



2025
SPRING
PROGRAM
GUIDE

YOUTH PROGRAMMING



YOUTH SPORTS

Boys and Girls Basketball Clinic K- Grade 4

7 Tuesdays, 4/29 - 6/10

5:30-6:30 pm

Fee: \$182; Members \$147

7 Saturdays 4/26 - 6/14 (no class 5/24)

10:15-11:15 am

Fee: \$182; members \$147

Mini Basketball (Ages 3-4)

7 Sundays, 4/27 -6/15 (no class 5/25)

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: \$147; Members \$112

Super Sports (Pre-K-Grade 3)

7 Saturdays, 4/26 - 6/14 (no class 5/24)

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: \$168; Members: \$133

ART CLASSES

Little Picassos (Ages 3-5)

6 Saturdays, 4/26 - 6/7 (no class on 5/24)

10:15-11 am

Fee: \$168; Members: \$144

Young Artist (Ages 6-11)

6 Saturdays, 4/26 - 6/7 (no class on 5/24)

11:15 - 12:15 PM

Fee: \$168; Members: \$144



WELLNESS CLASSES



BOXING CLASSES

There are many benefits of boxing, including increased cardio & muscular endurance, strength, improved reflexes and footwork, self confidence and self defense skills. Open to the public.

Boxing Boot Camp (ages 13 +)

Tuesdays, 6:30 pm

Thursdays, 7 pm

Boxing for Parkinson's

Mondays, 12:45 pm

Thursdays, 6 pm

Fee per class: \$18; Members: \$12

Package Fee: \$150 (10 classes);

Members: \$100 (10 classes)

One-on-One Boxing

Special: \$225 for (6) 45-minute sessions

1st package only

ADULT DANCE CLASSES

Tuesdays (dates TBD) 7:45 - 8:30PM

Different style Adult Dance Class,
Latin, Ballroom; no partner needed.

Fee: \$80; Members: \$40

ADULT SPORTS

Table Tennis in auditorium

Mondays, Ongoing, 7-9 pm

Fee: \$10; Members Free

Pickleball Clinics, Lessons and Rentals

Contact Jackie at jruiz@friedbergjcc.org

or 516-634-4019 for pricing.

FITNESS PROGRAMS FOR ALL ABILITIES

Check the Ezra Center for more info!

Dance Class (Ages 15 +)

Tuesdays, 4:15-5 pm

Basketball Clinic (Ages 15 +)

Thursdays, 4:15-5 pm

Boxing (Ages 15 +)

Tuesdays, 5 pm

Thursdays, 5:15 pm

Fee: \$15; Members: \$10

Multi Sports (Ages 15 +)

Wednesdays, 5:15 pm

Fee: \$20; Members: \$15

WELLNESS



PERSONAL TRAINING

Small Group Training

Mondays (ongoing), 5:15-6:15 pm

Bootcamp style total body workout taught by a Personal Trainer.

Fee per class: \$18; Members: \$12

Packages: 10 classes Fee: \$150, Members \$100

NEW One-on-one stretching with Certified Trainer

(4) 30-minute sessions

Fee: \$225; Members: \$175

Introduction Package

1st-time buyers only

(6) 30-minute sessions: \$210

(6) 45-minute sessions: \$275

60-Minute Individual Sessions

Single Session: \$71

6-Pack: \$405

12-Pack: \$755

24-Pack: \$1442

30-Minute Individual Sessions

Single Session: \$49

6-Pack: \$290

12-Pack: \$570

24-Pack: \$1,115

45-Minute Individual Sessions

Single Session: \$60

6-Pack: \$350

12-Pack: \$650

24-Pack: \$1,250

60-Minute Buddy Sessions

6-Pack: \$240

12-Pack: \$465

24-pack: \$810



By appointment only; contact Jackie Ruiz at JRuiz@friedbergjcc.org or 516-634-4019.

For non-member pricing, please contact Jackie Ruiz (516) 634- 4019

AQUATICS



PRIVATE LESSONS

Learn to swim with the guidance of our highly trained instructors. Lessons are available by appointment only.

For more information or to schedule, contact Cori at 516-634-4194 or aquatics@friedbergjcc.org.

One-on-One 30 minute Lessons

All pricing is per person

5 lessons: \$265; 10 lessons: \$530

Members: 5 lessons: \$185; 10 lessons: \$370

Two-on-One 30 minute Lessons

All pricing is per person

Two-on-one Lessons are for friends or siblings that are 5 yrs and older they need to be on the same swim level. We do not pair you with another person.

5 lessons: \$210; 10 lessons: \$410

Members: 5 lessons: \$150; 10 lessons: \$300



YOUTH AQUATICS CLASSES

Parent and Me Swim Class 1 (30 minutes)

Ages 8 months–20 months

9 Sundays, 4/27- 6/29 11 am (No Class 5/25)

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: \$325; Members, \$245

Parent and Me Swim Class 2 (30 minutes)

Ages 18 months–2 ½ years

9 Sundays, 4/27-6/29 10:30 am (No Class 5/25)

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: \$325; Members, \$245

AQUATICS



YOUTH AQUATICS CLASSES CONTINUED.

Aquatykes with Parent *

Ages 2 ½ – 3 ½ years

9 Sundays, 4/27-6/29 9 am (No Class 5/25)

Designed for the child and parent to explore water safety and swimming skills.

Fee: \$325; Members, \$245

Advanced Aquatykes 1 *

Ages 3-4

9 Sundays, 4/27-6/29 10 am (No Class 5/25)

For children that are confident in the water 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: \$325; Members, \$245

Advanced Aquatykes 2 *

Ages 4-5

9 Sundays, 4/27-6/29 9:30 am (No Class 5/25)

For children that are confident in the water 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: \$325; Members, \$245

Jellyfish, ARC Level 1

Ages 5-12

9 Sundays, 4/27-6/29 9 am (No Class 5/25)

Fee: \$325; Members, \$245

10 Mondays, 4/21-6/30 4:30pm

Fee: \$360; Members, \$270

Skills taught: For first time swimmers. Children will learn how to submerge, proper breathing and water safety. This class will teach children proper techniques for successful swimming.

**This class is for children that must be comfortable in the water and can easily separate from a parent*

AQUATICS



YOUTH AQUATICS CLASSES CONTINUED.

Starfish, ARC Level 2

Ages 5-12

9 Sundays, 4/27- 6/29 9:30 am (No Class 5/25)

Fee: \$325; Members, \$245

10 Tuesdays, 4/22-6/24 4:30pm

Fee: \$360; Members, \$270

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

9 Sundays, 4/27-6/29 10 am (No Class 5/25)

Fee: \$325; Members, \$245

Skills Taught: Elementary backstroke, breaststroke, butterfly kick, sidestroke kick and endurance. Pre-req; Must successfully pass Level 2



AQUATICS



YOUTH SWIM TEAMS

Get Ready for Swim Team *

Ages 9 and Over (30 minutes)

10 Wednesdays, 4/23-6/25 4:30 pm (No Class 5/26)

This class is designed for your child who is not quite ready for our swim team. Skills worked on: Lap and circle swimming, proper breathing, proper strokes, building up endurance leading up to joining the Waves Swim Team.

Fee: \$360; Members, \$270

Ripples: Pre-Swim Team *

Ages 5-8 (30 minutes)

9 Sundays, 4/27-6/29 10:30 am (No Class 5/25)

Fee: \$325; Members, \$245

10 Wednesdays, 4/23-6/25 4:30pm

Fee: \$360; Members, \$270

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.

Waves Competitive Swim Team Spring Training*

Ages 7-17

Mon, Tues, & Wed

8 and Under Practice: 5-6pm

9 and Over Practice: 5-6:30pm

All participants may come on any or all the days.

There is no minimum weekly requirement.

Fee: \$300; Members \$250

Waves II *

Ages 13 +

2 separate classes this year, based on skill level:

Beginners - 7 - 7:30PM

Advance Beginners 7:30 - 8PM

Weekly Fee: \$25, Members \$18

Fee: \$350, Member \$252

This swim program is designed for children, teens and young adults. It provides a fun, nurturing environment designed to strengthen swimming skills while encouraging connections with peers. Participants should be comfortable in the water and have the ability to swim a lap (any stroke) independently.

**All New Swimmers Must Try Out*

THE J EXPERIENCE



LECTURES/ PROGRAMS

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.

Sports Roundup *

Tuesdays, 12:15-1:15 pm

Let's discuss our favorite topic, sports!

Headlines and Topics *

Wednesdays, 11 am-12:15 pm

Join us for a lively discussion of current events and newsworthy stories.

Point Counterpoint *

Politics From Both Sides

Mondays 7pm -8:30 pm

The left and the right are represented at this spirited exchange.

Between the Covers with Liz Ropers

Mondays at 1:30 pm

April 7 *Tom Lake* by Anne Patchett

May 5 *Tell Me Everything* by Elizabeth Strout

June 2 *Leaving* by Roxana Robinson

Fee: \$8; Members, \$5

Lecture Series with Liz Ropers

Thursdays at 1 pm

April 10 *The Origin of Modern Jewish Humor*

May 15 *Historical Figures from a Jewish perspective Part 1*

June 12 *Historical Figures from a Jewish perspective Part 2*

Fee: \$15; Members, \$5

Classic Movies & discussion with Liz Ropers

Thursdays at 1 pm

May 22 *The Joy Luck Club*

June 26 *All the President's Men*

Fee: \$15; Members, Free

**Free for members, registration required*

THE J EXPERIENCE



LECTURES/ PROGRAMS CONTINUED

Acrylic Painting with Eva Berger

6 Tuesdays 5/6, 5/13, 5/20, 5/27, 6/3, 6/10

1:30- 3:30 pm

Fee: \$89; Members \$72

An additional \$35 fee applies for supplies, or you may choose to bring your own.

Watercolor with Peter Lora

6 Wednesdays 4/2, 4/9, 4/16, 4/23, 4/30, 5/7

1 PM - 2:30 PM

Fee: \$98; Members \$82

Please bring \$15 on the first day of class for supplies which will be provided by your instructor.

Drawing with Peter Lora

6 Wednesdays 5/14, 5/21, 5/28, 6/4, 6/11, 6/18

1PM-2:30PM

Fee: \$98; Members \$82

Please bring \$15 on the first day of class for supplies which will be provided by your instructor.

Discover the Glamour of Art Deco with Eva Berger
Thursday, May 1, 2025 at 12:45 PM

Art Deco defined an era of luxury, innovation, and modernity, reaching its height in the 1920s and '30s. This bold and stylish movement bridged the Gilded Age to the present, incorporating exotic materials like ebony and ivory alongside cutting-edge innovations such as chrome plating, stainless steel, and plastic.

More than just a design trend, Art Deco both reflected and shaped political, social, and economic shifts, from the corseted formality of the past to the free-spirited flapper culture of the Roaring Twenties, and nowhere is its legacy more alive than in New York City, a true mecca of Deco architecture. From Fred and Ginger to the Chrysler Building to Tupperware, join us for a fascinating journey into the world of Art Deco.

Bagels with a schmear included
\$15 | Members: \$10



THE J EXPERIENCE



LECTURES/ PROGRAMS CONTINUED

Walking club with Lisa

5 Wednesdays 4/23,4/30,5/7,5/14,5/21

9:45 AM

Fee: \$18; Members: Free

Calling All Musicians; Let's start a Klezmer workshop

Thursday, May 15, 2025

7-9 pm

Golf at Middle Bay

TBA

SPECIAL EVENT

Being Somebody the Show

Thursday, June 19, 2025 7pm -9 pm

Tickets \$15 Members \$10

BEING SOMEBODY stars an extraordinary 89-year-old Jewish psychologist/executive coach (vibrant and still working) alongside his talented recording artist/writer/performer daughter. Together, through storytelling, music, and movement, they take the audience on a nostalgic journey back in time to growing up in Brooklyn in the 1940s, 50s, and 1970s, evoking laughter, tears, and heartfelt memories of those moments that matter most and make us who we are. This is a real-life father/daughter tale of love, family, and hope with universal themes that speak to us all and remind us of our lives growing up and the values we still hold near and dear.

BEING SOMEBODY has received standing ovations to sold-out theaters in NYC, Westchester County, Rhode Island, and Florida.



THE J EXPERIENCE



IN-HOUSE GAMES

Mah Jongg Mondays *

Mondays, 12-4 pm

Open Play *

Wednesdays, 1-4 pm

Fridays 11-4 pm

Beginner Canasta Lessons with Heidi Pashko

6 Thursdays 5/1, 5/8, 5/15, 5/22, 5/29, 6/5

1PM-3PM

Fee \$162 Members \$135

Evening Beginner Canasta Lessons with Heidi Pashko

6 Wednesdays 5/7, 5/14, 5/21, 5/28, 6/4, 6/11

6:30-8:30 PM

Fee: \$162; Members, \$135

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!

Beginner Mah Jongg Lessons with Michele Lamonsoff

6 Wednesdays 5/14, 5/21, 5/28, 6/4, 6/11, 6/18

3:45-5:45 PM

Fee: \$162; Members \$135

Evening Beginner Mah Jongg Class for Moms with Wendy Katcher

6 Tuesdays 4/22, 4/29, 5/6, 5/13, 5/20, 6/3 (No Class 5/27)

7PM-9PM

Fee \$162; Members \$135

SENIOR ADULTS

REAP (Retired, Experienced and Proud)

Mondays, 11 am-2 pm

Fee: \$79 Members \$38 per person quarterly (includes 3 months of weekly entertainment)

PEIR (Personal Enrichment in Retirement) *

Thursdays, 10- 11:30 am

**Free for members, registration required*

THE J EXPERIENCE



FILMS

Join us and the Jewish War Veterans for a delightful film: *Mrs. Harris goes to Paris* *

Thursday April 24, 2025 12:30

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.s
Fee \$5 Members and Jewish War Veterans

Join us and the Jewish War Veterans for a wonderful Israeli film and discussion with our Junior Shaliach Maya Braverman:

*The Women's Balcony**

Thursday, May 29, 2025 12:30

An accident during a bar mitzvah celebration leads to a gender rift in a devout Orthodox community in Jerusalem, in this rousing, good-hearted tale about women speaking truth to patriarchal power.

Fee \$5 Members and Jewish War Veterans

Join us and the Jewish War Veterans for another action-packed film; *September 5* *

June 19, 2025 12:30

During the 1972 Munich Olympics, a hostage crisis pushes legendary TV executive Roone Arledge to thrust an untested sports producer, Geoff Mason, into the spotlight of breaking news coverage. With lives hanging in the balance and the world watching, this pivotal moment, based on a true story, reshaped journalism forever.

Fee \$5 Members and Jewish War Veterans

**Bagels and cream cheese will be provided by the Jewish War Veterans*

THE J EXPERIENCE



TRIPS

Day trip to Nassau County Museum of Art

Tuesday, April 22, 2025

Art Deco Exhibit/ Delicious lunch at Spaghettni

Let's Journey Back to the Glamorous Jazz Age
The latest exhibition at the Museum delves into the decorative arts of the Roaring Twenties and the Jazz Age. Art Deco at 100 will feature poster art, photography, furniture and fashion. This will be a docent guided tour providing insight to the art on display. After our museum visit we will head to our new favorite restaurant, Spaghettni for a four course lunch extravaganza.

Transportation and lunch included in the price.

Fee: \$88; Members; \$79

Day Trip to Elmont Theater

Wednesday, April 30, 2025

Carol's Kings You Got a Friend at the J

Enjoy great seats for a very special show as we watch the world's first all-male Carole King tribute band. This dynamic performance is sure to make the earth move and provide a memorable afternoon.

Transportation and lunch included in the price.

Fee: TBA

Day Trip to Argyle Theater in Babylon

Wednesday, May 14, 2025

Fiddler on the Roof; Tradition as its finest!

The award winning-tale of Tevya the dairyman and his family's struggles in a changing Russia is a true musical theater tradition. With beloved songs such as "Sunrise Sunset", "If I Were a Rich Man" and "Matchmaker, Matchmaker", Fiddler is the perfect mix of humor and heart.

Transportation, Snacks and orchestra seats included

Fee: \$129; Members \$109



THE J EXPERIENCE



TRIPS CONTINUED

Day Trip to John Engeman Theater in Northport

Wednesday, May 30, 2025

Join us for an Enchanted Afternoon
South Pacific

This beloved musical takes place on a South Pacific island during World War II where two love stories are threatened by the dangers of prejudice and war. South Pacific's lush score contains some of the best songs ever written by Rodgers & Hammerstein. Let's sing along with songs such as "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outta My Hair," "There is Nothing Like a Dame".

Transportation,snacks and orchestra seats included in the trip price.

Fee: \$129; Members \$109

Day Trip to Hempstead House at Sands Point Preserve

Wednesday, June 4, 2025

Join Us for a Trip to Gold Coast Opulence

The Hempstead House is one of four mansions on the grounds of the Guggenheim Estate. The summer residence hosted grand parties for the elite of the time. The Hempstead house is a magnificent structure with beautiful landscaped gardens and exquisite views overlooking the Long Island Sound.

On our guided tour we will see the grand rooms inside the massive Tudor Style Mansion. Tours of the Mansion are limited. We are fortunate to have this tour arranged just for us.

Fee: TBA

SOCIAL SERVICES



COMMUNITY PROGRAMS

Second Generation Holocaust Survivor Group
2nd Monday of each month

4 pm

Second Generation is a network of the children of Holocaust survivors linked together with the common goal of preserving and honoring our legacy.

Fee: Free for Members

In-person The People's Forum

Tues, 11:30 -12:30 pm

Participate in a lively conversation, make a social connection, and face life's challenges together.

Fee: Free for Members

ANNUAL YOM HASHOAH 2025

Families Reuniting

Thursday, April 24th 7 PM at the JCC

Sponsored by The Jewish Community Council of Oceanside and the Friedberg JCC.

For more information, please contact Sam Seifman at 516-582-3379 or jecoconassau@gmail.com

SUPPORT SERVICES

Virtual and In-Person Individual and Family Counseling

By appointment only

Fee: \$74; Members: \$64

Virtual Dementia Caregiver Support Group for Spouses/Partners*

4/4, 4/25, 5/2, 5/16, 6/6, 6/20

10:30-11:30 am

Virtual Support Group for Adult Children of Parent Diagnosed with Dementia*

4/9, 5/14, 6/11

7-8 pm

NEW Divorced/Separated Group

For men/women struggling with the divorce and separation process

5/6, 5/13, 5/20, 5/27, 6/3, 6/10

6-7 pm

Fee: \$105; Members: \$85

**Fee: Free and Open to the Community*

SOCIAL SERVICES



PROGRAMS FOR INDIVIDUALS WITH PARKINSON'S AND THEIR CARE PARTNERS

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

Virtual and In-Person Boxing

Mondays, 12:45 pm

Thursdays, 6 pm

Fee per class \$18; Members: \$12

Fit Class

Thurs, 12:45 pm

Fee per class \$18; Members: \$12

10 pack: \$150; Members: \$100

Ping Pong

Mondays, 2 pm

Fee: free to those with Parkinson's and their care partners

ISOLATION TO CONNECTION

SUPPORT PROGRAM

UJA-Federation funded program linking seniors to community-based services. If you are looking to connect, know of an isolated senior or are looking for community resources, please contact Caitlin Moronta.

BEREAVEMENT GROUPS

For more information: Contact Susan Montanaro at 516-634-4175 or smontanaro@friedbergjcc.org.

Important Information: A minimum of 8 participants is required for the group to launch.

No refunds will be issued.

Bereavement 1: Within 1 year, over age 70

Loss of Spouse/Significant Other

6 Wed 4/16-5/21

2:30- 3:30 pm

Fee: \$105; Members: \$85

Bereavement 1: Ages 55- 70

Loss of Spouse/Significant Other

Bridges to Support *

Accessing services feels less overwhelming when a caring professional offers support at every step.

We link individuals and families under age 60 to an array of community-based services Free Services Provided to the Community.

Spanish Speaking Social Worker Available.

Contact Caitlin Moronta, LMSW for more information at cmoronta@friedbergjcc.org or 516-634-4160

**Fee: Free and Open to the Community*

SOCIAL SERVICES



SPECIAL PARKINSON'S SUPPORT PROGRAMS

Virtual Ongoing Parkinson's Caregiver Support Group for Spouses NEW-Virtual Men's Care Partner/Spouse Group
Starting Friday April 4th at 12:30 Meeting

4/8, 4/22, 5/6, 5/20, 6/17 No Group on 6/3

Monthly 4/4, 5/2, 6/6

7-8 pm

PARKINSON'S PRESENTATION AND SEMINARS

Parkinson's Awareness Month April 2025

Drumming and Presentation by Dr. David Kreitzman sponsored by Acadia Pharmaceuticals

Tuesday April 8th 12:00 PM - In Person

Panel Presentation on Alternative Therapies for Parkinson's with The Feinstein Institutes for Medical Research Monday April 28th 12:30 pm - In Person

Parkinson's Wellness Fair In Person Tuesday April 29th 10:30 am

Virtual presentation by Jessica Feltman, AbbVie Pharmaceuticals, Vyalev Education Program

Wednesday May 7th 4:30 PM

Long Island Parkinson's Disease Coalition Lecture In Person: A Celebration of Mind-Body Therapies for Parkinson's Disease Stony Brook University, Charles B. Wang Center, Room 201, 100 Nicholls Road

Saturday, May 10th 1- 1:30pm Register: stonybrook.info/parkinsons-may

Lecture on DBS -with Lunch Sponsored by Abbott Pharmaceuticals

Tuesday May 13th 12:00 PM - In Person

CENTER FOR BRAIN HEALTH



PROGRAMS FOR INDIVIDUALS WITH DEMENTIA

ESP- Early Stage Dementia Program for the Recently Diagnosed

Tues, Wed, Thurs, 10:30 am-3 pm

A special program for those recently diagnosed with progressive neurocognitive 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 their diagnosis. Each session offers an opportunity to socialize with others who are living the same journey.

Stimulating activities include guest lectures, music, art, brain games, creative writing, specialized exercise, and much more. Lunch is provided. An interview to assure proper placement is required.

Fee: \$80 per session

An ESP Afternoon

Wednesdays, 1- 3 pm

For those who start their day later, join us for some fitness, fun and friendship. Activities will include a session of Chair Yoga, Brain Games, Art and a light snack. An interview is required.

Fee: \$40 per session

New! Mind Body Spirit for those experiencing mild cognitive changes

Mon, 1-3 pm

This two-hour class will provide opportunities to learn and practice cognitive enhancement techniques, manage stress, engage in wellness and enjoy stimulating activities to maintain an independent lifestyle.

Fee: \$50 per session

For more information, contact Pam Jaffe, LCSW at 516-634-4192 or pjaffe@friedbergjcc.org.

CENTER FOR BRAIN HEALTH



SPRING WEBINAR SERIES

Cognitive Decline & Meaningful Engagement: Practical Strategies for Caregivers

Learn how wellness and engagement have been found to be beneficial for cognitive decline. Explore practical stage-appropriate activities and how to make adaptations.

Presented by- Baila Dalfin, MSW, CDP, COO
Recare Home Services

Friday April, 2:00pm

Supporting Independence

Presentation will help caregivers focus on balancing safety and independence while providing the right amount of support.

Presented by- Alzheimer's Association Long Island Chapter

Friday May 9, 2:00pm

PROGRAMS FOR INDIVIDUALS WITH DEMENTIA AND THEIR CARE PARTNERS.

Virtual Support Group for Adult Children of
Parent Diagnosed with Dementia

2nd Wednesday of each month

4/9, 5/14, 6/11 7-8 pm

Fee: *Free and Open to the Community*

Virtual Dementia Caregiver Support

4/4, 4/25; 5/2, 5/16; 6/6; 6/20

10:30-11:30 am

Fee: *Free and Open to the Community*

Maintain Your Brain- In-Person T'ai Chi



CENTER FOR BRAIN HEALTH



SPRING MEMORY CAFE SERIES

Swing into Spring Memory Cafe

Live Music, delicious kosher lunch, dessert and an opportunity to socialize with others

Friday April 4, 12:30-2:00pm

Must RSVP by March 28 at pjaffe@friedbergjcc.org or 516-634-4192

Gotta Dance! Memory Cafe

Dancing Classrooms LI Silver Edition will get everyone moving to some wonderful music, kosher lunch, and dessert

Friday May 2, 12:30-2:00pm

Must RSVP by April 25th at pjaffe@friedbergjcc.org or 516-634-4192

Just Because It's June Memory Cafe

Live Music, delicious kosher lunch, dessert and a good time with people on the same journey

Friday June 6, 12:30-2:00pm

Must RSVP by May 30th at pjaffe@friedbergjcc.org or 516-634-4192

*All Memory Cafe's will be held at the Friedberg JCC Auditorium - 15 Neil Court, Oceanside NY

Sponsored through the generosity of the Sephardic Foundation on Aging

EZRA



Child Care Class

The Child Care Class teaches skills for supporting children in a variety of settings. Learn about child development, supervision, health & safety, & age-appropriate activities. Upon completion, 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 for information about our next cohort.

Fee \$300; Members: \$250

Relationship and Sexuality Education Classes

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. Contact Marcy Hallerman at mhallerman@friedbergjcc.org for more information on class options.

Weekly Fee: \$40; Members: \$30

Aspire Classes

Mondays, Wednesdays & Fridays

The Friedberg JCC is proud to present this series of independent classes that can be tailored to meet your interests and passions. Classes include Cooking With Stars cooking classes, Ceramics, Painting, Mixed Media Art, Yoga, and more.

Harvey's Cafe Vocational Training - *The JCC's cafe is now a vocational training center.*

Participants will learn food service skills including stocking, preparing food, serving customers, handling money, and cleaning.

EZRA



Speed-Friending

Join us for a fun Speed Friending session, an activity that builds social capacity and fosters social connections and inclusion. Lively and active way for people to meet and get to know others. This month's topic will be sports! Play, socialize with your new friends and enjoy pizza and drinks.

Thursday 5/1, 6-7:30 pm

Fee: \$10, \$5 JCC members

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.

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.

Membership Meetings- Monthly structured self-advocacy meetings.

4/8, 5/6, 6/5, 4:30-5:30 pm

Talent Show

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.

4/8, 5/6, 6/5

VOLUNTEER OPPORTUNITIES



VOLUNTEER SERVICES PROGRAM

Discover meaningful ways to use your skills, passions, and leadership to support the JCC and its partner agencies in the community. Volunteers take on roles as leaders, mentors, and active participants in regular community-building events. Join our volunteer network to stay updated on opportunities through the weekly volunteer job board and sign up for impactful projects.

DRIVES

Culinary Assistants

Ongoing

Assist the chef in a cooking class designed for adults with disabilities. Responsibilities include supporting participants with ingredient preparation, cooking, and cleaning. Enjoy a rewarding experience as you help create and share delicious meals together.

Boxing Volunteer

Mondays, 12:45 pm

Help in our Boxing with Parkinson's class.

Sports Volunteer

Tue/Wed/Thu Evenings

Help with our Sports Classes for Adults with Disabilities.

EVENTS

May

5k : May 18th 7:45 am - Baldwin Park

Volunteers Needed! Help Set Up, Cheer, Hand out Flyers, and More!

SEPTEMBER 2024- JULY 2025 HOLIDAY HOURS/CLOSURES

MON, SEPT 2	LABOR DAY	8 AM- 1 PM*
WED, OCT 2	EREV ROSH HASHANAH	CLOSING AT 3 PM
THURS, OCT 3	ROSH HASHANAH	CLOSED
FRI, OCT 4	ROSH HASHANAH	CLOSED
FRI, OCT 11	EREV YOM KIPPUR	CLOSING AT 3 PM
SAT, OCT 12	YOM KIPPUR	CLOSED
WED, NOV 27	THANKSGIVING EVE	CLOSING AT 5 PM
THURS, NOV 28	THANKSGIVING	CLOSED
TUES, DEC 24	CHRISTMAS EVE	CLOSING AT 5 PM
WED, DEC 25	CHRISTMAS DAY	8 AM- 3 PM*
TUES, DEC 31	NEW YEAR'S EVE	CLOSING AT 5 PM
WED, JAN 1	NEW YEAR'S DAY	10 AM- 2 PM*
SUN, APR 13	PASSOVER	CLOSED
MON, APR 14	PASSOVER	CLOSED
MON, MAY 26	MEMORIAL DAY	8 AM- 1 PM*
FRI, JULY 4	INDEPENDENCE DAY	8 AM- 1 PM*

OCEANSIDE NORMAL OPERATING HOURS

Monday- Thursday 6:30 am - 9 pm

Friday 6:30 am- 5 pm

Saturday 8 am- 2 pm

Sunday 8 am- 4 pm

- **FITNESS AND AQUATICS ONLY**

MERRICK, LONG BEACH, LYNBROOK, MAGNOLIA BRANCH NORMAL OPERATING HOURS

Monday- Friday 7 am- 6 pm

Extended hours available for all programs

