

The background of the entire page is a warm, close-up photograph of a dining table set for a winter meal. The table is covered with a dark wooden surface. In the center, there are two lit white candles in silver holders. Surrounding the candles are various dishes: a bowl of pomegranate seeds, a wedge of blue cheese, a small bowl of hummus, a bowl of roasted vegetables, and a plate of bread. The table is also decorated with greenery and small white lights. The overall atmosphere is cozy and festive.

2025-2026 WINTER PROGRAM GUIDE

YOUTH PROGRAMMING



YOUTH SPORTS

Boys and Girls Basketball Clinic (K- Grade 4)

10 Tuesdays, 1/6 - 3/17 (No Class 2/17)

5:30 - 6:30 pm

10 Saturdays, 1/10 - 3/28 (No Class 2/14 & 2/28)

10:15 - 11:15 am

Fee: \$260; Members: \$210

Basketball League (Grades 7 - 12)

Practices start in February

Games played March - June

Fee: \$275; Members: \$225

NEW! KIDS ART WORKSHOP

12/20, 12/27, 1/10, 1/17, 1/24, 1/31

Doodle Bugs (Ages 3-5)

10:45 - 11:30 am

Masterpiece Makers (Ages 6-11)

11:45 am - 12:30 pm

Fee: \$180; Members: \$150

For more information, email awalsh@friedbergjcc.org

PROGRAMS RUN BY PIONEER SPORTS

T - Ball (Ages 3-5)

10 Saturdays, 1/10 - 3/28 (No Class 2/14 & 2/28)

9 - 9:45 am

Mini Basketball (Ages 3-4)

10 Sundays, 1/11 - 3/29 (No Class 2/15 & 3/1)

9 - 9:45 am

Parent and Me Soccer (Ages 2-4)

10 Sundays, 1/11 - 3/29 (No Class 2/15 & 3/1)

10 - 10:45 am

Fee: \$210; Members: \$160



WELLNESS



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) 7:30 - 8:15 pm

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

Fee: \$80; Members: \$40

ADULT SPORTS

Table Tennis

Mondays, Ongoing in the Auditorium

Thursdays, (Nov - Jan) in the Gymnasium

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!

Basketball Clinic (Ages 15 +)

Thursdays, 4:30 - 5:15 pm

Boxing (Ages 15 +)

Tuesdays, 5 pm

Thursdays, 5:15 pm

Multi Sports (Ages 15 +)

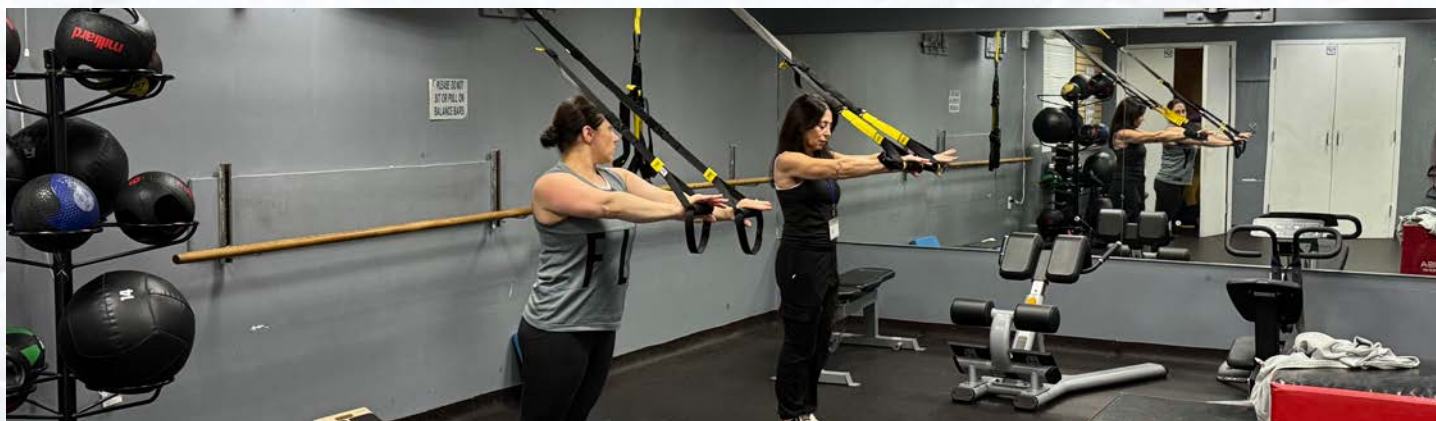
Wednesdays, 5:15 pm

Dance Class (Ages 15 +)

Tuesdays, 4:15 - 5 pm

Fee: \$20; Members: \$15

WELLNESS



PERSONAL TRAINING

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

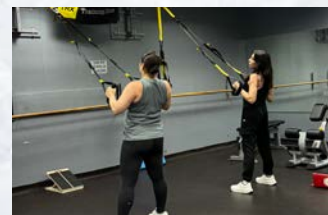
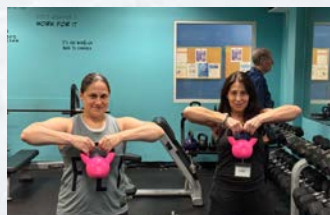
24-Pack: \$1,250

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

Take swimming lessons with 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: \$420

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

YOUTH AQUATICS CLASSES

Parent and Me Swim Class 1 (30 minutes)*

Ages 8 months - 20 months

11 Sundays, 1/4 - 3/22 (No Class 2/15); 11 am

Children MUST wear a swim diaper.

Parent and Me Swim Class 2 (30 minutes)*

Ages 18 months - 2 ½ years

11 Sundays, 1/4 - 3/22 (No Class 2/15); 10:30 am

A parent MUST go in the water with their children. Children MUST wear a swim diaper.

Aquatykes with Parent (Ages 2 ½ - 3 ½ years)* *

11 Sundays, 1/4 - 3/22 (No Class 2/15); 9 am

Advanced Aquatykes 1 (Ages 3 - 4)* *

11 Sundays, 1/4 - 3/22 (No Class 2/15); 10 am

Advanced Aquatykes 2 (Ages 4 - 5)* *

11 Sundays, 1/4 - 3/22 (No Class 2/15); 9:30 am

**Fee: \$407; Members: \$308*

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

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 info visit friedbergjcc.org/my-j-app

AQUATICS



YOUTH AQUATICS CLASSES CONTINUED...

Jellyfish, ARC Level 1 (Ages 5 - 12)*

11 Sundays, 1/4 - 3/22 (No Class 2/15); 9 am

11 Tuesdays, 1/6 - 3/24 (No Class 2/17); 4 pm

Starfish, ARC Level 2 (Ages 5 - 12)*

11 Sundays, 1/4 - 3/22 (No Class 2/15); 9:30 am

Starfish/Snapper ARC Level 2/3 Combo Class*
Ages 5 - 12

11 Thursdays, 1/8 - 3/26 (No Class 2/19); 4 pm

Snapper, ARC Level 3 (Ages 5 - 12)*

11 Sundays, 1/4 - 3/22 (No Class 2/15); 10 am

Pre-req; Must successfully pass Level 2

** Fee: \$407; Members: \$308*

**All New Swimmers Must Try Out*



YOUTH SWIM TEAMS

Get Ready for Swim Team (Ages 9 and Over)*

11 Mondays, 1/5 - 3/23 (No Class 2/16); 4 pm

Ripples: Pre-Swim Team (Ages 5 - 8)* *

11 Sundays, 1/4 - 3/22 (No Class 2/15); 10:30 - 11 am

11 Wednesdays, 1/7 - 3/25 (No Class 2/18); 4 - 4:30 pm

Waves Competitive Swim Team (Ages 7 - 17)*

10/6/2025 - 3/26/2026

8 & Under or Group B :

Monday - Thursday 4:30 - 5:30 pm

Group A:

Monday - Thursday 5:30 - 7:00 pm

Sunday 1 - 2 pm

Fee: \$1,025; Members: \$925

Waves II Competitive Swim Team (Ages 13+)*

10/8/2025 - 12/17/2025 (No Class 11/26)

Tryouts Required

Beginners: 7 - 7:30 pm

Advance Beginners: 7:30 - 8 pm

Weekly Fee: \$25; Members: \$18

Fee: \$350; Members: \$252

THE J EXPERIENCE



LECTURES/ PROGRAMS

People's Forum *

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

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, 7 pm - 8:30 pm
The left and the right are represented at this spirited exchange.

Sports Roundup *

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

**Free for members, registration required*

Between the Covers with Liz Ropers

Mondays at 1:30 pm in our Adult Lounge
1/5 - Little Liars by Mitch Albom
2/2 - Three Days in June by Anne Tyler
3/2 - Isola by Allegra Goodman
Fee: \$8; Members: \$5

Acrylic Painting with Eva Berger

6 Tuesdays 1/13, 1/20, 1/27, 2/3, 2/10, 2/17
1:30 - 3:30 pm
Fee: \$89; Members: \$72
An additional \$35 fee applies for supplies, or you may choose to bring your own.

Beginner Crochet Lessons with Pat Silverman

1/6, 1/13, 1/20, 2/3
1:30 - 3:30 pm
Join Pat Silverman, a longtime master crafter and crochet expert, for a relaxed and informative class where you'll create your own cozy winter hat or beanie.

Fee : \$78; Members: \$65 (Materials Included)

THE J EXPERIENCE



IN-HOUSE GAMES

Mah Jongg Mondays *

Mondays, 12 - 4 pm

Open Play *

Wednesdays, 1 - 4 pm

Open Play *

Fridays, 11 - 4 pm

Beginner Canasta with Heidi Pashko

6 Mondays 1/12, 1/19, 1/26, 2/2, 2/9, 2/16

10 am - 12 pm

Fee: \$162; Members: \$135

Beginner Mah Jongg Lessons with Michele Lamonsoff

6 Wednesdays 3/18, 3/25, 4/8, 4/15, 4/22, 4/29

3:30 - 5:30 pm

Fee: \$162; Members: \$135

Evening Beginner Mah Jongg Class for Moms with Wendy Katcher

6 Tuesdays 1/13, 1/20, 1/27, 2/3, 2/10, 2/24

(No Class 2/17)

7 - 9 pm

Fee: \$162; Members: \$135

PEIR (Personal Enrichment in Retirement) *

Thursdays, 10 - 11:30 am

PEIR is a unique organization that offers lifelong intellectual stimulation and social interaction for retired or semi-retired adults. Members create and present their own talks, either in-person or via Zoom, to the group.

In partnership with the Oceanside JCC, PEIR is expanding its in-person presentations to a combined PEIR-JCC audience.

Members can teach or learn by presenting on topics of interest, with time for questions and discussion. PEIR covers subjects like art, history, technology, and more, keeping members mentally engaged.

There are no tests or grades—just learning, fun, and new connections.

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)

**Free for members, registration required*

THE J EXPERIENCE



TRIPS

Day Trip to Grand Central Terminal

Wednesday, January 14, 2026

Hidden Wonders and Iconic History

Put on your walking shoes and step into the heart of New York City with a two hour private tour of Grand Central Terminal, one of the world's most magnificent train stations and architectural marvels. This exclusive experience will take us beyond the main concourse to explore the secrets, stories and artistry that make Grand Central more than just a transportation hub.

Fee: \$54; Members: \$40

Day Trip to the Argyle Theater

Wednesday, March 4, 2026

Broadway Comes to Babylon: Newsies

Adapted from the Broadway show, New York City's newsboys seize the day when they strike against working conditions. The show is packed with non-stop thrills and a timeless message. A trip to the Argyle Theater is the next best thing to a Broadway show.

Fee: \$146; Members: \$135

SOCIAL SERVICES



COMMUNITY PROGRAMS

In-person People's Forum

Tuesdays, 11:30 - 12:30 pm

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

Fee: Free for Members

SUPPORT SERVICES

Virtual and In-Person Individual and Family Counseling (By appointment only)

Fee: \$75; Members: \$65

The Anti-Loneliness Group

For more more information email Tara Corn at tcorn@friedbergjcc.org

Wednesdays, 1/7 - 5/6 (No Group 2/18, 4/1, 4/8)
11 am - 12 pm

A safe, welcoming space for individuals seeking connection and understanding. Whether you're feeling isolated or just need a place to share, this group offers support, empathy, and friendship to help navigate feelings of loneliness. Together, we break down barriers and build meaningful connections that remind us we're never truly alone.

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: Free for Members

Balance and Strength Class

Thursdays, 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 partner

FALL PREVENTION PROGRAMS

Tai Chi for Arthritis & Fall Prevention

*To register, call 516-766-4341 or visit friedbergjcc.org
A program of the Friedberg JCC Center for Brain Health
6 Fridays 1/9, 1/16, 1/23, 1/30, 2/6, 2/13*

10 - 10:45 am

Sunrise Association Building on the JCC
Campus, Sunrise Room B

Fee: \$80; Members: \$60

SOCIAL SERVICES



SPECIAL PARKINSON'S SUPPORT PROGRAMS

Virtual Weekly Discussion Group for Individuals with Parkinson's
Every Thursday, 2 pm

Creative Writing Group for Parkinson's
Wednesdays, 3 pm
Open to the community, Interview required.
*Contact Susan Montanaro at
smontanaro@friedbergjcc.org if interested*

Virtual Ongoing Parkinson's Caregiver Support Group for Spouses *
Every other Tuesday, 7 - 8 pm

NEW! Virtual Men's Care Partner/Spouse Group*
1st Friday of each month, 12:30 pm

In-Person Parkinson's Caregiver Support Group
1st and 3rd Monday, 10:30 am
1/5, 1/26, 2/2, 2/16, 3/2, 3/16, 4/6, 4/20, 5/4, 5/18
In the Sunrise Building, 11 Neil Court Rm B

NEW! Virtual Parkinson's Caregiver Support Group for Early Diagnosed

Every other Wednesday (starting Jan 7), 5:15 pm
Please email Gloria to register for this new group

PARKINSON'S EDUCATION AND SOCIAL PROGRAMS

Thrive with PD

1/13, 2/10, 3/10
12 pm

Exercise and Sound Healing followed by lunch and discussion about non-medication intervention. Registration is required.

Beat Parkinson's

February 17, 12 pm

Drumming with Laura Cerrano followed by presentation by Movement Disorders Neurologist. Registration is required
Sponsored by Supernus Pharmaceuticals

Young Onset Parkinson's Virtual Lecture Series

3/25, 4/22, 5/13

4 - 5:30 pm

See upcoming emails for more details.

SOCIAL SERVICES



CASE MANAGEMENT

We're here to help!

Accessing services doesn't have to be overwhelming. Our caring professionals offer personalized support every step of the way, connecting individuals and families—at any age or stage of life—to a wide range of free, confidential, community-based services. *Spanish speaking social worker available.* Contact Caitlin Moronta at cmoronta@friedbergjcc.org (516) 634-4160.

Free Services, no matter your age or stage of life:

- Youth & Young Adults
- Adults
- Parents & Caregivers
- Older Adults
- Individuals of All Abilities

We can link you to a variety of community based services:

- Dementia & Parkinson's Support
- Older Adult Care Resources
- Financial Planning & Support
- Food & Nutrition Assistance
- Counseling
- Parenting Resources
- Medicaid Recipients may be eligible for additional services
- And so much more!

BEREAVEMENT GROUPS

If you have lost your partner/spouse and are looking to join a bereavement group please contact Susan Montanaro at 516-634-4175 or smontanaro@friedbergjcc.org.

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

Mind Body Spirit for Men Experiencing Mild Cognitive Changes

Mondays, 1 - 3 pm

Fee: \$50 per session

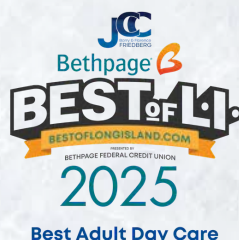
NEW! Mind Body Spirit for Women Experiencing Mild Cognitive Changes

Mondays, 10:30 - 12:30 pm

This 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. An interview is required.

Fee: \$50 per session

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



CENTER FOR BRAIN HEALTH



PROGRAMS FOR INDIVIDUALS WITH DEMENTIA AND THEIR CARE PARTNERS.

Virtual Dementia Caregiver Support Group for Spouses/Partners*

1st and 3rd Friday of each month

12/5, 12/19, 1/2, 1/16, 2/6, 2/20, 3/6, 3/20

10:30 - 11:30 am

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

2nd Wednesday of each month

12/10, 1/14, 2/11, 3/11

7 - 8 pm

**Fee: Free and Open to the Community*

MEMORY CAFE SERIES

Sponsored through the generosity of the Sephardic Foundation on Aging

Latkes and Lights

Friday December 19th

12:30 - 2:00 pm

RSVP to pjaffe@friedbergjcc.org by December 12

2nd Sweetheart Soiree

Friday February 13th

12:30 - 2:00 pm

RSVP to pjaffe@friedbergjcc.org by February 6

Green Gala

Friday March 13th

12:30 - 2:00 pm

RSVP to pjaffe@friedbergjcc.org by March 6

All Memory Cafe's are held at the Friedberg JCC Auditorium

CENTER FOR BRAIN HEALTH



WINTER VIRTUAL CAREGIVER EDUCATION SERIES

Caring for the Caregiver: Self-Care Strategies to Ease Stress and Overwhelm

January 9, 2:00 pm

Explore mindful approaches and daily habits that help caregivers prevent burnout and find renewed energy and calm.

Understanding The GUIDE Program

February 6, 2:00 pm

Learn how the Medicare GUIDE Program helps older adults and caregivers navigate coverage options, access benefits, and make informed healthcare decisions with personalized support.

The Art of Accepting Help: Letting Others In Without Guilt

March 6, 2:00 pm

Learn how to let others help without guilt and discover how accepting support strengthens both you and your loved one.

SONGS AND STORIES

Caregivers of those diagnosed with cognitive changes are invited to participate in a year-long program of music-based activities, as well as creative writing workshops, movement and art to help manage feelings of isolation and emotional strain.

Funded through the generosity of the Sephardic Foundation on Aging

The Journaling Journey Continues

6 Virtual Sessions 1/7, 1/14, 1/21, 1/28, 2/4, 2/11
4:15 - 5:00 pm

Journaling for Caregivers continues with an opportunity to turn your journaling notes into creative writing or you can continue to journal.

Facilitator Mindy Mangot is an experienced creative writing instructor who will share how to take the emotions that can be overwhelming out of your mind and put them on paper.

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

EZRA



Open Forum Q&A for Parents of School-Aged Children/Loved Ones with Special Needs

This will be an open forum for people to chat about Special Education, ask questions, and learn about resources that can benefit you and your loved one.

If you find yourself asking, "Where do I begin", "Where can I find help", "What are we eligible for", and "Who are the important people in my child's education", then this forum may be a good place for you to gain information. It will be held virtually, via Zoom on January 13th from 6 - 7 pm.

Please contact Paige Worley, MSW at 516-665-5014 to inquire.

Friendship Connection

Speed-Friending, Trivia Nights, Paint and Sip, and The Karaoke Experience are just some of the all-abilities special events The Friedberg JCC is bringing to our community for socialization opportunities and fun! Trips to local theatres, restaurants, theme venues, museums, and more further build social capacity and connections through inclusion. Ages 14 and up.

Please contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org for more information and to register.

Visit our website for a calendar of scheduled events/outings and pricing information.

Events fee: \$15; Members: \$10 (Trips/Outings: Fees TBD and may vary)

Family Support Service and Self-Direction Supported Programs

The Friedberg JCC offers free classes and programs to those participants who are eligible for the New York State's Office of People with Developmental Disabilities (OPWDD) Family Support Services program.

Classes and cost-savings center membership may also be obtained through OPWDD eligibility and approved self-direction services.

EZRA



Harvey's Cafe Vocational Training

The Friedberg JCC's café is a vocational training center offering participants opportunities to learn food service skills such as stocking goods, preparing food, serving customers, cash handling, and cleaning. Participants are supported in their efforts to serve Friedberg JCC customers as well as develop appropriate collaborative and socialization skills with café co-workers. Harvey's Cafe is now a partnership with Ohel Bais Ezra, another Jewish organization serving individuals with disabilities. In addition to Ezra participants' com-hab and caregivers' support in acquiring job skills particularly in the field of food service and customer service, this voluntary partnership has brought the expertise of a job coach and chef for leadership and cultivation of marketable job, critical thinking, socialization, and self-help skills.

Aspire Classes

The Friedberg JCC is proud to present this series of independent classes tailored to meet the interests and passions of adolescent, young adult, and adult participants. Classes include Yoga, Cooking with the Stars, Nutrition and Wellness, Eat-ables Healthy Cooking, Drawing, Painting, and more. For ages 14 and up. Please contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org for more information and to register. Please visit our website for schedule and pricing information.

- **Drawing**, Tuesdays 2:15 - 3:15 pm
- **Painting**, Tuesdays 3:15 - 4:15 pm
- **Mixed Media Art**, Fridays 1 - 2 pm
- **3-D Sculpture**, Fridays 2 - 3 pm
- **Music and Song**, Fridays 12 - 12:45 pm

EZRA



CLASSP and Advanced CLASSP Programs

The Consortia for Learning and Service to Special Populations (CLASSP) is a program developed to support high school students who are interested in serving individuals with disabilities. Students are paid a stipend to work in JCC in-person all-abilities programs, attend virtual classes, and participate in a Youth Workers conference with other metro area teens. Advanced CLASSP is a program designed for young professionals to develop job skills and gain experience working with neurodivergent individuals. The advanced program consists of 30 hours of college-level instruction and 300 hours of supervised field experience. Students learn techniques to best support neurodivergent children and youth, have access to a professional learning community, and receive a stipend for successful completion of the program. Up to 3 college credits are possible at the discretion of each student's higher education institution.

Please contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org for more information and to register.

TADP Child Care Class

The Teacher's Assistant Development Program (TADP) class will teach skills for supporting young children in a variety of settings. Learn about child development, child supervision, health and safety of children, and age-appropriate activities. Gain job readiness and self-advocacy skills in the workplace. Upon class completion, students who would like to learn more can apply for further training and internships within the Friedberg JCC's early childhood and school age after school programs.

Contact Jose Saint-Louis at jsaint-louis@friedbergjcc.org for information about our next student cohort.

Fee: \$500; Members: \$450

EZRA



VIRTUAL Special Advocacy Coalition (SPEAC)

Make an impact! Join SPEAC, a community group for differently-abled adults who want to SPEAK UP and make changes in their lives and communities. SPEAC hosts virtual meetings once monthly, virtually via Zoom. SPEAC also hosts a weekly virtual talent show via Zoom to offer connection and a comfortable platform for sharing the many talents of group participants. Please contact Fradeline Garcia at fgarcia@friedbergjcc.org for more information and to sign up to participate.

Membership Meetings - Monthly structured self-advocacy meetings.

Mondays: 12/8, 1/12, 2/9, 3/9

5:30 - 6:30 pm

Fee: Free to All

Talent Show

The first Wednesday of every month: 1/7, 2/4, 3/4

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.



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

January

Jan 19: 10 am - 12 pm

Join us on Martin Luther King Day for a Day of Service. Assemble snack packs, pack toiletry kits and winter supply bags, and create warm no-sew blankets for those in need.

Volunteers Needed!

SEPTEMBER 2025- JULY 2026

HOLIDAY HOURS/CLOSURES

MON, SEPT 1	LABOR DAY	8 AM- 1 PM*
MON, SEPT 22	EREV ROSH HASHANAH	CLOSING AT 3 PM
TUES, SEPT 23	ROSH HASHANAH	CLOSED
WED, SEPT 24	ROSH HASHANAH	CLOSED
WED, OCT 1	EREV YOM KIPPUR	CLOSING AT 3 PM
THURS, OCT 2	YOM KIPPUR	CLOSED
WED, NOV 26	THANKSGIVING EVE	CLOSING AT 5 PM
THURS, NOV 27	THANKSGIVING	CLOSED
WED, DEC 24	CHRISTMAS EVE	CLOSING AT 5 PM
THURS, DEC 25	CHRISTMAS DAY	8 AM- 3 PM*
WED, DEC 31	NEW YEAR'S EVE	CLOSING AT 4 PM
THURS, JAN 1	NEW YEAR'S DAY	10 AM- 2 PM*
WED, APR 1	EREV PASSOVER	CLOSING AT 3 PM
THURS, APR 2	PASSOVER	CLOSED
FRI, APR 3	PASSOVER	CLOSED
MON, MAY 25	MEMORIAL DAY	8 AM- 1 PM*
SAT, 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

