



## Programs for Active Adults Around Town

**FEBRUARY – MARCH – APRIL 2026**

**CoA • Adults • Arts • Culture**



**jssa**

**“OH, THE PLACES YOU’LL GO...”**



## **START SPREADING THE NEWS...!**

**Limited seats, going fast!**

Please call to register: 301-348-3809

## **2-DAY TRIP TO NEW YORK CITY!**

**Wednesday, March 25 – Thursday, March 26, 2026**

**\$1250/pp, Double room; \$1450/Single room**

*(Note: No refund, unless your ‘seat’ is sold.)*

**8:00 AM Pick-Up: Bender JCC**

**8:30 AM Pick-Up: Leisure World, Clubhouse 2**

### **HIGHLIGHTS INCLUDE:**

- Broadway Show: Just In Time (Orchestra Seating)
- Eldridge Synagogue & Museum (Private tour)
- RIU Times Square Hotel
- NY Historical (Society) Private tour
- Free time

**Meals included: Boxed lunch, Dinner, Breakfast, Lunch & Treats**

**\*\*Please note: Itinerary is subject to change\*\***

**\*\*Wear comfortable shoes. Moderate walking & standing involved\*\***

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

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



**POLINGER**  
*Artists*  
*of Excellence*  
CONCERT SERIES  
2025-2026 SEASON



**TOMMY MESA AND  
ILYA YAKUSHEV**

Cello + Piano  
March 15, 2026 | 3:00 PM | \$56

**TERRENCE WILSON**

Piano  
April 19, 2026 | 7:00 PM | \$56



**ARIEL STRING QUARTET**

Sunday, May 17 | 7:00 PM

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

# CINEMA J FILMS

## FOUR WINTERS MARCH 2026 MOVIE

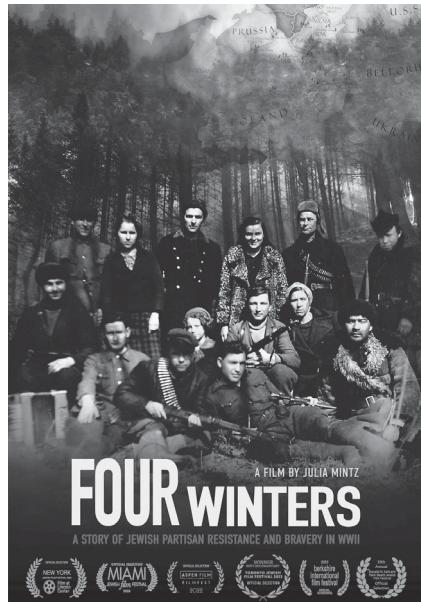
**English | 90 minutes  
Documentary, Holocaust  
History, Jewish Resistance**

We are excited to collaborate with the Bender JCC Men's Club to bring you this stunning, heartfelt story of heroism and resilience.

*Four Winters* is a powerful documentary that tells the stories of Jewish partisans—men and women who escaped Nazi persecution and fought back from the forests of

Eastern Europe during World War II. The film reveals how these young resistance fighters, many barely in their teens, survived brutal winters, organized daring sabotage missions, and helped liberate their people.

Directed by Julia Mintz, *Four Winters* honors the courage, resilience, and spirit of those who refused to be victims, offering an essential and deeply human perspective on resistance, survival, and the will to fight for freedom.



### TWO SCREENINGS:

**Cinema J Matinee**  
Thursday, March 5 |  
\$12/advance; \$15/day of  
Kreeger Auditorium @ the  
Bender JCC  
6125 Montrose Rd., Rockville,  
MD 20852

**Cinema J Evening**  
Thursday, March 5 |  
\$16/advance; \$20/day of  
Kreeger Auditorium @ the  
Bender JCC  
6125 Montrose Rd., Rockville,  
MD 20852

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

# CINEMA J SPECIAL SCREENING

**LOOKING UP**  
**APRIL 12, 2026**

**Post-Screening: Meet Eitan Armon, the subject of the documentary and the film's producer, Ms. Lefkowitz for a Q&A.**

**2025 | Documentary**  
**71 minutes | English**

Not your typical “overcoming the odds” story, **LOOKING UP** is a bold, deeply human journey that redefines what it means to rise above challenges. This award-winning documentary captures the extraordinary life of Eitan Armon, a young man living with only 5% of his vision who sets his sights on scaling El Capitan, the legendary granite wall in Yellowstone. What unfolds is not a tale of pity or perfection, but one of pure resilience, humor, and heart.

The film immerses viewers in Eitan’s world through stunning cinematography and a powerful score. More than a film about disability, it’s a film about possibility—a moving portrait of a man whose instinct is always to look up, no matter how steep the climb.

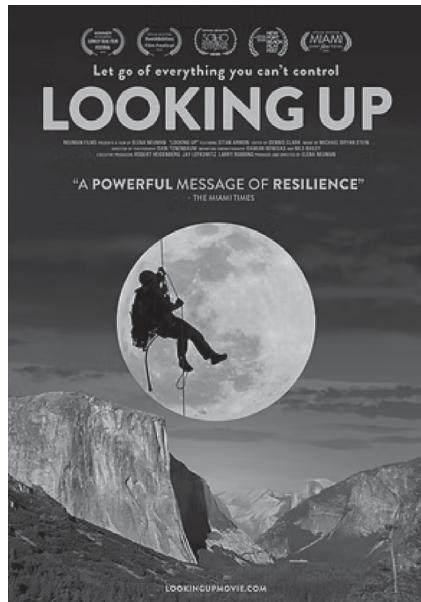
**SPECIAL SCREENING followed by a Q&A!**

**Cinema J @ Bender JCC**

**Sunday, April 12 | 7:00 – 9:00 PM**

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

**Kreeger Auditorium @ the Bender JCC  
6125 Montrose Rd., Rockville, MD 20852**



**ReelAbilities**  
**FILM FESTIVAL**  
**GREATER WASHINGTON**

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

# COFFEEHOUSE CONCERTS

## **“FROM THE BIMAH TO BROADWAY”**

**Thursday, March 12 | 7:00 – 8:30 PM | \$48 | Bender JCC**

The food. The ambience. The camaraderie. **THE MUSIC!**

Join us for this fun and unique musical program “From the Bimah to Broadway.” Cantor Arianne Brown from Adas Israel and Cantor Max Silverstone from Har Shalom will perform a program featuring songs from both genres. You’ll hear some of your favorite Broadway tunes, Jewish songs, and even a few that may be new to you!



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

**Don't wait, popular program with limited space. Register today!**

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

# **FUN, FIT & FREE!**

**NEW!**

Commitment  
Exercise  
Spirituality  
Aware  
Vitality

Wellness  
Healthy  
Involved  
Vegetables  
Walking

Lifestyle  
Learn  
Physical  
Relaxation  
Persistence

**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
- ✓ Yoga
- ✓ Bone Builders
- ✓ Cardio Drumming
- ✓ Pickleball
- ✓ 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**

**February 13 – Pickleball**

**March 13 – Israeli Dancing**

**February 27 – Pickleball**

**March 27 – Israeli Dancing**

**April 10 – Yoga**

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

# LESSANS LITERARY SERIES

## BOOK CLUB

Join us for an exciting series of books talks.

*Free of Charge, Registration required, [mblackman@benderjccgw.org](mailto:mblackman@benderjccgw.org)*

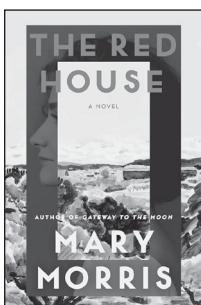


**February 20 | 11:00 AM – 12:00 PM**

*One Good Thing* by Georgia Hunter

Deborah Kalb (Moderator)

From the New York Times-bestselling author of *We Were the Lucky Ones*, a propulsive and heart-wrenching story of a young woman entrusted with a boy's life as WWII rages in Italy. A remarkable tale of friendship, romance, motherhood, and survival, *One Good Thing* reminds us, what is worth fighting for—and that love, even amidst a world in ruins, can triumph.



**April 17 | 11:00 AM – 12:00 PM**

*The Red House* by Mary Morris

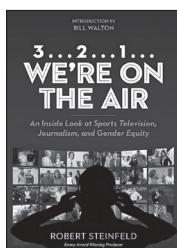
Deborah Kalb (Moderator)

*The Red House* by award-winning novelist Mary Morris weaves together an unsolved family mystery, a poignant coming-of-age story, and a little-known corner of World War II history in this lyrical exploration of family, loss, and ultimately, love. When a woman returns to her family's lakeside summer home after many years, the Red House becomes a place where memory and history intertwine, revealing long-buried secrets and the enduring bonds that shape a life.

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

# LESSANS LITERARY SERIES

## Lessans Family Literary Series Presents:



**Sunday, March 22 | 11:00 AM**

*3...2...1...We're On the Air* by Robert Steinfeld

Moderated by DC Area Sportscaster and Bender JCC

Jewish Sports Hall of Fame Inductee, Andy Pollin

\$25 (Bagels and Nosh Included)

Join the Lessans Family Literary Series in welcoming Robert Steinfeld to discuss his new book, 3...2...1... We're On The Air. Enjoy bagels and nosh followed by an engaging conversation about Steinfeld's journey from ambitious teen journalist to Emmy Award-winning network sports producer.

His book offers a behind-the-scenes look at major sporting events, the world of sports broadcasting, and the people he met along the way. A must for fans of sports, television, and great storytelling.

## ADULT MEMOIR WRITING

**ADULT MEMOIR WRITING | February 2 – April 6**

**10:00 AM-12:00 PM | \$200/Member, \$220/Non-member**

Join our ten-week Adult Memoir Writing group at the Bender JCC, led by writer and longtime member Andie Wax. In this welcoming, creative space, you'll dive into the funny, frightening, and unforgettable moments that have shaped your life and learn to craft them into vivid, engaging prose.

You'll experiment with memoirs, personal essays, short stories, and even poetry, all while enjoying the camaraderie of fellow writers. Share your work, receive thoughtful feedback, and celebrate one another's growth throughout the process.

Whether you're a seasoned storyteller or writing for the first time, you'll find encouragement, inspiration, and community. Bring a notebook, pen, or laptop—everything else is provided. No experience necessary!

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

Join the Sip and Share Women Connect Club 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 club, providing connection, camaraderie and conversation. Each session provides an opportunity to explore a variety of topics, from life experiences and current events to hobbies, travel, and more.

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

**February 2, 16, 2026 | March 2, 16, 2026 | April 6, 2026**

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

## GAMES, GAMES, GAMES...

### **MAH JONGG – \$115/Member, \$125/Non-members**

Beginner | Mondays, 10:00 AM – 12:00 PM, 12:30 – 2:30 PM  
Winter 1: February 2 – February 23; Winter 2: March 9 – March 30  
Intermediate | Tuesdays, 10:00 AM – 12:00 PM  
Winter 1: February 3 – February 24; Winter 2: March 10 – March 31  
Advanced Intermediate | Tuesdays, 12:30 – 2:30 PM  
Winter 1: February 3 – February 24; Winter 2: March 10 – March 31

### **CANASTA – \$160/Member, \$170/Non-members**

Mondays, 10:00 AM – 12:00 PM; Winter 1: February 23 – March 30

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

# PASSPORT J

**JEWISH HERITAGE AROUND THE WORLD: LIVE ZOOM TOURS!**

**Tuesdays, February 10, 17, 24 | 11:00 AM – 12:00 PM**

**\$54 for all 3 | \$20 per session**

**February 10: Lima, Peru**

**February 17: The Last Walk of Anne Frank**  
**Amsterdam, Netherlands**

**February 24: Krakow, Poland**



Join Coming of Age for a special **INTERACTIVE** Jewish Heritage Travel Program. Streamed **LIVE** from captivating cities, each weekly session immerses you in **REAL-TIME** walking tours led by passionate local guides who share authentic stories, hidden gems, and cultural traditions. This 3-week **LIVE** Zoom journey celebrates Jewish life, history, and culture across three different international destinations. Connect with fellow travelers, explore music, cuisine, history, and experience the spirit of Jewish heritage—no passport required!

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

# OUR JEWISH LEGACY

*Connect, learn, and celebrate Jewish life  
across generations*

*In each generation, we have an opportunity to learn together and share our Jewish traditions and values with our children and grandchildren. Please join us to create new memories that last a lifetime.*

## **ADULT MEMOIR WRITING | Mondays, February 2 – April 6**

Capture the stories that shaped you, from family memories to personal reflections, all in a warm and supportive setting. Explore memoirs, short essays, stories, and poetry while learning how to bring your experiences to life on the page. Enjoy the encouragement of fellow writers, build new friendships, and grow your confidence as you share your work within the welcoming community of the Bender JCC.

## **GRAND SLEEP UNDER | Saturday, February 14**

Moms and Dads can go out for a special dinner while the grandparents take the kiddos to a pajama party... but everyone sleeps at home! Join us for a cozy "sleep under" filled with dinner, crafts, storytime, and lots of snuggles. Come in your favorite pajamas and create magical memories that will last long after bedtime.

## **GRAND CHALLAH BAKING | Sunday, March 8**

Bake, bond, and give back. In this bake-one, give-one model, families will create two challahs – one to take home and one to donate to Nourish Now, supporting families in need. Ideal for children 3-6 years old.

## **CINEMA J: LOOKING UP | Sunday, April 12**

**Special Screening followed by Q&A\***

Not your typical "overcoming the odds" story, Looking UP is a bold, deeply human journey that redefines what it means to rise above challenges. This award-winning documentary captures the extraordinary life of Eitan Armon, a young man living with only 5% of his vision who sets his sights on scaling El Capitan, the legendary granite wall in Yellowstone. What unfolds is not a tale of pity or perfection, but one of pure resilience, humor, and heart. (\$16.00 In Advance; \$20.00 Day of)

**\*Q&A following the film with the subject of the documentary,  
Eitan Armon and Producer, Elena Lefkowitz**



## **CURATING YOUR FAMILY MUSEUM | Wednesday, April 22**

In partnership with the Capital Jewish Museum, these hands-on workshops for the general public will help grandparents preserve their family history using photos, heirlooms, and memories. Participants will leave with a personalized "family museum" and creative tools to pass on their legacy.

## **ETHICAL WILLS: A LEGACY OF VALUES | Sunday, May 3**

A workshop to learn how to develop a non-binding record originating in ancient Jewish culture known as an Ethical Will, which offer individuals of all ages a way to share their experiences, values, beliefs, and aspirations with their families and future generations.

**Register for these unique programs at  
[benderjccgw.org/legacy](http://benderjccgw.org/legacy).**



# GOLDMAN ART GALLERY

**Hadar Goldin: The Final Peace**

**January 11 – February 15, 2026**

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

**Reception: January 11, 2026 | 5:00-7:00 PM | Open to the public**

This exhibit features the art of Hadar Goldin, a 23-year-old lieutenant in the IDF's Givati Brigade. He was kidnapped and killed in Gaza in August 2014 by Hamas terrorists.

On November 11, 2025, after 4,118 days, a long and painful chapter came to an end. Hadar Goldin, of blessed memory, was finally laid to rest in the land he loved, Israel.



This exhibit honors Hadar's life and commemorates his remarkable artistic talent. Its significance has deepened immeasurably following his recent return, lending the works an even greater sense of memory and meaning. Hadar's art has been exhibited around the world to ensure that his story and the atrocities committed by Hamas are not forgotten.

Please scan QR code to RSVP for the reception.



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**Montgomery Art Association: Where the Light Falls**

**March 1 – March 29, 2026**

**Gallery Reception: Sunday, March 8 | 12:30 – 3:30 PM**

**Pull Up A Chair: Tell Me A Story**

**April 12 – April 23, 2026**

**Gallery Reception: Sunday, April 12 | 2:00 – 4:00 PM**

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

# 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 \_\_\_\_\_

## Adult Memoir Writing

Mondays: February 2 – April 6 | \$200/Member, \$220/Non-member Due \$\_\_\_\_\_

## Sip & Share: Women Connect | Registration Required

Mondays: 2/2, 2/16; 3/2, 3/16; 4/6, 4/20 | \$36/year Due \$\_\_\_\_\_

## Passport J: LIVE Zoom Travel

Tuesdays, February 10, 17, 24 | \$56 for all 3 or \$20 per session Due \$\_\_\_\_\_

## Fun, Fit & FREE: Fridays | Registration Required

Fridays: 2/13, 2/27, 3/13, 3/27, 4/10 FREE

## Book Club Style: *One Good Thing* | Registration Requested

Friday, February 20 | 11:00 AM – 12:00 PM FREE

## Cinema J Matinee @ JCC: Special Screening: *Four Winters*

Thursday, March 5 | \$10 Due \$\_\_\_\_\_

## Cinema J @ JCC: Special Screening: *Four Winters*

Thursday, March 5 | \$10 Due \$\_\_\_\_\_

## Coffeehouse Concert: From the Bimah to Broadway

Thursday, March 12 | \$48 Due \$\_\_\_\_\_

## Polinger Artists of Excellence: Tommy Mesa and Ilya Yakushev

Sunday, March 15 | \$56 Due \$\_\_\_\_\_

## Lessans Literary Series: 3..2.. 1.. *We're On The Air* with Robert Steinfeld

Sunday, March 22 | \$25 Due \$\_\_\_\_\_

## Excursion: NYC Overnight | March 25 – March 26 | No refunds

\$1,250/Double Occupancy/pp; \$1,450 Single Occupancy Due \$\_\_\_\_\_

## Cinema J @ JCC: *Looking UP*

Sunday, April 12 | \$16 in advance/\$20 day of screening Due \$\_\_\_\_\_

## Book Club Style: *The Red House* | Registration Required

Friday, April 17 | 11:00 AM – 12:00 PM FREE

## Polinger Artists of Excellence: Terrence Wilson

Sunday, April 19 | \$56 Due \$\_\_\_\_\_

## Games, Games, Games: February – March Session

\*Contact Marcie Blackman at [mblackman@benderjccgw.org](mailto:mblackman@benderjccgw.org) or 301.348.3808 to register.

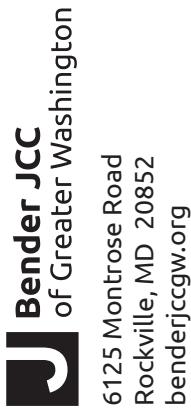
Total Amount Due \$\_\_\_\_\_

## 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: \_\_\_\_\_

\*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*)



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

### **IMPORTANT NOTE**

Please email us at: [fenoeh@benderjccgw.org](mailto:fenoeh@benderjccgw.org) if you no longer want to receive this booklet.  
\*The trees thank you!!\*



**SAVE THE DATE**  
**Thursday, June 11, 2026**  
**Annual Health & Wellness Expo**  
**(Open to All)**