

Find  
**Your Place**  
at the



**Bender JCC**  
of Greater Washington



# **Bender JCC Programs for Active Adults**

**SEPTEMBER – OCTOBER 2025**

**Coming of Age (CoA) • Arts & Culture**



Partner Agency of  
**Jewish  
Federation**  
of Greater Washington

**jssa**

# A MESSAGE FROM FRIEDA & MARCIE

**Welcome back!** We invite you to join us for these wonderful programs!

Coming of Age (CoA):  
fenocho@benderjccgw.org;  
301.348.3809

Arts & Adults: mblackman@benderjccgw.org; 301.348.3808

*Wishing you  
a Shana Tova!*

*A happy, healthy  
and meaningful  
New Year!*

## Health & Harvest Week

SEPT. 9-14

### A Week of Wellness

**TUESDAY, SEPTEMBER 9**

*The Lessans Family Literary Series*

What Your BodyKnows about

Happiness with author Janice Kaplan

**THURSDAY, SEPTEMBER 11**

A Taste of Group Exercise

**FRIDAY, SEPTEMBER 12**

*Fern Weiland Parenting Lecture Series*

Mealtime Challenges

**Vaccinations | FLU, COVID  
SHINGRIX, PNEUMONIA, RSV**

Scan the QR code to  
purchase tickets.  
Pre-register and skip  
the line!



### Main Event

*Health & Harvest Fair*

**SUN., SEPT. 14**

**10 AM - 1 PM** **\$5**

**Live Music  
Food Tastings  
Wellness Demos  
Family Fun  
Bounce Inflatables!**

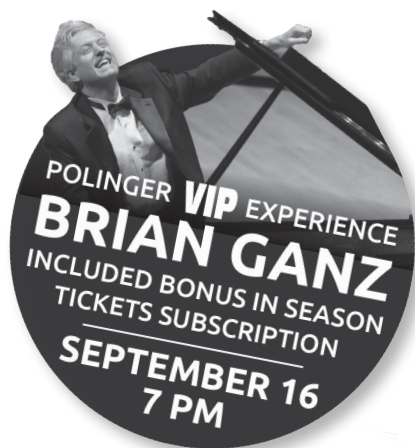


## **POLINGER VIP EXPERIENCE AVAILABLE ONLY TO SEASON SUBSCRIBERS**

As a Polinger VIP Experience Season subscriber, you will enjoy an outstanding lineup of classical performances and help support the Bender JCC's vibrant artistic and educational programs, bringing music and culture to our entire community.

### **Season subscriber benefits include:**

- Early ticket access. Secure your seats before the general public
- VIP-only concert featuring pianist Brian Ganz on 9/16/25, in addition to the six season performances
- Pre-concert receptions to mingle with fellow music lovers
- Skip-the-line entry and expedited access to your reserved seat



***Experience the music, community,  
and joy as a Polinger VIP.***

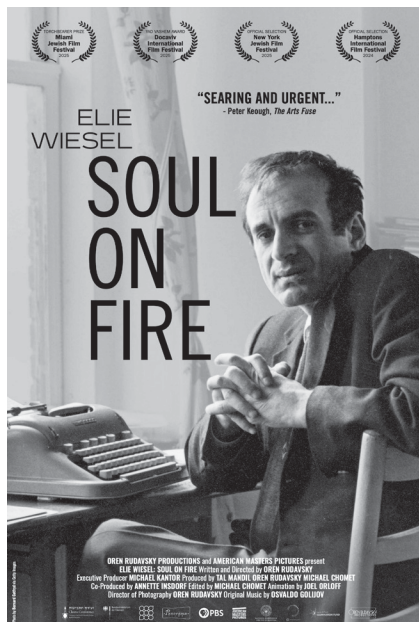
**Subscribe at [benderjccgw.org/AOE](https://benderjccgw.org/AOE)**

# CINEMA J FILMS

## ELIE WIESEL: SOUL ON FIRE

English | Documentary | USA |  
1 hour 27 minutes

Elie was a Romania-born American writer, professor, political activist, Nobel Laureate and Holocaust survivor. This award-winning documentary penetrates to the heart of the known and unknown Elie Wiesel—told largely through his own words and eloquent voice. It is a message of hope, memory, and the importance of fighting against all forms of injustice and indifference.



### THREE SCREENINGS:

#### **NEW! Cinema J Matinee @ Bender JCC**

Thursday, September 18 | 1:30 – 3:15 PM | \$12 in advance/\$15 day of  
Kreeger Auditorium @ the Bender JCC  
6125 Montrose Rd., Rockville, MD 20852

#### **Cinema J @ Bender JCC**

Thursday, September 18 | 7:00 – 9:00 PM | \$16 in advance/\$20 day of  
Kreeger Auditorium @ the Bender JCC  
6125 Montrose Rd., Rockville, MD 20852

#### **Cinema J Matinee @ Leisure World**

Friday, September 19 | 1:30 – 3:15 PM | \$12 in advance/\$15 day of  
Leisure World Clubhouse II (Non-residents are welcome)  
3300 N. Leisure World Blvd., Silver Spring, MD 20906

Questions? Contact Frieda: [fenoch@benderjccgw.org](mailto:fenoch@benderjccgw.org); 301.348.3809

**FUN, FIT & FREE!**

**NEW!**



**2nd and 4th Fridays | 1:00 PM | FREE**

**Bender JCC | 6125 Montrose Road, Rockville, MD 20852**

Fun, Fit & FREE is a brand-new program, inspiring you to **MOVE MORE!** Energizing, wellness workshops designed especially for the active older adult who wants to stay healthy, connected and engaged, boosting wellbeing and building friendships!

Empower your wellness journey through a variety of movement and lifestyle workshops:

- ✓ **Line Dancing**
- ✓ **Cardio Drumming**
- ✓ **Yoga**
- ✓ **Pickleball**
- ✓ **Bone Builders**
- ✓ **and more!**

We meet on the 2nd and 4th Fridays of each month. All workshops are offered at no cost, but registration is required. This is your chance to move, learn, and have fun – all while taking care of YOU!

NOTE: Workshops will require standing and moving for about 30-45 minutes. Please wear comfortable clothes and shoes.

**SCHEDULE: FRIDAYS at 1:00 PM**

**September 12, 2025**

**November 14, 2025**

**October 10, 24, 2025**

**December 12, 2025**

Questions? Contact Frieda: [fenoch@benderjccgw.org](mailto:fenoch@benderjccgw.org); 301.348.3809

# COFFEEHOUSE CONCERTS

## Coffeehouse Concerts – COMEDY EDITION

**Thursday, October 23 | 7:00 – 8:30 PM | \$48 | Bender JCC**

The food. The ambience. The camaraderie. THE LAUGHS!

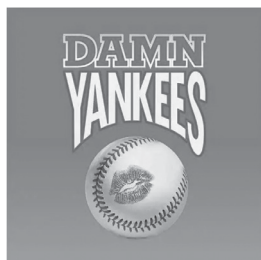


We are opening our new season with a not-to-be-missed show! Featured is the wonderful & witty Dotan, an Israeli comedian and producer, performing comedy shows throughout the U.S., as well as Canada, Europe, and Israel. Dotan is joined by

Steve, an NYC-based comedian, actor, and writer – a wild, unique, and entertaining performer. Join us for a fun evening out!

**But first, let's eat:** Heavy hors d'oeuvres, desserts, and wine precede the concert.

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



### DAMN YANKEES at the ARENA STAGE

**Sunday, October 26 | 2:00 PM Show | \$140**  
(includes orchestra seating and transportation)

One of America's most beloved musicals is back! A diehard love of baseball, one man's fateful (and hilarious) pact with the Devil, and Broadway's sexiest femme fatale are

gently re-tooled for its first major revival in the 21st Century. Featuring iconic songs like "Whatever Lola Wants" and "You Gotta Have Heart," this production will immerse you in a whirlwind of temptation, ambition, love, and sacrifice.

Transportation is provided with two pickup locations:

12:00 PM: Leisure World-Clubhouse II | 12:30 PM: Bender JCC

**Questions? Contact Frieda: [fenoch@benderjccgw.org](mailto:fenoch@benderjccgw.org); 301.348.3809**

# EXCITING NEW TRIP!

**April 21 – May 1, 2026**

## **HIGHLIGHTS INCLUDE:**

- Discover Portugal's Sephardic legacy and Jewish history
- Historic Sintra and the spectacular Pena Palace
- Cruise on the beautiful Douro River
- Authentic Portuguese cooking class
- Exclusive wine and olive oil tastings
- Fun Tuk-Tuk ride through winding city streets
- Mysterious Initiation Well at Quinta da Regaleira
- Soul-stirring Fado music show w/dinner
- And so much more!



**INTERESTED IN JOINING US?** Contact Frieda at  
301-348-3832 or [fenoch@benderjccgw.org](mailto:fenoch@benderjccgw.org)

*\*Space is limited, so call today!\**

# PORTUGAL





# LESSANS LITERARY SERIES

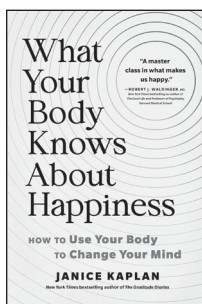


**Lessans Literary Series Presents:**  
*What Your Body Knows About Happiness*  
with author Janice Kaplan

Tuesday, September 9 | Reception 6:30 PM  
Author Talk 7:00 PM | Fee: \$18

Join bestselling author Janice Kaplan for an inspiring evening as she shares insights from her new book, blending science, stories, and practical tools to boost joy and well-being. She'll be joined by mindfulness expert Gianna Vallefuoco for a conversation on simple ways to reconnect with your body and mind.

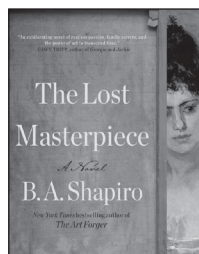
Enjoy a pre-event reception, followed by book sales and signing.



**Lessans Literary Series Presents:**  
Book Lovers Brunch: *The Lost Masterpiece*  
with author B.A. Shapiro

Sunday, October 12 | 10:30 AM – 12:30 PM  
Fee: \$36

Join us for a kosher brunch with friends and fellow readers, featuring B.A. Shapiro in conversation with local author Deborah Kalb. Shapiro's new novel, *The Lost Masterpiece*, is a historical thriller blending art, mystery, and the legacy of the Holocaust. Set between present-day and 19th-century Paris, the story is a haunting tribute to resilience, memory, and beauty.



Questions? Contact Marcie at [mblackman@benderjccgw.org](mailto:mblackman@benderjccgw.org); 301.348.3808  
or Stacey at [ssinger@benderjccgw.org](mailto:ssinger@benderjccgw.org); 301.348.3849



# GOLDMAN ART GALLERY

**September 7 – October 26, 2025**

**\*Gallery Reception: Thursday,  
September 18, 6:00 – 8:00 PM  
OPEN TO ALL\***



**7 Collective** presents *The 7th Sense:*

*Artistic Instinct*, a vibrant group exhibition by seven women artists who form a supportive “art tribe”

rooted in friendship and mutual respect. United by a commitment to representational art, each artist brings a distinct voice to a shared visual language. This exhibition celebrates both their individual practices and the strength of their creative sisterhood.

SUZI BALAMACI / JENNIFER KAHN BARLOW  
JENNIFER BEAUDET / AMANDA COELHO  
DORA PATIN / LIAN SEVER / PRITHA SRINIVASAN

**Questions? Contact Marcie at [mblackman@benderjccgw.org](mailto:mblackman@benderjccgw.org); 301.348.3808**

## SIP & SHARE: WOMEN CONNECT



**1st and 3rd Mondays | 1:30 PM  
\$36/Annual Dues**

Sip & Share: Women Connect is back! Join us on the 1st & 3rd Monday of each month for a hot beverage, a little something for your sweet-tooth, and an opportunity to share ideas and experiences. Be a part of a warm and welcoming group, providing connection, camaraderie and conversation.

**SCHEDULE: MONDAYS at 1:30 PM**

**September 15, 2025  
October 6, 20, 2025**

**November 3, 17, 2025  
December 1, 15, 2025**

**Questions? Contact Frieda: [fenocho@benderjccgw.org](mailto:fenocho@benderjccgw.org); 301.348.3809**

# GAMES, GAMES, GAMES...

## Look What Fun We've Got This Fall!

Get ready to shuffle, deal, and tile your way into a season of fun! Join us for Mah Jongg, Bridge, Canasta, and more. Whether you're a seasoned player or just learning, there's a seat at the table waiting for you!

### **MAH JONGG – Member Price (\$115.00/ Non-Member \$125.00)**

Beginner: Fall Session 1 10:00 AM – 12:00 PM

Option 1: 9/15 – 10/13 (Skip Date: 9/22) | Option 2: 10/20 – 11/10

Intermediate: Fall Session 1 10:00 AM – 12:00 PM

Option 1: 9/16 – 10/14 | Option 2: 10/21 – 11/11

Advanced Intermediate: Fall Session 1 12:30 – 2:30 PM

Option 1: 9/16 – 10/14 | Option 2: 10/21 – 11/11

### **CANASTA – Member Price (\$160.00/Non-Member \$170.00)**

Fall Session 1 10:00 AM – 12:00 PM

Option 1: 9/8 – 10/20 | Option 2: 10/27 – 12/1

### **BRIDGE – Member Price (\$170.00/Non-Member \$180.00)**

Beginner Bridge: 10/9 – 11/13, 10:00 AM – 12:00 PM

**Questions? Contact Marcie at [mblackman@benderjccgw.org](mailto:mblackman@benderjccgw.org); 301.348.3808  
or Stacey at [ssinger@benderjccgw.org](mailto:ssinger@benderjccgw.org); 301.348.3849**

Leta Chen is a social worker from JSSA on the Coming of Age [CoA] team. She is experienced working with seniors and knows resources in our community. She is here to support our CoA members in staying healthy and living independently. If you wish to learn more about how Leta and JSSA can assist you, please join our events to meet her in person or reach out to her directly.

Leta Chen, LMSW  
Jewish Social Service Agency (JSSA)  
240-595-1558 or [Lchen@jssa.org](mailto:Lchen@jssa.org)



**jssa**  
JEWISH SOCIAL SERVICE AGENCY

# REGISTRATION

REGISTER AT [BENDERJCCGW.ORG](http://BENDERJCCGW.ORG) OR COMPLETE AND SUBMIT THIS FORM  
TO BENDER JCC, ATTN: COA, 6125 MONTROSE RD, ROCKVILLE, MD 20852

Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

*\*\*If registering for an excursion, please note that these events sell out fast, and there is no guarantee that your form will arrive prior to the event selling out. We recommend you call in to register for our trips\*\**

Lessans Literary Series: What Your Body Knows About Happiness

Tuesday, September 9 | \$18

Due \$ \_\_\_\_\_

Fun, Fit & FREE

Mondays: 9/12; 10/10, 10/24 | FREE

Registration Requested

Special Event: Health & Harvest Fair

Sunday, September 14 | \$5/pp

Pre-register:

eligible to win a prize!

Sip & Share: Women Connect

Mondays: 9/15; 10/6, 10/20 | \$36/year

Due \$ \_\_\_\_\_

**NEW!** Cinema J **Matinee** @ JCC – Elie Wiesel: Soul on Fire

Thursday, September 18 | \$12 in advance/\$15 day of screening Due \$ \_\_\_\_\_

Cinema J @ JCC – Elie Wiesel: Soul on Fire

Thursday, September 18 | \$16 in advance/\$20 day of screening Due \$ \_\_\_\_\_

Cinema J Matinee @ Leisure World – Elie Wiesel: Soul on Fire

Friday, September 19 | \$12 in advance/\$15 day of screening Due \$ \_\_\_\_\_

Lessans Literary Series: *The Lost Masterpiece*

Sunday, October 12 | \$36\*

Due \$ \_\_\_\_\_

Coffeehouse Concert: Comedy Edition

Thursday, October 23 | \$48

Due \$ \_\_\_\_\_

Excursion: Damn Yankees @ Arena Stage

Sunday, October 26 | \$140

Due \$ \_\_\_\_\_

Games, Games, Games\*

Mah Jongg – September & October Sessions

Canasta – September & October Sessions

**NEW!** Bridge – October/November Session

*\*Contact Marcie Blackman at*

*[mblackman@benderjccgw.org](mailto:mblackman@benderjccgw.org) or*

*301.348.3808 to register for Games.*

Total Amount Due \$ \_\_\_\_\_

*\*No Refunds for Excursions unless we can fill your spot. See policies on our CoA website page for details: [www.benderjccgw.org/coa](http://www.benderjccgw.org/coa)\**

**METHOD OF PAYMENT** \*A 3% fee will be added to all credit card transactions\*

☐ VISA ☐ MasterCard ☐ AmEx ☐ Discover ☐ Check - Payable to Bender JCC

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_



6125 Montrose Road  
Rockville, MD 20852  
benderjccgw.org

Non-Profit Org.  
U.S. Postage  
**PAID**  
Suburban MD  
Permit No. 91

**GET VAXXED on Friday, September 12!**  
**9:00 AM – 1:00 PM @ Bender JCC**

*\*Vaccinations administered by Giant Pharmacy\**

✓ Flu ✓ COVID ✓ Pneumonia  
✓ Shingrix ✓ RSV ✓ & More



**Health & Harvest Fair @ The JCC**

Sunday, September 14  
10:00 AM – 1:00 PM

\* FAMILY FUN! JOIN US!

\* DETAILS ON INSIDE FRONT COVER