



# SPRING 2023 PROGRAM GUIDE

## UPCOMING EVENTS

WEDNESDAY, APRIL 26  
Red Carpet Event

SUNDAY, MAY 7  
5K Run/Walk for a Cause

**FRIEDBERG JCC**  
15 Neil Court, Oceanside NY 11572  
516-766-4341 • [friedbergjcc.org](http://friedbergjcc.org)



# FRIEDBERG JCC 5K

## RUN/WALK FOR A CAUSE

SUPPORT OUR PARKINSON'S PROGRAMS

SUNDAY • MAY 7, 2023 • 9 AM

BALDWIN PARK, 3232 GRAND AVE, BALDWIN  
CHECK IN BEGINS AT 8 AM • RAIN OR SHINE

T-SHIRTS & NAME ON BIB GUARANTEED  
FOR ALL PRE-REGISTERED BY APRIL 16

Fee to Pre-Register: \$35, Members \$25

Fee on Race Day: \$40, Members \$30

SCAN QR CODE OR REGISTER ONLINE AT  
<https://events.elitefeats.com/23friedberg>



**VOLUNTEERS NEEDED!**

**REPORT BY 8 AM**

Packet Pickup • Course Setup • Food/Water Distribution  
Course Cheerleaders • Crowd Control • Cleanup

Contact Jackie at [jruiz@friedbergjcc.org](mailto:jruiz@friedbergjcc.org) or 516-634-4019  
for more information about the 5K and our sponsorship opportunities!



Friedberg JCC | 15 Neil Court, Oceanside | 516-766-4341 | [friedbergjcc.org](http://friedbergjcc.org)





BARRY AND FLORENCE  
FRIEDBERG  
JEWISH COMMUNITY CENTER  
WILSON & MOORE ISLAND CAMPUS

## WELLNESS

Jackie Ruiz, Director of Wellness & Membership  
516-634-4019, [jruiz@friedbergjcc.org](mailto: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  
Thursdays, 7 pm

### BOXING FOR PARKINSON'S

Mondays, 12:45 pm

### ONE-ON-ONE BOXING

Special: \$225 for (6) 45-minute sessions  
1st package only



### FITNESS PROGRAMS FOR ALL ABILITIES

See Ezra Center page for more info

### 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  
Thursdays, 5 pm

### MULTI SPORTS

AGES 16 +  
Wednesdays, 5:15 pm

### BASKETBALL CLINIC

AGES 9-15 (younger age group)  
Thursdays, 5-5:45 pm

Weekly fee per class: \$18; Members, \$10  
(Except Boxing; see rates above)

### YOUTH SPORTS

#### BOYS & GIRLS BASKETBALL CLINICS GRADES K - 4

6 Tuesdays, 4/25-5/30 5:30-6:30 pm  
10 Saturdays, 4/22-6/3 (no class 5/27)  
10-11 am

Establish or improve upon the fundamentals of shooting, dribbling, rebounding, passing and defense.  
Fee: \$120; Members, \$90 (t-shirt included)

#### MINI SPORTS

AGES 3 - 4

6 Saturdays, 4/22-6/3 (no class 5/27)  
9-9:45 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: \$102; Members, \$78

#### DANCE AND CHEER

PRE-K-GRADE 3

6 Saturdays, 4/22-6/3 (no class 5/27)  
9-10 am & 10-11 am

Learn to cheer and dance hop/hop, jazz, ballet, street and more! Run by Pioneer Sports.

Fee: \$108; Members, \$84

#### SUPER SPORTS

PRE-K-GRADE 3

6 Sundays, 4/23-6/4 (no class 5/28)  
9-10 am

This program will include warm-up games as well as learning basic skills in a fun environment. Run by Pioneer Sports.

Fee: \$108; Members, \$84

### ADULT SPORTS

#### TABLE TENNIS (ADULT LOUNGE)

Mondays, Ongoing, 7-9 pm  
Fee per session: \$10; Members, free

#### PICKLEBALL COURT RENTALS

Contact Jackie at [jruiz@friedbergjcc.org](mailto:jruiz@friedbergjcc.org)  
or 516-634-4019 for pricing.

BECOME A  
JCC MEMBER!

CONTACT US AT  
516-766-4341

### PERSONAL TRAINING

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

### NEW STRETCHING AT THE J

One-on-one stretching with a Certified Trainer  
\$139 (4) 20-minute sessions

### 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.

For more information visit [friedbergjcc.org/my-j-app](http://friedbergjcc.org/my-j-app)

**GROUP FITNESS AND AQUATICS**

Visit [friedbergjcc.org/GEX](http://friedbergjcc.org/GEX) for the latest schedule



**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 6 MONTHS-2 YEARS**  
**8 Sundays, 4/23-6/18 (no class 5/28)**  
**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: \$240; Members, \$160

**AQUATYKES WITH PARENT**

**AGES 2-3**  
**8 Sundays, 4/23-6/18 (no class 5/28)**  
**10-10:30 am or 11-11:30am**

Designed for the child and parent to explore water safety and swimming skills.  
 Fee: \$240; Members, \$160

**ADVANCED AQUATYKES**

**AGES 3-4**  
**8 Sundays, 4/23-6/18 (no class 5/28)**  
**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: \$240; Members, \$160

**JELLYFISH, ARC LEVEL 1**

**AGES 5-12**  
**8 Sundays, 4/23-6/18 (no class 5/28)**  
**9-9:30 am**

Fee: \$240; Members, \$160  
**9 Tuesdays, 4/18-6/13**  
**4-4:30 pm**  
 Fee: \$270; Members, 180  
 Skills taught: Face submerged, supported front and back floats, blowing bubbles, front and back kick support, and water safety.

**STARFISH, ARC LEVEL 2**

**AGES 5-12**  
**8 Sundays, 4/23-6/18 (no class 5/28)**  
**9:30-10 am**

Fee: \$240; Members, \$160  
**9 Tuesdays, 1/10-4/4**  
**4:30-5 pm**  
 Fee: \$270; Members, \$180  
 Skills taught: Fully submerged head, underwater retrieving, front/back float, front/back glide, back kick and basic front crawl.

**SNAPPER, ARC LEVEL 3**

**AGES 5-12**  
**8 Sundays, 1/8-4/2 (no class 5/28)**  
**10-10:30 am**

Skills Taught: Elementary backstroke, breaststroke, butterfly kick, sidestroke kick and endurance. Pre-req; Level 2 skills  
 Fee: \$240; Members, \$160

**GET READY FOR CAMP**

**AGES 5-12**  
**9 Thursdays, 4/20-6/15 (no class 5/28)**  
**4:30-5 pm**

Camp is approaching; join our new class and get ready for camp swimming time. Did your child forget a few things? Does your child need help with the deep water test? It is time to brush up on some skills; freestyle, treading water and so much more. Pre-req; Level 2 skills  
 Fee: \$270; Members, \$180



**YOUTH SWIM TEAMS**

**GET READY FOR SWIM TEAM**  
**AGES 9 AND OVER (now 45 minutes)**  
**8 Mondays, 4/17-6/12 (no class 5/29)**  
**4:15-5 pm**

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: \$315; Members, \$225

**RIPPLES: PRE-SWIM TEAM**

**AGES 5-8 (now 45 minutes)**  
**8 Sundays, 4/23-6/18 (no class 5/28)**  
**12:30-1:15 pm**

Fee: \$280; Members, \$200  
**9 Wednesdays, 4/19-6/14**  
**4-4:45 pm**  
 Fee: \$315; Members, \$225

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.

**WAVES COMPETITIVE SWIM TEAM**

**SPRING TRAINING**  
**AGES 7-17**  
**Mondays, Tuesdays & Wednesdays**  
**4/17-6/14 (no class 5/29)**

**8 & under, 5-6 pm**  
**9 & over, 5-6:30 pm**  
 Fee: \$350; Members \$300  
 All new swimmers must try out.

**WAVES II**

**AGES 13 +**  
**Wednesdays, 6:45-7:45 pm**

This swim program is for children, teens, and young adults. 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**



BARBY AND FLORENCE  
FRIEDBERG  
JEWISH COMMUNITY CENTER  
NORMAN & BEVERLY GLAND CAMPU

## ADULTS

Lisa Charschan, Director

516-634-4169, lcharschan@friedbergjcc.org

### IN-HOUSE ONGOING PROGRAMS FOR MEMBERS ONLY REGISTRATION REQUIRED

#### REAP

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

#### THE PEOPLE'S FORUM WITH GLORIA

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

#### SPORTS ROUNDUP

Tuesdays, 12:15-1:15 pm  
Let's discuss our favorite topic, sports!  
Fee: Free for Members

#### HEADLINES AND TOPICS

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

Day/time change starting 4/3  
Mondays, 7-8:30 pm  
The left and the right are represented  
at this spirited exchange.  
Fee: Free for Members

#### IN-HOUSE GAMES REGISTRATION REQUIRED

#### MAH JONGG

Mondays, 12-4 pm  
Fee: Free for Members

#### CANASTA

Wednesdays, 1-4 pm  
Fee: Free for Members

#### OPEN PLAY

Thursdays, 6-8:30 pm  
Fridays, 11 am-4 pm  
Fee: Free for Members

#### BEGINNER MAH JONGG LESSONS WITH MICHELE LAMONSOFF

6 Wednesdays, 5/3-6/7, 3-5 pm  
This class will introduce you to the tiles  
and basic moves of this ancient game.  
Fee: \$156; Members, \$130

#### BEGINNER CANASTA LESSONS WITH AMY KATZ & EMMA FOSTER

6 Mondays, 4/17-5/22, 9:30-11:30 am  
Canasta is making a comeback all  
over town. Learn why this high scoring  
and unpredictable game is so popular  
again and how to get in on the fun!  
Fee: \$156; Members, \$130

#### IN-HOUSE LECTURES/ PROGRAMS REGISTRATION REQUIRED

#### BETWEEN THE COVERS WITH LIZ ROPERS

Mondays at 1:30 pm  
4/3, *Our Missing Hearts*  
5/1, *The Violin Conspiracy*  
6/5, *The Magnolia*  
Fee per session: \$6; Members, \$3

#### LECTURE SERIES WITH LIZ ROPERS

Thursdays at 1 pm  
4/27, Sydney Reilly; the Real 007?  
5/11, Britain's Traitor King  
6/29, Sister Sleuths; British Detectives  
Fee per session: \$12; Members, \$3

#### MOVIES & DISCUSSION WITH LIZ ROPERS

Thursdays at 12:30 pm  
4/13, *The Natural*  
5/18, *The Verdict*  
6/15, *The Postman Always Rings Twice*  
Fee: \$12; Members, Free

#### TANGO SHALOM

Thursday, 5/4, 12:30-3 pm  
When a female Tango dancer asks  
a Rabbi to enter a televised dance  
competition with her, there's one  
big problem—due to his orthodox  
beliefs, he's not allowed to touch her!  
As he develops a plan to enter the  
competition without sacrificing his  
faith, the bonds of family, tolerance,  
and community are tested one  
dazzling dance step at a time. Bagels  
and popcorn will be co-sponsored by  
the Jewish War Veterans.  
Fee \$10; Members and Jewish War  
Veterans, \$5

#### BEGINNER DRAWING CLASS WITH PETER

8 Wednesdays, 4/5-5/24, 1-2pm  
In this class students will learn  
portion measurement, shading skills,  
and integral drawing concepts like  
perspective, value and composition.  
Each week we will introduce new  
drawing and perception concepts  
while also building on the previous  
week's lesson. Materials used are  
very open, but the lessons will cover  
graphite and charcoal/chalk drawing  
material concepts. Supply list will be  
provided when you register.  
Fee: \$145; Members \$115

#### ACRYLIC PAINTING WITH EVA BERGER

6 Tuesdays, 5/2-6/6, 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

#### WALKING CLUB WITH LISA

5 Thursdays, 4/27-5/25, 10:15 am  
Join Lisa Charschan, Adult Services  
Director, as we walk and talk our  
stress away. We will be meeting at a  
different location each week. Stops  
may include but not limited to the  
Long Beach Boardwalk, Oceanside  
Park, Norman Levy Preserve,  
Hempstead State Park. Meeting  
spot will be announced once you  
register. Proper walking shoes are  
required.  
Fee \$18; Members, Free



**BECOME A JCC MEMBER!**

CONTACT US AT 516-766-4341



BARBY AND FLORENCE  
FRIEDBERG  
JEWISH COMMUNITY CENTER  
NORTH AND NORTHEAST BRANCHES

## ADULTS (CONTINUED)

Lisa Charschan, Director

516-634-4169, lcharschan@friedbergjcc.org

### BRONX BOTANICAL GARDENS; ORCHID SHOW AND ARTHUR AVE

Wednesday, 4/19, 9:15 am

Join us on our JCC bus as acclaimed artist Lily Kwong, the designer for the Orchid Show's 20th year, presents a meditative and captivating design inspired by her ancestral connections to the natural world. You will have time to explore the gardens on your own and then we will proceed to Arthur Ave where you can have lunch on your own and explore the Bronx's little Italy. Fee: \$85; Members, \$65

### MAKING CROWDS, ESCAPING CROWDS: LIFE ON NEW YORK'S LOWER EAST SIDE WITH DR. SHARON KELLER

Thursday, 4/20, 1:30 pm

Join us as we look at more than 100 years of life on the Lower East Side. We will discuss what brought the immigrants to this small area of NYC, how they lived, the food they ate, and the arts and culture they created, and also the ways that people used to escape from the filth, the noise, the heat, the crowds, and just everyday life. A light nosh of bagels and cream cheese will be served. This program was funded in part by Humanities New York with support from the National Endowment for the Humanities. Fee: \$15 Members \$10

### JEWISH HISTORY OF BROOKLYN WITH DR RONALD BROWN

Thursday, 5/25, 1:30 pm

From the first Syrian and Egyptian Jews of Bensonhurst to the Jewish entertainers on Coney Island, from the pious Hasidic Jews of Williamsburg to the Lubavitch Jews of Crown Heights, the Jewish history of Brooklyn continues to write a rich chapter in world Jewish history. A light nosh of bagels and cream cheese will be served. This program was funded in part by Humanities New York with support from the National Endowment for the Humanities. Fee: \$15; Members, \$10

### PEIR PROGRAM PERSONAL ENRICHMENT IN RETIREMENT

Thursdays, 10-11:30 am

Begins 4/20

Includes celebratory bagels and coffee. PEIR is a unique organization that combines life-long intellectual stimulation and social interaction among retired, or semi-retired adults, from all walks of life. PEIR is now expanding its in-person presentation program through a collaboration with the JCC. In PEIR's program, there is no homework, no tests, and no grades. Just learning, laughing and making new friends! What is unique about PEIR is that its members make the presentations either in person and/or via Zoom. Registration required. Fee: Free for members

### LET'S PLAY GOLF

5 Tuesdays, 5/23-5/20, 2-3:30 pm

Rain Date Tuesday, 6/27

Learn to play the game of golf from a certified PGA member at the beautiful Lido golf course. This course is for beginners and advanced beginners. Fee: \$156; Members, \$135

### RECKONINGS— THE FIRST REPARATIONS

Tuesday, 4/25, 1 pm

Join us for this very powerful film. Directed by award-winning filmmaker Roberta Grossman, *Reckonings* recounts the tense negotiations between Jewish and German leaders and explores the impact of compensation on the survivors, Israel and on Germany itself. Rabbi Arthur Vernon from Congregation Shaaray Shalom in West Hempstead will lead us with a meaningful discussion after the film. A light lunch will be sponsored by Jecoco. Registration required. Fee: Free to JCC members and the community

### THE SOUND OF MUSIC: DAY TRIP TO THE JOHN W ENGEMAN THEATER

Wednesday, 5/31

Join us on our JCC bus for a day in Northport! First we'll see the *Sound of Music* then we will head to the village of Northport for lunch (on our own). Our bus will drop us off in town where there are plenty of restaurants to choose from. A list will be provided for you once you register. Fee: \$109; Members, \$89 Includes tickets, transportation & snacks

### BUILDING A HEALTHY, REWARDING RELATIONSHIP WITH YOUR ADULT CHILD WITH HEIDI BERR, LCSW/CPLC

Thursday, 6/1, 7-8:30 pm

Heidi Berr will discuss her book and enlighten us about the inaccurate beliefs parents hold about how to maintain a quality relationship with their adult children. She will also discuss a few strategies which can be used to build successful relationships with adult children. There will be an opportunity for attendees to share reactions and question. Registration required. Fee: Free to JCC members and the community

### DAY TRIP TO FIRE ISLAND

Wednesday, 6/7

We will travel on our JCC bus to Bay Shore where we'll take the ferry to Ocean Beach. Walk the town, explore the shops and have a beautiful lunch on your own at one of the local restaurants. Bus seating is limited, sign up early to reserve your seat. Fee: \$75; Members, \$50 Includes bus and round trip ferry fare.

### 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**





## EZRA CENTER FOR PEOPLE WITH DISABILITIES

Marcy Hallerman, Director

516-634-4173, [mhallerman@friedbergjcc.org](mailto:mhallerman@friedbergjcc.org)

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

### 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: \$18; Members, \$10

#### 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.  
Weekly Fee: \$15; Members, \$10

#### MULTI SPORT

**Wednesdays, 5:15-6 pm**

Includes a warmup and a variety of sports activities such as basketball, whiffle 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**

**Wednesdays, 6-7:30 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

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. Contact Jose Saint-Louis at [jsaint-louis@friedbergjcc.org](mailto:jsaint-louis@friedbergjcc.org) for information about our next cohort.  
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

#### RELATIONSHIP AND SEXUALITY EDUCATION CLASSES

**Tuesday, 4/25-6/27**

**2-3:30 pm or 6-7:30 pm**

These classes, using the Elevatus curriculum, will empower adults (18+) to build self-confidence and maintain healthy relationships. Topics include different types of relationships, public and private spaces, communication and decision-making, internet and social media, being in a relationship, body parts and more. Day and evening class options will be available.  
Weekly Fee: \$40; Members \$30

#### ASPIRE CLASSES

**Wednesdays & Fridays**

Please visit our website for 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. Topics include physical fitness, cooking, painting, and ceramics. Aspire classes are for people of all abilities and are open to the public.

### 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](mailto:mhallerman@friedbergjcc.org) or Fradeline Garcia, Disabilities Coordinator at [fgarcia@friedbergjcc.org](mailto:fgarcia@friedbergjcc.org)

### 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

#### 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, 4/10, 5/1, 6/5**

**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, 4/17, 5/8, 6/19**

**4:30-5:30 pm**

Monthly structured self advocacy meetings.  
Fee: Free to All

#### TALENT SHOW

**Wednesdays 4/5, 5/3, 6/7, 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

#### RED CARPET EVENT

**Wednesday, 4/26, 6 pm**

This showcase of talent by individuals with disabilities will raise funds for the Ezra Center and SPEACs Scholarship Fund supporting Long Island Self-Advocates' participation in the annual SANYS Long Island Regional Conference. For information about tickets, contact Marcy Hallerman at [mhallerman@friedbergjcc.org](mailto:mhallerman@friedbergjcc.org)

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



## SOCIAL SERVICES

Gloria Lebeaux, LCSW, Director of Social Services, 516-634-4010, glebeaux@friedbergjcc.org  
Susan Montanaro, LMSW Social Worker, 516-634-4175, smontanaro@friedbergjcc.org  
Tara Corn, LMSW Isolation to Connection Specialist, 516-634-4160, tcorn@friedbergjcc.org

### ONGOING 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: 4/7, 4/21, 5/5, 5/19, 6/2, 6/16, 6/30, 10:30-11:30 am

For those caring for their loved ones living with Alzheimer's Disease and other related dementias & chronic illnesses. Funded in part by the New York State Office for the Aging.

Fee: Free

### BEREAVEMENT GROUPS

Contact Susan Montanaro for more info

#### IN-PERSON BEREAVEMENT I: LOSS OF SPOUSE FOR THOSE AGED 45-65

8 Tuesdays, 5/2-6/20, 6-7 pm

Fee: \$100; Members, \$80

#### IN-PERSON BEREAVEMENT I: LOSS OF SPOUSE/SIGNIFICANT OTHER

8 Thursdays, 3/9-5/1 (no class 4/6, 4/13) 5-6 pm

Fee: \$100; Members, \$80

#### IN PERSON BEREAVEMENT I: LOSS OF SPOUSE/SIGNIFICANT OTHER

6 Thursdays, 6/1-7/6, 5-6 pm

Fee: \$80; Members, \$70

#### IN-PERSON BEREAVEMENT II LOSS OF SPOUSE/SIGNIFICANT OTHER

6 Wednesdays, 3/1-5/3 (no class 4/5, 4/12), 5-6 pm

Fee: \$100; Members, \$80

#### IN-PERSON GRIEF WORKSHOPS

Tuesday, 4/25, Thursday, 5/18

Tuesday, 6/27, 4:30-6 pm

Fee: \$15; Members, \$12

#### ISOLATION TO CONNECTION SUPPORT PROGRAM

UJA-Federation funded program linking seniors to community based services. If you are looking to connect or know of an isolated senior in your community, contact Tara Corn.

### YOM HASHOAH PROGRAMS

Visit our website to register

#### IN-PERSON SAFE HAVEN IN THE PHILIPPINES

Tuesday, 4/18, 7 pm

Presentation by Leonie Kramer.

Fee: Free and open to the community

#### IN-PERSON

#### RECKONINGS: THE FIRST REPARATIONS

Tuesday, 4/25, 1 pm

Film Presentation and discussion with Rabbi Art Vernon. Followed by a light lunch sponsored by Jecoco

### PROGRAMS FOR INDIVIDUALS WITH PARKINSON'S AND THEIR CARE PARTNERS

#### FITNESS CLASSES

#### VIRTUAL/IN-PERSON BOXING

Mondays, 12:45 pm

#### IN-PERSON BOXING

Thursdays, 6 pm (starting 4/13)

#### VIRTUAL/IN-PERSON TAI CHI

Tuesdays, 12:45 pm

#### IN-PERSON PING PONG OPEN PLAY

Mondays, 2-3

These balance-based exercises improve strength, balance and physical function, prevent falls and improve postural stability. Fee per class: \$15; Members, \$10 10-pack: \$150; Members, \$100

#### IN-PERSON HEALTH & FITNESS PERSONAL TRAINING

For more information contact Jackie Ruiz at jruiz@friedbergjcc.org or 516-634-4019

#### VIRTUAL ONGOING PARKINSON'S CAREGIVER SUPPORT GROUP

Tuesdays, 4/11, 4/18, 5/2, 5/16, 5/30, 6/13, 6/27, 7-8 pm

Provides support to those caring for their loved ones living with Parkinson's Disease. Fee: Free and open to the community

#### VIRTUAL DISCUSSION GROUP FOR THOSE WITH PARKINSON'S DISEASE

6 Thursdays, 5/18-6/22, 2-3 pm

Supportive and informative group for those living with Parkinson's Disease. Contact Gloria for an interview and to register.

Fee: Free and open to the community

#### VIRTUAL CREATIVE WRITING GROUP

8 Thursdays, 4/20-6/2, 1-2 pm

Fee: Free and open to the community

#### VIRTUAL PARKINSON'S SUPPORT SESSIONS WITH SPEAKERS

In collaboration with the New York Institute of Technology. Speakers on all Parkinson's topics and issues. Contact Gloria Lebeaux to register and for Zoom instructions. Fee: Free and open to the community

#### PD AWARENESS MONTH

#### IN-PERSON Monday, 4/24, 12:30 pm

In-person Educational Seminar/Panel Discussion at The Feinstein Institutes for Medical Research, Northwell Health. RSVP to Charles Siguenza, NYIT, at csiguenza@nyit.edu or 516-686-7411

#### VIRTUAL Thursday, 4/27, 4-5 pm

Parkinson's Disease: Non-motor symptom management panel discussion organized and offered by the Long Island PD Coalition and an institutional collaboration between Stony Brook Southampton Hospital, Stony Brook Medicine, New York Institute of Technology College of Osteopathic Medicine and the JCC. Fee: Free and open to the community

### IN-PERSON

#### NEW! SUPPORT AND INFORMATION PROGRAM FOR INDIVIDUALS WITH PARKINSON'S AND THEIR CARE PARTNERS

#### Thursday, 3/30, 6 pm

Presentation and demo by our new PD boxing instructor, Steven Solomon, followed by a presentation by Stuart Isaacson, MD, on the medication GoCovri and Understanding OFF Episodes and Dyskinesia in Parkinson's Disease.

#### Thursday, 4/20, 6:30 pm

"Do not let Parkinson's Define You" presentation and discussion on DBS by Dr. Antonios Mammis.

### NEW! MAINTAIN YOUR BRAIN

Supported by a grant from the Sephardic Foundation on Aging. Includes free memory screening from Northwell Health. Registration required; contact Gloria for info and to register. Fee: Free and open to the Community

### VIRTUAL

#### MAINTAIN YOUR BRAIN THROUGH BRAIN FITNESS

#### WITH DR. SHELLEY PAZER

8 Mondays, 4/17-6/12 (no class 5/29) 10:30-11:30 am

### VIRTUAL

#### MAINTAIN YOUR BRAIN THROUGH STRESS MANAGEMENT

#### WITH DR. CAITLIN MIRANDA

4 Tuesdays, 4/18-5/16 (no session 5/9) 4-5 pm

This workshop with focus on effective coping strategies for managing stress

### VIRTUAL

#### MAINTAIN YOUR BRAIN THROUGH CREATIVE WRITING

#### WITH MINDY MANGOT

6 Wednesdays, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 4-5 pm

### IN-PERSON

#### MAINTAIN YOUR BRAIN THROUGH T'AI CHI FOR BRAIN HEALTH WITH DONNA GROSSMAN

8 Fridays, 4/21-6/16 (no class 5/26) 10-10:45 am

### VIRTUAL WEBINAR

#### MAINTAIN YOUR BRAIN THROUGH MUSIC WITH ILENE "LEE" BERGER MORRIS

Wednesday, 4/19, 4:30-5:30 pm

### VIRTUAL WEBINAR

#### MAINTAIN YOUR BRAIN THROUGH YOGA WITH NICOLE ABSAR, MD

Tuesday, May 9, 4-5 pm

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





DEMENTIA PROGRAMS & SERVICES  
Pamela S. Jaffe, LCSW, Director  
516-634-4192, [pjaffe@friedbergjcc.org](mailto:pjaffe@friedbergjcc.org)



## OUR DEMENTIA CENTER IS OPEN!

### ESP

#### EARLY STAGE DEMENTIA PROGRAM FOR THE RECENTLY DIAGNOSED IN-PERSON OR VIRTUAL

**3RD DAY ADDED!  
NOW ON WEDNESDAYS!**

**Tuesdays, Wednesdays and Thursdays  
10:30 am-2:30 pm**

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](mailto:pjaffe@friedbergjcc.org) or 516-634-4192. Funded in part by the New York State Office for the Aging.

### CAREGIVER SUPPORT GROUP

**1st & 3rd Friday of each month  
4/7, 4/21, 5/5, 5/19, 6/2, 6/16, 6/30  
10:30-11:30 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](mailto:glebeaux@friedbergjcc.org) or 516-634-4010

### PERSONAL TRAINING FOR THOSE LIVING WITH PROGRESSIVE NEUROLOGICAL IMPAIRMENT

45-minute one-on-one workouts. For more information contact Jackie at [jruiz@friedbergjcc.org](mailto: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](mailto:pjaffe@friedbergjcc.org).

### CAREGIVER EDUCATION WORKSHOPS

Informative sessions on practical issues. For more information contact Pam at [pjaffe@friedbergjcc.org](mailto:pjaffe@friedbergjcc.org) or 516-634-4192.

**LOOK FOR OUR NEW PROGRAMS COMING SOON!**

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



BARRY AND FLORENCE  
FRIEDBERG  
JEWISH COMMUNITY CENTER  
NATHAN & MIRIAM GLAZER CAMPGROUNDS

# FRIEDBERG JCC FAMILY OF CAMPS



## SUMMER @ THE J

At the Friedberg JCC

[friedbergjcc.org/summeratthej](http://friedbergjcc.org/summeratthej)

Stephanie Abrams, Director of Camping Services

516-634-4164

[sabrams@friedbergjcc.org](mailto: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](http://friedbergjcc.org/gaavah)

Ellen Diamond, Director

516-634-4151,

[ediamond@friedbergjcc.org](mailto: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.



BARRY AND FLORENCE  
FRIEDBERG  
JEWISH COMMUNITY CENTER  
early childhood center

## EARLY CHILDHOOD CAMPS

In Oceanside, Long Beach & Lynbrook

[friedbergjcc.org/camp/early-childhood](http://friedbergjcc.org/camp/early-childhood)

Irene Jimenez, Director

516-634-4167

[ijimenez@friedbergjcc.org](mailto: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](http://islandquestdaycamp.org)

Melissa Algranati, Camp Director

718-225-6750 ext. 261

[melissa@islandquestdaycamp.org](mailto: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.



BARRY AND FLORENCE  
**FRIEDBERG**  
JEWISH COMMUNITY CENTER  
*early childhood center*

# 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

SUMMER   
@ the J

**REGISTER NOW!**

**8 Weeks: \$3,465; Members, \$3,100**

**4 Weeks: \$1,995; Members, \$1,800**

**Extended Care Available**

**JUNE 27-AUG 18**

**GRADES K-3**

**K, 1st & 3rd Grades Closed  
CALL FOR WAITLIST**

**NEW FOR 2023!**

**Gymnastics • Pickleball**

**Trips • Pizza Fridays**

**QUESTIONS? Contact Stephanie Abrams**

**Director of Camping Services**

**516-634-4164 or [sabrams@friedbergjcc.org](mailto:sabrams@friedbergjcc.org)**

SUMMER   
@ the J

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 27-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*

## SEPTEMBER 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         | Closed        |
| Monday, May 29        | Memorial Day     | 8 am-1 pm     |
| Tuesday, July 4       | Independence Day | 8 am-1 pm     |