

2026-2027 WINTER PROGRAM GUIDE

JACKIE RUIZ
Program Director, Wellness & Membership

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YOUTH PROGRAMMING



YOUTH SPORTS

Boys and Girls Basketball Clinic (K- Grade 4)

10 Saturdays, 1/9 - 3/20 (No Class 2/13)

10:15 - 11:15 am

Fee: $260; Members: $210

11 Tuesdays, 1/5 - 2/23 (No Class 2/16)

5:30 - 6:30 pm

Fee: $286; Members: $231

Skills Clinics (Grades 5 - 7)

6 Tuesdays, 1/5 - 2/9; 6:45 - 7:45 pm

Fee: $156; Members: $126

KIDS ART WORKSHOP

1/2, 1/9, 1/16, 1/30, 2/16

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, 1/9 - 3/20 (No Class 2/13)

9 - 9:45 am

Fee: $210; Members: $160

Mini Basketball (Ages 3-4)

9 Sundays, 1/10 - 3/14 (No Class 2/14)

9 - 9:45 am

Fee: $189; Members: $144

Parent and Me Soccer (Ages 2-3)

9 Sundays, 1/10 - 3/14 (No Class 2/14)

10 - 10:45 am

Fee: $189; Members: $144

NEW! Dek Hockey (PreK - Grade 3)

10 Saturdays, 1/9 - 3/20 (No Class 2/13)

9 - 10 am

Fee: $260; Members: $210

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WELLNESS



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, 12/2 - 12/30; 6:30 - 8:30 pm

5 Wednesdays, 1/6 - 2/3; 6:30 - 8:30 pm

Fee: $125; Members: $90

Learn and Play Clinics with Don

4 Saturdays, 11/14, 11/21, 12/12, 12/19

11:30 am - 1:30 pm

Per Session Fee: $25; Members: $15

ADULT DANCE CLASSES

8 Tuesdays, 1/5 - 2/23; 6:00 - 6:45 pm

Different style Adult Dance Class,

Latin, Ballroom; no partner needed.

Fee: $80; Members: $40

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 Class (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 (10 Classes): $150; Members: $100

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

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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 Dominic Trotta at Dtrotta@friedbergjcc.org or 516-634-4170.

For non-member pricing, please contact Dominic Trotta at 516-634-4170.

CORI CAPORIMO
Aquatics Supervisor

516-634-4194
AQUATICS@FRIEDBERGJCC.ORG

AQUATICS



PRIVATE LESSONS

Take swimming lessons with 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: $420

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

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 us online.

YOUTH AQUATICS CLASSES

Parent and Me Swim Class 1 (30 minutes)*

Ages 8 months - 20 months

12 Sundays, 1/10 - 4/11 (No Class 2/14 & 3/28); 11 am

Children MUST wear a swim diaper.

Parent and Me Swim Class 2 (30 minutes)*

Ages 18 months - 2 ½ years

12 Sundays, 1/10 - 4/11 (No Class 2/14 & 3/28); 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)* *

12 Sundays, 1/10 - 4/11 (No Class 2/14 & 3/28); 9 am

Advanced Aquatykes 1 (Ages 3 - 4)* *

12 Sundays, 1/10 - 4/11 (No Class 2/14 & 3/28); 10 am

Advanced Aquatykes 2 (Ages 4 - 5)* *

12 Sundays, 1/10 - 4/11 (No Class 2/14 & 3/28); 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*

CORI CAPORIMO
Aquatics Supervisor

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AQUATICS



YOUTH AQUATICS CLASSES CONTINUED...

Jellyfish, ARC Level 1 (Ages 5 - 12)*
12 Tuesdays, 1/12 - 4/6 (No Class 2/16)
4 pm

12 Sundays, 1/10 - 4/11 (No Class 2/14 & 3/28)
9 am

Starfish, ARC Level 2 (Ages 5 - 12)*
12 Sundays, 1/10 - 4/11 (No Class 2/14 & 3/28)
9:30 am

Starfish/Snapper Level 2/3 (Ages 5 - 12)*
11 Thursdays, 1/14 - 4/8 (No Class 2/18 & 3/25)
4 pm

Snapper, ARC Level 3 (Ages 5 - 12)*
12 Sundays, 1/10 - 4/11 (No Class 2/14 & 3/28)
10 am
Pre-req: Must successfully pass Level 2

YOUTH SWIM TEAMS

Get Ready for Swim Team (Ages 9 and Over)*
12 Mondays, 1/11 - 4/5 (No Class 2/15); 4 pm

Ripples: Pre-Swim Team (Ages 5 - 8)* *
12 Wednesdays, 1/13 - 4/7 (No Class 2/17)
4 pm

12 Sundays, 1/10 - 4/11 (No Class 2/14 & 3/28)
10:30 - 11 am

Waves Competitive Swim Team (Ages 7 - 17)* *
For more information, please contact Cori at aquatics@friedbergjcc.org

Waves II Competitive Swim Team (Ages 13+)*
Wednesdays, 9/16 - 12/23 (No Class 11/25)
Fee per session: $25; Members: $18
Tryouts Required

**Contact for pricing*
**All New Swimmers Must Try Out*






MERYL RUBIN
Adult Services Coordinator

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THE J EXPERIENCE



LECTURES/ PROGRAMS

People's Forum *
In-Person Tuesdays, 11 am - 12 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*

Acrylic Painting with Eva Berger
6 Tuesdays: 2/2, 2/9, 2/16, 2/23, 3/2, 3/9; 1 - 3 pm
Fee: $94; Members: $77
An additional $35 fee applies for supplies, or you may choose to bring your own.

Maintain Your Brain
8 Tuesdays: 1/12 - 3/9, 9:45 - 10:45 am
Join us for a fun, interactive hour of games, conversation, and activities designed to keep your mind engaged.
Fee: $100; Members: $90

Lit with Lisa
1st Thursday of the month
Join Lisa's Book Club for a fun new reason to get together, discover great books, and enjoy good conversation!
Fee: $10; Members: $8

Watercolor Landscape Painting Class
4 Mondays: 12/7, 12/14, 12/21, 1/4; 5 pm
Explore watercolor painting in this hands-on class for all experience levels!
Fee: $62; Members: $52

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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 Mah Jongg for Moms with Toni S.*
4 Wednesdays: 1/6, 1/13, 1/20, 1/27
6 - 8:30 pm
Fee: $135; Members: $113

NEW! Beginner Mah Jongg for Merrick Moms with Wendy K.*
5 Wednesdays: 1/6, 1/13, 1/20, 1/27, 2/3
6 - 8:30 pm
Fee: $162; Members: $135

Beginner Mah Jongg with Toni S.*
4 Sundays: 1/10, 1/17, 1/24, 1/31
10 am - 12 pm
Fee: $135; Members: $113

Beginner Canasta with Heidi Pashko
9 Mondays: 3/22, 3/29, 4/5, 4/12, 4/19, 5/3, 5/6
10 am - 12 pm
Fee: $243; Members: $202

JCC LEARNING ACADEMY

The Culinary Table: The Art of Bread
1/14 - Challah Bread
1/21 - Savory Focaccia
1/28 - Cinnamon Swirl Bread
Fee per session: $35; Members: $30

Coming soon: more JCC Learning Academy classes in art, cooking, literature, and more!

*Free for members, registration required
*Please bring a 2026 National Mah Jongg League Card

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THE J EXPERIENCE



TRIPS

Day Trip to Nassau County Museum of Art
NYC Glam: The 60s- 80s
Wednesday, December 3, 2026
NYC Glam invites visitors to experience the enormous creativity and electric energy that made New York the epicenter of artistic and cultural innovation from the 1960s through the 19th century.
Fee: $58; Members: $49

Day Trip to Spaghettini: P*izza-making class*
Date TBD
Roll out your own dough, add sauces and toppings. The restaurant will then bake it for you. Hats, aprons, rolling pins, garlic knots, salad, and drinks are all included in the fun.
Fee: TBD

All Shook Up at the Argyle Theater
February 24, 2027
ALL SHOOK UP offers a delightful experience that celebrates the enduring legacy of Elvis Presley®.
Fee: $146; Members: $135

SENIOR ADULTS

REAP (Retired, Experienced and Proud)
Mondays
11 am Speaker | 12:45 pm Entertainment
Schedule
12/7: Rabbi Jacob | Karaoke and Sufganiyot
12/14: Emergency Medicine with Mount Sinai | Jill K
12/21: Rabbi Gurkov | Stuart Markus Folk Singer
12/28: Rabbi Diamond | Rebecca Goldfarb
1/4: Meeting Gal | Lynbrook Restorative
1/11: Mount Sinai | Mary Malloy
1/18: NO REAP
1/25: Rabbi Diamond | Evan Weiner
2/1: Rotem talks about Israel | Les Degan
2/8: Lynbrook Restorative | Barry Feterman
2/15: Heart Health with Mount Sinai | Rebecca Goldfarb
2/22: Rabbi Susan Elkodsi | Stuart Markus

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

GLORIA LEBEAUX
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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 Strong
Thursdays, 12:45 pm
Fee per class: $18; Members: $12
10 pack: $150; Members: $100

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

NEW! Pickleball for Parkinson's
Wednesdays, Dates TBD; 12:45 pm
Medical Clearance required from your physician

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
Tuesdays, 1/12, 1/26, 2/9, 2/23, 3/9, 3/23; 12 - 2 pm

Drumming and Parkinson's
Drumming, Lunch and Presentation by Dr. Hany Mohammed on Nuplazid. *Sponsored by Acadia Pharmaceuticals*
Registration Required-Contact Gloria by 1/11

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

NEW! Maintain your Brain
8 Tuesdays, 1/12 - 3/9; 9:45 - 10:45 pm
Fee: $50; Members: $45

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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
1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 3/30

Virtual Men's Care Partner/Spouse Group *
1/8, 2/5, 3/5; 12:30 pm

In-Person Parkinson's Caregiver Support Group Spouses/Partners *
Two Mondays a month, 10:30 am
1/11, 1/25, 2/8, 2/22, 3/9, 3/23
In the Sunrise Building, 11 Neil Court Rm B

**Fee: Free and Open to the Community*

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: Dates TBD
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! In-Person "Head and Heart" - Book Club with a Mental Health Lens *
Tuesday 1/5, 1 pm
The Collected Regrets of Clover *by Miki Brammer*

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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.

PAMELA JAFFE
Director

516-634-4192
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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. 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 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

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

NEW! An ESP Morning
Thursdays, 10:30 am - 12:30 pm
For those who like to start their day with a song. Activities will include a session of Music Therapy, games 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 in Motion
8 Wednesdays, 10:30 - 12:30 pm
1/13, 1/20, 1/27, 2/3, 2/10, 2/24, 3/3, 3/10
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: $200; Members: $180

PAMELA JAFFE
Director

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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

1/8, 1/22, 2/5, 2/19, 3/5, 3/19

10:30 - 11:30 am

SUPPORT SERVICES

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

Specialties in Parkinson's, Dementia, Caregiving and Bereavement

Fee: $75; Members: $65

**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 11th ; 12:30 - 2:00 pm

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

RSVP to pjaffe@friedbergjcc.org by 12/4

Sweetheart Soiree III

Friday, February 12th; 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 2/5

All Memory Cafes are held at the Friedberg JCC Auditorium

BEST ADULT DAY CARE 2 YEARS IN A ROW!

JCC Barry & Florence FRIEDBERG
Bethpage BEST OF L.I. BESTOFLONGISLAND.COM PRESENTED BY BETHPAGE FEDERAL CREDIT UNION 2025

JCC Barry & Florence FRIEDBERG
FOUR LEAF BEST OF L.I. BESTOFLONGISLAND.COM 2026

WE'VE BEEN NOMINATED
FOUR LEAF BEST OF L.I. BESTOFLONGISLAND.COM 2027

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Director

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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: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10
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.

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

An Hour of Renewal for You (In-Person)

4 sessions: 1/11, 1/25, 2/8, 2/22, 3/8, 3/22
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.

Caregiver Education Virtual Webinars

3 Fridays: Dates TBD; 2 - 3 pm
Caregivers of those diagnosed with cognitive changes are invited to participate in a series of informative webinars to help you navigate the journey.

MARCY HALLERMAN
Senior Program Officer of Social Services

KIMBERLY GREENFIELD
Director, Disability and Inclusion Services

EZRA

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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
- Dance Fitness
- Multi-Sport

Wednesday

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

Thursday

- Basketball
- Boxing

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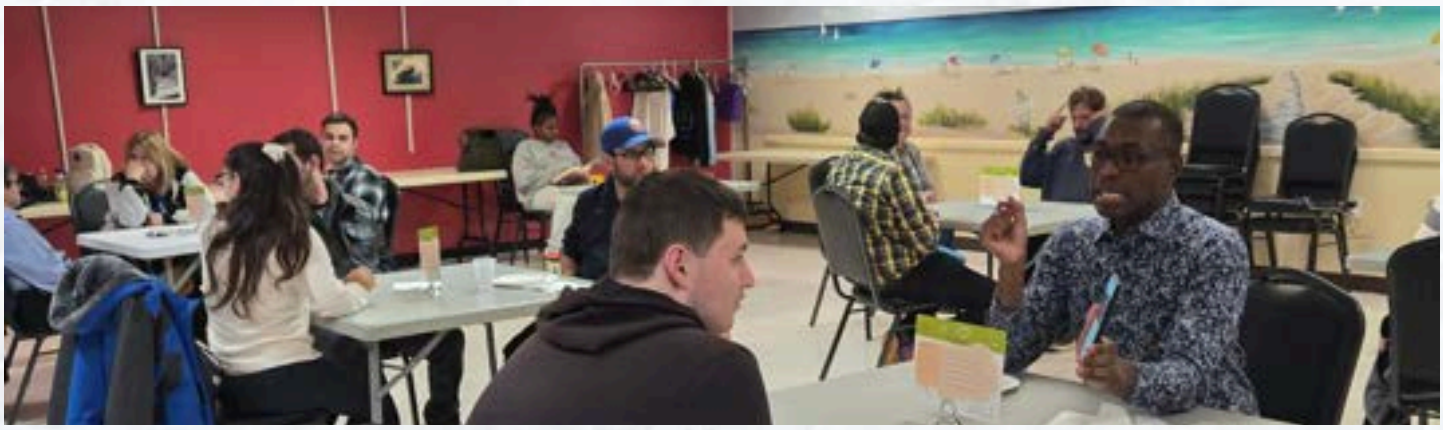

Sunday FUNction: Accepting participants on a rolling basis!

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, 10:00-11:00 am
- Kids Cooking, 11:00 am -12:00 pm
- Creative Movement, 12:00 pm - 1 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.

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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: 12/3, 1/11, 2/8, 3/8; 4:30 pm
Fee: Free to All

Talent Show
12/8, 1/6, 2/3, 3/3; 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.

MARCY HALLERMAN
Senior Program Officer of Social Services
516-634-4173
MHALLERMAN@FRIEDBERGJCC.ORG

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.

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

December
December 6 - Hanukkah Celebration; 9 - 11 am
December 6 - Vendor Fair; 11 am - 4 pm
December 8 - Hole Lot of Chanukah Sufganiyot Bake; 5:30 pm

January
TBD: MLK Day of Service
January 23 - Tu Bishat Goo Goo Challah Shabbat

February
February 6 - Havdalah and Hot Cocoa

March
March 18 - Family Hamentaschen Bake
March 21 - Purim Carnival

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

JCC Barry & Florence FRIEDBERG