

Find  
Your Place  
at the



Bender JCC  
of Greater Washington

FALL-2 2025

# PROGRAM GUIDE

NOVEMBER 17 - FEBRUARY 1

## REGISTRATION OPENS:

MEMBERS | OCTOBER 27

PUBLIC | NOVEMBER 3

ONE  
in SIX  
MILLION

*The Baby  
by the Roadside*

## COMMUNITY HIGHLIGHTS:

Arts & Culture Preview (Page 1)

Hanukkah Lawnikah (Page 4)

Dinner of Champions (Pages 9, 10)

2026 Camp Applications (Back cover)



# Preview the Arts and Culture Programs Coming this Fall

## CINEMA AND FILM

*Cinema J presents:*

**Cinema J Matinee @ JCC: The Ring**

Thursday, November 6 | 1:30 PM

**Cinema J Evening @ JCC: The Ring**

Thursday, November 6 | 7:00 PM

**Bad Shabbos**

Thursday, January 15 | 1:30 PM

## CONCERTS AND PERFORMANCES

*Polinger Artists of Excellence Presents:*

**Verona Quartet with Eric Lu**

Sunday, November 9 | 7:00 PM

*Polinger Artists of Excellence presents:*

**William Hagen and Albert Cano Smit**

Sunday, December 7 | 3:00 PM

**Mt. Vernon Virtuosi**

Sunday, December 14

Family Concert | 11:00 AM

Public Concert | 2:00 PM

## LESSANS FAMILY LITERARY SERIES

**One In Six Million** by Amy Fish

Commemorating International Holocaust Remembrance Day

Thursday, January 22

Reception | 6:15 PM

Book Talk | 7:00 PM

## THEATER EXCURSIONS

*Coming of Age*

**Guys and Dolls @ Shakespeare Theatre Company**

Sunday, December 28 | 2:00 PM

*Coming of Age | Intergenerational Experience*

**Fiddler On The Roof @ Signature Theatre**

Sunday, January 11 | 2:00 PM

## GOLDMAN ART GALLERY

**Montgomery Art Association:**

**The Language of Art**

November 9-December 14

Reception: November 16 | 12:00 PM

**Hadar Goldin: The Final Peace**

January 11 – February 15

Reception: January 11 | 5:00 PM

## SPECIAL EVENTS

*Coffeehouse Concerts presents:*

**Songs of Carole King**

*With a little bit of Hanukkah joy mixed in!*

Thursday, December 18 | 7:00 PM



### OUR JEWISH LEGACY Multi-Generational & Grandparents Programming

*Meaningful opportunities to  
connect, learn, and celebrate  
Jewish life across generations.*

**GRAND Menorah Making** | Sunday, Dec. 14 (Page 8)

**MULTIGENERATIONAL "Fiddler on the Roof"** at

**Signature Theatre** | Sunday, Jan. 11 (Page 7)

**GRAND Sleep Under** | Sat, Feb. 14\*

**GRAND Challah Baking** | Sunday, March 8\*

**Curating Your Family Museum** | April 22, 24\*

**Developing an Ethical Will** | May 3\*

*\*Registration coming soon*



## Youth Group Swim Lessons

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

Sundays, November 16 - January 25 | 10:00 – 10:30 AM

*Skip dates: November 30, December 21, 28*

\$184/members | \$200/public

Mondays, November 17-January 26 | 4:00 – 4:30 PM

*Skip dates: December 22, 29; January 19*

\$184/members | \$200/public

Thursdays, November 20 – January 29 | 4:00 – 4:30 PM

*Skip dates: November 27; December 25; January 1*

\$184/members | \$200/public

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

Sundays, November 16-January 25 | 10:30 – 11:00 AM

*Skip dates: November 30, December 21, 28*

\$184/members | \$200/public

Mondays, November 17-January 26 | 4:00 – 4:30 PM

*Skip dates: December 22, 29; January 19*

\$184/members | \$200/public

Thursdays, November 20 – January 29 | 4:00 – 4:30 PM

*Skip dates: November 27; December 25; January 1*

\$184/members | \$200/public

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

Sundays, November 16-January 25 | 11:00 – 11:30 AM

*Skip dates: November 30, December 21, 28*

\$184/members | \$200/public

Mondays, November 17-January 26 | 4:30 – 5:00 PM

*Skip dates: December 22, 29; January 19*

\$184/members | \$200/public

Thursdays, November 20 – January 29 | 4:30 – 5:00 PM

*Skip dates: November 27; December 25; January 1*

\$184/members | \$200/public

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

Sundays, November 16-January 25 | 11:30 AM – 12:00 PM

*Skip dates: November 30, December 21, 28*

\$184/members | \$200/public

## Adult Beginner Swim Class

Mondays, November 17-January 26 | 5:00 – 5:30 PM

*Skip dates: December 22, 29; January 19*

\$184/members | \$200/public

## Parent & Child Classes

### Waterbabies (6–18 months)

Sundays, November 16-January 25 | 9:00 – 9:30 AM

*Skip dates: November 30, December 21, 28*

\$184/members | \$200/public

### Watertots (18 months–3 years old)

Sundays, November 16-January 25 | 9:30 – 10:00 AM

*Skip dates: November 30, December 21, 28*

\$184/members | \$200/public



# Learn to SWIM

Swimmers of all ages and skills can develop lifelong confidence and lifesaving skills:

**Private and Semi-Private Swim Lessons:** Tailored instruction for swimmers of all ages.



<< Scan QR code to get started!  
(Bender JCC members only)

**Youth Group Swim Classes:** Learn basic swim-strokes and water safety skills while making friends.



<< Scan QR code to register!  
(Member and Public options)



**Mike Holmes,**  
*Director*

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

# HEALTH & FITNESS

## PERSONAL TRAINING

Visit [benderjccgw.org/training](http://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

## NUTRITION AND WELLNESS COACHING

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

For details or to book your free 30-minute consultation, contact Emma Hertzberg at 301.348.3710 or [ehertzberg@benderjccgw.org](mailto:ehertzberg@benderjccgw.org).

### New Year, Best You: Drop the last 10 pounds Masterclass (Virtual)

Monday, January 5 | 6:00 PM  
\$15/members | \$20/public

### Unlock Your Best Health: Intuitive Wellness and Weight Loss (Virtual)

Wednesdays | January 7-February 11 | 6:15 PM  
\$180/members | \$210/public

## GROUP EXERCISE CLASSES

**Paul Macias, Fitness Manager**  
301.348.3891  
[pmacias@benderjccgw.org](mailto:pmacias@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

### 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

### Cycle

Tuesdays | 8:30 AM  
Thursdays | 8:00 AM  
Saturdays | 7:00 AM

### Fit Fusion

Thursdays | 9:00 AM

### Flow Yoga

Wednesdays | 6:00 PM

### Flow Yoga

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

### Gentle Yoga

Thursdays | 12:30 PM

### Ignite Dance Fit

Mondays | 6:00 PM

### Les Mills CORE

Thursdays | 6:10 AM

### Les Mills BODYPUMP

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

### Les Mills Body Combat & Core

Sundays | 8:30 AM

### Lift

Fridays | 9:30 AM

### Pilates

Tuesdays | 6:00 PM  
Wednesdays | 9:30 AM

### Spin

Tuesdays | 6:00 PM

### Zumba

Sundays, Wednesdays | 9:30 AM  
Wednesdays | 7:00 PM  
Fridays | 11:00 AM  
Saturdays | 10:15 AM

### Taste of Group Ex

Monday, January 12 | 6:00 - 7:45 PM  
Free

## SPECIALTY CLASSES FOR A FEE

### Adult Beginner Pickleball

Tuesdays | December 16-January 27  
10:30 AM - 12:00 PM  
\$150/members | \$200/public  
*Skip days:* December 23, 30

### Aqua Suspension

Mondays | November 3-December 15  
11:00 - 11:45 AM  
\$50/member | \$150/public  
*Skip date:* December 1

### Aqua Suspension

Mondays | January 5-February 16  
11:00 - 11:45 AM  
\$50/member | \$150/public  
*Skip date:* January 19

### Tai Chi

Mondays, | November 17-February 2  
12:00 - 1:00 PM  
\$110/members | \$180/public  
*Skip days:* December 22, 29

### Teen Fitness 101

Mondays | November 17-January 5  
6:00-7:00 PM  
\$180/member | \$210/public  
*Skip days:* December 22, 29

### Women with Weights

Wednesdays | November 19-January 7  
6:30 - 7:30 PM  
\$230/members | \$260/public  
*Skip days:* December 24, 31

## YOUTH SPORTS

**Jeremy Schlafstein,**  
**Sports Program Director**  
301.348.3852 | [jschlafstein@benderjccgw.org](mailto:jschlafstein@benderjccgw.org)

### Adult Karate

Mondays, Wednesdays | Through January 28 | 6:30-7:30 PM  
\$1,122/member | \$1,165/public  
*Skip days:* November 26, December 22, 24, 29, 31; January 19



# PERSONAL TRAINING

Our certified trainers will keep you motivated as you work towards your fitness goals.

To Schedule Personal Training, Scan the QR code>>



# YOUTH SPORTS

**Jeremy Schlafstein,**  
Sports Program Director

301.348.3852 | [jschlafstein@benderjccgw.org](mailto:jschlafstein@benderjccgw.org)



## **Tryouts 2026 JCC Maccabi Games**

Sundays | January 1-February 27  
\$36/member | \$40/public

## **Tryouts 2026 | Mini and Junior Maccabi Games**

Sundays | January 1-18  
\$36/member | \$40/public

## **Rising Stars Basketball (Ages 11-13)**

Tuesdays | November 18-January 27 | 5:00 -6:00 PM  
\$245/member | \$260/public  
*Skip days:* December 23, 30

## **KARATE**

**Classes run through January 2026. To join class mid-session, please contact Jeremy Schlafstein at [jschlafstein@benderjccgw.org](mailto:jschlafstein@benderjccgw.org).**

## **Lil Dragon (Ages 3-5)**

Mondays | Through January 26 | 3:15-4:00 PM  
\$578/member | \$600/public  
*Skip days:* December 22, 29; January 19

## **Kid Tiger (Ages 9+)**

Mondays | Through January 26 | 4:15-5:00 PM  
\$578/member | \$600/public  
*Skip days:* December 22, 29; January 19

## **Beginner (Ages 9+)**

Mondays & Wednesdays | Through January 28 | 5:00-5:45 PM  
\$1,122/member | \$1,165/public (33 classes)  
*Skip days:* November 26; December 22, 24, 29, 31; January 19

## **Intermediate Advanced (Ages 9+)**

Mondays & Wednesdays | Through January 28 | 5:45-6:30 PM  
\$1,122/member | \$1,165/public  
*Skip days:* November 26; December 22, 24, 29, 31; January 19

## **Adult**

Mondays & Wednesdays | Through January 28 | 6:30-7:30 PM  
\$1,122/member | \$1,165/public (33 classes)  
*Skip days:* November 26; December 22, 24, 29, 31; January 19

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**Bender JCC**  
of Greater Washington

# Hanukkah Lawnikah

**DECEMBER 14 | 4:30 - 6:30 PM**

Join in community to light the 1st candle, pose in our Hanukkah Inflatables village, marvel in a fire and light show, nosh on latkes and sufganiyot and sing together!

*Special performance by the U.S. Army Band Klezmer Ensemble*

**Purchase tickets at [benderjccgw.org/hanukkah](https://benderjccgw.org/hanukkah)**



**Talin Tahmasian,**  
*Director*

301.348.3880 | [ttahmasian@benderjccgw.org](mailto:ttahmasian@benderjccgw.org)

# AFTER-SCHOOL

## AFTER-SCHOOL PROGRAM

### Soccer

Mondays | November 17-January 26 | 4:45 - 5:30 PM  
Members: \$245 | \$260/public  
*Skip date:* December 22, 29; January 19

### Woodworking

Tuesdays | November 18-January 27 | 4:45 PM - 5:30 PM  
\$260/members | \$275/public  
*Skip days:* December 23, 30

### Sports Festival

Tuesdays | November 18-January 27 | 4:45 PM - 5:30 PM  
\$245/members | \$260/public  
*Skip days:* December 23, 30

### Drama and Games

Wednesdays | November 19-January 28 | 4:45 PM - 5:30 PM  
Members: \$245 | \$260/public  
*Skip date:* November 26; December 24, 31

### Gymnastics 1

Wednesdays | November 19-January 28 | 4:45 PM - 5:30 PM  
\$260/members | \$275/public  
*Skip days:* November 26; December 24, 31

### Gymnastics 2

Wednesdays | November 19-January 28 | 5:30 - 6:15 PM  
\$260/members | \$275/public  
*Skip days:* November 26; December 24, 31

### Spy Games

Thursdays | November 20-January 29 | 4:45 PM - 5:30 PM  
\$245/members | \$260/public  
*Skip date:* November 27; December 25; January 1

### STEM

Thursdays | November 20-January 29 | 4:45 PM - 5:30 PM  
\$245/members | \$260/public  
*Skip date:* November 27; December 25; January 1

### Basketball

Thursdays | November 20-January 29 | 4:45 PM - 5:30 PM  
\$245/members | \$260/public  
*Skip date:* November 27; December 25; January 1

### Friday Fun and Games

Fridays | November 21-January 29 | 2:30 PM - 5:00 PM  
\$245/members | \$260/public  
*Skip days:* November 28; December 26; January 2

## YOUTH DANCE BY ACD DANCE\*

### Preschool Dance (Ages 3 - 5)

Tuesdays | Through January 27 | 3:45 - 4:30 PM  
\$575/members | \$595/public  
*Skip days:* December 23, 30

### Ballet (Grades K-2)

Tuesdays | Through January 27 | 4:45 - 5:30 PM  
\$560/members | \$580/public  
*Skip days:* December 23, 30

### Ballet (Grades 3-5)

Tuesdays | Through January 27 | 5:30 - 6:30 PM  
\$595/members | \$615/public  
*Skip days:* December 23, 30

### Jazz and Hip Hop (Grades K-2)

Tuesdays | Through January 27 | 5:30 - 6:15 PM  
\$560/members | \$580/public  
*Skip days:* December 23, 30

### Jazz and Hip Hop (Grades 3-5)

Tuesdays | Through January 27 | 4:30 - 5:30 PM  
\$595/members | \$615/public  
*Skip days:* October 7, 14; December 23, 30

## PRIVATE MUSIC LESSONS

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

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

*Programs and dates are subject to change. Please visit [benderjccgw.org](http://benderjccgw.org) for up-to-date listings.*

## KARATE\*

### Jeremy Schlafstein,

### Sports Program Director

301.348.3852 | [jschlafstein@benderjccgw.org](mailto:jschlafstein@benderjccgw.org)

### Lil Dragon (Ages 3-5)

Mondays | Through January 26 | 3:15-4:00 PM  
\$578/member | \$600/public  
*Skip days:* December 22, 29; January 19

### Kid Tiger (Ages 9+)

Mondays | Through January 26 | 4:15-5:00 PM  
\$578/member | \$600/public  
*Skip days:* December 22, 29; January 19

### Beginner (Ages 9+)

Mondays & Wednesdays | Through January 28 | 5:00-5:45 PM  
\$1,122/member | \$1,165/public (33 classes)  
*Skip days:* November 26; December 22, 24, 29, 31; January 19

### Intermediate Advanced (Ages 9+)

Mondays & Wednesdays | Through January 28 | 5:45-6:30 PM  
\$1,122/member | \$1,165/public  
*Skip days:* November 26; December 22, 24, 29, 31; January 19

\*Classes run through January 2026. To join class mid-session, please contact: Talin for Dance and Jeremy for Karate.

# ENRICHMENT (MON-FRI)

## INCLUSION

**Kaitlyn Mora,**  
Inclusion Program Coordinator  
301.348.3884 | [kmora@benderjccgw.org](mailto:kmora@benderjccgw.org)

### Empowering Friendship

Mondays | November 17-January 26 | 4:30 - 6:00 PM  
\$245/member | \$260/public  
*Skip date:* December 22, 29; January 19

### Beats and Bloom

Tuesdays | November 18-January 27 | 4:45 PM - 5:30 PM  
\$260/members | \$275/public  
*Skip date:* November 27; December 25; January 1

### Brain Builders (Pre-School)

Wednesdays | November 19-January 28 | 3:45 PM - 4:30 PM  
\$245/members | \$260/public  
*Skip days:* November 26; December 24, 31

### Brain Builders (K-2)

Wednesdays | November 19-January 28 | 4:45 PM - 5:30 PM  
\$245/members | \$260/public  
*Skip days:* November 26; December 24, 31

### Emotion Detectives

Thursdays | November 20-January 29 | 4:45 PM - 5:30 PM  
\$245/members | \$260/public  
*Skip date:* November 27; December 25; January 1

## SWIMMING

**Caroline Cardullo,**  
Aquatics Director  
301.348.3890 | [ccardullo@benderjccgw.org](mailto:ccardullo@benderjccgw.org)

### Youth Group Swim Lessons

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

Sundays, November 16 - January 25 | 10:00 - 10:30 AM  
*Skip dates:* November 30, December 21, 28  
\$184/members | \$200/public

Mondays, November 17-January 26 | 4:00 - 4:30 PM  
*Skip dates:* December 22, 29; January 19  
\$184/members | \$200/public

Thursdays, November 20 - January 29 | 4:00 - 4:30 PM  
*Skip dates:* November 27; December 25; January 1  
\$184/members | \$200/public

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

Sundays, November 16-January 25 | 10:30 - 11:00 AM  
*Skip dates:* November 30, December 21, 28  
\$184/members | \$200/public

Mondays, November 18-January 27 | 4:00 - 4:30 PM  
*Skip dates:* December 22, 29; January 19  
\$184/members | \$200/public

Thursdays, November 21 - January 30 | 4:00 - 4:30 PM  
*Skip dates:* November 27; December 25; January 1  
\$184/members | \$200/public

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

Sundays, November 17-January 26 | 11:00 - 11:30 AM  
*Skip dates:* November 30, December 21, 28  
\$184/members | \$200/public

Mondays, November 18-January 27 | 4:30 - 5:00 PM  
*Skip dates:* December 22, 29; January 19  
\$184/members | \$200/public

Thursdays, November 21 - January 30 | 4:30 - 5:00 PM  
*Skip dates:* November 27; December 25; January 1  
\$184/members | \$200/public

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

Sundays, November 17-January 26 | 11:30 AM - 12:00 PM  
*Skip dates:* November 30, December 21, 28  
\$184/members | \$200/public

## Class Complement

Supervised care between the end of the school day and the start of after-school enrichment classes at the Bender JCC. Children will be offered a snack and can participate in quiet, structured activities such as reading, drawing, or games. Children will be escorted to their designated enrichment class within the JCC. *Please note: children under age 12 are not permitted to be at the Bender JCC without adult supervision, and this program ensures they are safely cared for during the transition period.*

\$60/members | \$80/public (November 17-February 1 | 1 Session)

## School Out Days

When school is out, fun is in session! The **No School Day Program** offers a full day of engaging, supervised activities for children on scheduled school closure days. Held at the Bender JCC, this program includes games, arts and crafts, sports, themed activities, and more—providing a safe and exciting environment for kids to spend the day. Families can count on a structured schedule, experienced staff, and plenty of opportunities for socializing and creativity.

*Dates:* November 3, 24, 25, January 20, 26; February 13, 17, March 16, 20; April 15; May 27

Through May 27 | 8:00 AM-6:00 PM  
\$105/members | \$120/public (per day pricing)

## Parents' Night Out

Saturday, January 10 | 6:00-9:30 PM  
\$55/members | \$70/public

## Winter Break Camp

Monday-Friday | December 22-January 2 | 8:00 AM - 6:00 PM  
Members: \$105 | \$120/public (per day pricing)  
*Skip date:* December 24, 25, 31; January 1

# ADULTS & SENIORS



**Marcie Blackman,**  
*Director, Arts and Culture*

301.348.3808 | mblackman@benderjccgw.org



**Frieda Enoch,**  
*Director, Coming of Age (CoA)*

301.348.3809 | fenoch@benderjccgw.org

## LITERARY

Lessans Literary Series Presents:

**One in Six Million** by Amy Stohs

Commemorating International Holocaust Remembrance Day

Thursday, January 22 | 7:00 PM | \$25

Reception | 6:15 PM | Book Talk | 7:00 PM

## CONCERTS

**Verona String Quartet with Eric Lu**

String Quartet + Piano

November 9 | 7:00 PM | \$56

**William Hagen and Albert Cano Smit**

Violin + Piano

December 7 | 3:00 PM | \$56

**Mt. Vernon Virtuosi String Quartet**

Sunday, December 14 | 11:00 AM - 12:00 PM

Free for all

## GOLDMAN ART GALLERY EXHIBIT

**Montgomery Art Association: The Language of Art**

November 9 - December 14

Reception, November 16 | 12:00 | Open to All

**Hadar Goldin: The Final Peace**

January 11 - February 15

Reception: January 11 | 5:00 PM | Open to All

## CLASSES/GAMES

**U.S. Citizenship**

Tuesday | January 6 - March 10 | 10:00 AM - 12:15 PM | Free

**Beginner Canasta**

Mondays | January 5-February 9 | 10:00 AM - 12:00 PM

\$160/members | \$170/public

**Beginner Mah Jongg**

Mondays | November 17-December 8 | 10:00 AM - 12:00 PM

Mondays | January 5-26 | 10:00 AM - 12:00 PM

\$115/member | \$125/public

**Intermediate Mah Jongg**

Tuesdays | November 18-December 9 | 10:00 AM - 12:00 PM

Tuesdays | January 6-27 | 10:00 AM - 12:00 PM

\$115/member | \$125/public

**Advanced Intermediate Mah Jongg**

Tuesdays | November 18-December 9 | 12:30 - 2:30 PM

Tuesdays | January 6-27 | 12:30 - 2:30 PM

\$115/member | \$125/public

**Bridge**

Thursdays | January-February 12 | 10:00 AM - 12:00 PM

\$170/members | \$180/public

**Selma Sweetbaum Senior Nutrition Program:**

**Mondays and Wednesdays**

10 AM-1:00 PM

**Scrabble**

1st and 3rd Friday | November 7, 21; December 5, 19

## MENS CLUB

**Parents and Their Adult Children, Then and Now:  
Rethinking the Parent-Adult Child Relationship**

Tuesday, November 18 | 1:15 PM | Free | OPEN TO ALL!

**The Health of Presidents and Presidential Candidates**

Tuesday, Dec 2 | 1:15 PM | Free | OPEN TO ALL!

For more information, contact Jay Doniger at  
jdoniger@gmail.com or 301-442-8690.

## COMING OF AGE IN MARYLAND (COA)

**Sip & Share: Women Connect**

1st and 3rd Mondays | 1:30 PM

\$36/year

**Cinema J Matinee @ JCC: The Ring**

Thursday, November 6 | 1:30 PM

\$12 in advance/\$15 day of screening

**Cinema J Evening @ JCC: The Ring**

Thursday, November 6 | 7:00 PM

\$16 in advance/\$20 day of screening

**Cinema J Matinee @ Leisure World: The Ring**

Friday, November 7 | 1:30 PM

\$12 in advance/\$15 day of screening

**Fun, Fit & FREE: Fridays**

2nd and 4th Fridays | 1:00 PM

FREE Registration Required

**Knishes & Conversation: 'The Catskills'**

Thursday, November 13 | 12:00 PM

\$48

Coffeehouse Concert:

**Songs of Carole King**

Thursday, December 18, 2025 | 7:00 PM

\$48

Excursion:

**Guys and Dolls @ Shakespeare Theatre Company**

Sunday, December 28, 2025 | \$140

Excursion:

**Fiddler on the Roof @ Signature Theatre**

Sunday, January 11, 2026 | \$140

Cinema J Matinee @ Bender JCC:

**Bad Shabbos**

Thursday, January 15, 2026 | \$12 in advance/ \$15 day of

Cinema J Evening Screening @ Bender JCC:

**Bad Shabbos**

Thursday, January 15, 2026 | \$16 in advance/\$20 day of

# YOUTH & FAMILY

**Lauren Dworkin,**

*Director, Engagement & Social Action*

301.348.3837 | [ldworkin@benderjccgw.org](mailto:ldworkin@benderjccgw.org)



**BENDER-DOSIK PARENTING CENTER**  
**Jennifer Radosh, Director of JFamily Programs**  
301.348.3848 | [jradosh@benderjccgw.org](mailto:jradosh@benderjccgw.org)

**Baby and Me Yoga**

Mondays | November 17-January 26 | 8:45-9:30 AM  
\$215/member | \$225/public  
*Skip date:* December 22, 29; January 19

**Makin' Music with Ms. Michelle**

Tuesdays | November 18-January 27 | 4:00-4:45 PM  
\$185/member | \$195/public  
*Skip days:* December 23, 30

**Books and Bubbles**

Wednesdays | November 19-January 28 | 10:30-11:00 AM  
\$75/member | \$85/public  
*Skip days:* November 26; December 24, 31

**Rhythm 'N' Ruach**

Thursdays | December 4-January 22 | 10:30-11:15 AM  
\$160/member | \$170/public  
*Skip days:* December 25; January 1, Make up date: January 29

**Story Time at Capital Jewish Museum**

**CJM: Thank You, Toda**

Thursday, November 13, 2025 10-11 AM

**CJM: Hanukah**

Thursday, December 11, 2025 10-11 AM

**Shabbat Shalom Playgroup**

Fridays | November 21-January 30 | 10:30 - 11:00 AM  
Free  
*Skip days:* November 28; December 26

**Silly Soccer with Potomac Soccer**

Saturdays | November 22-January 31 | 9:30 -10:00 AM  
\$240/member | \$250/public  
*Skip days:* November 29; December 27

**Mini Doodlers-Pets and Puppies**

Saturdays | November 23-February 1 | 10:45 -11:30 AM  
\$240/member | \$250/public  
*Skip days:* November 30; December 28

**Music Together**

Saturdays | January 10-March 14  
Choose from two convenient class times:  
• 9:00-9:45 AM  
• 10:00-10:45 AM  
\$280/first child | Reduced fees for siblings.

**CJM: Shalom**

Saturday, November 29, 2025 3:30-4:30 PM

**JEWISH FAMILY AMBASSADOR PROGRAM**

Jennifer Radosh

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](http://benderjccgw.org/jfa).

**BENDER-DOSIK GRANDPARENTING CENTER**

Lauren Dworkin

**GRAND Menorah Making**

Sunday, December 14 | 10:00 - 11:30 AM  
\$25/members | \$35/public

**DELIVERING GOOD NETWORK**

Lauren Dworkin

**B. Changemakers**

Sundays | December 14, January 19, February 22, March 15, April 19  
1:00 - 5:00 PM  
\$250

**Thanksgiving Meal Basket Packing**

Sunday, November 9 | 1:00 - 3:00 PM  
\$5

**Giving Lobby**

December 1-January 1 | Donation Drives

Delivering Good Network





**COMMUNITY PLAYHOUSE BUILD**



**Monday, January 19 | 10:00 AM - 1:00 PM**  
**Apply at [benderjccgw.org/MLK](http://benderjccgw.org/MLK)**



**Rivka Degani,**  
*Director*

301.348.3810 | [rdegani@benderjccgw.org](mailto:rdegani@benderjccgw.org)

# HEBREW CLASSES

**Classes run through January 2025. To join a class mid-session, please contact Rivka Degani at [rdegani@benderjccgw.org](mailto:rdegani@benderjccgw.org).**

## Advanced

Wednesdays | Through February 4, 2026 | 9:00–11:00 AM  
\$610 (Hybrid)

Wednesdays | Through February 4, 2026 | 7:00–9:00 PM  
\$610 (Zoom only)

Mondays | Through February 2, 2026 | 4:00–6:00 PM  
\$610 (Zoom only)

Thursdays | Through February 12, 2026 | 7:00–9:00 PM  
\$610 (Zoom only)  
*Skip days:* November 27, January 1

## Aleph Plus

Wednesdays | Through January 28 | 11:00 AM - 1:00 PM  
\$690 (Includes \$80 website curriculum fee) (Hybrid)

## Hey

Tuesdays | Through January 20 | 6:00 - 8:00 PM  
\$690 (Includes \$80 website curriculum fee) (Hybrid)

Thursdays | Through February 5, 2026 | 4:00–6:00 PM  
\$690 (Includes \$80 website curriculum fee) (Hybrid)  
*Skip days:* November 27, January 1

Fridays | Through January 16, 2026 | 11:00 AM – 1:00 PM  
\$690 (Includes \$80 website curriculum fee) (Hybrid)  
*Skip days:* November 28

## Bet

Mondays | Through February 2 | 6:00–8:00 PM  
\$690 (Includes \$80 website curriculum fee) (Hybrid)

## Gimel Plus

Thursdays | Through February 12 | 6:00–8:00 PM  
\$690 (Includes \$80 website curriculum fee) (Hybrid)  
*Skip days:* November 27, December 25, January 1

## Intermediate Dalet

Wednesdays | Through February 4, 2026 | 6:00–8:00 PM  
\$690 (Includes \$80 website curriculum fee) (Hybrid)  
*Skip days:* December 24, December 31

Find Your Place at the

Bender JCC of Greater Washington

NFP

The Meltzer Group

## BAGELS & BUSINESS

**Jenny Abramson**  
Founder & Managing Partner  
of Rethink Impact

**Andrew Sachs**  
Founding partner of Mauloa

**Tuesday, December 2, 7:30 AM**

**Visit [benderjccgw.org/bagels](https://benderjccgw.org/bagels) to RSVP.**

# DINNER OF CHAMPIONS

SUPPORTING INCLUSION AT LESSANS CAMP JCC

**Saturday, November 22, 2025 | 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.**

# INCLUSION

**Kaitlyn Mora,**  
Inclusion Program Coordinator

301.348.3767 | kmora@benderjccgw.org



## **Sweet Balance (18+)**

Sundays | November 23-February 1 | 12:00 - 1:30 PM

Members: \$260 | Public: \$275

Skip date: November 30; December 28

## **Brain Builders (Pre-School)**

Wednesdays | November 19-January 28 | 3:45 PM - 4:30 PM

\$245/members | \$260/public

Skip days: November 26; December 24, 31

## **Brain Builders (K-2)**

Wednesdays | November 19-January 28 | 4:45 PM - 5:30 PM

\$245/members | \$260/public

Skip days: November 26; December 24, 31

## **Emotion Detectives (K-2)**

Thursdays | November 20-January 29 | 4:45 PM - 5:30 PM

\$245/members | \$260/public

Skip date: November 27; December 25; January 1

## **Sensory Friendly Movie: Cloudy With A Chance of Meatballs**

Sunday, January 18 | 10:00 AM - 12:00 PM

\$20/members | \$25/public

With Lunch Add On: \$30/members | \$35/public

## **Parents Night Out: Teen Edition!**

Saturday, January 10 | 6:00 PM - 9:30 PM

\$55/member | \$70/public

## **Shavim Soccer Season (Ages 12-21)**

Sundays | Through June 7 | 10:00 AM - 11:00 AM

Free program

Skip Days: November 30, December 28, April 5, 26

## **Beats and Bloom (Ages 6-9)**

Tuesdays | November 18-January 27 | 4:45 PM - 5:30 PM

\$260/members | \$275/public

Skip date: November 27; December 25; January 1

## **Empowering Friendship (Ages 13-21)**

Mondays | November 17-January 26 | 4:30 - 6:00 PM

\$245/member | \$260/public

Skip date: December 22, 29; January 19

## **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**

Sunday, November 16 | 2:00 - 3:00 PM

\$10/member | \$15/public

## **J Sibs Middle/High School**

Sunday, November 16 | 3:30 - 4:30 PM

\$10/member | \$15/public

**Lessans**  
**CAMP JCC**  
@ the Bender JCC

**2026** THE  
COUNTDOWN  
BEGINS!

## **Summer 2026 Staff Applications Open:**

- Returning Staff: November 12
- New Staff: November 19



Scan QR to  
learn more

## **Greater Washington Jewish Sports Hall of Fame Inductees**

**Robert Ades<sup>z</sup>l • Andy Dinkin • Dan Kolko • Michele Kuvn Kupfer  
Howard Offit • Matthew Popeck**

**Hyman M. and Phillip D. Perlo High School Athletes  
Rachel Fagin | Mia Forseter  
Michael Newman | Isabel Triandafilou**

**Dinner of Champions Co-Chairs  
Monti and Staci Yolles**



# Bender Early Childhood Center Preschool for Students 1-5 Years Old

**Play-based education inspired  
by the world around us and rooted  
in Jewish Values.**

- **School Day Hours:** 8:00 AM - 4:00 PM
- **Extended Care Hours:** 4:00 - 5:30 PM
- Bender JCC Family Membership included with preschool enrollment.
- Conveniently located in Rockville, Maryland

## JOIN OUR OPEN HOUSES

**NOVEMBER 9 | 9:00 - 10:30 AM • MAY 3, 2026 | 9:00 - 10:30 AM**

Apply at [benderjccgw.org/ECC](http://benderjccgw.org/ECC)  
or scan the QR code>>



Find  
Your Place  
at the



**Bender JCC**  
of Greater Washington

6125 Montrose Road | Rockville, MD, 20852 | [benderjccgw.org/ECC](http://benderjccgw.org/ECC)

# Lessans CAMP JCC



@ the Bender JCC

# 2026

**THE  
COUNTDOWN  
BEGINS!**



For up-to-date information,  
scan the QR code or visit  
[benderjccgw.org/camp](http://benderjccgw.org/camp)

## HIGHLIGHTS INCLUDE:

- Onsite instructional/recreational swimming
- Low camper-to-counselor ratio
- Sports, arts and specialty options
- Extended day & transportation options

## 2026 Camper Application Dates\*

- Returning 2025 Lessans Camp JCC campers | November 5
- Siblings of 2025 campers and Bender ECC families | November 12
- New campers who are Bender JCC members | November 19
- Open Applications | December 3

*\*All starting at 12 noon*

