this "string side up" workshop. Dulcimers provided for all participants.

\$90 includes dulcimer you will bring home \$35 for lesson without purchasing the dulcimer (Perfect to try before you buy it!)

YOGA 4 CANCER

Instructor: Dawn Hydes, MSN, RN, Yoga 4 Cancer Certified

Wed. Oct 13-Dec 1, 1:00-2:00pm

Patients with cancer that practice yoga regularly find their quality of life and the complications of their emotional and physical states have drastically improved. Yoga has the ability to reduce the psychological stress caused by one's diagnosis as well as helping manage the physical symptoms and side effects of treatment. This 8-week program guides individuals in a gentle chair yoga practice with a few standing poses tailored for patients in treatment or post treatment.

\$120 for 8-week program

ONE SMALL STEP – MAKING HABIT CHANGE HAPPEN

Wed. Oct 20, 6:00-7:00pm

Instructors: Karen Boutin & Sharon O'Brien, Health and Life Coaches

Habits are the #1 determiners of your quality of life. When you change a habit, you change the course of your life. Join us to explore your automated behaviors and shift those unwanted habits into habits that bring you closer to optimal wellness.

Free and open to all

ACUPUNCTURE FOR WHAT AILS YOU

Tue. Oct 19, 6:00-7:00pm

Instructor: Dr. Diana Zitserman

Ancient Chinese medicine touts the benefits of acupuncture for pain, inflammation, sleep issues, side effects of treatments and medications, and even for COVID long-haulers. This technique can make a difference in your health and well-being. Learn from Naturopathic physician Dr. Diana Zitserman about this amazing modality and how it works to tackle what ails YOU.

Free and open to all

DRUMMING CIRCLE FOR WOMEN

Wed. Oct 27, 6:30-7:30pm

Instructor: Maria Eberle, RN

Experience the power of community and sound using djembe drums. No drumming experience necessary. Drumming in a group has been shown to decrease stress and blood pressure, and it's fun! If you have a drum, please let us know, otherwise, we will supply the drums.

\$20/\$15 JCC Member

FOSTERING GRATITUDE

Thu. Nov 4, 6:00-7:00pm

Instructor: Sharon O'Brien

Kick off this month of thanksgiving by learning to foster an attitude of gratitude. Learn several techniques to consciously count your blessings to be happier and less depressed and stressed.

Free and open to all

BABY BUNCH - YOU AND YOUR BABY

Sun. Nov 7 & Wed. Nov 10, 9:30am

See page 41

FREE and open to all

Bring your own blanket and RSVP to Jane, jpasternak@mandelljcc.org



Won't **YOU** help
make a difference?

The Mandell JCC is proud to offer Youth Mental Health First Aid Training

Anyone, anywhere can be the one to make a difference in the life of someone with a mental health or substance use challenge – **if they know what to do and what to say.**

Youth Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

In many ways, mental health is just like physical health: everybody has it and we need to take care of it. While the Mandell JCC is known for its fitness, we recognize that the conversation about mental health remains a sensitive discussion, and that the 'stigma' attached to mental illness prevents people from seeking the help they need. We want to join the mental health community in raising our voice to end the shame.

Space available for our upcoming
Mental Health First Aid classes
held at the Mandell JCC!

Sept. 18 | 9:00am-4:00pm
Sept. 29 & 30 | 9:00am-1:00pm
Oct. 19 & 20 | 9:00am-1:00pm
Oct. 30 | 9:00am-4:00pm
Sat. Nov. 20 | 9:00am-4:00pm
Dec. 7 & 8 | 9:00am-1:00pm

Visit www.mandelljcc.org/mhfa to register.

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

Training also available to groups at your location.





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 *Both private and community acupuncture available.*

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

M-TECHNIQUE

This gentle technique uses soft, rhythmic strokes to induce relaxation and comfort.

MASSAGE THERAPY

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

NATUROPATHY

Distinguished by its principles, Naturopathic medicine addresses the WHOLE person, identifies the root cause of disease, and employs only natural therapies that honor the body's natural healing process.

NUTRITION CONSULTATION

Finding the best nutritionally balanced diet can be challenging when doing it alone. This consultation takes an in-depth look into health history, labs, diet, micronutrients, and food sensitivities to deliver a personalized dietary prescription that meets health goals and reduces risk of chronic disease.

SOUND & ENERGY THERAPY

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

THERAPEUTIC HYPNOSIS

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

860-231-6333

www.mandelljcc.org/hho
holistichealthoptionsllc@gmail.com
 Mandell Jewish Community Center
 335 Bloomfield Avenue
 West Hartford, CT 06117

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

Go to: holistichealthoptionsllc.janeapp.com

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

ADULT DAYTIME PROGRAMS



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

BRUNCH & LEARN SPEAKER SERIES

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

Wed 12:30-1:30pm
Sept 1, Oct 6, Nov 3, Dec 1
Speakers to be announced

\$9/\$7 JCC Member

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

CURRENT EVENTS DISCUSSION GROUP

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

Thu 12:30-1:30pm

Free and open to all

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

JCC AFTERNOON BOOK CLUB

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

Mon 12:30-1:30pm

Aug 30: *The Book of Lost Names*
By Kristin Harmel

Oct 4: *Morality: Restoring the Common Good in Divided Times* - By Jonathan Sacks

Nov 1: *The Woman with the Blue Star* - By Pam Jenoff

Dec 6: *Susan, Linda, Nina & Cokie: The Extraordinary Story of the Founding Mothers of NPR* - By Lisa Napoli

Free and open to all

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

CAFÉ EUROPA

A social group for Holocaust survivors. Meets monthly and includes a kosher lunch. Transportation can be arranged if needed.

Tues 12:00-1:30pm

Sept 14, Oct 19, Nov 30

Contact Sharon Holtzberg, 860-231-6311

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



For more information contact
Sharon Holtzberg, 860-231-6311,
sholtzberg@mandelljcc.org

HOT TOPICS IN THE BIBLE

Tues 1:00-2:30pm

Meets once a month, beginning October 5th

Facilitator: Audrey Lichter

Join us for lively discussions on a variety of contemporary issues drawn from the Bible.

Old Testament stories will

provide a basis for

conversation on topics relevant to people of all faiths and religious backgrounds.

Open to people of all faiths!

\$36/\$18 JCC Member

For more information: Sharon Holtzberg, sholtzberg@mandelljcc.org or 860-231-6311



NEW!

GRANDPARENTS & BEYOND

Mon, 10:30-11:30am on Zoom

Meets virtually the second Monday of the month beginning September 13th

Facilitator: Nina Woldin

Chai Mitzvah has created the

new Grandparents and

Beyond curriculum in order to

help grandparents and others

pass on the love of Judaism

that they desire for the next

generation. It contains our signature text-

based conversations, as well as fun activities to engage all ages.



This yearlong program will meet monthly to

connect you with other grandparents in our

local group, and to review the topic and

sourcebook for that month. You will then

enjoy the activities from the sourcebook with

your grandchild(ren) on your own schedule,

either in-person or virtually. The activities are

designed to be Zoom-friendly, as even when

the pandemic is over, many grandparents are

geographically separated from their

grandchildren.

Fee: \$18, includes 12 digital sourcebooks

(You may purchase a set of printed materials for an additional \$36)



A NOTE FROM SHARON

Dear Friends,

Well, this has certainly been an interesting and challenging year for all of us. I think what we have missed most is spending time with each other, our human connections. I have truly missed seeing and interacting with all of you at the JCC, but I am grateful to have had the opportunity to stay connected with many of you by phone or by Zoom! Thank you for riding this rollercoaster with us, for being open to learning new technologies, and for your flexibility and patience. The good news is that we are ready to start transitioning back to in-person programming... **and I can't wait to welcome you back to our daytime programs at the JCC!**

Hope to see you soon!

Sharon

The Mandell JCC is committed to keeping our senior community engaged with quality programs, and with each other. Since your health and wellbeing during this time is our highest priority, if the safety guidelines and recommendations change as we approach the fall, we will quickly pivot back to virtual programming.

BETTER TOGETHER

An intergenerational program for seniors and teens

Please join high school students from the New England Jewish Academy (NEJA) for monthly get-togethers, comprised of a little Judaic learning followed by discussions about important and controversial questions of our time. 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.

Dates TBD

If you are a senior adult interested in participating in Better Together, please contact Sharon Holtzberg, 860-231-6311, sholtzberg@mandelljcc.org



BetterTogether

JCC BOOK LOVERS CLUB

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

Meets monthly on Wednesdays at 7:00pm.

Free and open to all

For fall reading list and dates, contact

Sue DeMartino, suedemartino@comcast.net

ISRAELI FOLK DANCING – MACHOL B'YOM CHOL

Instruction followed by open dancing. No partner necessary. Beginners welcome!

Instructor: Marla Cohen

Tues 7:45-10:30pm Ongoing

\$7 adults/\$5 students

For more information, twinkletoesmarla@aol.com

or 860-490-8336

Subject to change



SEASONAL FLU SHOT CLINIC

Thursday, October 7

7:00am-12:00pm and 4:00-6:00pm

Administered by

West Hartford-Bloomfield Health District

VIRTUAL CULTURAL ARTS PROGRAMS

Offered through the OMJCC/National JCC Adult & Senior Alliance

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

MUSIC & MORSELS: THE GREAT ROMANTICS

Wed. Sept 1, 4:00-5:00pm (ET) on Zoom

Pianist and historian Ian Scarfe offers this live, classical piano concert, a tour of what makes the 19th century "The Romantic Era," playing works by Chopin, Liszt, Mendelssohn, and more.

Tickets: \$12.50 per device (if you register before Aug 30)

EXPLORING BROADWAY: FABULOUS "FIDDLER"

Thu. Sept 9, 4:00-5:15pm (ET) on Zoom

Join in this one-time exploration filled with interesting facts, delightful tidbits & nostalgic video clips of this perennial favorite!

Tickets: \$12.50 per device (if you register before Sept 7)

Visit www.mandelljcc.org to register for these programs.

Listed under Upcoming Events by date.

To receive information about more of these programs for the fall, contact Sharon Holtzberg, sholtzberg@mandelljcc.org



A VIRTUAL TOUR: THE SPANISH AND PORTUGUESE SYNAGOGUE, NEW YORK CITY

Wed. Oct 27, 7:00 pm on Zoom

Join tour guide Janet R. Kirchheimer for a virtual tour of The Spanish and Portuguese Synagogue, the current home of the first Jewish congregation in North America. Learn about the congregation from its beginnings in 1654 to its present day, its unique traditions and music, as well as famous members, and Jewish pirates. Janet is a licensed gold star New York City Sightseeing Guide, and is also a tour guide with the Lower East Side Jewish Conservancy.

\$8/\$6 JCC Member

To register: www.mandelljcc.tix.com

Questions? Contact Sharon Holtzberg,

sholtzberg@mandelljcc.org, 860-231-6311

PROGRAMS FOR RUSSIAN-SPEAKING SENIOR ADULTS

For more information, contact Lucy Dratva, Program Coordinator for New American Seniors, ldratva@mandelljcc.org, 860-231-6365

Программы для Пожилых Новых Американцев Большого Хартфорда.

Дорогие Друзья! Мы будем рады встречи с Вами.
Справки по телефону: 860-231-6365 Люся Дратва
Организатор Русских Программ, ldratva@mandelljcc.org

Outreach Programs:

BAKING FOR THE HOLIDAYS

Instructor: Lucy Dratva

Mon 2:00-4:00pm

Oct 4, 25; Nov 15, 29; Dec 6, 20

Held at Federation Square, 2 Starkel Rd, West Hartford

PRE-SHABBAT

Shabbat is a day of rest and celebrated every week from Friday night at sunset until Saturday night at sundown. We will light the candles and enjoy Shabbat with friends. Challah and wine will be served.

Fri 3:00-4:00pm

Sept 10, 24; Oct 8, 22; Nov 5, 19; Dec 3, 10

Held at A.E. Plant, 759 Farmington Ave, West Hartford

Fri 3:00-4:00pm

Sept 3, 17; Oct 15, 29; Nov 12, 26; Dec 17

Held at Federation Square, 2 Starkel Rd, West Hartford

JEWISH HISTORY TRIVIA

Instructor: Rabbi Michael Pincus from Congregation Beth Israel

Translator: Lucy Dratva

Prizes awarded to winners.

Tues 1:00-1:45pm

Oct 12, Nov 9, Dec 14

Held at the Alfred E. Plant, 759 Farmington Ave, West Hartford

CRAFT CLASS - DECOUPAGE FOR BEGINNERS

Decoupage is the art of decorating an object by gluing colored paper cutout onto it in combination with special paint effects, gold leaf and other decorative elements.

Commonly, an object a small box or an item of furniture or glass vases.

Tues 2:00-4:00pm

Oct 5 & 19, Nov 2 & 23, Dec 7

Held at the Federation Square, 2 Starkel Rd, West Hartford

Tues 2:00-4:00pm

Sept 14, Oct 26, Nov 16 & 30, Dec 21.

Held at the Alfred E. Plant, 759 Farmington Ave, West 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, new books and politics. Dessert is included.

Facilitator: Lucy Dratva

Mon 9:30-10:30am Ongoing

No program Sept 6

\$5/Free for JCC Members

Held at the Mandell JCC

MUSIC BY THE FIREPLACE

Thur. Dec 23, 6:00-8:30pm

Join Russian seniors who are interested in classical music, poetry, art, literature, and dance.

Dessert will be served. \$5 per person

Held at the Mandell JCC

VETERAN'S CLUB NEW YEARS PARTY

Wed. Dec 29, 5:00-8:00pm

Held at Congregation Beth Israel, 701 Farmington Ave, West Hartford

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.

Information: Jane Pasternak, Director of Jewish and Family Life,
860-231-6342, jpasternak@mandelljcc.org



Jewish
Federation

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

MUSIC THERAPY WITH MAGGIE CARCHIE, MA, MT-BC

Co-Sponsored by JCL

Join Board Certified

Music Therapist

Maggie Carchie as

she uses music to

improve and maintain

the social, physical, and psychological well-
being of our community.



Jewish Association
for Community Living
Community active... Community strong!

Zoom

Tue 4:00-4:30pm

Oct 5, 19; Nov 2, 16, 30; Dec 14

\$30 per 6-week session, sign-up required

In Person

Wed 5:30-6:15pm

Oct 6, 20; Nov 3, 17; Dec 1, 15

\$45 per 6-week session, sign-up required

POTTERY WITH GERALYNN KAY

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

Mon Oct 4-Nov 22

Group A: 5:30-6:15pm

Group B: 6:30-7:15pm

\$88 (8-week session) Sign-up required

MOVEMENT STUDIO WITH PENNY LAZOR

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

Thu 6:00-6:45pm Nov 4, 18; Dec 2, 16

\$20 per 4-week session, sign-up required

BINGO

Sun. Oct 24. 10:30-11:30am

Sun. Nov 21, 10:30-11:30am

Sun. Dec 19, 10:30-11:30am

No cost, walk-in program

CELEBRATE SUKKOT WITH JCL

Enjoy time in the JCC Sukkah as we create,
enjoy a snack, and enjoy one another's
company in celebration.

Date TBD

No cost, sign-up preferred

NOW IS THE TIME
TO GIVE.
IF NOT NOW,
WHEN?

ENDOW HARTFORD 21

Donate now to the JCC
Endowment Fund, and the
JCC will get a 50% match!

The Mandell JCC has been selected to
participate in the first community-wide matching
gift campaign in recognition of our vital role as a
critical economic engine and contribution to the
rich quality of life in our region.

We need endowments to secure our future.
An endowment creates a long-term resource
that helps the JCC sustain our mission during
periods of revenue fluctuations.

We want to ensure that the Mandell JCC remains
a one of a kind destination where community
comes together for education, recreation and
transformation.

To donate now for the 50% match visit:

www.mandelljcc.org/endow21

ABRAHAM

OUT OF ONE, MANY

אברהם

October 5 - November 16, 2021
Chase Family Gallery | Mandell JCC

Opening Night Reception

Tuesday, October 5
5:30-7:00pm

Presentation of artists work by
Paul Gordon at 7:00 pm in the
Herbert & Evelyn Gilman Theater.

Free and open to the community
Registration required: www.mandelljcc.org/tix

A timely artistic exploration on living harmoniously, inspired by Abraham; the common ancestor of three celebrated contemporary Middle Eastern artists from Muslim, Christian, and Jewish traditions.

CARAVAN, an international peacebuilding arts non-profit, announces the opening of its newest peacebuilding exhibition titled "ABRAHAM: Out of One, Many," an artistic response to the recent rise of antisemitism and increasing anti-Muslim sentiment, and to the general climate of growing prejudice and stereotyping, which is resulting in a new type of "tribalism" in the West.

The exhibition involves three celebrated Middle Eastern contemporary artists - Qais Al Sindy, Sinan Hussein and Shai Azoulay - from Christian, Muslim and Jewish faith traditions. Each artist has created paintings that focus on specific themes from Abraham's life that can guide our world today in living harmoniously, interpreting these themes for our contemporary context. "ABRAHAM: Out of One, Many" is curated by the President/CEO of CARAVAN, Rev. Paul-Gordon Chandler, and the newly appointed Senior Anglican Priest in Qatar, in the Gulf region of the Middle East.

PARTNERS



JP WEBSTER
LIBRARY



CURATOR



ARTS & CULTURE EVENTS



LIVE In Concert

NIKI JACOBS PRESENTS THE MAUTHAUSEN TRILOGY:

In Honor of 75 Years of Freedom

Sun. Apr. 29, 7:00pm | Mandell JCC, Greater Hartford Academy of the Arts

POSTPONED

Rambanensis, a Mauthausen concentration camp survivor, and music written by Greek composer Mikis Theodorakis. Songs will be presented in Yiddish with translations provided.

Tickets: \$20

**MITKA'S SECRET:**

A True Story of Child Slavery & Surviving the Holocaust

Sun. Sept 19, 7:30pm | Live Stream from Nashville & West Hartford

Authors Steven Brallier and Lynn Beck (from Nashville) and Joel Lohr (from West Hartford) in conversation with Avinoam Patt about the remarkable life story of Mitka Kalinski who survived seven years of enslavement to a Nazi officer during and after World War II.

Tickets: TBA

**GUY MINTUS TRIO, A GERSHWIN PLAYGROUND**

Sun. Nov 21, 7:00-9:00pm

Sensational Israeli jazz pianist Guy Mintus performs an entire album of music dedicated to Jewish composer George Gershwin. Mintus injects his trademark high-voltage energy, including rapid-fire piano fills and a pulsating jazz beat, to what's normally a placid lullaby.

Tickets: TBA

To purchase tickets visit www.mandelljcc.org/tix

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 6 to 8 ever-changing major exhibits throughout the year. Make a connection with art and bring our walls to yours. The Chase Family Gallery will help you start or expand your personal collection.

Gallery Hours: M-Th 5:30am-9:30pm | Fri 5:30am-7:30pm | Sat & Sun 7:30am-6:00pm
Gallery purchases help support the arts at the Mandell JCC.

COMING 2022

OUR VOICE, OUR VISION

CREC Greater Hartford Academy of the Arts

February-March

DA LIFNEI*Standing Before the Mystery*

Marjorie Feldman

April-May



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



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

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

For questions regarding the program please contact Sensei Dave, dlaporte@mandelljcc.org

Classes begin the week of Oct 4 and end the week of Dec 20.

No class: November 2, 24 or 25

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



LITTLE DRAGONS

Ages 4-Kindergarten

Children work on developing respect, self-control, focus and confidence. Fun drills teach valuable lessons and basic karate skills. Students may attend up to twice per week.

Mon 4:15-5:00 pm
Tue 5:15-6:00 pm
Wed 4:15-5:00 pm
Thu 5:15-6:00 pm

\$320/\$240 JCC Member

JUNIOR KARATE

Grades 1-6

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

Mon 5:15-6:00 pm
Tue 4:15-5:00 pm
Wed 5:15-6:00 pm
Thu 4:15-5:00 pm

\$320/\$240 JCC Member

PROUD PARTNER OF THE MANDELL JCC

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www.camlife.com



For more information contact Karen Wyckoff,
860-231-6317 kwyckoff@mandelljcc.org

Instructors: Kim Corona Charron, J School of Dance Director;
Meg Buckner Furtick; Pam Shapiro

*Schedule subject to change based on availability and enrollment.
Payment plan available. Additional fee for costume to be determined.*

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

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

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

- **Pre-Ballet/Progressive Movement:** An introduction to ballet learning through play and imaginative games.
- **Ballet:** The most important foundation for all dance; teaches core body positioning and balance through technique and discipline.
- **Jazz:** A fun, upbeat way to master Broadway-style steps, turns, leaps, jumps and kicks!
- **Hip Hop:** Let loose and have fun with music video-style modern day jazz!
- **Tap:** Learn footwork and rhythm, with many steps and variations.
- **Lyrical/Modern:** Created from the fusion of ballet with jazz and contemporary/modern dance technique.
- **Theatrical Dance:** This is a great way to learn all things theater - from Broadway style dancing, acting, movement and more!

SAVE THE DATE!
**DANCE
RECITAL**
Sun. May 15, 2022

RECREATIONAL CLASSES

Fall Session: Oct 4-Dec 24, 2021 | \$180//\$140 JCC Member
Winter Session: Jan 3-Apr 8, 2022 | \$195//\$152 JCC Member
Spring Session: Apr 18-Jun 10, 2022 | \$120//\$95 JCC Member

Mondays

11:00-11:45am
12:45-1:30pm
4:00-4:45pm

Progressive Movement for 2's
Ballet for 3's and 4's
Hip Hop for ages 5-9

Tuesdays

7:00-7:45pm

Adult Class

FULL YEAR PROGRAM

October 4, 2021 – May 13, 2022

Culminates with a year-end performance,
scheduled for Sunday, May 15, 2022

\$365/\$305 JCC Member

Mondays

11:00-11:45am
4:45-5:30pm
5:00-5:45pm
6:00-6:45pm
7:00-7:45pm

Progressive Movement for 2's
Ballet for 3's and 4's
Hip Hop for ages 5-6
Hip Hop for ages 7-9
Hip Hop for ages 10+

Tuesdays

4:00-4:45pm
4:00-4:45pm
5:00-5:45pm
5:00-5:45pm
6:00-6:45pm
6:00-6:45pm
7:00-7:45pm

Tap/Ballet Combo for ages 4-5
Jazz/Hip Hop Combo for ages 4-5
Tap/Ballet Combo for ages 6-8
Jazz/Hip Hop Combo for ages 6-8
Tap/Ballet Combo for ages 9-12
Jazz/Hip Hop Combo for ages 9-12
Open Program for 12+

Wednesdays

12:45-1:30pm
4:00-4:45pm

Ballet for 3's and 4's
Progressive Movement for 2's

Thursdays

11:00-11:45am

Progressive Movement for 2's and 3's



To register, contact Jessica Farrell,
Program Administrative Coordinator. 860-231-6329.

Refunds and class changes available prior to Friday, Sep 24, 2021, 5:00pm. To be eligible for JCC swimming classes and programs, JCC membership must be in good standing through the duration of the class session.

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

**Registration for all swim classes begins on
Tuesday, August 10, 5:30pm
Online, in person or by phone: 860-231-6329**

TODDLER 1 6 mos.-18 mos.

Prerequisite: None.

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

Sunday | 8:00-8:30am

Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
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TODDLER 2 18 mos.-3 yrs.

Prerequisite: Ability to walk independently.

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

Sunday | 9:00-9:30am

Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
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Sunday | 11:30am-12:00pm

Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
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Wednesday | 11:30am-12:00pm

Oct 6-Dec 15 (11 wks)	\$132	
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MINNOWS 1 3 yrs. (by first class)-5 yrs.

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

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

Sunday | 9:30-10:05am

Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
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Sunday | 11:00-11:30am

Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
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Monday | 12:45-1:15pm

Oct 4-Dec 13 (10 wks)	\$120	No class 10/11
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Monday | 3:30-4:00pm

Oct 4-Dec 13 (10 wks)	\$120	No class 10/11
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Tuesday | 12:45-1:15pm

Oct 5-Dec 14 (10 wks)	\$120	No class 11/2
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Tuesday | 3:30-4:00pm

Oct 5-Dec 14 (10 wks)	\$120	No class 11/2
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Wednesday | 2:40-3:10pm

Oct 6-Dec 15 (11 wks)	\$132	
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Continued....

MINNOWS 1 Continued...

Thursday | 3:30-4:00pm

Oct 7-Dec 16 (10 wks)	\$120	No class 11/25
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Friday | 12:45-1:15pm

Oct 8-Dec 17 (10 wks)	\$120	No class 11/26
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Friday | 1:30-2:00pm

Oct 8-Dec 17 (10 wks)	\$120	No class 11/26
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MINNOWS 2 3-5 yrs.

Prerequisite: Minnows 1 skills.

Skills Learned: Front float independently.

Swim independently. Back float independently.

Sunday | 8:30-9:00am

Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
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Monday | 1:25-2:00pm

Oct 4-Dec 13 (10 wks)	\$120	No class 10/11
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Thursday | 12:45-1:15pm

Oct 7-Dec 16 (10 wks)	\$120	No class 11/25
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MINNOWS 3 3-5 yrs.

Prerequisite: Minnows 2 skills.

Skills Learned: Swim independently 18 feet. Swim on back 18 feet.

Monday | 2:05-2:40pm

Oct 4-Dec 13 (10 wks)	\$120	No class 10/11
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LEVEL 1 SWIMMING K & Up

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

Skills Learned: Submersion 5 seconds. Independent prone and back float. Independent front crawl stroke.

Independent swim on back (10 feet).

Class will be taught in the training pool.

Sunday | 1:00-1:50pm

Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
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Sunday | 2:00-2:50pm

Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
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Continued....

LEVEL 1 Continued...

Monday 4:00-4:50pm		
Oct 4-Dec 13 (10 wks)	\$120	No class 10/11
Wednesday 3:15-4:05pm		
Oct 6-Dec 15 (11 wks)	\$132	
Thursday 4:00-4:50pm		
Oct 7-Dec 16 (10 wks)	\$120	No class 11/25

LEVEL 2 SWIMMING K & Up

Prerequisite: Level 1 skills.

Skills Learned: Treading water. Swim front crawl stroke 30 feet with breathing. Combined stroke on back 30 feet. Class will be taught in both pools.

Sunday 1:00-1:50pm		
Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
Sunday 2:00-2:50pm		
Oct 3-Dec 12 (10 wks)	\$120	No class 11/28
Monday 4:00-4:50pm		
Oct 4-Dec 13 (10 wks)	\$120	No class 10/11
Wednesday 4:00-4:50pm		
Oct 6-Dec 15 (11 wks)	\$132	

LEVEL 3 SWIMMING K & Up

Prerequisite: Level 2 skills.

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

Monday 4:00-4:50pm		
Oct 4-Dec 13 (10 wks)	\$120	No class 10/11
Wednesday 4:00-4:50pm		
Oct 6-Dec 15 (11 wks)	\$132	

LEVEL 4 & 5 COMBINED SWIMMING K & Up

Prerequisite: Previous Level 4 experience.

Skills Learned: All Level 4A experience plus side stroke and butterfly.

Monday 4:00-4:50pm		
Oct 4-Dec 13 (10 wks)	\$120	No class 10/11
Wednesday 4:00-4:50pm		
Oct 6-Dec 15 (11 wks)	\$132	

JUNIOR LIFEGUARDING

Ages: 12-16 Years

Prerequisites: Strong swimming skills, comparable to level 5 or greater.

Skills Learned: Learn strokes and techniques to prepare for the lifeguard training class.

Wednesday 5:00-5:50pm	
Oct 6-Dec 15 (11 wks)	\$132

PRIVATE SWIM CLASSES All ages

Private swim classes are available for children and adults of all abilities and ages. Call the Aquatics office 860-231-6363 to schedule an appointment. Purchase a lesson package and save. For JCC members only.

PRIVATE	1 lesson	Pkg of 10
30-minutes	\$35	\$315
45-minutes	\$45	\$415
60-minutes	\$55	\$515
SEMI PRIVATE	1 lesson	Pkg of 10
30-minutes	\$25/person	\$225 per person
45-minutes	\$35/person	\$325 per person
60-minutes	\$45/person	\$425 per person

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



MANDELL JCC SHARKS SWIM TEAM

Ages 6-20 years

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

Registration for the Full Year option (Sept 2021-Sept 2022) or the Short Course Season only (Sept 2021-Apr 2022) will open on September 1, 2021.

The first practice of the season will take place on September 13, 2021.

New swimmers or swimmers transferring from other teams need to contact Coach Karim to schedule a tryout prior to registering.

JCC Membership is included with Sharks registration.

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

Or contact:

Head Coach/Team Manager, Karim Mabrouk,
860-231-6320, kmabrouk@mandelljcc.org

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.

Two 6 Week Sessions Oct 4-Dec 24

AFTERNOON BASKETBALL FUNDAMENTALS CLASSES

Session 1: Tues. Oct 5-Nov 9
 Session 2: Tues. Nov 16-Dec 21
 Grades K-3 4:00-4:45 pm Tuesday \$99/\$78 JCC Member

Session 1: Wed. Oct 6-Nov 10
 Session 2: Wed. Nov 17-Dec 22
 Grades K-1 3:10-3:55 pm Wednesday \$99/\$78 JCC Member
 Grades 2-4 4:00-4:45 pm Wednesday \$99/\$78 JCC Member
 Grades 5-6 5:00-5:45 pm Wednesday \$99/\$78 JCC Member

SUNDAY JR. NBA SKILLS TRAINING

Session 1: Sun. Oct 3-Nov 7
 Session 2: Sun. Nov 14-Dec 19
 Grades 2-4 1:00-1:45 pm Sunday \$99/\$78 JCC Member

PRIVATE BASKETBALL COACHING WITH COACH THAI

For more information or to schedule a lesson or private group, please contact Thai Tran @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 Sports Clinics

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

INDIGENOUS PEOPLES DAY BASKETBALL CLINIC

Mon. Oct 11, 9:00-11:00am

Grades 1-6

Instructor: Thai Tran

Join Coach Thai and get back into the fall with Basketball. Practice your shooting, dribbling, passing and defending.

\$40/\$32 JCC Member

ELECTION DAY BASKETBALL CLINIC

Tue. Nov 2 (Election Day), 9:00-11:00am

Grades 1-6

Instructor: Thai Tran

Lots of skills, drills and mini games to get ready for the winter basketball season.

\$40/\$32 JCC Member

Sign up for both - \$75/\$58 JCC Member

To register, call the Member Services Center at 860-236-4571



Small Group Sports & Fitness

Sports and Fitness Conditioning led by Coach Paul Pino and Sports Director Thai Tran. Participants will be active, engaged through a variety of cross-training exercises that helps participants improve their strengths, agility and conditioning in their respective sports.

MIDDLE SCHOOL SPORTS & FITNESS CONDITIONING

Grades 5-8

Session 1

Thu 4:00-4:50pm Oct 7-Nov 11
 \$99/\$78 JCC Member

Session 2

Thu 4:00-4:50pm Nov 18-Dec 23
 \$99/\$78 JCC Member

SOCCER FUNDAMENTALS

Grades K-2

Learn the fundamentals of soccer: dribbling, passing, goal tending, offense and defense. The class is divided into 30 minutes of skill-based drills and fundamentals, followed by 20-minutes of game play.

Session 1

Mon 4:00-4:50pm Oct 4-Nov 8
 \$99/\$78 JCC Member

Session 2

Mon 4:00-4:50pm Nov-15-Dec 20
 \$99/\$78 JCC Member



Get Ready to Party

Youth Birthday Parties

AGES 5-10

We offer many exciting themes.
Choose one of ours or we will
help you create your own!

**Scavenger Hunt Party | Sports Party
Spy Training Party | Lego Mania
Summer Camp Party | Yoga Party**

Please check our website for new party themes coming Fall 2021

All parties are designed for up to 15 children,
\$10 each additional child. Includes: Two party
counselors, one-hour themed activity, half-hour in
our party room for cake, and paper party goods.

\$385/\$285 JCC Member

**Information: Brett Manion,
860-231-6334, bmanion@mandelljcc.org**



YOUTH/TEEN CLASSES

For more information on youth/teen programming contact
Karen Wyckoff, 860-231-6317, kwyckoff@mandelljcc.org



If your child loves to read,
PJ Our Way is for tweens 9-12!
See page 40

POTTERY STUDIO

BEGINNER POTTERY

Kindergarten-Grade 1

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

Instructor: Geralynn Kay

Wed 3:00-3:45pm Oct 6-Dec 22 (12 weeks)

\$235/\$200 JCC Member/\$165 Kids Korner

INTERMEDIATE POTTERY

Grades 1-3

Be prepared to mold, shape and glaze your creations. Potters will learn while designing their pieces.

Instructor: Geralynn Kay

Mon 4:30-5:15pm Oct 4-Dec 20 (12 weeks)

\$235/\$200 JCC Member/\$165 Kids Korner

ADVANCED POTTERY

Grades 3-6

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

Instructor: Geralynn Kay

Tues 4:00-5:00pm Oct 5-Dec 21 (12 weeks)

\$245/\$210 JCC Member/\$175 Kids Korner

THEATER WORKSHOPS

AUDITION TECHNIQUE

Grades 3-8

This course will focus on the basics of the audition room, from material choice to what to do the day of. Some topics we will cover: what it means to slate, how to talk to an accompanist, what makes a good monologue; many other things will be covered.

Instructor: Meg Buckner Furtick

Thur 4:00-4:45pm Oct 7-Dec 23 (11 classes)

No class on Nov 25

\$200/\$170 JCC Member/\$135 Kids Korner

CHOREOGRAPHY WORKSHOP

Grades 3-12

Great opportunity to hone in on your dance skills for either our youth or teen theater productions; with Meg, one of our JCC School of Dance instructors and Theater Director.

Instructor: Meg Buckner Furtick

Thur 5:00-5:45pm Oct 7-Dec 23 (11 classes)

No class November 25

\$200/\$170 JCC Member/\$135 Kids Korner



BBYO Connecticut Valley Region

BBYO is back and ready for a great 2021-2022 programming year. Join the largest Pluralistic Jewish Teen Organization where you will meet and make new friends, enhance your leadership skills, support your community and take part in one-of-a-kind experiences. BBYO meets at the JCC on Wednesday evenings. Check the JCC website for meeting dates or email Josh Cohen, Senior Regional Director, to get on the chapter mailing lists.

REGIONAL EVENTS

B'YACHAD SUMMER LEADERSHIP RETREAT

August 27-29

REGIONAL KICK OFF

October 16

FALL CONVENTION

November 12-14

For more information, please email Josh Cohen at Jcohen@bbyo.org



2021-2022 THEATER SEASON

The Mandell JCC brings back Youth Theater, with the magic of live musical productions in the Herbert and Evelyn Gilman Theater. For more information on theater productions, contact esrlynn@gmail.com.

J Center Stage Team:

Meg Buckner Furtick, Theater Director/Choreographer
Erica Smith-Rapaport, Program Director
Rob Thomas, Music Director
Samm Smith-Rapaport, Stage Manager

MEG BUCKNER FURTICK *Theater Director/Choreographer*

Meg Buckner Furtick is a theater artist originally from South Carolina, who first found herself at the JCC in 2018. Prior to joining the J family, she received her MFA in Movement Pedagogy from Virginia Commonwealth University, and was named by the Laban Institute of Movement Studies as a Certified Movement Analyst. She holds a B.A. in both English and Theater, and a B.S. in Secondary Education from the College of Charleston. At the J, you can find her teaching all forms of dance, directing and choreographing productions, and holding theater workshops for all ages.

Teen Theater | Fall 2021 | Grades 7-12

9 TO 5 THE MUSICAL (Pending Licensing)

Three unlikely friends take control of their office and learn there is nothing they can't do, even in a man's world. This hilarious story of friendship and revenge in the rolodex era is outrageous and thought provoking.

Audition Dates:

Sun. Aug 29 and Thur. Sept 2

Callbacks: Thurs. Sept 9

Rehearsals will be on Sundays, beginning Sept 12, 1:00-5:00pm and Thursday evenings, beginning Sept 23, 6:00-9:00pm

Performance Dates:

Thur. Dec 9 | 7:00pm

Sat. Dec 11 | 7:00pm

Sun. Dec 12 | 2:00pm

Fee: \$300/\$225 member

Youth Theater | Grades 3-8

DISNEY'S FROZEN JR.

A story of true love and acceptance between sisters, Frozen JR expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood.

Parent/Actor Meeting:

Sun. Oct 24 | 12:45pm

Audition Dates:

Mon. Oct 25 | 5:30-8:00pm

Wed. Oct 27 | 5:30-8:00pm

Callbacks: Mon. Nov 8, 6:00-8:00pm

First Rehearsal: Sun. Jan 9

Rehearsals will be on Sundays, 1:00-5:00 and Thursday evenings 6:00-8:30

Performance Dates:

Sat. Mar 5 | 7:00pm

Sun. Mar 6 | 2:00pm

Sat. Mar 12 | 7:00pm

Sun. Mar 13 | 2:00pm

Fee: \$400/\$325 member

YOUTH/TEEN PROGRAMS

SCHOOL VACATION PROGRAMS

Grades K-5 | 9:00am-4:30pm

Indigenous Peoples Day, Oct 11

Election Day, Nov 2

Holiday Recess, Dec 24-31

(Closing 3pm Dec 24 & 31)

\$70/\$50 JCC Member per day

Early morning care beginning at 8:00am

\$8/day

Evening care until 5:30pm

\$8/day

**Information: Brett Manion, 860-231-6334,
bmanion@mandelljcc.org**

KIDS KORNER

Grades K-5 After School Care

**Mon-Fri until 5:30pm,
time subject to change**

(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 (certain activities pending due to COVID-19)
 - 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: Brett Manion, 860-231-6334,
bmanion@mandelljcc.org**

SNOW DAY PROGRAM

Grades K-5

Don't be stuck when school is cancelled due to bad weather. Send your child to a fun day at the JCC for our Snow Day Program! This will guarantee fun and quality programming from 8:00am-5:30pm.

The JCC reserves the right to end the program early or not open at all if inclement weather conditions affect the safety of all involved. There will be no snow day program for early dismissal or late openings due to bad weather.

Daily Fee:

\$70/\$50 JCC Member/\$30 Kids Korner

**Information: Brett Manion, 860-231-6334
bmanion@mandelljcc.org**



LOSTTRIBESM
ESPORTS

VIRTUAL PROGRAMMING

The Mandell JCC is collaborating with Lost Tribe Esports to provide additional programming for teens in our community! Thank you for supporting the new frontier of Jewish engagement. Check out their website and take part in our community!
www.losttribeesports.org

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



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*). Join us!

If you know of organizations that could use our help, or if you are interested in joining us, please contact Jane Pasternak, Director of Jewish and Family Life, jpasternak@mandelljcc.org, 860-231-6342.

FOOD COLLECTION FILL THE VAN

Mon. Nov 15, 8:30am-5:00pm

Help us fill the van with non-perishable food items to restock the food pantry shelves at *Jewish Family Services*. Your donations are needed more than ever before. If you would like to volunteer during the day to collect donations contact Jane, jpasternak@mandelljcc.org.

FEEDING THOSE IN NEED WITH PJ OUR WAY

Sun, Nov 21, 1:00-2:00pm

Make lunch for others with PJ Our Way (8-11 year olds). Together we will help feed the hungry by making sandwiches. Please bring a loaf of bread for every child attending and we will supply the rest.

PAJAMAS AND WINTER GEAR COLLECTION

Nov.28 – Dec 6

Tzedakah (charitable giving) and doing Mitzvot (good deeds) are two values we strive to instill in our lives and our children's. During the holiday season this is most important. We will be collecting cozy children's pajamas (all sizes needed) as well as hats, mittens and scarves (NEW items only) to help children in need stay warm during the cold winter months.

HOW WILL YOU ASSURE JEWISH TOMORROWS?

Create your legacy
TODAY
and help secure the future
of our Jewish community
FOREVER.



To explore your legacy giving options,
please contact Elana MacGilpin at
emacgilpin@jcfhartford.org



www.jcfhartford.org

REPAIRING THE WORLD TOGETHER.

Perpetuating cherished values. Reaching out to those in need. Building community. Every day, in every way, Federation is your partner in *tikkun olam* - the Jewish commitment to repair the world. **Learn more at tinyurl.com/FederationTogether.**



Jewish education



Children's literacy



Dignity Grows™



Combating hate



Jewish campus life



COVID-19 relief

Federation is proud to support the Mandell JCC.

Jewish Federation of Greater Hartford

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

SPORTS & RECREATION

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

BABYSITTING

NEW HOURS

8:30-10:00am & 10:15-11:45am

Babysitting will reopen on Thur. Sept. 9 under the supervision of Jill Rothstein and her staff.

This service is for members only.

Babysitting will be available by reservation

only for a block of 1 ½ hours through

www.mandelljcc.org/reserve.

\$8 per reservation per child

PRESCHOOL LACROSSE

3-5 years

Instructors: Drew McElroy

Session 1

Thurs 12:30-1:20pm Oct 7-Nov 11

\$99/\$78 JCC Member

Session 2

Thurs 12:30-1:20pm Nov 18-Dec 23

\$99/\$78 JCC Member

SWING SHOOT SCORE

3-4 years

With so many sports, why choose just one?

Build coordination skills and have fun

exploring balls, bats, hoops, and more.

Instructors: Thai Tran and Paul Pino

Session 1

Wed 12:30-1:20pm Oct 6-Nov 10

\$99/\$78 JCC Member

Session 2

Wed 12:30-1:20pm Nov 17-Dec 22

\$99/\$78 JCC Member

SHORT SPORTS

3-5 years

Your preschooler will participate in a different

sport each week. A little instruction, a little

game and a whole lot of fun.

Instructor: Paul Pino

Session 1

Thurs 12:30-1:20pm Oct 7-Nov 11

\$99/\$78 JCC Member

Session 2

Thurs 12:30-1:20pm Nov 18-Dec 23

\$99/\$78 JCC Member

SPORTS BONANZA

4-5 years

Your preschooler will participate in a

different sport each week. A little instruction,

a little game and a whole lot of fun.

Instructors: Thai Tran and Paul Pino

Session 1

Mon 12:30-1:20pm Oct 4-Nov 8

\$99/\$78 JCC Member

Session 2

Mon 12:30-1:20pm Nov 15-Dec 20

\$99/\$78 JCC Member

YOUTH KARATE

Please see page 28

DANCE CLASSES

Please see page 29

PRESCHOOL SWIM CLASSES

Please see pages 30-31

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BIRTH TO FIVE CLASSES & PROGRAMMING



GRAND REOPENING

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

Because of the ages of the children using the Family Room, masks will be required of all adults and children over 2. Social distancing protocol will be followed at all times, and the Family Room will continue to be a NO FOOD ZONE!

The Family Room is open to all. For the safety of our families, reservations are required to use the space, www.mandelljcc.org/reserve.

Programs and Services:

- Enrichment Classes
- Parent/child Classes
- Classes – Birth to 5
- Playgroups
- Birthday Parties
- J Baby
- PJ Library



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

For more information about programs, classes or events, contact Jane Pasternak, Director of Jewish and Family Life, at 860-231-6342 or jpasternak@mandelljcc.org.

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 Jane/jpasternak@mandelljcc.org, 860.231.6342

J Baby is funded in part by
Martin Kesten Family Fund
Robert Kennedy Charitable Fund



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

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

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

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



HAROLD GRINSPOON FOUNDATION



**The newest chapter
of PJ Library**

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



PARENT/CHILD CLASSES

For more information about programs, classes or events, contact Jane Pasternak, 860-231-6342, jpasternak@mandelljcc.org.

Come Play With Us!

BABY BUNCH – YOU AND YOUR BABY

Sun. Oct 3, 9:30am

Do you have a child under 18 months? You and your baby will join with friends old and new to schmooze and enjoy other's company. If you are new to the community, this is a perfect way to meet others with little ones. Join us in for a morning of connecting.

FREE and open to all

Bring your own blanket and RSVP to Jane, jpasternak@mandelljcc.org

BABY BUNCH - YOU AND YOUR BABY

Sun. Nov 7 & Wed, Nov 10, 9:30am

Free and open to all with a reservation

You and your baby will join with friends old and new to schmooze and enjoy each other's company. Julie Olson, Massage Therapist and Dr. Diana Zitserman, Naturopathic physician, will join us from the Holistic Health team at the JCC. They will give guidance on how to soothe babies with massage techniques and offer tips on making mealtime fun and nutritious.

FREE and open to all

Bring your own blanket and RSVP to Jane, jpasternak@mandelljcc.org

WARRIOR KIDS YOGA – TODDLERS TOGETHER

Tues. Oct 5-Dec 21, 11:00am-11:30pm

Ages 18 mos – 36 mos

Instructor: Nancy Baron

Warrior Kids Yoga for toddlers with a caregiver includes simple animal yoga poses, games, lots of movement and music.

\$205/\$180 JCC Member

PJ LIBRARY SHABBAT CLUB

Fri. Sept 3-Dec 24, 11:00am-12:00pm

No celebration Nov 26

Mandell JCC Family Room

Join PJ Bear for weekly

drop-in playtime and

Shabbat celebration led by

Susan Lentini. Through

hands-on activities, PJ Library stories and

songs, we will have fun learning about

Shabbat and Jewish holidays. Together, with

friends old and new, we will welcome in

Shabbat by lighting the candles, saying the

blessings and enjoying fresh challah.

Free and open to the community

RSVP Susan, 860-231-6374,

slentini@mandelljcc.org



PLAYGROUPS

Don't want to make a mess of your home? Did you know you can reserve the Family Room and invite your playgroup to the JCC?

Availability and fees contact:

Jane Pasternak, 860-231-6342, jpasternak@mandelljcc.org

TUMBLING TIME

Sat-Sun Ongoing beginning Sept 12

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

Free and open to Members only



PRESCHOOL BIRTHDAY PARTIES

1-4 years

Having a birthday? Let us plan the next party for your little one.

\$350/\$300 JCC Member

All parties designed for 1-1½ hours and up to 12 children.

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

- Sticky Fingers
- Dynamite Dinosaurs
- Barnyard Bash
- Creepy Crawlers
- Princess Party
- Puppets Galore
- Construction Junction
- Decorate your cake and eat it too
- Theme of your own





DROP-OFF ENRICHMENT CLASSES

The Family Room offers the following continuum of classes designed to meet the needs of children as they navigate through their youngest years.

For more information about programs, classes or events, contact Jane Pasternak, Director of Jewish and Family Life, at 860-231-6342 or jpasternak@mandelljcc.org. All children must be 3-years-old by Sept 2021.

BABYSITTING

NEW HOURS

8:30-10:00am & 10:15-11:45am

Babysitting will reopen on Thur. Sept. 9 under the supervision of Jill Rothstein and her staff. This service is for members only.

Babysitting will be available by reservation only for a block of 1 ½ hours through www.mandelljcc.org/reserve.
\$8 per reservation per child

STICKY FINGERS AND STEAM

Ages 3-5

Instructor: Susan Lentini

Your children may have sticky fingers while exploring Science Technology Engineering Art Math (STEAM) through a wide range of age-appropriate materials. Each week, different open-ended activities will allow for experimenting, building, problem solving, using concoctions, creating process art, and lots of fun. Although smocks will be available, have your child dress for a mess.

Mon 12:45-1:45pm OR 4:15-5:15pm
Oct 4-Dec 20

\$241/\$216 JCC Member

WARRIOR KIDS YOGA

Ages 3-5

Instructor: Nancy Baron

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

Tues 12:40-1:30pm Oct 5-Dec 21

\$205/\$180 JCC Member

CLAY CREATIONS

Ages 3-5

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 works of art.

Tues 12:40-1:30pm OR 3:00-3:50pm
Oct 5-Dec 21

\$205/\$180 JCC Member

LITTLE CHEFS

Ages 3-5

Instructor: Susan Lentini

Through stories and hands-on activities, your little chef will follow recipes, explore foods and gain new skills associated with cooking. The science of cooking includes how foods grow, measuring, and what happens when different ingredients are combined.

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

Wed 12:45-1:45pm OR 4:15-5:15pm
Oct 6-Dec 22

\$289/\$264 JCC Member

HAPPY PIANO

3-6 years

Instructor: Julie Rosenberg

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

Thur 12:40-1:10pm Oct 7-Dec 16
(no class 11/25)

Fri 12:40-1:10pm Oct 8-Dec 17
(no class 11/26)

\$260/\$235 JCC Member (includes \$35 material fee for all new students)*

***Material fee includes:**

- Use of in-class customized SA-46 Casio piano keyboard
- Songbook
- Music sheets and stickers
- Notebook
- Teaching aids and tools



SPECIAL EVENTS

To register for all events contact Jessica Farrell, 860-231-6329, jfarrell@mandelljcc.org.
For more information contact Jane Pasternak, Director of Jewish and Family Life,
at 860-231-6342, jpasternak@mandelljcc.org.



**Jewish
Federation**

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

WELCOMING THE NEW YEAR TOGETHER

Sun. Sept 5, 10:30am

Swim & Tennis Club, 4 Duncaster Rd,
Bloomfield, CT

We are happy to welcome you to a morning of
fun. Come enjoy the company of other
families, follow a Rosh Hashanah story walk,
create a holiday craft and learn how
bees make honey.

Free and open to all – rsvps a must by Wed,
Sept 1 to Jane, jpasternak@mandelljcc.org

CHALLAH MAKING

Thurs. Sept 23, 12:45 & 4:00pm

Mandell JCC

Have you ever made a round
challah? Roll up your sleeves,
put on an apron and together
you and your child will make a challah to bring
home and bake. PJ Library stories will be read
to welcome the New Year.

\$15/10 JCC member (per family)

Registration a must by Sept. 20.



FILL THE VAN

Mon. Nov 15, 8:30am-5:00pm

Help us fill the van with non-perishable food
items to restock the food pantry shelves at
Jewish Family Services. Your donations are
needed more than ever before.

If you would like to volunteer during the
day to collect donations, contact Jane,
jpasternak@mandelljcc.org.

FAMILY MEET-UP

Thur. Sept 9, 1:00pm

Ross Field Playground
Canione Rd, Glastonbury

Join other families for PJ
Library stories, fun and meeting friends old
and new.

For more information contact Jane,
jpasternak@mandelljcc.org, 860-231-6342



SAFE TOUCH & HEALTHY BOUNDARIES: TALKING TO OUR KIDS ABOUT IT

Wed. Oct 20, 9:30am

Mandell JCC

Join Emily C. Sachs, LPC for this most
important conversation.

\$15/\$10 JCC member

For more information contact Jane,
jpasternak@mandelljcc.org, 860-231-6342

MANDELL JCC SUKKAH

If you would like to host a
meeting, a gathering or
enjoy a meal in our sukkah,
we would love to have you –
contact Mitch Shakun at
mshakun@mandelljcc.org, 860-231-6323.



FAMILY FUN IN THE SUKKAH

Sun. Sept 19, 10:30am

Mandell JCC Sukkah

Mon. Sept 20, 12:45pm

Kol Haverim Sukkah, 1079 Hebron Ave,
Glastonbury

Join in the holiday fun at either location - enjoy
a Sukkot story walk, fall craft and edible
sukkahs.

Free and open to all with reservations by
Sept. 15 - jpasternak@mandelljcc.org

APPLES AND ANIMALS ON THE FARM

Sun. October 24, 10:30 am

Auerfarm, 158 Auer Farm Rd
(off Simsbury Rd),
Bloomfield, CT

Join us at Auerfarm for a hayride to the apple
orchard and to make apple cider as we learn
all about apples. We will also see the animals
and listen to a PJ Library story.

For more information and to RSVP
by Oct 20: Susan, slentini@mandelljcc.org



CHANUKAH: Eight Nights of Light

All Mandell JCC Chanukah events are
open to the community. Information:
www.mandelljcc.org or Jane Pasternak,
860-231-6342, jpasternak@mandelljcc.org

Join us in the Chase Family Gallery daily
to light the Chanukah candles

Nov 28	2:30pm	Candle lighting
Nov 29	4:30 & 6:15pm	Candle lighting
Nov 30	4:30pm	Candle lighting
Dec 1	4:30pm	Candle lighting
Dec 2	4:30pm	Candle lighting
Dec 3	4:30pm	Candle lighting
Dec 4	2:30pm	Candle lighting
Dec 5	2:30pm	Candle lighting

IT'S STILL CHANUKAH

Sun. Dec 5, 10:30-11:30am

Lots of Chanukah fun and crafts for families
with young children!

Free and open to all with a donation of
cozy children's pajamas to help those in
need stay warm at bedtime.

Please let us know you will be coming by
Dec 1, jpasternak@mandelljcc.org.



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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 2-4 years

Mon-Fri 9:00am-12:30pm

Extended Afternoon 3's and 4's

Mon-Fri 12:30-3:30pm

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



Best-of-the-Best Award-Winning Care

Saint Francis Hospital, a member of Trinity Health Of New England, continues to provide award-winning, state-of-the-art, best-of-the-best care with the ultimate convenience and value.

For the ninth time, Saint Francis has been named an IBM/Watson Top 100 Hospital and is ranked among the top 15 major teaching hospitals in the United States. Currently, Saint Francis is the only hospital in Connecticut to hold a spot on this prestigious list.

Saint Francis has also been recently named to *Newsweek's* list of *World's Best Hospitals*, a recognition for consistent excellence, distinguished physicians, top-notch nursing care, and state-of-the-art technology.

In the Spring of 2021, Saint Francis earned an 'A' Safety Grade from The Leapfrog Group—the only hospital in Connecticut to earn an 'A' Safety Grade for the last six consecutive grading cycles. The 'A' through 'F' Safety Grade is awarded based on a hospital's performance in preventing medical errors, injuries, accidents, and other harms to patients in their care.

Saint Francis has also earned The Joint Commission's Gold Seal of Approval® and the American Stroke Association's Heart-Check mark for Primary Stroke.

These awards are among a growing list of recognitions from national organizations including U.S. News & World Report, Consumer Reports, the American Heart Association, the American College of Surgeons, Centers for Medicare and Medicaid Services, and more.

Saint Francis Hospital—safe, innovative, and value-driven. World class care, where you live.



Saint Francis Hospital
Trinity Health

Watson Health®
100 Top Hospitals® 2021



**American Heart Association
American Stroke Association
CERTIFICATION**
Meets standards for
Primary Stroke Center



Fitness Center **at Saint Francis** MANDELL JCC

- 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




Trinity Health
 Of New England
 Saint Francis Hospital
 and Medical Center

Separate membership required.

FOR MORE INFORMATION:

Sara M. Billings, Saint Francis Fitness Director,
860-714-4414, sbillings@mandelljcc.org

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

SUNDAY

Time	Age/Grade	Program	Page
8:00am - 11:30am	Adult	Drop-in Basketball	17
8:30am - 9:00am	3-5 years	Swimming - Minnows 2	30
9:00am - 9:30am	18 months - 3 years	Swimming - Toddler 2	30
9:30am - 10:05am	3-5 years	Swimming - Minnows 1	30
11:00am - 11:30am	3-5 years	Swimming - Minnows 1	30
11:30am - 12:00pm	18 months - 3 years	Swimming - Toddler 2	30
1:00pm - 1:50pm	K and Up	Swimming - Level 1	30
1:00pm - 1:50pm	K and Up	Swimming - Level 2	31
1:45pm - 2:45pm	Grades 2-4	Jr. NBA Basketball Skills Training	32
2:00pm - 2:50pm	K and Up	Swimming - Level 1	30
2:00pm - 2:50pm	K and Up	Swimming - Level 2	31
4:00pm - 4:50pm	K and Up	Swimming - Level 4 & 5	31

MONDAY

Time	Age/Grade	Program	Page
9:30am - 10:30am	New American Seniors	Morning Tea with Lucy	24
10:30am - 11:30am	Seniors	Grandparents & Beyond	22
11:00am - 11:45am	2 years	Progressive Movement	29
12:30pm - 1:20pm	4-5 years	Sports Bonanza	39
12:30pm - 1:30pm	Seniors	JCC Book Club	22
12:45pm - 1:15pm	3-5 years	Swimming - Minnows 1	30
12:45pm - 1:30pm	3-4 years	Ballet	29
12:45pm - 1:45pm	3-5 years	Sticky Fingers and Steam	42
1:00pm - 4:00pm	New American Seniors	Baking for the Holidays	24
1:25pm - 2:00pm	3-5 years	Swimming - Minnows 2	30
2:05pm - 2:40pm	3-5 years	Swimming - Minnows 3	30
3:30pm - 4:00pm	3-5 years	Swimming - Minnows 1	30
4:00pm - 4:45pm	5-9 years	Hip Hop	29
4:00pm - 4:50pm	K and Up	Swimming - Level 1	31
4:00pm - 4:50pm	K and Up	Swimming - Level 2	31
4:00pm - 4:50pm	K and Up	Swimming - Level 3	31
4:00pm - 4:50pm	Grades K-2	Soccer Fundamentals	32
4:15pm - 5:00pm	Age 4-Kindergarten	Martial Arts - Little Dragons	28
4:15pm - 5:15pm	3-5 years	Sticky Fingers and Steam	42
4:30pm - 5:15pm	Grades 1-3	Pottery - Intermediate	34
5:00pm - 5:45pm	5-6 years	Hip Hop	29
5:15pm - 6:00pm	Grades 1-6	Martial Arts - Junior Karate	28
5:30pm - 6:15pm	Adults with Special Needs	Pottery Classes - Group A	25
6:00pm - 6:45pm	7-9 years	Hip Hop	29
6:30pm - 7:15pm	Adults with Special Needs	Pottery Classes - Group B	25
7:00pm - 7:45pm	10+ years	Hip Hop	29
7:30pm - 9:30pm	Adult	Drop-in Basketball	17

TUESDAY

Time	Age/Grade	Program	Page
6:00am - 7:30am	Adult	Drop-in Basketball	17
11:00am - 11:30am	18-36 months	Warrior Kids Yoga - Toddler Together	41
12:00pm - 1:30pm	Seniors	Café Europa	22
12:40pm - 1:30pm	3-5 years	Clay Creations	42
12:40pm - 1:30pm	3-5 years	Warrior Kids Yoga	42
12:45pm - 1:15pm	3-5 years	Swimming - Minnows 1	30
1:00pm - 1:45pm	New American Seniors	Jewish History Trivia	24
1:00pm - 2:30pm	Seniors	Hot Topics in the Bible	22
2:00pm - 4:00pm	New American Seniors	Craft Class - Decoupage for Beginners	24
3:00pm - 3:40pm	3-5 years	Clay Creations	42
3:30pm - 4:00pm	3-5 years	Swimming - Minnows 1	30
4:00pm - 4:30pm	Adults with Special Needs	Music Therapy	25
4:00pm - 4:45pm	Adult	Adult Dance	27
4:00pm - 4:45pm	4-5 years	Tap/Ballet Combo	29
4:00pm - 4:45pm	4-5 years	Jazz/Hip Hop Combo	29
4:00pm - 4:45pm	Grades K-2	Basketball Fundamentals	32
4:00pm - 5:00pm	Grades 3-6	Pottery - Advanced	34
4:15pm - 5:00pm	Grades 1-6	Martial Arts - Junior Karate	28
5:00pm - 5:45pm	6-8 years	Tap/Ballet Combo	29
5:00pm - 5:45pm	6-8 years	Jazz/Hip Hop Combo	29
5:15pm - 6:00pm	Age 4-Kindergarten	Martial Arts - Little Dragons	28
6:00pm - 6:45pm	9-12 years	Tap/Ballet Combo	29

Continued on next page

TUESDAY Continued

Time	Age/Grade	Program	Page
6:00pm - 6:45pm	9-12 years	Jazz/Hip Hop Combo	29 6:30pm -
8:30pm	Adult	Mindfulness Based Stress Reduction	19
7:00pm - 7:45pm	12+ years	Dance - Open Program	29
7:45pm - 10:30pm	Adult	Israeli Folk Dancing	23

WEDNESDAY

Time	Age/Grade	Program	Page
11:30am	Adult	Guided Meditation	19
11:30am - 12:00pm	18 months - 3 years	Swimming - Toddler 2	30
12:30pm - 1:20pm	3-4 years	Swing Shoot Score	39
12:30pm - 1:30pm	Seniors	Brunch & Learn	22
12:45pm - 1:30pm	3-4 years	Ballet	29
12:45pm - 1:45pm	3-5 years	Little Chefs	42
1:00pm - 2:00pm	Adult	Yoga 4 Cancer	19
2:40pm - 3:10pm	3-5 years	Swimming - Minnows 1	30
3:00pm - 3:45pm	Grades K-1	Pottery - Beginner	34
3:10pm - 3:55pm	Grades K-1	Basketball Fundamentals	32
3:15pm - 4:05pm	K and Up	Swimming - Level 1	31
5:15pm - 6:00pm	Grades 1-6	Martial Arts - Junior Karate	28
4:00pm - 4:45pm	2 years	Progressive Movement	29
4:00pm - 4:45pm	Grades 2-4	Basketball Fundamentals	32
4:00pm - 4:50pm	K and Up	Swimming - Level 2	31
4:00pm - 4:50pm	K and Up	Swimming - Level 3	31
4:00pm - 4:50pm	K and Up	Swimming - Level 4 & 5	31
4:15pm - 5:00pm	Age 4-Kindergarten	Martial Arts - Little Dragons	28
4:15pm - 5:15pm	3-5 years	Little Chefs	42
5:00pm - 5:45pm	Grades 5-3	Basketball Fundamentals	32
5:00pm - 5:50pm	12-16 years	Junior Lifeguarding	31
5:30pm - 6:15pm	Adults with Special Needs	Music Therapy	25
7:00pm	Seniors	JCC Book Lovers Club	23

THURSDAY

Time	Age/Grade	Program	Page
6:00am - 7:30am	Adult	Drop-in Basketball	17
11:00am - 11:45am	2-3 years	Progressive Movement	29
12:30pm - 1:20pm	3-5 years	Preschool Lacrosse	39
12:30pm - 1:20pm	3-5 years	Short Sports	39
12:30pm - 1:30pm	Seniors	Current Events Discussion Group	22
12:40pm - 1:10pm	3-6 years	Happy Piano	42
12:45pm - 1:15pm	3-5 years	Swimming - Minnows 2	30
3:30pm - 4:00pm	3-5 years	Swimming - Minnows 1	30
4:00pm - 4:45pm	Grades 3-8	Theater - Audition Techniques	34
4:00pm - 4:50pm	K and Up	Swimming - Level 1	31
4:00pm - 4:50pm	Grades 5-8	Middle School Sports Conditioning	32
4:15pm - 5:00pm	Grades 1-6	Martial Arts - Junior Karate	28
5:00pm - 5:45pm	Grades 3-12	Theater - Choreography Workshop	34
5:15pm - 6:00pm	Age 4-Kindergarten	Martial Arts - Little Dragons	28
6:00pm - 6:45pm	Adults with Special Needs	Movement Studio	25
7:30pm - 9:30pm	Adult	Drop-in Basketball	17

FRIDAY

Time	Age/Grade	Program	Page
6:00am - 7:30am	Adult	Drop-in Basketball	17
11:00am - 12:00pm	Birth-5 years	PJ Library Shabbat Club	41
12:40pm - 1:10pm	3-6 years	Happy Piano	42
12:45pm - 1:15pm	3-5 years	Swimming - Minnows 1	30
1:30pm - 2:00pm	3-5 years	Swimming - Minnows 1	30
3:00pm - 4:00pm	New American Seniors	Pre-Shabbat	24

SATURDAY

Time	Age/Grade	Program	Page
8:30am - 10:00am	Adult	Adult Drop In Pickleball	

2020-2021 Fiscal Year Community Donor Circle

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



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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 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

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Mandell JCC Satellite Branch



**Fitness Center
at Saint Francis**

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mandell jcc

Community Donor Circle

**We are built on community.
“Community” is our
middle name and it’s at
the centerpiece of the
Mandell JCC’s mission.**

For more than 100 years, the JCC is where community comes together—a one of a kind destination for celebration, education, recreation and transformation of all kinds. We bring people of all ages, stages and beliefs together in innovative and unexpected ways, to connect with each other and form relationships that enrich their lives for years.

As a non-profit organization, the Mandell JCC depends on your generous support. With your gift to the Community Donor Circle, we can guarantee that the many vital and meaningful programs our members, friends and neighbors depend on will continue to be here for future generations.

Every member matters. Every act of generosity counts. And each means even more when we give TOGETHER.

www.mandelljcc.org/support

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Herbert & Evelyn Gilman Theater

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The Trilogy, which gives voice to victims of the Holocaust, is a cycle of four arias with lyrics based on poems written by Greek poet Iakovos Kambanellis, a Mauthausen concentration camp survivor, and music written by Greek composer Mikis Theodorakis. Songs will be presented in Yiddish with translations provided.



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