

Find Your Place at the  **Bender JCC** of Greater Washington

**SPRING 2025**

# PROGRAM GUIDE

**APRIL 6 – JUNE 7**

**REGISTRATION OPENS:**

MEMBERS | MARCH 10

PUBLIC | MARCH 17



## COMMUNITY HIGHLIGHTS:

Health & Wellness Open House | Sunday, April 27

Israel at 77 | Sunday, May 4

Memorial Day Pool Party | Monday, May 26

Voices of Leadership | Thursday, June 5

# Mazel Tov to Our Bender ECC Graduates!



**Alex Band,**  
*Director, Bender Early Childhood Center*

This year at the Bender ECC has been filled with curiosity, adventure, and joy as our students in the PreK classes explored their classrooms, the Bender JCC, and the world around them in exciting new ways.

One of the most thrilling experiences was learning how to swim. Through the guidance of Caroline, the children gained confidence in the water, practicing floating, kicking, and even trying their first strokes. Watching their excitement grow with each lesson was a beautiful reminder of how capable and resilient young learners can be.

Our artistic journey was just as inspiring. We had the opportunity to visit the art gallery, where we learned about local artists and experimented with different techniques. From bold brushstrokes like Van Gogh to intricate collages, our students

expressed themselves in ways that were both imaginative and unique. Seeing their eyes light up as they created their own masterpieces was a highlight of our year.

Beyond the classroom, friendships blossomed as we explored every corner of the JCC. Whether playing on the playground, discovering new ways to build in the classroom, or participating in Shabbat and holiday celebrations, our students built strong connections with one another. They learned valuable lessons about kindness, teamwork, and collaboration, which will stay with them as they continue to grow.

As we reflect on this incredible year, we are filled with gratitude for the experiences that have shaped our students. While they move on to new adventures, we know their connection to the JCC will continue to be a source of learning, friendship, and community for years to come.



## BENDER JCC SPRING HOLIDAY HOURS AND BUILDING CLOSURES

### Passover

Saturday, April 12 - Sunday, April 13 | Building closes at 2:00 PM.  
Monday, April 14 | Building open. Offices closed.  
Saturday, April 19 | Building open. Offices closed.  
Sunday, April 20 | Building open. Offices closed.

### Memorial Day

Monday, May 26 | Building closes at 5:00 PM.

### Shavuot

Monday, June 2 - Tuesday, June 3 | Building open. Offices closed.



## Youth Group Swim Lessons

Skip dates: April 13, 14, 17, 20; May 4, 25, 26

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

Choose from three convenient class options:

Sundays | April 6 – June 1 | 10:00 – 10:30 AM  
\$135/members | \$145/public

Mondays | April 7 – June 2 | 4:00 – 4:30 PM  
\$155/members | \$165/public

Thursdays | April 10 – June 5 | 4:00 – 4:30 PM  
\$180/members | \$195/public

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

Choose from three convenient class options:

Sundays | April 6 – June 1 | 10:30 – 11:00 AM  
\$135/members | \$145/public

Mondays | April 7 – June 2 | 4:00 – 4:30 PM  
\$155/members | \$165/public

Thursdays | April 10 – June 5 | 4:00 – 4:30 PM  
\$180/members | \$195/public

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

Choose from three convenient class options:

Sundays | April 6 – June 1 | 11:00 – 11:30 AM  
\$135/members | \$145/public

Mondays | April 7 – June 2 | 4:30 – 5:00 PM  
\$155/members | \$165/public

Thursdays | April 10 – June 5 | 4:30 – 5:00 PM  
\$180/members | \$195/public

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

Sundays | April 6 – June 1 | 11:30 AM – 12:00 PM  
\$135/members | \$145/public

## Group Swim Classes

### Waterbabies (6 – 18 months)

Sundays | April 6 – June 1 | 9:00 – 9:45 AM  
\$135/members | \$145/public

### Watertots (18 months – 3 years old)

Sundays | April 6 – June 1 | 9:30 – 10:00 AM  
\$135/members | \$145/public

## Adult Beginner Swim Classes

Mondays | April 7 – June 2 | 5:00 – 5:30 PM  
\$155/members | \$165/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.

## Isadore and Bertha Gudelsky Exceptional Swim Program

Helping children, teens, and adults with orthopedic-related disabilities to enjoy aquatics, this program matches participants with a coordinator, physical therapist, and adaptive water instructors to teach basic swimming skills.

For details, contact Caroline Cardullo at 301.348.3890 or ccardullo@benderjccgw.org.

## GROUP EXERCISE CLASSES

### Emma Hertzberg, Group Exercise Coordinator

301.348.3710 | ehertzberg@benderjccgw.org

### Aqua Suspension

Mondays | June 9 - July 14 | 11:00 - 11:45 AM  
\$50/members | \$150/public

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.

# MEMORIAL DAY POOL PARTY

MONDAY, MAY 26 | 12:00 - 2:00 PM

JOIN US FOR A FUN-FILLED DAY OF MUSIC,  
GAMES, TREATS & MORE!

Questions? Please contact Deb Rosenberg at drosenberg@benderjccgw.org or 301-348-3850.





**Mike Holmes,**  
Director

# HEALTH & FITNESS

301.348.3894 | [mholmes@benderjccgw.org](mailto:mholmes@benderjccgw.org)

## HEALTH & WELLNESS

### OPEN HOUSE

Sunday, April 27 | 10:30 AM - 1:00 PM  
Free

## PERSONAL TRAINING & NUTRITION WELLNESS COACHING

### First time clients can "JumpSmart":

- Three, 60-minute sessions\*/\$149
- Three, 30-minute sessions\*/\$99
- \* Personal training or nutrition wellness coaching

For personal training questions or to get started, contact Mike Holmes at [mholmes@benderjccgw.org](mailto:mholmes@benderjccgw.org).

For nutrition/wellness coaching questions or to get started, contact Emma Hertzberg at [ehertzberg@benderjccgw.org](mailto:ehertzberg@benderjccgw.org).

Visit [benderjccgw.org/training](http://benderjccgw.org/training) to meet our trainers and to book your session.

## PICKLEBALL

### Adult Beginner Pickleball Instruction

Tuesdays | April 22 - June 24 | 10:30 AM - 12:00 PM  
\$250/members | \$300/public

Skip date: June 3

### Adult Pickleball Drop-In Game

Choose from two convenient drop-in times:  
Wednesdays | 10:00 AM - 12:00 PM  
Fridays | 3:30 - 5:30 PM

## GROUP EXERCISE CLASSES

**Emma Hertzberg, Group Exercise Coordinator**  
301.348.3710 | [ehertzberg@benderjccgw.org](mailto:ehertzberg@benderjccgw.org)

Choose from 40+ weekly GroupEx classes. Please note that class options, times, and locations are subject to change. Check the GroupEx calendars on the My J App for the most up-to-date information. To be added to the GroupEx email list and stay up to date, please email Emma at [ehertzberg@benderjccgw.org](mailto:ehertzberg@benderjccgw.org).

### A Taste of Group Ex

Sunday, June 8 | 9:30 - 11:30 AM  
Free

### Aqua Aerobics

Fridays | 11:00 AM

### Abs, Back, & Stretch

Thursdays | 10:00 AM

### Aqua 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 *Virtual Only*

Tuesdays | 10:30 AM

### Cardio Challenge

Fridays | 9:30 AM

### Cardio Sculpt *Virtual Only*

Wednesdays | 8:15 AM

### Cardio Strength

Mondays | 11:00 AM

### Cycle

Tuesdays | 6:00 PM  
Thursdays | 8:00 AM  
Saturdays | 7:00 AM

### Fit Fusion

Thursdays | 9:00 AM

### Flow Yoga

Mondays | 9:30 AM  
Wednesdays | 6:00 PM  
Fridays | 10:30 AM  
Saturdays | 9:00 AM

### Ignite Dance Fit

Mondays | 6:00 PM

### Les Mills CORE

Wednesdays | 6:10 AM

### Les Mills BODY COMBAT/CORE

Sundays | 8:30 AM

### Les Mills BODYPUMP

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

### Tone Up & Shape Up

Fridays | 12:00 PM

### Total Body Fitness

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

## NUTRITION/WELLNESS COACHING

To be added to the GroupEx email list and stay up to date, please email Emma at [ehertzberg@benderjccgw.org](mailto:ehertzberg@benderjccgw.org).

## GROUP EX. CLASSES FOR A FEE

### Tai Chi

Mondays | 12:00 - 1:00 PM  
\$110/members | \$160/public

### Aqua Suspension

Mondays | April 14 - May 19  
11:00 - 11:45 AM  
\$50/members | \$150/public

### Introduction to Kettlebell Training

Sundays | April 6 - May 25  
1:30 - 2:30 PM  
\$180/member | \$210/public  
Skip Dates: April 13, 20

### Krav Maga

Sundays | April 6 - May 25  
12:30 - 1:30 PM  
\$180/members | \$210/public  
Skip Dates: April 13, 20

### Women with Weights

Tuesdays | April 8 - May 13  
6:30 - 7:30 PM  
\$180/members | \$210/public

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

# YOUTH SPORTS

Questions?  
Call 301.348.3750  
youthsports@benderjccgw.org



## YOUTH KARATE

All karate classes run through June 2025.

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

*Skip dates for all karate classes:*

Mondays | April 14, May 4, 26  
Wednesdays | April 16

## Lil' Dragons (ages 3 - 5)

Mondays | Through June 2 | 3:15 - 4:00 PM  
\$480/members | \$500/public

## Kid Tiger (ages 5 - 8)

Mondays | Through June 2 | 4:15 - 5:00 PM  
\$480/members | \$500/public

## Beginner (ages 9+)

Mondays & Wednesdays | Through June 4  
5:00 - 5:45 PM | \$1,025/members | \$1,055/public

Mondays only | Through June 3  
5:00 - 5:45 PM | \$480/members | \$500/public

Wednesdays only | Through June 4  
5:00 - 5:45 PM | \$545/members | \$565/public

## Intermediate (ages 9+)

Mondays & Wednesdays | Through June 4  
5:45 - 6:30 PM | \$1,025/members | \$1,055/public

## Advanced (ages 9+)

Mondays & Wednesdays | Through June 4  
6:30 - 7:45 PM | \$1,025/members | \$1,055/public

4:30 - 5:05 PM | \$250/members | \$265/public

## 2025 JCC Maccabi Games - Pittsburgh

August 3 - 8

For details, contact [maccabi@benderjccgw.org](mailto:maccabi@benderjccgw.org).

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**ISRAEL AT 77**  
*Rising Together*  
CELEBRATING ISRAEL'S INDEPENDENCE

*Mark Your Calendars!*  
**SUNDAY, MAY 4**  
**10:00 AM - 1:00 PM**



**Lauren Dworkin,**  
*Director*

301.348.3837 | ldworkin@benderjccgw.org

# CHILDREN & FAMILIES

## BENDER-DOSIK PARENTING CENTER

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

### *Fern Weiland Parenting Lecture Series*

#### **Fern Weiland: Sleep(Less) Lecture**

Friday, May 2 | 8:30-9:30 AM | Free

#### **Music Together**

Choose from two convenient class times:

Saturdays | March 29 - June 14

9:00 - 9:45 AM & 10:00 - 10:45 AM

*Skip Dates:* April 12, 19

\$270/members & public (Sliding scale for siblings)

#### **Passover Little Noshers**

Sunday, April 6 | 10:00 - 11:00 AM

\$5/adults | \$10/child | members & public

#### **AbraKadoodle's Mini Doodlers (3 - 4 year olds)**

Sundays | April 6 - June 8 | 9:30 - 10:15 AM

*Skip dates:* April 13, 20; May 25; June 1

\$165/members | \$175/public

#### **AbraKadoodle's Twoosy Doodlers (18 - 36 months)**

Sundays | April 6 - June 8 | 10:30 - 11:15 AM

*Skip dates:* April 13, 20; May 25; June 1

\$165/members | \$175/public

#### **Baby and Me Yoga**

Mondays | April 7 - June 9 | 8:45 - 9:30 AM

*Skip dates:* April 14; June 2

\$210/members | \$220/public

#### **Books & Bubbles**

Wednesdays | April 9 - June 11 | 10:30 - 11:00 AM

*Skip date:* April 16

\$75/members | \$85/public

#### **Shabbat Shalom Playgroup**

Fridays | April 11 - June 6 | 10:30 - 11:00 AM

*Skip date:* April 18

Free RSVP

#### **Rhythm'N'Ruach**

Choose from two convenient class times:

Tuesdays | April 22 - June 10 | 4:00 - 4:45 PM

*Skip date:* June 3

\$190/members | \$200/public

Thursdays | April 24 - June 12 | 10:00 - 10:45 AM

\$215/members | \$225/public

#### **Silly Soccer with Golden Boot**

Saturdays | April 26 - June 7 | 9:30 - 10:00 AM

*Skip dates:* May 24

\$160/members | \$170/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 and share with you, and to 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 Candice Goldstein, Program Coordinator, Family Engagement and Social Action

301.348.3756 | cgoldstein@benderjccgw.org

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

#### **GRAND Learning: From Understanding to Ally**

Tuesday, May 20 | 6:30 PM

\$10/members | \$15/public

#### **GRAND CPR**

Wednesday, May 7 | 5:00 - 8:00 PM

\$60/members | \$70/public

## 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.



## Kick off a summer of sports fun at Maccabiah Sports Camp!

**Campers will meet and train with special guests from professional sports teams, including:**

The Washington Capitals | The Baltimore Orioles

Israel Baseball of Americas | Professional sports agents

More to be announced!

**Apply to Maccabiah Sports Camp at**

**Lessans Camp JCC today!**

**[benderjccgw.org/camp](http://benderjccgw.org/camp)**

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.

# DANCE & MUSIC

Talin Tahmasian,  
Director

301.348.3880 | ttahmasian@benderjccgw.org



## Youth Dance

All dance classes run through May 2025.

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

*Skip dates:* April 14, 15

*Payment can be made in full or in three installments at registration.*

## Preschool Dance

Tuesdays | Through May 20 | 3:45 – 4:30 PM  
\$480/members | \$500/public

## Ballet Level 2

Tuesdays | Through May 20 | 4:45 – 5:45 PM  
\$555/members | \$575/public

## Tap and Jazz Level 2

Mondays | Through May 19 | 4:45 – 5:45 PM  
\$555/members | \$575/public

## Private Music Lessons

Virtual and in-person private instruction available in a variety of instruments including piano, percussion, strings, and woodwinds. Choose from 30 or 45 minute lessons.

For questions, contact Talin Tahmasian a 301.348.3880 or ttahmasian@benderjccgw.org.

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

# Lessons CAMP JCC



# Limited Spots Available!

# APPLY TODAY!



“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](http://benderjccgw.org/camp)



**Marcie Blackman,**  
*Director*

301.348.3808 | mblackman@benderjccgw.org

# ARTS & ADULTS

## CONCERTS

### Partner Program

#### Bel Cantanti Opera: Romeo et Juliette

Saturdays, May 10, and May 17 | 7:30 PM

Sunday, May 11 | 6:00 PM

Sunday, May 18 | 3:00 PM

**Questions?** Contact Maytal Regev at mregev@benderjccgw.org or 301-348-3843

### Partner Program

#### Mt. Vernon Virtuosi | Family Concert

May 25 | 11:00 AM-12:00 PM | Free

#### 2024-2025 Polinger Artists of Excellence Concert Series

##### Lysander Piano Trio

April 6 | 7:00 PM

\$50/ticket

##### Alon Goldstein, Piano

June 8 | 7:00 PM

\$50/ticket

## MAH JONGG

### Beginner 1

Monday | April 7 - 28 | 10:00 AM - 12:00 PM

\$110/members | \$120/public

### Beginner 2

Monday | May 5 - June 2 | 10:00 AM - 12:00 PM

\$110/members | \$120/public

## CANASTA

Tuesday | April 8 - May 13 | 10:00 AM - 12:00 PM

\$150/members | \$160/public

## GOLDMAN ART GALLERY

### Rhapsody in Blue

April 6 - April 27

Reception: April 6 - 12:00-3:00 PM (Open to All)

### Lifetime of Perspective Art Show

May 5-28

### How Do You See Happiness?

Sunday, June 8 - Sunday, June 15

Reception: Sunday, June 8 | 12:00 - 2:00 PM (Open to All)

Free

## WELLNESS WEDNESDAY - SELMA SWEETBAUM SENIOR NUTRITION PROGRAM

Join us for a great day of programming near you! Exercise, socialize, hear a lecture, attend a performance and enjoy a delicious kosher meal. Lunch - suggested \$5 donation. For more information, please contact Rachel Elazar at relazar@benderjccgw.org or 301.348.3849.

## REMEMBER WHEN? ADULT MEMOIR WRITING

Mondays | April 7 - June 2 | 10:00 AM - 12:00 PM

*Skip dates:* April 14; May 12, 26

\$110/members | \$120/public

## MEN'S CLUB

### Defending Israel: Military Innovations of The Israel Defense Forces

Tuesday, April 29 | 1:15 PM

### Tracing Your Jewish Roots: An Introduction to Jewish Genealogy

Tuesday, June 17 | 1:15 PM

For more information contact Jay Doniger at 301.442.8690.

## BIBLICAL ARCHAEOLOGY FORUM

### Keeping an Empire: Egypt's Long Road to the Battle of Kadesh 1400 - 1270 BCE

Wednesday, April 9 | 8:00 PM

### Caesar's Conquest of Gaul Jennifer Paxton - The Catholic University of America

Wednesday, May 21 | 8:00 PM

### The Trojan War: The Epic in Art With Renee Gondek

Thursday, June 19 | 8:00 PM

For questions or to register contact Donald Kane: baf.jccgw@gmail.com

### Jewish War Veterans Memorial Day Program

May 25 - 2:00-3:00 PM | No registration necessary.

## PRIVATE MUSIC LESSONS

Virtual and in-person private instruction available in a variety of instruments including piano, percussion, strings, and woodwinds. Choose from 30 or 45 minute lessons.

For questions, contact Talin Tahmasian a 301.348.3880 or ttahmasian@benderjccgw.org.

## ISRAEL AT 77: RISING TOGETHER

Sunday, May 4 | 10:00 AM - 1:00 PM

The Bender JCC's community celebration of Israel's 77th birthday. Registration coming soon. Visit [benderjccgw.org/Israel77](http://benderjccgw.org/Israel77) for details.

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# INCLUSION

Kate Falls,  
Director

301.348.3767 | [kfalls@benderjccgw.org](mailto:kfalls@benderjccgw.org)



## Empowering Friendship

Sundays | April 6 – June 1 | 12:00 - 1:30 PM  
Skip dates: April 13, 20; May 25  
\$240/members | \$250/public

## Art Explorers

Mondays | April 7 – June 2 | 4:30 - 5:30 PM  
Skip dates: April 14; May 26  
\$240/members | \$250/public

## Real World Ready

Tuesdays | April 8 - June 3 | 4:30 - 6:00 PM  
Skip date: April 15  
\$240/members | \$250/public

## Brain Builders (Pre-School)

Wednesdays | April 9 – June 4 | 3:45 - 4:30 PM  
Skip date: April 16  
\$240/members | \$250/public

## Brain Builders (K - 2)

Wednesdays | April 9 – June 4 | 4:45 - 5:30 PM  
Skip date: April 16  
\$240/members | \$250/public

**"When They Wander or Run Away:  
Elopement and Water Safety for Parents"**  
Monday, May 12 | 6:30 - 7:30 PM | *hybrid class!*  
Free

## Little Scientists (Pre-School)

Thursdays | April 10 - June 5 | 3:30 - 4:15 PM  
Skip date: April 17  
\$240/members | \$250/public

## Young Scientists (K-2)

Thursdays | April 10 - June 5 | 4:45 - 5:30 PM  
Skip date: April 17  
\$240/members | \$250/public

## Shavim Soccer

Sundays | Through May 25 | 10:00 - 11:00 AM  
Free

## Shavim Soccer Tournament

Sunday, June 1 | 11:00 AM - 1:00 PM  
Free

## GALLERY EXHIBIT | In partnership with Mainstreet How Do You See Happiness?

Sunday, June 8 - Sunday, June 15  
Reception: Sunday, June 8 at 12:00 - 2:00 PM (Open to All)  
Free

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Apply to  
work at

Lessans  
CAMP JCC

 @ the Bender JCC

Be a part of our team **Apply today!**



SCAN TO APPLY



**Frieda Enoch,**  
*Director*

301.348.3809 | [fenoeh@benderjccgw.org](mailto:fenoeh@benderjccgw.org)

# COMING OF AGE

**"OH, THE PLACES YOU'LL GO..."**

**In The Heights at Signature Theatre**  
Sunday, April 6 | 7:00 PM  
\$140 (includes orchestra seating and transportation)

**SOLD OUT**

To add your name to the waitlist, please contact 301.348.3809 or [fenoeh@benderjccgw.org](mailto:fenoeh@benderjccgw.org).

**Coffeehouse**

Thursday, May 15

**SAVE THE DATE!**

**The People's House**

Wednesday, June 25 | 9:30 AM - 2:00 PM  
\$50/members & public

**CINEMA J**

**Bad Shabbos**

Thursday, June 19 | 7:00 - 8:30 PM

\$15/member & public | Kreeger Auditorium

**Health & Wellness Expo**

Thursday, June 12 | 10:00 AM - 2:00 PM  
Free | At Leisure World

**Sip & Share Sisterhood**

Mondays | April 7, 21; May 5, 19; June 9  
Free

**Yom Ha'Shoah at the Bender JCC**

Sunday, April 27 | 2:00 - 4:00 PM  
Free

**ISRAEL AT 77: RISING TOGETHER**

Sunday, May 4 | 10:00 AM - 1:00 PM  
The Bender JCC's community celebration of Israel's 77th birthday  
Registration coming soon. Visit [benderjccgw.org/Israel77](http://benderjccgw.org/Israel77) for details.

**Private Music Lessons**

Virtual and in-person private instruction available in a variety of instruments including piano, percussion, strings, and woodwinds. Choose from 30 or 45 minute lessons.

For questions, contact Talin Tahmasian at 301.348.3880 or [tahmasian@benderjccgw.org](mailto:tahmasian@benderjccgw.org).

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**PROACTION**  
PHYSICAL THERAPY  
[www.ProActionPT.com](http://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)

# HEBREW CLASSES

Rivka Degani,  
Director

301.348.3810 | rdegani@benderjccgw.org



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

## Advanced Hebrew

Choose from four convenient class times:

Mondays | Through June 30  
6:30 – 8:30 PM | *virtual class!*  
*Skip dates:* April 14; May 26; June 25

Wednesdays | Through June 25  
9:00 – 11:00 AM | *hybrid class!*

Wednesdays | Through June 25  
7:00 – 9:00 PM | *virtual class!*

Thursdays | Through June 26  
7:00 – 9:00 PM | *virtual class!*

## Hebrew Aleph Plus

Choose from two convenient class times:

Mondays | Through June 30  
6:30 – 8:30 PM | *hybrid class!*  
*Skip dates:* April 14; May 26; June 2

Wednesdays | Through June 25  
11:00 AM – 1:00 PM | *hybrid class!*

## Hebrew Aleph Beginner

Fridays | Through June 20  
5:00 – 7:00 PM | *hybrid class!*

*Requires a mandatory \$80 Website Curriculum Fee, due at registration.*

## Hebrew Bet

Tuesdays | Through June 25  
4:00 – 6:00 PM | *hybrid class!*

## Hebrew Gimmel Plus

Choose from two convenient class times:

Mondays | Through June 30  
4:00 – 6:00 PM | *virtual class!*  
*Skip date:* April 14; May 26; June 2

Wednesdays | Through June 25  
6:00 – 8:00 PM | *hybrid class!*

## Hebrew Gimmel

Thursdays | Through June 26  
6:00 – 8:00 PM | *hybrid class!*

## Hebrew Hey

Choose from three convenient class times:

Tuesdays | Through June 10  
6:00 – 8:00 PM | *hybrid class!*  
*Skip date:* June 3

Thursdays | Through June 26  
4:00 – 6:00 PM | *hybrid class!*

Fridays | Through June 20  
11:00 AM – 1:00 PM | *hybrid class!*

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.

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