

FALL 2024

PROGRAM GUIDE

NOVEMBER 17 - FEBRUARY 1

REGISTRATION OPENS:

MEMBERS | OCTOBER 21
PUBLIC | OCTOBER 28

COMMUNITY HIGHLIGHTS:

Lessans Family Book Festival (November 7-21)
Dinner of Champions (November 23)
JTalks: Joan Nathan (December 4)



Preview the Arts and Culture Programs Coming this Fall

CINEMA AND FILM

Cinema J presents:

Running On Sand

Israeli Comedy - Drama

Thursday, November 14 | 7:00 PM

CONCERTS AND PERFORMANCES

Polinger Artists of Excellence Presents:

Brannon Cho and Janice Carissa

Sunday, November 17 | 7:00 PM

Coming of Age theater excursion

& JULIET at the Kennedy Center

Thursday, January 2

Tickets now on sale; space is limited.

Mt. Vernon Virtuosi

Sunday, October 27

Family Concert | 11:00 AM

Public Concert | 2:00 PM

Sunday, December 15

Family Concert | 11:00 AM

Ruach and Roll

Featuring the seven-piece Daryl Davis Band!

Wednesday, November 6 | 7:00 PM

Polinger Artists of Excellence presents:

William Hagen and Albert Cano Smit

Sunday, December 8 | 3:00 PM

GOLDMAN ART GALLERY

Exploring Color and Light

November 3 – December 15

Opening Reception with

Montgomery Arts Association

Sunday, November 17

LESSANS FAMILY BOOK FESTIVAL

Book Festival Opening Night:

The Jazz Men by Larry Tye

Thursday, November 7

Reception | 6:15 PM

Book Talk | 7:00 PM

Book Lovers Brunch:

Real Life and Other Fictions by Susan Coll

Friday, November 8 | 10:30 AM

The Einstein Effect by Benjamin Cohen

Thursday, November 14 | 7:00 PM

Book Festival Closing Night:

The Talented Mrs. Mandelbaum: The Rise and Fall of an American Organized Crime Boss by Margalit Fox

Thursday, November 21

Reception | 6:15 PM

Author talk | 7:00 PM

SPECIAL EVENTS

Coffeehouse presents:

A Tribute to Aretha Franklin

Tuesday, October 15 | 7:00 PM

JTalks presents:

Recipes & Reminiscing: A Conversation with Author Joan Nathan

Wednesday, December 4 | 7:00 PM



Partner Agency of
Jewish Federation
of Greater Washington

arts & humanities
council of montgomery county

MSAC
DEPARTMENT OF CULTURE | MARYLAND STATE ARTS COUNCIL



Youth Group Swim Lessons

Level 1: Water Exploration (3–5 years old)

Sundays, November 17-January 26 | 10:00 – 10:30 AM

Skip dates: December 1, 22, 29

\$180/members | \$195/public

Mondays, November 18-January 27 | 4:00 – 4:30 PM

Skip dates: December 23, 30; January 20

\$180/members | \$195/public

Thursdays, November 21 – January 30 | 4:00 – 4:30 PM

Skip dates: November 28, December 26

\$200/members | \$220/public

Level 2: Primary Skills (4–6 years old)

Sundays, November 17-January 26 | 10:30 – 11:00 AM

Skip dates: December 1, 22, 29

\$180/members | \$195/public

Mondays, November 18-January 27 | 4:00 – 4:30 PM

Skip dates: December 23, 30; January 20

\$180/members | \$195/public

Thursdays, November 21 – January 30 | 4:00 – 4:30 PM

Skip dates: November 28, December 26

\$200/members | \$220/public

Level 3: Stroke Readiness (4–6 years old)

Sundays, November 17-January 26 | 11:00 – 11:30 AM

Skip dates: December 1, 22, 29

\$180/members | \$195/public

Mondays, November 18-January 27 | 4:30 – 5:00 PM

Skip dates: December 23, 30; January 20

\$180/members | \$195/public

Thursdays, November 21 – January 30 | 4:30 – 5:00 PM

Skip dates: November 28, December 26

\$200/members | \$220/public

Level 4: Stroke Development (6–12 years old)

Sundays, November 17-January 26 | 11:30 AM – 12:00 PM

Skip dates: December 1, 22, 29

\$180/members | \$195/public

Adult Beginner Swim Class

Mondays, November 18-January 27 | 5:00 – 5:30 PM

Skip dates: December 23, 30; January 20

\$180/members | \$195/public

Group Swim Classes

Waterbabies (6–18 months)

Sundays, November 17-January 26 | 9:00 – 9:30 AM

Skip dates: December 1, 22, 29

\$180/members | \$195/public

Watertots (18 months–3 years old)

Sundays, November 17-January 26 | 9:30 – 10:00 AM

Skip dates: December 1, 22, 29

\$180/members | \$195/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.

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.





Mike Holmes,
Director

301.348.3894 | mholmes@benderjccgw.org

HEALTH & FITNESS

PERSONAL TRAINING

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

Jump Smart Packages

Three, 30-minute Personal Training sessions | \$99
Three, 30-minute Nutrition sessions | \$99

Three, 60-minute Personal Training sessions | \$149
Three, 60-minute Nutrition sessions | \$149

Introduction to Krav Maga

Sundays | November 17-December 22
12:30-1:30 PM
\$180/member | \$210/public

Teen Fitness 101

Tuesdays | November 19-January 7
6:00-7:00 PM
\$180/member | \$210/public
Skip days: December 24; January 1

Tai Chi

Mondays, | October 14 – December 16
12:00 – 1:00 PM
\$99/members | \$149/public

Women with Weights

Mondays | November 18 – December 23
7:30 – 8:15 PM
\$180/members | \$210/public

PICKLEBALL

Drop-In Pickleball

Indoors | Wasserman Gymnasium
Wednesdays | 10:00 AM - 12:00 PM
Fridays | 3:30 - 5:30 PM

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 Coordinator
301.348.3710
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-date information.

Abs, Back, & Stretch

Thursdays | 10:00 AM

Aqua Aerobics

Fridays | 11:00 AM

Aqua Fit

Tuesdays + Thursdays | 11:00 AM

Aqua Suspension

Mondays | November 11 - December 16
11:00 AM
\$50/member | \$150/public

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 Challenge

Fridays | 9:30 AM

Cardio Sculpt

Wednesdays | 8:15 AM | *Virtual Only*

Cardio Strength

Mondays | 10:30 AM

Cycle

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

Fit Fusion

Thursdays | 9:00 AM

Flow Yoga

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

Gentle Yoga

Thursdays | 12:00 PM

Ignite Dance Fit

Mondays | 6:00 PM

Les Mills BODYPUMP

Mondays, Fridays | 6:10 AM
Tuesdays | 6:30 PM
Thursdays 6:00 PM
Saturdays | 8:00 AM

Les Mills Body Combat & Core

Sundays | 8:30 AM

Les Mills Body Combat + Stretch

Wednesdays | 7:00 PM

Les Mills CORE

Wednesdays | 6:15 PM

Pilates

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

Sunrise Yoga

Saturdays | 9:00 AM

Spin

Tuesdays | 6:00 PM

Tai Chi

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

Taste of Group-Ex

Sunday, November 24 | 10:00 AM
Free/member | \$15/public

Vinyasa Yoga

Wednesdays | 6:00 PM

Zumba

Sundays, Wednesdays | 9:30 AM
Tuesdays | 8:00 AM
Thursdays 7:00 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



YOUTH SPORTS AND TEAMBUILDING (AGES 3-16)

Soccer (Ages 3-5)

Mondays | November 18-January 27 | 3:00-3:30 PM
\$180/member | \$200/public
Skip days: November 25; December 23, 30; January 20

Superheroes (Ages 3-5)

Mondays | November 18-January 27 | 3:45-4:15 PM
\$180/member | \$200/public
Skip days: November 25; December 23, 30; January 20

Tuesdays | November 19 - January 28 | 3:00 - 3:30 PM
\$200/member | \$220/public
Skip days: November 26; December 24, 31

Strength/Conditioning (Ages 12-17)

Mondays | November 18-January 27 | 4:30-5:10 PM
\$210/member | \$220/public
Skip days: November 25; December 23, 30; January 20

Tuesdays | November 19-January 28 | 5:10-5:50 PM
\$230/member | \$250/public
Skip days: November 26; December 24, 31

Tumble Tots (Ages 3-4)

Wednesdays | November 20 - January 29 | 3:00-3:30 PM
\$250/member | \$265/public
Skip days: November 27; December 25; January 1

Super Tots (Ages 3-5)

Wednesdays | November 20 - January 29 | 3:45-4:15 PM
\$250/member | \$265/public
Skip days: November 27; December 25; January 1

Gymnastics Level 1 (Ages 5-8)

Wednesdays | November 20 - January 29 | 5:15-5:50 PM
\$250/member | \$265/public
Skip day: November 27; December 25; January 1

Gymnastics Level 2 (Ages 8-12)

Wednesdays | November 20 - January 29 | 5:15-5:50 PM
\$250/member | \$265/public
Skip day: November 27; December 25; January 1

Tennis/Volleyball (Ages 3-5)

Thursday | December 5-January 30 | 3:00-3:30 PM
\$180/member | \$200/public
Skip day: December 26; January 2

Super Star Basketball (Ages 3-5)

Thursdays | December 5-January 30 | 3:45-4:15 PM
\$180/member | \$200/public
Skip days: December 26; January 2

Basketball Level 1 (Ages 5-8)

Thursdays | December 5-January 30 | 4:30-5:05 PM
\$210/member | \$220/public
Skip days: December 26; January 2

Basketball Level 2 (Ages 8-12)

Thursdays | December 5-January 30 | 5:10-5:45 PM
\$210/member | \$220/public
Skip days: December 26; January 2

KARATE

Classes run through January 2025. To join class mid-session, please contact Kindy Diallo at kdiallo@benderjccgw.org.

Lil Dragon (Ages 3-5)

Mondays | Through January 27 | 3:15-4:00 PM
\$550/member | \$570/public (18 classes)

Kid Tiger (Ages 9+)

Mondays & Wednesdays | Through January 29 | 4:15-5:00 PM
\$1,050/member | \$1,080/public (35 classes)

Beginner (Ages 9+)

Mondays & Wednesdays | Through January 29 | 5:00-5:45 PM
\$1,050/member | \$1,080/public (35 classes)

Intermediate (Ages 9+)

Mondays & Wednesdays | Through January 29 | 5:45-6:30 PM
\$1,050/member | \$1,080/public (35 classes)

Adult

Mondays & Wednesdays | Through January 29 | 6:45-7:30 PM
\$1,050/member | \$1,080/public (35 classes)

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.



Talin Tahmasian,
Director

DANCE & MUSIC

301.348.3880 | ttahmasian@benderjccgw.org

Classes run through January 2025. To join a class mid-session, please contact Talin Tahmasian at ttahmasian@benderjccgw.org.

YOUTH DANCE

All classes include age-appropriate instruction in a combination of disciplines, including ballet, jazz, hip-hop, musical theater and tap. Students will learn a piece to showcase at our Spring performance in May.

Preschool Dance (Ages 3 – 5)

Mondays | Through January 27 | 3:45 – 4:30PM

\$635/members | \$655/public

Skip days: December 23, 30; January 20

Tuesdays | Through January 28 | 3:45 – 4:30 PM

\$635/members | \$655/public

Skip day: December 24, 31

K – 1st Grade Dance (Ages 5 – 7)

Tap and Jazz | Mondays | Through January 27 | 4:45 – 5:45 PM

Ballet | Tuesdays | Through January 28 | 4:45 – 5:30 PM

\$680/members | \$700/public

Skip days: December 23, 24, 30, 31; January 20

2nd – 5th Grade Dance (Ages 7 – 11)

Tap and Jazz | Mondays | Through January 27 | 4:45 – 5:45 PM

Ballet | Tuesdays | Through January 28 | 4:45 – 5:30 PM

\$680/members | \$700/public

Skip days: December 23, 24, 30, 31; January 20

PRIVATE MUSIC LESSONS

In-person and virtual private instruction available in a variety of instruments including piano, percussion, strings, and woodwinds.

For details, visit benderjccgw.org/musiclessons.

Programs and dates are subject to change. Please visit benderjccgw.org for up-to-date listings.

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.

Lessans CAMP JCC



2025 APPLICATION DATES:

- November 13** Returning campers
- November 20** Siblings of returning campers
- December 4** New campers, Bender JCC members
- December 11** New campers, open to public



“An incredible experience for our son. The variety of activities, new friends he made, the staff, all the organization. It's a wonderful community! Thank you so much!”

—Tania Fleitas Kanonnikoff



For more information and to apply, visit benderjccgw.org/camp

CHILDREN & FAMILIES

Lauren Dworkin,
Director

301.348.3837 | ldworkin@benderjccgw.org



BENDER-DOSIK PARENTING CENTER

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

Fern Weiland Parenting Lecture Series

Mealtime Challenges

Friday, December 6 | 8:30-9:30 AM | Free

Potty Training with Sally

Friday, January 3 | 8:30-9:30 AM | Free

Anxiety and Kids: What it Looks like, How to Help

Friday, February 7 | 8:30-9:30 AM | Free

PARENT AND CHILD PROGRAMS

Abrakadoodle's Twoosy Doodlers

Sundays | November 17 - January 26 | 9:30-10:15 AM

\$235/member | \$245/public

Skip days: December 22, 29

Baby and Me Yoga

Mondays | November 18 - January 27 | 8:45-9:30 AM

\$210/member | \$220/public

Skip days: December 23, 30; January 20

Books and Bubbles

Wednesdays | November 20-January 29 | 10:30-11:00 AM

\$75/member | \$85/public

Skip days: November 27; December 25, January 1

Music Together

Saturdays | January 11-March 15

Choose from two convenient class times:

• 9:00-9:45 AM

• 10:00-10:45 AM

\$270/first child. | Reduced fees for siblings.

Bim Bom Bags: Hanukkah

Purchase deadline: Monday, December 16

Bags delivered: Thursday, December 19

\$18/member | \$20/public

Gingerbread Dreidel Hanukkah

Sunday, December 15 | 9:45-10:45 AM

\$10/member | \$10/public

\$25 Includes ticket and 1 book

Silly Soccer with Golden Boot

Saturday | December 7-February 8 | 9:30 - 10:00 AM

\$235/member | \$245/public

Skip days: November 30; December 28

Rhythm 'N' Ruach

Choose from two convenient class times:

Tuesdays | November 19-January 28 | 4:00-4:45 PM

\$235/member | \$245/public

Thursdays | November 21-January 30 | 10:00-10:45 AM

\$235/member | \$245/public

Skip days: November 28; December 24, 26, 31

Shabbat Shalom Playgroup

Fridays | November 22-January 31 | 10:30-11:00 AM | Free

Skip days: November 29; December 27

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

GRAND Rhythm and Ruach

Sunday, November 17 | 2:30-3:15 PM

\$25/member | \$35/public

GRAND Menorah Making

Sunday, December 8 | 2:30 PM

\$25/member | \$35/public

GRAND Sleepover

Saturday, January 11 | 5:30 PM

\$35/member | \$45/public per family

DELIVERING GOOD NETWORK

Delivering Good Thanksgiving

Tuesday, November 19 | 11:00 AM-1:00 PM

\$10/member | \$10/public

Delivering Good Holiday Project

Friday, December 20 | 11:00 AM-12:00 PM

\$10/member | \$10/public

B. Changemakers

Sunday, January 5 | 1:00-5:00 PM

\$250/member | \$250/public

MLK Day: Interfaith Playhouse Build

SAVE THE DATE | Monday, January 20

Giving Lobby

December 1-January 1

Join us in supporting those in need by donating essential items to benefit our community. To learn more, visit the display in the lobby!

Delivering Good: Red Cross Blood Drive

December 23 | 10:00 AM-4:00 PM

**BENDER ECC
COMMUNITY SHABBAT**
Join us for 30 minutes of singing and
dancing to welcome Shabbat.

**December 6, January 3, February 7
9:30-10 AM**

No registration required.



Frieda Enoch,
Director

301.348.3809 | fenoeh@benderjccgw.org

COMING OF AGE

SPECIAL EVENTS FOR ACTIVE ADULTS (60+)

'Sip & Share' Women Connect

Mondays | November 4, 18; December 2, 16; January 6, 27
1:00-2:00 PM | Free
Skip day: January 20

Knishes & Conversation

The Talented Mrs. Mandelbaum: The Rise and Fall of an American Organized-Crime Boss

Thursday, November 21 | 12:00 PM | \$45

J Talks:

Recipes & Reminiscing: A Conversation with Author Joan Nathan

Wednesday | December 4 | 7:00 - 8:30 PM | \$18

Coming of Age theater excursion

& JULIET at the Kennedy Center

Thursday, January 2 | 1:30 PM Matinee | \$140 (includes orchestra seating and transportation)

CINEMA J: CALL ME DANCER

Cinema J Matinee @ Leisure World

Thursday, January 9 | 1:30-3:30 PM | \$10 in advance/\$12 at door
Leisure World Clubhouse II (Non-residents are welcome)
3300 N. Leisure World Blvd., Silver Spring, MD

Cinema J @ The Kreeger Auditorium

Thursday, January 9 | 7:00 - 9:00 PM | \$15
Bender JCC: 6125 Montrose Rd, Rockville, MD

Concert: International Holocaust Remembrance Day

Monday, January 27 | 7:00 - 8:30 PM | \$18

BENDER-DOSIK GRANDPARENTING CENTER

benderjccgw.org/grandparenting

The Grandparenting Center is dedicated to strengthening and celebrating the grandparenting experience. Series begins November 17.

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.






PROACTION
PHYSICAL THERAPY
www.ProActionPT.com

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





GOLDMAN ART GALLERY EXHIBIT

Exploring Color, Shape and Texture

November 3-December 15 | Goldman Art Gallery open when the Bender JCC is open
Opening Reception with Montgomery Arts Association
Sunday, November 17 | 12:00-3:00 PM

CLASSES/GAMES

Beginner Mah Jongg

Mondays | November 4-December 2 | 10:00 AM -12:00 PM
\$110/member | \$120/public
Skip day: November 18

Scrabble

Fridays | December 6, 20; January 3, 17
1:00 -3:30 PM
No registration needed-Open to all

Biblical Archaeology Forum (BAF)

November 17 | 8:00-9:00 PM
Contact Donald Kane for more information: baf.jccgw@gmail.com

U.S. Citizenship

Tuesdays | Through December 10 | 10:00 AM -12:00 PM | Free

Wellness Wednesdays - Selma Sweetbaum Senior Nutrition Program

Wednesdays | Through June 11 | 10 AM-12:45 PM

MENS CLUB

Why Do Jews Love Chinese Food?

Tuesday, December 10 | 1:15 PM | Free

The U.S. Electricity System in Transition

Tuesday, January 21 | 1:15 PM | Free

LESSANS FAMILY BOOK FESTIVAL

OPENING NIGHT:

The Jazz Men by Larry Tye

Thursday, November 7

Reception | 6:15 PM

Book Talk | 7:00 PM

Book Lovers Brunch:

Real Life and Other Fictions by Susan Coll

Friday, November 8 | 10:30 AM

The Einstein Effect by Benyamin Cohen

Thursday, November 14 | 7:00 PM

CLOSING NIGHT:

The Talented Mrs. Mandelbaum: The Rise and Fall of an American Organized Crime Boss by Margalit Fox

Thursday, November 21

Reception | 6:15 PM

Author talk | 7:00 PM

CONCERTS

Brannon Cho and Janice Carissa

Cello + Piano | November 17 | 7:00 PM

\$50/ticket | Student tickets are FREE with paying adult

William Hagen and Albert Cano Smit

Violin + Piano | December 8 | 3:00 PM

\$50/ticket | Student tickets are FREE with paying adult

For a list of all concerts in the series, visit benderjccgw.org/aoe

Mt. Vernon Virtuosi

Sunday, December 15 | 11:00 AM-12:00 PM (family concert) | Free

Find Your Place at the Bender JCC of Greater Washington

NOVEMBER 7-21

The Lessans Family BOOK FESTIVAL

Purchase your tickets today at benderjccgw.org/BookFest



Rivka Degani,
Director

301.348.3810 | rdegani@benderjccgw.org

HEBREW CLASSES

Classes run through January 2025. To join a class mid-session, please contact Rivka Degani at rdegani@benderjccgw.org.

Advanced Hebrew (Zoom only)
Mondays | Through January 20 | 6:30-8:30 PM
\$585

Wednesdays | Through February 12 | 9:00-11:00 AM
\$585 (Hybrid)
Skip days: October 2; December 25; January 1

Wednesdays | Through February 12 | 7:00-9:00 PM
\$660 (Includes \$75 website curriculum fee) (Zoom only)
Skip days: October 2, December 25, January 1

Thursdays | Through January 30 | 7:00-9:00 PM
\$660 (Includes \$75 website curriculum fee) (Zoom only)
Skip days: October 3; November 28

Hebrew-Aleph (Hybrid)
Mondays | Through January 20 | 6:00-8:00 PM
\$660 (Includes \$75 website curriculum fee)

Wednesdays | Through February 12 | 11:00 AM-1:00 PM
\$660 (Includes \$75 website curriculum fee)
Skip days: October 2; December 25; January 1

Hebrew-Aleph Plus (Hybrid)
Tuesdays | Through January 21-4:00-6:00 PM
\$660 (Includes \$75 website curriculum fee)
Skip day: December 24

Hebrew-Bet (Hybrid)
Mondays | Through January 20 | 4:00-6:00 PM
\$660 (Includes \$75 website curriculum fee)

Hebrew-Gimel
Thursdays | Through January 30 | 6:00-8:00 PM
\$660 (Includes \$75 website curriculum fee) (Hybrid)
Skip days: October 3, November 28

Hebrew-Gimel Plus
Mondays | Through January 20 | 4:00-6:00 PM
\$660 (Includes \$75 website curriculum fee) (Zoom only)

Wednesdays | Through February 12 | 6:00-8:00 PM
\$660 (Includes \$75 website curriculum fee) (Hybrid)
Skip days: October 2; December 25; January 1

Hebrew-Hey
Tuesdays | Through January 21 | 6:00-8:00 PM
\$660 (Includes \$75 website curriculum fee) (Hybrid)
Skip day: December 24

Thursdays | Through January 30 | 4:00-6:00 PM
\$660 (Includes \$75 website curriculum fee)
Skip days: October 3; November 28

Fridays | Through January 31 | 11:00 AM-1:00 PM
\$660 (Includes \$75 website curriculum fee)

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.

DINNER ^{OF} CHAMPIONS

SUPPORTING INCLUSION AT LESSANS CAMP JCC

Saturday, November 23, 2024 | 7:00 PM

We look forward to honoring local athletes and leaders and supporting Lessans Camp JCC, an inclusive summer camp for children and young adults of all abilities.



Art Explorers (Grades K-2)

Mondays | November 18-January 27 | 4:30-5:15 PM
\$240/member | \$250/public
Skip days: December 23, 30; January 20

Real World Ready (13-21 years old)

Tuesdays | November 19-January 28 | 4:30-6:00 PM
\$240/member | \$250/public
Skip days: December 24, December 31

Brain Builders (Pre-School)

Wednesdays | November 20-January 29 | 3:45-4:30 PM
\$240/member | \$250/public
Skip days: November 27; December 25; January 1

Brain Builders (Grades K-2)

Wednesdays | November 20-January 29 | 4:45-5:30 PM
\$240/member | \$250/public
Skip days: November 27; December 25; January 1

Ready, Set, Cook! (Grades 3-5)

Thursdays | November 21-January 30 | 4:45-5:30 PM
\$240/member | \$250/public
Skip days: November 28; December 26

Empowering Friendship (13-21 years old)

Sundays | November 17-January 26 | 12:00-1:30 PM
\$240/member | \$250/public
Skip days: December 1, 22, 29

Sweet Balance (18+)

Mondays | November 18-February 24 | 5:30-6:30 PM
\$240/member | \$250/public
Skip days: December 23, 30; January 20

Shavim Soccer 2024-25 Season (12-21 years old)

Sundays | September 15-June 1 | 10:00-11:00 AM | Free
Skip days: December 1, 22, 29

J SIBS

J Sibs brings together children and teenagers who have siblings with disabilities. Through group activities, mentoring, and peer support, J Sibs brings together children with similar family dynamics. Many siblings need an outlet to be with peers with similar backgrounds and experiences.

J Sibs (Elementary School)

Sunday, December 8 | 2:00-3:00 PM
\$10/member | \$15/public

J Sibs (Middle/High School)

Sunday, December 8 | 3:30-4:30 PM
\$10/member | \$15/public

J CIRCLE

Community, connections and friendships are essential to our happiness. For many adults, finding avenues to make friends can be challenging. J Circle is a series of programs designed to foster new friendships and a deeper sense of community at the Bender JCC. J Circle will encompass a variety of experiences for adults with disabilities. J Circle membership includes priority enrollment at a discounted rate.

J Circle pricing for individual programs:

\$20/Bender JCC members | \$25/public

December: Hanukkah Party

Thursday, December 19 | 5:00-7:00 PM

January: New Years Party

Tuesday, January 7 | 5:00-7:00 PM

Irene and Abe Pollin Humanitarian Award Alan and Nancy Bubes

Greater Washington Jewish Sports Hall of Fame Inductees

Bonnie Berko • Barry Goldberg^{z"l} • Matt Mervis • Stu Milner
Mike Richman • Greg Rosenbaum

Hyman M. and Phillip D. Perlo High School Athletes
Aiden Abergel | Jessica Berger | Charlie Buckles
GiGi Gordon | Nathan Szubin | Stevie Zonarich

Dinner of Champions Co-Chairs
Danielle and Aaron Jeweler



Bender JCC
of Greater Washington

Bender Early Childhood Center
benderjccgw.org/ECCOpenHouse

We invite you to visit the preschool,
hear about our school, tour the classrooms,
and explore all that the Bender JCC has to offer.

APPLICATIONS FOR 2025-2026

January 29 | Returning Families & siblings. February 5 | New Families



A Place for Families

OPEN HOUSE

Wednesday, November 20
9:00 AM

Tuesday, December 10
9:00 AM

Friday, January 10
9:00 AM

301.348.3839
benderjccgw.org/ECCOpenHouse



AFTER SCHOOL PROGRAM

Mondays – Fridays
3:00 – 6:00 PM

Register at benderjccgw.org/club-j

Contact clubj@benderjccgw.org for more information.



Club J provides a safe place for children to unwind after school, socialize with friends, complete homework with staff assistance, and stay active through a variety of recreational activities. We offer flexible program options to meet the needs of busy parents, all in a warm, welcoming, environment.

MCPS provides bus transportation from:

Luxmanor Elementary
Farmland Elementary
Bayard Rustin Elementary
Maryvale Elementary

Supervised walkover:

CESJDS
Feynman School

Coverage available for:

Fun Fridays on JDS Early Friday Dismissal
Early dismissal days
Winter/Spring Break
School Closure Days

Licensed through the Maryland State Department of Education.