NO REGISTRATION FEE. FIRST MONTH FREE. OFFER EXPIRES 1.15.23
Start 2023 on track with our fitness specials and programs!

PERSONAL TRAINING SESSIONS
Special 4-packs: $129 for 30 minutes; $159 for 45 minutes

WELLNESS COACHING WITH A CERTIFIED HEALTH COACH
One-hour consultation + (3) 30-minute follow-up sessions (live or virtual): $199

BOXING
Boot Camp: First class FREE! Tuesdays, 6 pm
$15 per class; Members, $10; 10-class package: $150; Members, $100
One-on-One Boxing Special: $225 for (6) 45-minute sessions

Coming Soon! Stretch Sessions with a Certified Trainer

Contact us at 516-634-4177 or ccohen@friedbergjcc.org, scan QR code or visit us at friedbergjcc.org or 15 Neil Court in Oceanside to learn more!
For more than 60 years, the Friedberg JCC has been a foundation of the South Shore community. We provide social and educational programs, plus vitally needed services, for individuals of all ages. Located in Oceanside with additional Early Childhood Centers in Long Beach (2), Lynbrook and Merrick, the JCC operates programs for new mothers/new babies, day care, nursery school, after school activities, summer camps, teen programs, adult activities, special needs programs, holiday events and cultural activities.

We are a home away from home for all, in good times and in times of need. We are a place of comfort, celebration, culture, education, support, service and community. We are an all-encompassing facility that serves over 5,000 people through our hallways each week. We build community . . . one member at a time.
WELLNESS
Jackie Ruiz, Director of Wellness & Membership
516-634-4019, jruiz@friedbergjcc.org

BOXING CLASSES
There are many benefits of boxing, including increased cardio & muscular endurance, strength, improved reflexes and footwork, self-confidence and self-defense skills. These classes are open to the public.

Fee per class: $15; Members, $10
Package Fee: $150 (10 classes); Members, $100 (10 classes)

BOXING BOOT CAMP
Tuesdays, 6 pm

BOXING FOR PEOPLE WITH DISABILITIES
Tuesdays, 5 pm (ages 16+)

BOXING FOR PARKINSON'S
Mondays, 12:45 pm

ONE-ON-ONE BOXING
Special: $225 for (6) 45-minute sessions

BOXING FOR PARKINSON'S
Mondays, 12:45 pm

SPECIAL NEEDS FITNESS PROGRAMS
See Ezra Center page for more information

TOTAL BODY WORKOUT, AGES 16 +
Tuesdays, 4–4:45 pm

BASKETBALL CLINIC, AGES 16 +
Thursdays, 4–4:45 pm

BOXING, AGES 16 +
Tuesdays, 5 pm

BASKETBALL CLINIC, AGES 9-15 (YOUNGER AGE GROUP)
Thursdays, 5–5:45 pm

Weekly fee per class: $18; Members, $10

YOUTH SPORTS

BOYS & GIRLS BASKETBALL CLINICS GRADES K-4
10 Tuesdays, 1/10–3/21 (no class 2/21)
5:30–6:30 pm
10 Saturdays, 1/14–3/25 (no class 2/19)
10:15–11:15 am
Establish or improve upon the fundamentals of shooting, dribbling, rebounding, passing and defense.
Fee: $190; Members, $150 (includes T-shirt)

SUPER SPORTS
PRE K–GRADE 3
10 Saturdays, 1/14–3/25 (no class 2/18)
9-10 am
A variety of sports and games will be played each week, including soccer, t-ball, basketball, dodgeball, relay races, kickball and more! Run by Pioneer Sports.
Fee: $180; Members, $140

DANCE AND CHEER
PRE-K–GRADE 3
10 Saturdays, 1/14–3/25
(no class 2/18), 9-10 am
Learn to cheer and dance hop/hop, hop, jazz, ballet, street and more! Run by Pioneer Sports.
Fee: $180; Members, $140

Tee Ball
PRE-K–GRADE 3
10 Sundays, 1/15–3/26
(no class 2/19), 9-9:45 am
This program will include warm up games as well as learning basic skills in a fun environment. Run by Pioneer Sports.
Fee: $170; Members, $130

ADULT SPORTS

MEN'S BASKETBALL OPEN PLAY
Thursdays, 12/1 - 2/23
6:30-8:30 pm
Fee per session: $15; Members, free

TABLE TENNIS (ADULT LOUNGE)
Mondays, Ongoing, 7-9 pm
Fee per session: $10; Members, free

PICKLEBALL

PICKLEBALL (OPEN PLAY)
ALL LEVELS
Wednesdays, 11/30 - 2/22
6:30-8:30 pm
Waitlist only
Fee: $133; Members, free

PICKLEBALL (OPEN PLAY)
ADVANCE BEGINNERS AND INTERMEDIATE LEVEL ONLY
Mondays, 1/9-2/20
7:30-9 pm
Waitlist only
Fee: $77; Members, free

PICKLEBALL CLINICS (BEGINNERS ONLY) WITH ELVIS
4 Mondays, 1/23 - 2/13
5:30-7:30 pm
Learn the basic skills on how to play the fastest growing sport in America.
Fee $120; Members, $72

PICKLEBALL COURT RENTALS
Contact Jackie at jruiz@friedbergjcc.org or 516-634-4019 for pricing.

PERSONAL TRAINING
One-on-One Virtual and In-Home Personal Training taught by a certified instructor. By appointment only; contact Jackie to get started.

**Coming January: Stretch Sessions will be available with our Personal Trainer - reach out to Jackie Ruiz for more information.

INTRODUCTION PACKAGE:
1st-time buyers only
$199 (6) (30-minute sessions)
$225 (6) (45-minute sessions)

60-MINUTE INDIVIDUAL SESSIONS
Single Session, $67
6-Pack, $384
12-Pack, $720
24-Pack, $1374

30-MINUTE INDIVIDUAL SESSIONS
Single Session, $47
6-Pack, $276
12-Pack, $544
24-Pack, $1062

45-MINUTE INDIVIDUAL SESSIONS
Single Session, $57
6-Pack, $336
12-Pack, $606
24-Pack, $1188

60-MINUTE BUDDY SESSIONS
Single Session, $57
6-Pack, $226
12-Pack, $443

JCC APP
Register for group fitness classes, lap swimming, and virtual classes and programs. Check the crowds at the Fitness Center and Pool, and view regular and holiday hours. Find details on upcoming programs, and get status updates and alerts for delays and closures.
Visit friedbergjcc.org/my-j-app for more information.

BECOME A JCC MEMBER!
CONTACT US AT
516-766-4341
PRIVATE LESSONS

Take swimming lessons with one of our trained and certified aquatics staff instructors. Lessons are by appointment only. Contact Cori at 516-634-4194 or aquatics@friedbergjcc.org

ONE-ON-ONE LESSONS
All pricing is per person
5 lessons: $225; 10 lessons: $450
Members: 5 lessons: $160;
10 lessons: $320

TWO-ON-ONE LESSONS
All pricing is per person
5 lessons: $200; 10 lessons: $400
Members: 5 lessons: $140;
10 lessons: $280

YOUTH AQUATICS CLASSES

PARENT AND ME SWIM CLASS
AGES 16 MONTHS–2 YEARS
12 Sundays, 1/8-4/2 (no class 2/19)
11-11:30 am
Orientation program designed to acquaint children with the water. Skills include kicking, blowing bubbles, floating and safety. A parent MUST go in the water with their children. Children MUST wear a swim diaper. Fee: $360; Members, $240

PARENT AND ME SWIM CLASS
AGES 6 MONTHS–18 MONTHS
12 Sundays, 1/8-4/2 (no class 2/19)
10:30-11 am
Orientation program designed to acquaint children with the water. Skills include kicking, blowing bubbles, floating and safety. A parent MUST go in the water with their children. Children MUST wear a swim diaper. Fee: $360; Members, $240

AQUATYKES WITH PARENT
AGES 2–3
12 Sundays, 1/8-4/2 (no class 2/19)
10-10:30 am
Designed for the child and parent to explore water safety and swimming skills. Fee: $360; Members, $240

ADVANCED AQUATYKES
AGES 3-4
12 Sundays, 1/8-4/2 (no class 2/19)
9-9:30 am or 9:30-10 am
For confident swimmers that are able to separate from their parents. Skills learned: floating on front and back, blowing bubbles, front crawl arms, flutter kick and pool safety. Fee: $360; Members, $240

JELLYFISH, ARC LEVEL 1
AGES 5-12
12 Sundays, 1/8-4/2 (no class 2/19)
9-9:30 am
12 Tuesdays, 1/10-4/2 (no class 2/22)
4-4:30 pm
Skills taught: Face submerged, supported front and back floats, blowing bubbles, front and back kick support, and water safety. Fee: $360; Members, $240

STARFISH, ARC LEVEL 2
AGES 5-12
12 Sundays, 1/8-4/2 (no class 2/19)
9:30-10 am
12 Tuesdays, 1/10-4/2 (no class 2/22)
4:30-5 pm
Skills taught: Fully submerged head, underwater retrieving, front/back float, front/back glide, back kick and basic front crawl. Fee: $360; Members, $240

SNAPPER, ARC LEVEL 3
AGES 5-12
12 Sundays, 1/8-4/2 (no class 2/19),
10-10:30 am
Skills Taught: Elementary backstroke, breaststroke, butterfly kick, sidestroke kick and endurance. Pre-req: Level 2 skills Fee: $360; Members, $240

YOUTH SWIM TEAMS

GET READY FOR SWIM TEAM
AGES 9 AND OVER
(NOW 45 MINUTES)
12 Mondays, 1/9-4/3 (no class 2/20)
4:15-5pm
This class is designed for your child who is not quite ready for our ripples pre swim team but more advanced than our level 3 swim class. All new swimmers must try out. Fee: $420; Members, $300

RIPPLES: PRE-SWIM TEAM
AGES 5-8
(NOW 45 MINUTES)
12 Sundays, 1/8-4/2,
(no class 2/19), 12:30-1:15 pm
12 Wednesdays, 1/11-4/5,
(no class 2/22), 4-4:45 pm
For swimmers not ready for a competitive swim team. Skills taught: circle swimming, freestyle and backstroke, proper breathing and kicking techniques, proper starts and finishes, building endurance to lead up to swim team levels. Must be able to complete one length of our 25-yard pool. All new swimmers must try out. Fee: $420; Members, $300

WAVES COMPETITIVE SWIM TEAM
AGES 7-17
Our team is currently full; stay tuned for information on our spring training.

WAVES II
AGES 13 +
Wednesdays, 6:45-7:45 pm
Adaptive swim program for children, teens and young adults with disabilities. It provides a fun, nurturing environment designed to strengthen swim skills while encouraging connections with peers. Participants should be comfortable in the water and have the ability to swim a lap (any stroke) independently. Registration required. Fee per session: $23; Members, $18

BECOME A JCC MEMBER!
CONTACT US AT 516-766-4341
ADULTS
Lisa Charschan, Director
516-634-4169, lcharschan@friedbergjcc.org

ONGOING PROGRAMS
FOR MEMBERS ONLY
REGISTRATION REQUIRED

REAP (Retired, Experienced and Proud)
IN-HOUSE ONLY
Mondays, 11 am-2 pm
Fee: $36 per person quarterly (includes 3 months of weekly entertainment)

THE PEOPLE’S FORUM
WITH GLORIA
IN-HOUSE
Tuesdays, 11:30 am-12:30 pm
Participate in lively conversation, make a social connection & face life’s challenges together.
Fee: Free for Members

SPORTS ROUNDUP
IN-HOUSE
Tuesdays, 12:15-1:15 pm
Let’s discuss our favorite topic, sports!
Fee: Free for Members

HEADLINES AND TOPICS
IN-HOUSE
Wednesdays, 11 am-12:15 pm
Join us for a lively discussion of current events and newsworthy stories.
Fee: Free for Members

POINT COUNTERPOINT
POLITICS FROM BOTH SIDES
IN-HOUSE
Thursdays, 10:45 am-12:15 pm
The left and the right are represented at this spirited exchange.
Fee: Free for Members

IN-HOUSE LECTURES/PROGRAMS
REGISTRATION REQUIRED

BETWEEN THE COVERS
WITH LIZ ROPERS
Mondays at 1:30 pm
12/5: Lessons in Chemistry, Bonnie Garmus
1/9: Horse, Geraldine Brooks
2/6: Oh William!, Elizabeth Strout
3/6: The Marriage Portrait, Maggie O’Farrello
Fee per session: $6; Members, $3

LECTURE SERIES WITH LIZ ROPERS
Thursdays at 1 pm
1/12: Rabbi Stephen Wise
2/9: King Charles III and the Jews
3/2: Medieval Roots of Anti Semitism
3/30: From Shtetl to Stardom-Jews and Hollywood
Fee per session: $12; Members, $3

MOVIES & DISCUSSION
WITH LIZ ROPERS
Thursdays at 12:30 pm
1/19: Manhattan Murder Mystery
2/23: The Zookeeper’s Wife
3/16: Legends of the Fall
Fee: $12; Members, Free

ACRYLIC PAINTING
WITH EVA BERGER
6 Tuesdays, 2/7-3/14, 1:30-3:30 pm
Learn basic painting techniques, color and composition with Eva Berger, a trained artist with a degree in Fine Arts.
Fee: $78; Members, $65
Additional $35 fee for supplies or provide your own.

BEGINNER CANASTA LESSONS
WITH AMY KATZ & EMMA FOSTER
6 Mondays, 1/23-3/6, 9:30-11:30 am
Learn why this high scoring and unpredictable game is so popular again and how to get in on the fun!
Fee: $156; Members, $130

CANASTA SUPERVISED PLAY
WITH AMY KATZ & EMMA FOSTER
3 Mondays, 12/5, 12/12, 12/19
9:30-11:30 am
For players ready to move beyond the basics, these informal, supervised sessions will enable you to hone your skills and work on strategy. Take your game to the next level and meet other players. During the class you will review aces, sevens, wild card canastas, and special hands. Prerequisite: Students must have taken “Let’s Play Canasta: Beginner Series” or the equivalent.
Fee: $79; Members, $66

BEGINNER TENNIS CLINIC AT THE LONG BEACH TENNIS CENTER
4 Tuesdays, 1/17, 1/24, 1/31, 2/7
2-3:30 pm
Join us for an hour of drills with a certified tennis pro and then a half hour of open play
$150; Members, $120

ACRYLIC PAINTING
WITH EVA BERGER
6 Tuesdays, 2/7-3/14, 1:30-3:30 pm
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2-3:30 pm
Join us for an hour of drills with a certified tennis pro and then a half hour of open play
$150; Members, $120

POP UP WALKING CLUB WITH LISA TBA
If you would like to be added to our email list and for more information please call Lisa at 516-634-4169

THE AUTOMAT
Tuesday, 1/10, 1 pm
Join us for this wonderful documentary on the Automat. We will be having a discussion with Liz Ropers after the movie. This documentary film is about America’s original & most beloved restaurant chain in NYC & Philadelphia.
Fee: $12 Members, $3

ANNUAL DESSERT PURIM PARTY
Thursday, 3/9, 1:30 pm
Join us as Shlomo Haviv returns to entertain us for our annual Purim celebration. Come with or without a costume and be ready to have a great time. Hamentashen and other festive sweets will be served. Register by 3/1.
Fee; $18; Members $12

TUESDAY ADULT COUPLES CLUB (TACC)
For more information contact our Front Office at 516-766-4341.

BECOME A JCC MEMBER!
CONTACT US AT 516-766-4341
**PROGRAMS @ THE JCC**

**CREATIVE MOVEMENT (DANCE)**
Mondays, 4:15-5 pm
Express yourself through rhythm, dance, sign language, song, stretching and breathing using props such as colorful scarves to enhance the experience!
Weekly Fee: $12; Members, $8

**YOGA**
Mondays, 5-6 pm
Stretch and get strong with this fun yoga class. Our certified yoga instructor will guide us through a series of yoga poses, sure to aid in fitness and flexibility.
Weekly Fee: $12; Members, $8

**TOTAL BODY WORKOUT CLASS**
Tuesdays, 4-4:45 pm
A total body workout, including strength training and cardio movement to enhance core, strength and endurance. Registration required.
Weekly Fee: $18; Members, $10

**BOXING**
Tuesdays, 5-5:45 pm
A total body workout with boxing drills, cardio and movements to enhance core, strength and endurance. Registration required.
Weekly Fee: $18; Members, $10

**MULTI SPORT**
Wednesdays, 5:15-6 pm
Includes a warmup and a variety of sports activities such as basketball, wiffle ball, soccer, relay races and fitness moves.
Weekly Fee: $18; Members, $10

**WAVES II SWIM PROGRAM AGES 12-18**
Wednesdays, 6:45-7:45 pm
This adaptive swim program is for children, teens, and young adults with disabilities. It provides a fun, nurturing environment designed to strengthen swim skills while encouraging connections with peers. Participants should be comfortable in the water and have the ability to swim a lap (any stroke) independently. Registration required.
Fee per session: $23; Members, $18

**COOKING WITH STARS**
Wednesdays, 12-1:30 pm
Join Chef Paula & Cooking With Stars as she shows students how to make delicious and nutritious dishes. Receive hands-on experience and learn new cooking skills. After each class, participants will get to taste their creations together.
Fee per session: $35; Members, $25

**BASKETBALL CLINICS**
Ages 16+: Thursdays, 4-4:45 pm
Ages 10-15: Thursdays, 5-5:45 pm
Includes basic basketball drills plus exercises and stretches to stay fit. Registration required. All levels welcome!
Weekly Fee: $15; Members, $10

**ART**
Thursdays, 6-7 pm
This class provides instruction on different art styles, including painting, drawing, and collage. Students are encouraged to try out different mediums and express their creativity through their artwork.
Weekly Fee: $15; Members, $10

**CHILD CARE CLASS**
Thursdays, 5-7 pm
This class will teach skills for supporting children in a variety of settings. Learn about child development, supervision, health and safety, and age-appropriate activities. Upon completion of this class, students who would like to learn more can apply for further training and internships in the JCC’s Early Childhood and school-age after-school programs.
Fee $250; Members, $200

**EAT-ABLE COOKING CLASSES, PRESENTED BY POP.EARTH**
Fridays, 12-1:30 pm
Join Eatable chefs as they show students how to make delicious and nutritious dishes. Chefs will get hands on each week and learn new cooking skills. After each class, participants will get to taste their creations together.
Weekly Fee: $30; Members, $20

**VIRTUAL CLASSES**
**FITNESS**
Thursdays, 4-4:30 pm
A total body workout including strength training and cardio movement designed to enhance core, balance & endurance.
Weekly Fee: $12; Members, $8

**FAMILY SUPPORT SERVICE PROGRAMS**

The Friedberg JCC offers free classes and programs to those who are eligible for New York State’s Office of People with Developmental Disabilities (OPWDD) Family Support Services program. For more information contact Marcy Hallerman, Senior Program Director at mhallerman@friedbergjcc.org or Fradeline Garcia, Disabilities Coordinator at fgarcia@friedbergjcc.org

**ASPIRE CLASSES**

Wednesdays & Fridays
Please visit our website for the Aspire flier with the class schedule & pricing. The Friedberg JCC is proud to present this series of independent classes that can be tailored to meet your interests and passions. Classes cover many topics, including physical fitness, cooking, painting, and ceramics, so pick which classes suit your needs and join us at the JCC! Aspire classes are for people of all abilities and are open to the public.

**VIRTUAL SPECIAL ADVOCACY COALITION (SPEAC)**

A community group for differently-abled adults who want to SPEAK UP and make changes in their lives and communities. SPEAC hosts the following virtual meetings via Zoom.

**SOCIAL HOUR**
Mondays, 1/9, 2/13, 3/20
4:30-5:30 pm
This monthly meeting gives participants an opportunity to connect and chat with one another.
Fee: Free to All

**MEMBERSHIP MEETINGS**
Mondays, 1/9, 2/13, 3/20
4:30-5:30 pm
Monthly structured self advocacy meetings.
Fee: Free to All

**TALENT SHOW**
Wednesdays, 1/4, 2/1, 3/1
6:30 pm
SPEAC invites all singers, dancers, poets, artists, joke tellers and other performers to join us on Zoom for a night of music, laughter and connection.
Fee: Free to All

**BECOME A JCC MEMBER!**
**CONTACT US AT 516-766-4341**

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**EZRA CENTER FOR PEOPLE WITH DISABILITIES**
Marcy Hallerman, Director
516-634-4173, mhallerman@friedbergjcc.org

These classes & programs are made possible in part by a grant from the J.E. and Z.B Butler Foundation

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**NATHAN & MURIEL GLANZ CAMPUS**

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**EZRA CENTER FOR PEOPLE WITH DISABILITIES**
Marcy Hallerman, Director
516-634-4173, mhallerman@friedbergjcc.org

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**THE FRIEDBERG JCC OFFERS FREE CLASSES AND PROGRAMS TO THOSE WHO ARE ELIGIBLE FOR NEW YORK STATE’S OFFICE OF PEOPLE WITH DEVELOPMENTAL DISABILITIES (OPWDD) FAMILY SUPPORT SERVICES PROGRAM. FOR MORE INFORMATION CONTACT MARCY HALLERMAN, SENIOR PROGRAM DIRECTOR AT MHALLEMAN@FRIEDBERGJCC.ORG OR FRADELINE GARCIA, DISABILITIES COORDINATOR AT FGARcia@FRIEDBERGJCC.ORG**

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**ASPIRE CLASSES**

Wednesdays & Fridays
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Fee: Free to All

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**BECOME A JCC MEMBER!**
**CONTACT US AT 516-766-4341**
ONLINE PROGRAMS

VIRTUAL/IN-PERSON

INDIVIDUAL AND FAMILY COUNSELING
Fee: $65; Members, $45

IN-PERSON

THE PEOPLE’S FORUM
Tuesdays, 11:30 am-12:30 pm
Participate in lively conversation, make a social connection & face life’s challenges together.
Fee: Free for Members

VIRTUAL

CAREGIVER SUPPORT GROUP
1st & 3rd Friday of each month
1/6, 1/20, 2/3, 2/20, 3/2, 3/17
10:30 am-11:30 am
Caregiver support to those caring for their loved ones living with Alzheimer’s Disease and other related dementias and chronic illnesses. Funded in part by the New York State Office for the Aging.
Fee: Free

BEREAVEMENT GROUPS
Contact Susan Montanaro for more information

IN-PERSON

NEW! BEREAVEMENT I: LOSS OF SPOUSE FOR THOSE AGED 45-65
8 Tuesdays, 12/13-2/2, (no session 1/27), 6-7 pm
Fee: $100; Members, $80

IN-PERSON

BEREAVEMENT I: LOSS OF SPOUSE/SIGNIFICANT OTHER
8 Tuesdays: 1/10-2/28, 10:30-11:30 am
Fee: $100; Members, $80

VIRTUAL

BEREAVEMENT: LOSS OF PARENT
8 Thursdays, 12/15-2/2, 5:45-6:45 pm
Fee: $100; Members, $80

IN-PERSON

BEREAVEMENT SUPPORT GROUP: MOVING FORWARD
Tuesdays, 1/10, 1/24, 2/14, 2/28, 3/14, 3/28, 4:30-5:30 pm
Fee per session: $10; Members, $8

IN-PERSON

GRIEF WORKSHOPS
Thursday, 1/12
Thursday, 2/16
4:30-6 pm
Fee: $15; Members, $12

IN-PERSON/IN-PERSON

HEALTH AND FITNESS PERSONAL TRAINING FOR THOSE WITH PARKINSON’S
For more information contact Jackie Ruiz at jruiz@friedbergjcc.org or 516-634-4019.

IN-PERSON

THE PEOPLE’S FORUM 8 Fridays, 2/3-3/24, 10-10:45 am

VIRTUAL

MAINTAIN YOUR BRAIN THROUGH STRESS MANAGEMENT
WITH DR. SHELLY PAZER
8 Mondays, 1/30-3/20, 10:30-11:30 am

VIRTUAL

MAINTAIN YOUR BRAIN THROUGH BRAIN FITNESS
WITH SUSAN MONTANARO
8 Tuesdays, 1/31-3/21, 12-1 pm

VIRTUAL

MAINTAIN YOUR BRAIN THROUGH SLEEP FOR BETTER HEALTH
WITH CAITLIN MIRANDA
3 Thursdays, 2/9-2/23, 4-5 pm

IN-PERSON

MAINTAIN YOUR BRAIN THROUGH T’AI CHI FOR BRAIN HEALTH
8 Fridays, 2/3-3/24, 10-10:45 am
DEMENTIA PROGRAMS & SERVICES
Pamela S. Jaffe, LCSW, Director
516-634-4192, pjaffe@friedbergjcc.org

OUR DEMENTIA CENTER IS OPEN!

ESP
EARLY STAGE DEMENTIA PROGRAM FOR THE RECENTLY DIAGNOSED
Day 1, Tuesdays, 10:30 am-2:30 pm
Day 2, Thursdays, 10:30 am-2:30 pm
IN-PERSON OR VIRTUAL
A special program for those recently diagnosed with a progressive cognitive impairment such as Alzheimer’s disease or a related dementia. Participants join together in a supportive environment that allows for maximum independence while understanding the challenges of early stage memory loss. Each session offers an opportunity to socialize with others who are living the same journey. Stimulating activities include opportunity to engage with guest lecturers from various fields. Art, music, creative writing, memory enhancement, specialized exercise, and much more. Lunch will be provided. Interview required. For more information contact Pam at pjaffe@friedbergjcc.org or 516-634-4192. Funded in part by the New York State Office for the Aging.

SADC
MODERATE STAGE DEMENTIA PROGRAM
Wednesdays, 10:30 am-2:30 pm
IN-PERSON OR VIRTUAL
A safe and supportive program for those with moderate Alzheimer’s disease or related dementias. Social interaction and cognitive stimulation are provided either one-on-one or as a group to encourage verbal expression and enhance self-esteem. Activities include music, word games, reminiscence, specialized exercise, and more. Lunch will be provided. Interview required. For more information contact Pam at pjaffe@friedbergjcc.org or 516-634-4192. Funded in part by the New York State Office for the Aging.

PERSONAL TRAINING FOR THOSE LIVING WITH PROGRESSIVE NEUROLOGICAL IMPAIRMENT
45-minute one-on-one workouts.
For more information contact Jackie at jruiz@friedbergjcc.org or 516-634-4019.

CARE CONSULTATIONS AND COUNSELING
To help you navigate through difficult decisions regarding your loved one with dementia. For more information contact Pam at 516-634-4192 or pjaffe@friedbergjcc.org.

CAREGIVER SUPPORT GROUP
1st & 3rd Friday of each month
1/6, 1/20, 2/3, 2/17, 3/3, 3/17
10:30 am-11:30 am
Free and open to the community. Funded in part through the New York State Office for the Aging. For more information contact Gloria at glebeaux@friedbergjcc.org or 516-634-4010

BECOME A JCC MEMBER
CONTACT US AT 516-766-4341 TODAY!
FRIEDBERG JCC
FAMILY OF CAMPS

SUMMER @ THE J
At the Friedberg JCC
friedbergjcc.org/summeratthej
Stephanie Abrams, Director of Camping Services
516-634-4164
sabrams@friedbergjcc.org
For Grades K-6. Bring your own nut-free lunch; we provide snack. Join us for endless days of fun with sports, outdoor activities, swim, arts and more! New for 2023: Gymnastics, pickleball, trips and pizza Fridays.

CAMP GA’AVAH (PRIDE)
At the Henry Kaufmann Campgrounds
friedbergjcc.org/gaavah
Ellen Diamond, Director
516-634-4151,
ediamond@friedbergjcc.org
LGBTQ Day Camp for ages 6-16. Allies welcome; transportation available. Activities include swim, arts, theater, athletics, outdoor adventures, LGBTQ visitors, discussions, fireside chats, leadership and advocacy.

EARLY CHILDHOOD CAMPS
In Oceanside, Long Beach & Lynbrook
friedbergjcc.org/camp/early-childhood
Irene Jimenez, Director
516-634-4167
ijimenez@friedbergjcc.org
If there is a magical place for your child’s first camping experience, this is it! Unlike other camps that simply tone down activities that are designed for older children, our early childhood camps are specially designed for our youngest campers with art, science, sports, swim and so much more.

ISLAND QUEST DAY CAMP
At the Henry Kaufmann Campgrounds
islandquestdaycamp.org
Melissa Algranati, Camp Director
718-225-6750 ext. 261
melissa@islandquestdaycamp.org
Island Quest brings together the strengths, resources and expertise of four separate agencies to inspire a summer you’ll never forget. Rooted in decades of shared experience and strong Jewish values, Island Quest combines everything you love about camp with new opportunities to create the ultimate summer adventure.
Friedberg JCC Early Childhood
FOR CHILDREN 6 WEEKS* TO 5 YEARS

4 Locations • Extended Hours • Safe Environment
Creative Curriculum • Long-Standing, Established Program

Spots Still Available!
CONTACT US TO REGISTER TODAY

DAVID H. SONABEND
LONG BEACH BRANCH
310 National Blvd.
516-431-2929

JCC @ MAGNOLIA
650 Magnolia Blvd
Long Beach
516-986-2106

MERRICK BRANCH
At Merrick Jewish Centre
225 Fox Blvd.
516-379-9386

OCEANSIDE
(Main Branch)
15 Neil Court
516-766-4341

LYNBROOK
At Temple Am Echad
One Saperstein Plaza
516-599-7960

*Not available at all locations
REGISTER NOW!

8 Weeks: $3,465; Members, $3,100
4 Weeks: $1,995; Members, $1,800

Extended Care Available

JUNE 26-AUG 18
GRADES K-3

NEW FOR 2023!
Gymnastics • Pickleball
Trips • Pizza Fridays

QUESTIONS? Contact Stephanie Abrams
Director of Camping Services
516-634-4164 or sabrams@friedbergjcc.org
FOR GRADES 4-6
NEW FOR SUMMER 2023!

WATER PARKS • AMUSEMENT PARKS • BEACHES
DEEP SEA FISHING • ADVENTURE PARK • SPORTS GAMES
OVERNIGHT AT THE JCC AND MORE!

4 OR 8 WEEK OPTIONS
JUNE 26-AUG 18

8 WEEKS: $4,300; MEMBERS, $3,995
4 WEEKS: $2,510; MEMBERS, $2,315

PIZZA FRIDAYS • EXTENDED CARE AVAILABLE

QUESTIONS? CONTACT STEPHANIE ABRAMS
DIRECTOR OF CAMPING SERVICES
516-634-4164 OR SABRAMS@FRIEDBERGJCC.ORG
NORMAL OPERATING HOURS

OCEANSIDE
Monday-Thursday, 6:30 am-9 pm
Friday, 6:30 am-5 pm (Fall/Winter)
Friday, 6:30 am-6 pm (Spring/Summer)
Saturday, 8 am-2 pm
Sunday, 8 am-4 pm

MERRICK/BELLMORE BRANCH
LONG BEACH BRANCH
LYNBROOK BRANCH
Monday-Friday, 7 am–6 pm
Extended Hours Available For All Programs

Subject to change; please check app and website for updates

SEPTMBER 2022–JULY 2023
HOLIDAY HOURS/CLOSURES

Monday, September 5  Labor Day    8 am–1 pm
Monday, September 26  Rosh Hashanah   Closed
Tuesday, September 27  Rosh Hashanah   Closed
Tuesday, October 4   Erev Yom Kippur    Close at 3 pm
Wednesday, October 5  Yom Kippur   Closed
Thursday, November 24  Thanksgiving Day  Closed
Sunday, January 1   New Year’s Day   10 am-2 pm
Wednesday, April 5   Erev Passover   Close at 3 pm
Thursday, April 6   Passover    Closed
Friday, April 7    Passover
Monday, May 29  Memorial Day
Tuesday, July 4  Independence Day

15 Neil Court, Oceanside NY 11572
516-766-4341 • friedbergjcc.org