



2026 FALL PROGRAM GUIDE

YOUTH PROGRAMMING



YOUTH SPORTS

Boys and Girls Basketball Clinic (K- Grade 4)

10 Saturdays, 9/19 - 11/21; 10:15 - 11:15 am

10 Tuesdays, 9/22 - 11/24; 5:30 - 6:30 pm

Fee: \$260; Members: \$210

Skills Clinics (Grades 5 - 7)

10 Tuesdays, 9/22 - 11/24; 6:45 - 7:45 pm

Fee: \$260; Members: \$210

KIDS ART WORKSHOP

For more information, email awalsh@friedbergjcc.org

10/16, 10/24, 11/7, 11/14, 11/21

Doodle Bugs (Ages 3-5)

10:45 - 11:30 am

Masterpiece Makers (Ages 6-11)

11:45 am - 12:30 pm

Fee: \$150; Members: \$130 (Materials Included)

PROGRAMS RUN BY PIONEER SPORTS

T - Ball (Ages 3-5)

10 Saturdays, 9/19 - 11/21; 9 - 9:45 am

Parent and Me Soccer (Ages 2-3)

10 Saturdays, 9/19 - 11/21; 9 - 9:45 am

Mini Basketball (Ages 3-4)

10 Sundays, 9/20 - 11/22; 9 - 9:45 am

Fee: \$210; Members: \$160

NEW! Volleyball Clinic (Grades 3 - 7)

10 Sundays, 9/20 - 11/22; 10 - 11 am

Fee: \$260; Members: \$210



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, 6:45 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

8 Tuesdays, 10/13 - 12/1; 6:00 - 6:45 pm

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

Fee: \$80; Members: \$40

ADULT SPORTS

Contact Jackie at jruiz@friedbergjcc.org for more info.

Table Tennis

Mondays, 7 - 9 pm; Ongoing in the Auditorium

Fee: \$10; Members: Free

Pickleball Clinics, Lessons, and Rentals

Advanced Beginner/Intermediate Clinic

5 Wednesdays, 9/30 - 10/28; 6:30 - 8:30 pm

Fee: \$125; Members: \$90

Learn and Play Clinics with Don

3 Saturdays, 9/19 - 10/3; 11:30 am - 1:30 pm

Per Session Fee: \$25; Members: \$15

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

Creative Movement/Dance

Tuesdays, 4:15 - 5 pm

Fee: \$20; Members: \$15

WELLNESS



PERSONAL TRAINING

NEW! Recovery & Stretch Room

(4) 30-minute sessions stretch package

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

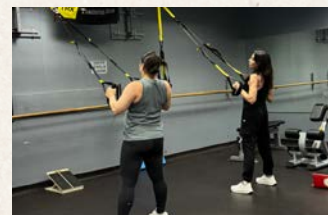
24-Pack: \$1,250

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

13 Sundays, 9/20 - 12/20 (No Class 11/29); 11 am

Children MUST wear a swim diaper.

Parent and Me Swim Class 2 (30 minutes)*

Ages 18 months - 2 ½ years

13 Sundays, 9/20 - 12/20 (No Class 11/29); 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)* *

13 Sundays, 9/20 - 12/20 (No Class 11/29); 9 am

Advanced Aquatykes 1 (Ages 3 - 4)* *

13 Sundays, 9/20 - 12/20 (No Class 11/29); 10 am

Advanced Aquatykes 2 (Ages 4 - 5)* *

13 Sundays, 9/20 - 12/20 (No Class 11/29); 9:30 am

**Contact for pricing*

**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)*

15 Tuesdays, 9/15 - 12/22; 4 pm

13 Sundays, 9/20 - 12/20 (No Class 11/29); 9 am

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

13 Sundays, 9/20 - 12/20 (No Class 11/29); 9:30 am

Starfish/Snapper Level 2/3 (Ages 5 - 12)*

13 Thursdays, 9/17 - 12/17 (No Class 11/26); 4 pm

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

13 Sundays, 9/20 - 12/20 (No Class 11/29); 10 am

Pre-req: Must successfully pass Level 2

**Contact for pricing*

**All New Swimmers Must Try Out*

YOUTH SWIM TEAMS

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

14 Mondays, 9/14 - 12/21; 4 - 4:30 pm

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

14 Wednesdays, 9/16 - 12/23 (No Class 11/25); 4 pm

13 Sundays, 9/20 - 12/20 (No Class 11/29); 10:30 - 11 am

Waves Competitive Swim Team (Ages 7 - 17)* *

Practice Begins 9/28

Tryouts:

- Monday, August 10; 5:30 pm
- Monday, August 17; 5:30 pm
- Monday, September 14; 6:30 pm

Waves II Competitive Swim Team (Ages 13+)*

Wednesdays, 9/16 - 12/23 (No Class 11/25)

Fee per session: \$25; Members: \$18

Tryouts Required



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!

Acrylic Painting with Eva Berger

6 Tuesdays: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10
1:30 - 3:30 pm

Fee: \$94; Members: \$77

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

Between the Covers with Liz Ropers

Tuesdays at 1 pm in our Adult Lounge
10/13 - *Whistler* by Ann Patchett
11/10 - *Heart of a Stranger* by Rabbi Angela Buchdal

Fee: \$8; Members: \$5

**Free for members, registration required*

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: 10/19, 10/26, 11/2, 11/9, 11/16, 11/23

10 am - 12 pm

Fee: \$162; Members: \$135

Beginner Mah Jongg with Toni Salomon *

6 Thursdays: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15

10 am - 12 pm

Fee: \$162; Members: \$135

**Evening Beginner Mah Jongg Class for Moms
with Wendy Katcher ***

6 Tuesdays: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20

7 - 9 pm

Fee: \$162; Members: \$135

**Free for members, registration required*

**Please bring a 2026 National Mah Jongg League Card*

SENIOR ADULTS

REAP (Retired, Experienced and Proud)

Mondays

11 am Speaker | 12:45 pm Entertainment

Schedule

9/7: Labor Day | No REAP

9/14: TBA | Honey, Apples & Tunes with Les Degen

9/21: Yom Kippur | No REAP

9/28: Flu Shots with Mount Sinai | Stuart Marcus

10/5: JCC-OHEL Tech Support | Lynbrook Restorative

10/12: Rabbi Gurkov | Michael Serraino Music

10/19: Rabbi Diamond | Laughs with Mark Brier

10/26: Mount Sinai | Singer Barry Feterman

11/2: Rabbi Gurkov | Lynbrook Restorative

11/9: Wellness & Snacks | Bristol Karaoke & Cupcakes

11/16: Rotem talks about Israel | Jill Kaplan

11/23: Rabbi Diamond | Musical Tunes - Tom Smith

11/30: TBA | Entertainment with John Walters

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

THE J EXPERIENCE



TRIPS

Day Trip to John Engeman Theater, Northport
Wednesday, September 23, 2026

Join Us for a Broadway Experience! Come see *Dear Evan Hansen*. Experience the Tony Award-winning musical that has touched the hearts of audiences around the world. *Dear Evan Hansen* is a powerful and moving story about connection, belonging, and finding your place. This musical is both compelling and inspiring.

Fee: \$150; Members: \$140

Day Trip to Argyle Theater - *On Your Feet*
Wednesday, October 7, 2026

Celebrate the remarkable story of Gloria and Emilio Estefan in *On Your Feet*! Featuring hits like "Rhythm Is Gonna Get You" and "Conga," this uplifting production will have you dancing in your seat and ready to get on your feet!

Fee: \$150; Members: \$140

Day Trip to Nassau County Museum of Art
Details TBA

FILMS *Sponsored by the Jewish War Veterans*

Get Out

Tuesday, October 6; 12:30 pm

We follow photographer Chris Washington as he visits his girlfriend's family estate, where polite smiles give way to mounting unease and a disturbing hidden truth. The movie blends psychological suspense and sharp social satire into a tense, unsettling narrative.

The Wife

Tuesday, November 17; 12:30 pm

A woman begins to reevaluate decades of sacrifices for her celebrated novelist husband as they travel to Stockholm for his Nobel Prize. Balancing public grace with private resentment, she confronts long-buried truths about their marriage and her own ambitions.

Fee: \$10; Members/Jewish War Veterans: \$5

**Bagels and coffee will be provided by the Jewish War Veterans*

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
Fee: Free for Members

In-Person Boxing

Thursdays, 6 pm
Fee: Free for Members

Virtual and In-Person Balance and Strength Class

Thursdays, 12:45 pm
Fee per class: \$15; Members: \$10
10 pack: \$150; Members: \$100

Ping Pong

Mondays, 2 pm
Fee: Free and open to the community

SUPPORT SERVICES

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

Fee: \$75; Members: \$65

PARKINSON'S PRESENTATIONS AND SPECIAL PROGRAMS

Speakers on all Parkinson's-related topics.

Contact Gloria at glebeaux@friedbergjcc.org or 516-634-4010 for Zoom info and more details.

Fee: Free and open to the community

Thriving with PD

Tuesday, September 15, 12 pm

Join us to learn more about Parkinson's Disease, featuring Dr. Fiona Gupta, Movement Disorders Neurologist. *Sponsored by Amneal Pharmaceuticals.*

Registration Required-Contact Gloria by 9/11.

Adult Child/Parent with Parkinson's Joint Workshop

Wednesday, September 30, 7 pm

Our workshop will provide support, information and tools and strategies to better understand one another.

Registration required-Contact Gloria by 9/25

Fee: Free and open to the community

Creative Writing for Parkinson's-Limited Space
Interview Required - Contact Susan Montanaro for more information

SOCIAL SERVICES



SPECIAL PARKINSON'S SUPPORT PROGRAMS

Virtual Weekly Discussion Group for Individuals with Parkinson's *

Every Thursday, 2 - 3 pm

Virtual Ongoing Parkinson's Support Group for Caregivers/Spouses *

Every other Tuesday, 7 - 8 pm

9/1, 9/15, 9/29, 10/6, 10/27, 11/10, 11/24, 12/8, 12/27

Virtual Men's Care Partner/Spouse Group *

9/15, 10/2, 11/6, 12/4; 12:30 pm

In-Person Parkinson's Caregiver Support Group Spouses/Partners

Two Mondays a month, 10:30 am

9/14, 9/28, 10/5, 10/26, 11/9, 11/23, 12/14, 12/28

In the Sunrise Building, 11 Neil Court Rm B

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: 10/9, 10/16, 10/23, 10/30, 11/6, 11/13

10 - 10:45 am

Fee: \$80; Members: \$60

SOCIAL Rx 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 at cmoronta@friedbergjcc.org.

COMMUNITY PROGRAMS

In-person People's Forum

Tuesdays, 11 am - 12 pm

Fee: Free for Members

NEW! Book Club with a Mental Health Lens

This Book Made Me Think of You by Libby Page

In-person starting October 27, 1 pm

Fee: Free and open to the community

**Fee: Free and Open to the Community*

SOCIAL SERVICES



CASE MANAGEMENT

We're here to help!

Accessing services doesn't have to be overwhelming. Our caring Social Workers offer personalized support every step of the way. We connect individuals and families to a wide range of free, confidential services, no matter your age or stage of life. We can link you to a variety of community-based services. Medicaid Recipients may be eligible for additional 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

Contact Susan Montanaro at 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. 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 in Motion

Wednesdays, 10:30 - 12:30 pm

This two-hour class will provide men and women the opportunity to sharpen their brain through evidence based cognitive exercises called Wits Workout. There will be an emphasis on improving physical strength. 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*

Two Fridays a month

9/4, 9/18, 10/2, 10/30, 11/6, 11/20, 12/4, 12/18

10:30 - 11:30 am

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

Wednesday: 8/12

7 - 8 pm

**Fee: Free and Open to the Community*

MEMORY CAFE SERIES

Sponsored through the generosity of the Sephardic Foundation on Aging

Harvest Moon Happening

Friday, September 25th ; 12:30 - 2:00 pm

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

RSVP to pjaffe@friedbergjcc.org by 9/18

Drumming and Dessert

Friday, October 30th; 1:00 - 2:30 pm

Join Laura Cerrano for an inspiring session of drumming. Enjoy a good time with people on the same journey; dessert will follow.

RSVP to pjaffe@friedbergjcc.org by 10/26

Latkes and Lights II

Friday, December 11th ; 12:30-2:00 pm

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

RSVP to pjaffe@friedbergjcc.org by 12/4

All Memory Cafes are held at the Friedberg JCC Auditorium



CENTER FOR BRAIN HEALTH



CAREGIVER WELLNESS

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 sessions: 10/7, 10/14, 10/21, 10/28, 11/4, 11/11
4:15 - 5:15 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.

An Hour of Renewal for You (In-Person)

4 sessions: 10/5, 10/19, 11/2, 11/16

2 - 3 pm

Sunrise Association Building

11 Neil Court- Metro PT Entrance Room A

Caring for a loved one can be deeply meaningful- and incredibly demanding. Pam Carlton, a Music Therapist with more than 25 years of experience, will lead this supportive group using guided musical experiences, action methods, and other creative activities to help you process your caregiving journey in a safe and compassionate environment.

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



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. For ages 14 and up. Please visit our website for current descriptions, schedule, and pricing.

Monday

- Yoga
- Dating and Relationships

Tuesday

- Drawing
- Painting
- Ceramics, Mosaics, and More!
- Dance Fitness
- Multi-Sport

Wednesday

- Drawing and Painting
- Cooking with Stars
- Creative Arts Connection
- Multi-Sport
- Cooking with Stars

Thursday

- Basketball
- Boxing



Sunday FUNCTION: Fall Start Date TBA

For children of all abilities, ages 6 - 12, including those with special needs. Intakes are required prior to confirmed enrollment. Siblings are welcome!

- Sensory Art, 9:00-10:00 am
- Kids Cooking, 10:00-11:00 am
- Creative Movement, 11:00-12:00 pm

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.

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 or Marcy Hallerman at mhallerman@friedbergjcc.org for information about our next student cohort.



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.

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

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.

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.

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, 5:30 - 6:30 pm : 9/8, 10/6, 11/5, 12/3

Fee: Free to All

Talent Show

9/8, 10/6, 11/10, 12/8; 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.

EVENTS

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.

September

Sept 19: Reverse Tashlich at Lido Beach

Volunteers Needed!

October

Oct 7: Day of Remembrance

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.

SEPTEMBER 2026 - JULY 2027

HOLIDAY HOURS/CLOSURES

MON, SEPT 7	LABOR DAY	8 AM - 1 PM*
FRI, SEPT 11	EREV ROSH HASHANAH	CLOSING AT 3 PM
SAT, SEPT 12	ROSH HASHANAH	CLOSED
SUN, SEPT 13	ROSH HASHANAH	CLOSED
SUN, SEPT 20	EREV YOM KIPPUR	CLOSING AT 3 PM
MON, SEPT 21	YOM KIPPUR	CLOSED
WED, NOV 25	THANKSGIVING EVE	CLOSING AT 5 PM
THURS, NOV 26	THANKSGIVING	CLOSED
THURS, DEC 24	CHRISTMAS EVE	CLOSING AT 5 PM
FRI, DEC 25	CHRISTMAS DAY	8 AM - 3 PM*
THURS, DEC 31	NEW YEAR'S EVE	CLOSING AT 4 PM
FRI, JAN 1	NEW YEAR'S DAY	10 AM - 2 PM*
WED, APR 21	EREV PASSOVER	CLOSING AT 3 PM
THURS, APR 22	PASSOVER	CLOSED
FRI, APR 23	PASSOVER	CLOSED
MON, MAY 31	MEMORIAL DAY	8 AM - 1 PM*
SUN, JULY 4	INDEPENDENCE DAY	8 AM - 1 PM*

OCEANSIDE NORMAL OPERATING HOURS

Monday- Thursday 6:30 am - 9 pm

Friday 6:30 am- 6 pm

Saturday 8 am- 2 pm

Sunday 8 am- 4 pm

***FITNESS AND AQUATICS ONLY**

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

Monday- Friday 7 am- 6 pm

Extended hours available for all programs

