

CAMP IS COMING:

Another remarkable summer with Lessans Camp JCC



Josh Bender, *Chief Executive Officer, Bender JCC*

wery Bender JCC member contributes to our mission of being an inclusive community. In our community, thousands of individuals of all abilities, ages, and backgrounds fully participate year-round. You may only come to swim in our pools, work out in our Weinberg Health and Fitness Center, or participate in a Group Exercise class. Still, when you commit your dollars to the Bender JCC, you share in our community's defining values: "Welcoming and Inclusive (*Hachnassat Orchim*)," "Respect (*Kavod*)," "Community (*Kehilla*)," and "Working Together (*B'Yachad*)."

These values come into clear focus for 10 weeks every summer when our Lessans Camp JCC campers, counselors, and staff fill nearly every square inch of our building and outdoor spaces with non-stop fun! While Lessans Camp's arrival and presence may impact our members' daily routines at the Bender JCC, we're all reminded that there are hundreds of children and young adults with disabilities who would not otherwise be able to enjoy the summer camp experience they deserve if not for our community's commitment to inclusion.

Our Director of Inclusion, Kate Falls, often reminds us that inclusion goes beyond programs or platitudes and is bigger than any individual. Inclusion is belonging, the feeling of being welcomed, valued and needed by our community. Regardless of ability, each of us should feel that our community accepts us

"as we are" and for "who we are." All members — including people with disabilities — deserve to feel equally at home at the Bender JCC.

While our hallways do get busier and louder over the summer, Lessans Camp JCC is a daily reminder that every individual can bring their whole self to the Bender JCC. Our members understand that a person's differences and unique gifts make our community stronger; indeed, the work of inclusion belongs to all of us.

We are deeply grateful for your membership contribution year-round. During these polarizing and complicated times, the Bender JCC continues to open our doors to the diversity of Greater Washington. Our ability to build bridges in and for our community is possible because of your commitment. We're planning a series of member appreciation experiences this summer to show how much we value your essential role in our incredible community - keep an eye out for more information on these gatherings.

I hope you have a safe and rejuvenating summer! In friendship,



Summer Member Appreciation Events:

- Yoga Night Saturday, June 1
- Sunrise and Sunset
- Poolside Party
- Lemonade Stand
- Teatime Talks

For more information and event schedule, please email kdaniels@benderjccgw.org

AQUATICS

301.348.3890 | ccardullo@benderjccgw.org



Youth Group Swim Lessons

Level 1: Water Exploration (3 – 5 years old) Sundays | June 23 – August 4 | 10:00 – 10:30 AM \$150/members | \$160/public

Level 2: Primary Skills (4 – 6 years old) Sundays | June 23 – August 4 | 10:30 – 11:00 AM \$150/members | \$160/public

Level 3: Stroke Readiness (4 - 6 years old) Sundays | June 23 - August 4 | 11:00 - 11:30 AM \$150/members | \$160/public

Level 4: Stroke Development (6 – 12 years old) Sundays | June 23 – August 4 | 11:30 AM – 12:00 PM \$150/members | \$160/public

Group Swim Classes

Waterbabies (6 – 18 months) Sundays | June 23 – August 4 | 9:00 – 9:30 AM

Sundays | June 23 - August 4 | 9:00 - 9:30 AM \$150/members | \$160/public

Watertots (18 months - 3 years old) Sundays | June 23 - August 4 | 9:30 - 10:00 AM \$150/members | \$160/public

Private and Semi-Private Swim Lessons

One–on–one (private) or two–on–one (semi–private) swim instruction exclusively for Bender JCC members.

To schedule your lesson, contact Caroline Cardullo at 301.348.3890 or ccardullo@benderjccgw.org.





Mike Holmes, Director HEALTH & FITNESS

301.348.3894 | mholmes@bendericcgw.org

PERSONAL TRAINING

Visit benderjccgw.org/training to meet our trainers and to book your session.

PICKLEBALL

Adult Beginner Pickleball Tuesdays | April 16 – June 25 10:30 AM – 12:00 PM | \$250

NUTRITION AND WELLNESS COACHING

For details or to book your free 30-minute consultation, contact Emma Hertzberg at 301.348.3710 or ehertzberg@benderjccgw.org.

GROUP EXERCISE CLASSES Emma Hertzberg, Group Exercise Coordinator301.348.3710
ehertzberg@benderjccgw.org

Choose from 20+ weekly GroupEx classes. Please note that class options, times, and locations are subject to change. Check the GroupEx calendars on our website for the most up-to-

Abs, Back, & Stretch Thursdays | 10:00 AM

date information.

Agua Fit

Tuesdays + Thursdays | 11:00 AM

Balance & Strength

Mondays | 12:00 PM + 1:00 PM Wednesdays | 12:00 PM + 1:00 PM

Butts and Guts

Tuesdays | 10:30 AM | Virtual Only

Cardio Sculpt

Wednesdays | 8:15 AM | Virtual Only

Cardio Strength

Mondays | 10:30 AM

Fit Fusion

Thursdays | 9:00 AM

Flow Yoga

Mondays | 9:30 AM Tuesdays | 12:00 PM

Gentle Yoga

Thursdays | 12:00 PM

Hatha Yoga

Wednesdays | 6:00 PM

Ignite Dance Fit

Mondays | 6:00 PM

Les Mills BODYCOMBAT

Sundays | 10:45 AM

Les Mills BODYPUMP

Mondays, Wednesdays, Fridays | 6:15 AM Tuesdays, Thursdays | 6:30 PM Saturdays | 8:00 AM

Pilates

Sundays | 11:00 AM Mondays | 7:00 PM

Cardio Challenge

Fridays | 9:30 AM

Spin

Tuesdays | 6:00 PM

Cycle

Thursdays | 8:00 AM Saturdays | 7:00 AM

Sunrise Yoga

Saturdays | 9:00 AM

Tai Chi

Mondays | 12:00 – 1:00 PM \$99/members | \$149/public

Tone Up & Shape Up

Fridays | 12:00 PM

Total Body Fitness

Tuesdays | 9:30 AM Thursdays | 10:00 AM

Zumba

Sundays, Wednesdays | 9:30 AM Tuesdays | 8:00 AM + 5:30 PM Saturdays | 10:15 AM

All Bender JCC programs are open to everyone. Contact Kate Falls, Director of Inclusion, at kfalls@benderjccgw.org or 301.348.3767, to discuss support and accommodations.









YOUTH SPORTS

Kindy Diallo, Director

301.348.3852 | kdiallo@benderjccgw.org



2024 JCC MACCABI GAMES HOUSTON

Sunday, August 4 - August 9 \$2,400 Members | \$2,450 Public

YOUTH KARATE

All karate classes run through June.

Participants are welcome to join mid-session for a prorated class fee.

Skip date for all karate classes: Monday, May 27

Lil Dragons (ages 3 - 5)

Wednesdays | 3:15 – 4:00 PM \$430/members | \$450/public

Kid Tiger (ages 5 - 8)

Mondays | 4:15 – 5:00 PM \$430/members | \$450/public

Wednesdays | 4:15 – 5:00 PM \$520/members | \$550/public

Mondays & Wednesdays | 4:15 – 5:00 PM \$960/members | \$1,000/public

Beginner (ages 9+)

Mondays & Wednesdays | 5:00 – 5:45 PM \$960/members | \$1,000/public

Intermediate/Advanced (ages 9+)

Mondays & Wednesdays | 5:45 – 6:30 PM \$960/members | \$1,000/public

Adult/Black Belt (ages 9+)

Mondays & Wednesdays | 6:45 – 7:30 PM \$960/members | \$1,000/public

SUMMER BASKETBALL WORKOUT CLINIC

Details coming soon. For more information, contact Kindy at kdiallo@benderjccgw.org.



MAGICAL SUMMERS:

Campers, Counselors, Members, and Staff Share the Joy of Lessans Camp JCC

By: Kate Falls, Director of Inclusion

My first job was as an Inclusion
Counselor at Lessans Camp JCC. I
had no previous experience, and I
had never gone to camp as a child.
But little did I know that working
at Lessans Camp JCC would change

the trajectory of my life. I was awe-struck by our community's commitment to inclusion. Campers with and without disabilities experienced summer camp together, side-by-side as equals.

At the Bender JCC, we believe every child deserves to go to summer camp, which is why Lessans Camp JCC opens its doors to everyone, regardless of ability or background.

As a fully inclusive program, campers with and without disabilities come together in one program, giving each camper a chance to make new friends, take on new challenges, and build confidence during each unforgettable summer. Lessans Camp JCC takes over the Bender JCC for 10 weeks every summer. Campers burst out of every nook and cranny of our campus, and the Bender JCC is reborn with a vibrant energy. Visit the Bender JCC during the summer, and you will see campers not only being themselves but also being celebrated for their uniqueness. At camp it's okay if you communicate or move around differently—we believe everyone is an essential and necessary part of our community. We invite our members and guests to join us in creating this safe space.

Our community also celebrates our incredible counselors and staff, many of whom are working their first job at Lessans Camp JCC. Each summer, I am blown away by our camp staff's attitudes and contributions; they make Lessans Camp JCC exceptional through their spark and tenacity.

For tweens, teens, and 20-somethings early in



their professional journeys, Lessans Camp JCC is a safe haven for learning, making mistakes, and developing skills they'll rely on throughout their careers. At Lessans Camp JCC, we invest in our counselors and staff. We believe in the power of compassion and patience as they navigate new experiences. From conquering the climbing tower for the first time to receiving professional feedback, every day is an opportunity for growth.

As we gear up for another memorable summer, I invite our Bender JCC community to join us in celebrating this exceptional group of campers, counselors, and staff. I encourage you to embrace the infectious energy and even the crowded, noisier-than-usual hallways that are the hallmarks of our magical summers.

My sincere hope for every camper, counselor, and staff person is that their time at Lessans Camp JCC is just as transformative as mine. Fast forward nearly 10 years, and I am still at the Bender JCC. Each summer, I still feel the same amazement as I did as a teen. On behalf of Talin, Michael, Allison, and all our Lessans Camp JCC counselors and staff, we can't wait to share another joyous summer with you, our Bender JCC community.





Lessans CAMP BICC











elcome

Lessans Camp JCC is a place where every child in the greater Washington D.C. area — regardless of developmental ability — can experience the joys of summer camp.

At Lessans Camp JCC, campers have a summer of fun that will benefit their lives for years to come. When campers earn their deepwater bracelets, they're building self-esteem and confidence. When they reach the top of our climbing wall for the first time, we know they are learning to challenge themselves.

Our campers rave that Lessans Camp JCC is "the best place ever" because of daily adventures like:

- Swimming in our heated outdoor pool, cruising down our waterslides, and splashing in our water play area.
- Playing team sports in our new SportsPlex.
- Acting, designing, improvising, and performing in our state-of-the-art Kreeger Auditorium.

Talin Talin Tahmasian Director

Michael Michael Sherman Assistant Director

Allison Allison Buchman Office Manager



Bender JCC of Greater Washington







2024 SESSIONS

Aleph: June 17, 2023 – June 21, 2024 (no camp June 19)

- Session 1: June 24, 2024 July 5, 2024 (no camp July 4)
- Session 2: July 8, 2024 July 19, 2024
- Session 3: July 22, 2024 August 9, 2024

Bet: August 12, 2024- August 16, 2024

Gimmel: August 19, 2024 - August 23, 2024



SUMMER 2024 SNAPSHOT: Key camp dates members should know!

FRIDAY, JUNE 28 Roar & Explore Safari Day

THURSDAY, JULY 4 Roar & Explore Safari Day

FRIDAY, JULY 5 Red, White, and **Blue Carnival**

FRIDAY, JULY 12 Color **Extravaganza** **FRIDAY, JULY 19 Israel Day**

FRIDAY, JULY 26 Magic Mania **Show**

THURSDAY, AUGUST 1 **Special Event**

FRIDAY, AUGUST 2 **Special Event**

Silent Disco

FRIDAY, AUGUST 9 **Dance Party**



An incredible experience for our son.

They ariety of activities, new friends he made, the staff, all the organization. It's a wonderfulc ommunity! Thank you so much!

-Tania Fleitas Kanonnikoff

CHILDREN & FAMILIES

Lauren Dworkin,

Director

301.348.3837 | Idworkin@benderjccgw.org



BENDER-DOSIK PARENTING CENTER

Jennifer Radosh, Director of JFamily Programs 301.348.3848 | jradosh@benderjccgw.org

Abrakadoodle's Twoosy Doodlers

Sunday | June 23 – July 28 | 9:30 – 10:15 AM \$150/members | \$160/public

Baby and Me Yoga

Mondays | June 24 - August 12 | 8:45 - 9:30 AM \$175/members | \$185/public *Skip day:* July 1

Books and Bubbles

Wednesdays | June 19 - August 14 | 10:30 - 11:00 AM \$70/members | \$80/public

FIT4BABY

Mondays, July 15 - August 19 | 6:00 - 7:00 PM \$199/person

Music Together

June 22 - July 27

Choose from two convenient class times: Saturdays | 9:00 – 9:45 AM Saturdays | 10:00 – 10:45 AM \$160/first child.

\$105 additional for the first sibling of a registered child over eight months at the time of registration.

\$50 second sibling of a registered child over eight months at the time of registration.

Rhythm 'N' Ruach

Choose from two convenient class times: Tuesdays | June 18 - August 13 | 10:00 – 10:45 AM \$200/members | \$210/public *Skip day:* July 30

Thursdays | June 20 - August 15 | 10:00 - 10:45 AM \$150/members | \$160/public *Skip days:* June 27, July 4, August 1

Shabbat Shabbang

Friday, June 21 | 5:30 - 7:00 PM \$10/child | \$15/adult

Shabbat Playgroup

Fridays | June 21 - August 16 | 10:30 AM Free

Silly Soccer

Saturdays, June 22 - August 17 | 10:00 - 10:30 AM \$225/members | \$235/public

JEWISH FAMILY AMBASSADOR PROGRAM

benderjccgw.org/jfa

The Bender JCC welcomes parents raising Jewish children into our community. Our Jewish Family Ambassadors (JFAs) are here to listen, share, and connect you to other families and opportunities in our Jewish community. If you live in Montgomery County and are raising a Jewish child up to five years old, please register at benderjccgw.org/jfa.

BENDER-DOSIK GRANDPARENTING CENTER

benderjccgw.org/grandparenting

The Grandparenting Center is dedicated to strengthening and celebrating the grandparenting experience.

DELIVERING GOOD NETWORK

Volunteer Opportunities

The Delivering Good Network is the Bender JCC's centralized and sustained social action effort focusing on five key areas of impact: environment, housing, hunger, immigrants, and inclusion. Visit benderjccgw.org/dgn for more information.



Your recovery begins with your first visit.









Conveniently located at the Bender JCC of Greater Washington Downstairs in the Weinberg Health & Fitness Center

For appointments and Information call 301-881-CARE (301-881-2273)







The Best Youth Soccer Club in Montgomery County, MD

potomacsoccer.org





Sunday, May 19 | 10:00 AM - 2:00 PM Free | All ages



Experience an authentic Israeli Independence Day:

- Free food samples, giveaways, raffle prizes, and wine tastings
- Presentations by experts with deep connections to Israel
- Visit the Shuk: Israeli Marketplace
- Israeli live music, dance, and workshops
- Meet, pet, and walk therapy dogs with trainers



- Security by Montgomery County Police

Raffle Grand Prize:

Win signed basketball sneakers from Deni Avdija of the Washington Wizards!

















6125 Montrose Road, Rockville, MD 20852







Frieda Enoch, Director

COMING OF AGE

301.348.3809 | fenoch@bendericcgw.org

SPECIAL EVENTS FOR ACTIVE ADULTS (60+)

13th Annual Health & Wellness Expo at Leisure World

Thursday, June 6 | 10:00 AM-2:00 PM Leisure World | Clubhouse 1 3700 Rossmoor Blvd, Silver Spring, MD 20906 FREE (no registration required)

I Scream, You Scream....ICE CREAM SOCIAL!

Monday, June 10 | 1:30-3:00 PM | Free Leisure World, Clubhouse II 3300 N. Leisure World Blvd., Silver Spring Rear Parking Lot

Coffeehouse: Oldies, But Goodies, Featuring the Daryl Davis Trio

Thursday, June 20 | 7:00-8:30 PM | \$36

Sip & Share Sisterhood

June 3 & 17 | 1:00 PM

Excursion: Beautiful at The Olney Theater

Sunday, August 4 | \$60 | \$20 add-on for transportation

13th Annual Health & Wellness Expo

at Leisure World

June 6 | 10:00 AM - 2:00 PM

FREE & Open to the Public!

Highlights Include:

- Exhibitor Hall
- Health screenings and vaccines
- Interactive workshops
- Grand Finale Show | 3:00-4:00 PM
 The Magical Mystery Girls: A Beatles Tribute Band \$15/advance | \$15/door

Raffle Prizes | Grand Prize: An Apple iPad!

Visit benderjccgw.org/expo for details.



HEBREW CLASSES Rivka Degani, Director

301.348.3810 | rdegani@benderjccgw.org



Intensive Beginning Hebrew

Monday and Wednesday | June 10 – July 31 | 6:00-8:00 PM Meets twice/week | Hybrid | \$560

Intermediate Hebrew

Thursdays | June 27- August 1 | 4:00-6:00 PM Hybrid | \$150

Advanced Hebrew

Wednesdays | July 10-August 7 | 7:00-9:00 PM Zoom | \$150

ARTS & ADULTS

Marcie Blackman, Director

301.348.3808 | mblackman@benderjccgw.org



LESSANS FAMILY LITERARY SERIES SUMMER BOOK CLUB

Tuesdays | June 11; July 9, August 13 | 11:30 AM | Free

GOLDMAN ART GALLERY

Matthew Kessler Exhibit
June 2 - 16 | **Artists Reception:** June 2



TWO SCHOOLS, ONE COMMUNITY

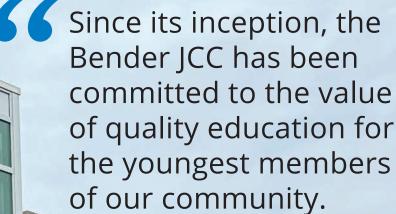
By: Alex Band, Director, Bender Early Childhood Center, and Susan Gold, Head of School, The Feynman School

A child's school years are a time of astounding growth. For healthy development, children must be in settings that engage their interests, inspire them to ask questions, develop theories, and search for answers. School years are for learning how to be a friend, be part of a community, and communicate and connect. These years celebrate each child's uniqueness with joy and love. Since its inception, the Bender JCC has been committed to the value of quality education for the youngest members of our community.

The Bender JCC has served young children for over 40 years. Through the Bender Early Childhood Center (ECC) we remain true to our mission of bringing Jewish education and experiences to our children and families. The Bender ECC takes a progressive and research-based approach to early childhood education. As a community of learners, our teachers continue to reflect and study to remain on the cutting edge of early childhood education. Long-term projects that emerge from the children's questions and interests drive the rich, emergent curriculum at the Bender ECC. Children and teachers are researchers and investigators as they look for materials and resources to help them answer questions, build on their ideas, and

construct new knowledge. Children represent their thoughts and understandings in a multitude of ways. We can see the reflection of our students' growing awareness of the world as they test their hypotheses, share perspectives, and exchange knowledge with peers and adults.

In August 2024, the Bender JCC expanded its commitment to outstanding education by inviting the Feynman School to join our community. The Feynman School unleashes the boundless potential of gifted learners through comprehensive intellectual and social-emotional development. Our founding principle was born from the recognition of the unique needs of accelerated learners and the aspiration to cultivate an educational environment that nurtures their growth. Acknowledging that gifted learners like all students — encounter obstacles, we endeavored to create a space that consistently and thoughtfully engages them while remaining receptive to the questions and interests that drive their curiosity. What may initially appear as tangential distractions are, in truth, the driving force behind our students' intellectual pursuits – a truth that resonates across all childhood learning experiences.







We understood that traditional educational approaches would not meet the unique needs of our students. Instead, we embrace a STEM-and project-based curriculum as the cornerstone of our pedagogy. This approach encourages experimentation and learning through trial and error and fosters deeper inquiry and observation. It challenges students and teachers to venture into uncharted territories, embracing intellectual and personal risks in pursuing knowledge and understanding. At Feynman School, we cherish and cultivate each student's innate intellectual curiosity and sense of self. We foster an environment that celebrates inquisitive and creative thinking while also instilling values of empathy and compassion toward others. Here, learning is not just a task but a joyous journey where children thrive and prepare for a rich and fulfilling future!

The Bender JCC, which we share with the Bender ECC, is a perfect fit for Feynman School. Both schools strive to be child-centered, valuing what all children have to say and making them feel heard and respected, whether just learning to walk or preparing for high school.

Throughout the school year, students and teachers from both schools meet on the playground daily. When one school works on a new project, the children are excited to share with children from the other school. Earlier this spring, one of the classes in Feynman School was host to baby chick eggs. Everyone who entered the education wing of the Bender JCC that plays home to our schools could feel the excitement as we all waited for the eggs to hatch. After hatching, the Feynman School students ran to their Bender ECC friends on the playground to share the exciting news and invite them to visit the new chicks. The collaboration opportunities for these two schools are endless. We cannot wait to see what else lies ahead.

To learn more about our schools and begin the application process, contact us!

Bender ECC: 301.348.3830 | Feynman School: 301.770.4370





