

Find
Your Place
at the



Bender JCC
of Greater Washington



**Programs for CoA/Active Adults
Around Town**

May – August 2026

Arts • Culture • Wellness



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

jssa



**FINALE CONCERT:
ARIEL STRING QUARTET**

May 17, 2026 | 7:00 PM | \$56

Questions? Contact Marcie at mblackman@benderjccgw.org; 301.348.3808

COFFEEHOUSE: JEWISH POP CULTURE EDITION

**Thursday, May 28
7:00 – 8:30 PM | \$48
The food. The ambience.
The camaraderie. THE FUN!**

Join us for a fun night of entertainment and test your knowledge on all things Jewish! From Streisand to Seinfeld: A Night of Jewish Pop Culture Trivia! Friendly competition & great prizes!

But first, let's eat: Heavy hors d'oeuvres, desserts, and wine precede the trivia game. **Join us for a fun and delicious evening!**



Questions? Contact Frieda: fenoch@benderjccgw.org; 301.348.3809

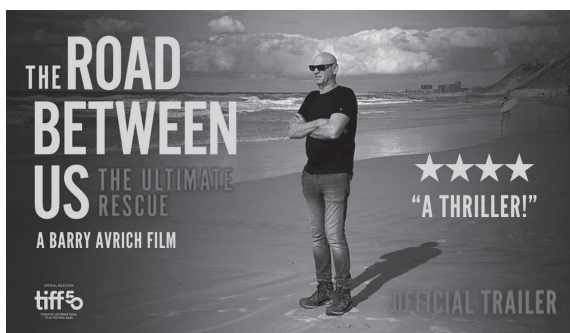
CINEMA J FILM

THE ROAD BETWEEN US: THE ULTIMATE RESCUE

2025 | Documentary | 95 minutes | English

Special Evening Film Screening: Q&A with Director Barry Avrich

How far would you go to save the ones you love? In this riveting real-life rescue thriller, filmmaker Barry Avrich chronicles the extraordinary courage of retired Israeli general Noam Tibon, as he tries to



rescue his son and family during the Hamas attack on October 7. It is a portrait of the power of a father's love, as well as his love for his country and its people. At Toronto's Int'l Film Festival, Avrich received a three-minute standing ovation, and the film went on to win the coveted People's Choice Documentary Award.

We are honored to have filmmaker Barry Avrich join us IN-PERSON at the evening screening for conversation and Q&A.

TWO SCREENINGS:

Cinema J @ The Kreeger Auditorium – Matinee

Thursday, May 14 | 1:30 - 3:00 PM | \$12 in advance/\$15 day of

Kreeger Auditorium @ the Bender JCC

6125 Montrose Rd., Rockville, MD 20852

Cinema J @ The Kreeger Auditorium – Evening

Thursday, May 14 | 7:00 - 9:00 PM | \$16 in advance/\$20 day of

Kreeger Auditorium @ the Bender JCC

6125 Montrose Rd., Rockville, MD 20852

Questions? Contact Frieda: fenoch@benderjccgw.org; 301.348.3809

GAMES, GAMES, GAMES...

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

June 22 – July 13: 10:00 AM-12:00 PM Beginner;
12:30-2:30 PM Advanced Intermediate

June 23 – July 14: 10:00 AM-12:00 PM Beginner;
12:30-2:30 PM Intermediate

July 27 – August 17: 10:00 AM-12:00 PM Beginner;
12:30-2:30 PM Advanced Intermediate

July 28 – August 18: 10:00 AM-12:00 PM Beginner;
12:30-2:30 PM Intermediate

Questions? Contact Marcie at mblackman@benderjccgw.org; 301.348.3808

“OH, THE PLACES YOU’LL GO...”

**PLANET WORD – INTERACTIVE,
FASCINATING AND FUN!**

Wednesday, June 24

11:00 AM – 2:30 PM | \$140

Limited Tickets. Call to register.

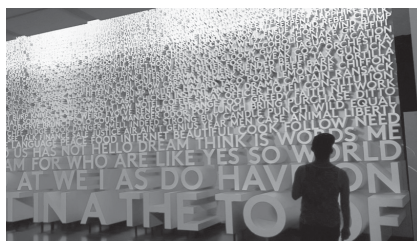
Transportation is provided with
two pickup locations:

9:30 AM: Leisure World-Clubhouse II [3300 N. Leisure World Blvd.]

10:00 AM: Bender JCC [6125 Montrose Road]

Please bring food to eat on the bus. We will provide dessert.

Join us for an excursion to Planet Word! Planet Word is a 2025 Tripadvisor Travelers’ Choice Award winner, and the only museum in the country dedicated to renewing and inspiring a love of words and language. It’s a unique, interactive museum where language comes to life. After a delightful morning, you’ll enjoy an exquisite French cuisine lunch crafted from fresh, local ingredients, set within a charming art nouveau atmosphere transporting you straight to Paris.



Questions? Contact Frieda: fenocho@benderjccgw.org; 301.348.3809

LESSANS LITERARY SERIES

Summer Book Club Is Back! Do you love to read? Enjoy meaningful discussions? The Bender JCC is thrilled to announce that we are bringing back our in-person Summer Book Club, as part of our Lessans Family Literary Series. It's a great way to gather, make new friends, and engage in interesting conversations. All are welcome!

Summer Book Club – 11:00 AM-12:00 PM

Friday, June 19: *The Last Rose of Shanghai* by Weina Dai Randel

Friday, July 17: *The Story of the Forest* by Linda Grant

Friday, August 21: *Wolf Hunt* by Ayelet Gundar-Goshen

Questions? Contact Marcie at mblackman@benderjccgw.org; 301.348.3808

FUN, FIT & FREE!



FUN, FIT & FREE – New Program

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

6125 Montrose Road, Rockville, MD 20852

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 | May 8 | June 12

Questions? Contact Frieda: fenoeh@benderjccgw.org; 301.348.3809



15TH ANNUAL "TO LIFE"



HEALTH & WELLNESS

Thursday, June 11, 2026 | 10:00 AM – 2:00 PM
Leisure World, Clubhouse I
3700 Rossmoor Boulevard | Silver Spring, MD 20906

*Co-Sponsored by The Jewish Residents of Leisure World and presented by Bender JCC's 'Coming of Age in Maryland' (CoA)

FROM NEAR OR FAR, ALL ARE WELCOME!

FREE Admission ♡ FREE bags ♡ FREE 'Goodies'

Highlights

- **Exhibitor Hall: 10:00 AM – 2:00PM**
- Health Screenings (END at 2:00PM)
- Vaccines: Covid19 and other boosters
- Interactive Workshops
- 'Capture a Memory' with a picture of YOU and friends
- "Head to Toe" Massages
- Social and Community organizations
- Fantastic Raffle Prizes | Grand Prize valued at over \$300

Restaurants ♡ Hair and Nail Salons ♡ Gift Baskets
Gift Cards ♡ Boutiques ♡ Bus Trips to NYC

and so much more!

Questions? Contact Frieda: fench@benderjccgw.org; 301.348.3809

HEALTH & WELLNESS EXPO



11:00 AM: Seas the Day: Build a Beach-Inspired Terrarium

Bring the tranquility of the beach to your home! Design your own coastal terrarium using natural driftwood, sand, colored stones, and hardy air plants in a mini glass vase. No experience is required for this soothing workshop led by staff from Locally Crafted, a women-owned shop at Rio Washingtonian Center offering handmade products by more than 80 local artisans.

Note: Limited seating - 20 participants max!

12 NOON: AI Demystified: The Future Is Now... and It's Easier Than You Think

Learn the essentials of AI and ChatGPT, including what today's AI tools can (and can't) do, practical uses, and what's ahead.

*****Please bring your laptop, tablet, or smartphone as well as headset or earbuds.***

1:00 PM: Pills, Prices & Policies

This informative class is designed for those who want to better understand their medications, manage rising prescription costs, and navigate today's complex healthcare policies. Participants will learn how drug pricing works, explore ways to save on prescriptions, and stay up to date on Medicare and insurance changes that may affect their coverage. Feel empowered to make informed decisions and advocate for your health with confidence.

Questions? Contact Frieda: fenocho@benderjccgw.org; 301.348.3809

FALL PREVENTION

Starting: Tuesday, May 12

10:30 – 11:30AM

Held every Tuesday:

5/12/26 – 6/16/26

Member \$50.00 |

Non-member \$150.00



Improve balance, coordination, and confidence in daily movement. This class starts with simple assessments to identify fall risks, followed by targeted exercises to strengthen the core and lower body while enhancing agility, reaction time, and body awareness. Using tools like agility ladders and stability drills, participants build safer movement skills, along with learning practical strategies to reduce fall risk and move with confidence.

PARKINSON'S FITNESS

Starting Thursday, May 7, 11:30 am – 12:30 pm

Held every Thursday from 5/7/26 - 6/11/26

Member \$100.00 | Non-Member \$180.00

This 6-week guided program is designed to reduce Parkinson's-related symptoms in a safe, supportive group setting. Participants build strength, endurance, and flexibility through targeted, functional exercises that improve balance, walking, posture, and overall mobility, helping them stay active and confident. Benefits may include smoother walking, better posture, and reduced tremors.



Questions? Contact Frieda: fenocho@benderjccgw.org; 301.348.3809

GOLDMAN GALLERY ART EXHIBIT



Lifetime of Perspective: 28 Years For The Love of Art
Sunday, May 3 – Sunday, May 27
Reception: May 6 | 6:00-8:00 PM | Open to All–Registration Requested

Lifetime of Perspective showcases the artistic voices of seniors aged 65 and better. Through paintings, photographs, sculptures, and mixed-media works, these artists share their personal stories, memories, and life experiences.

Through Our Eyes
Sunday, June 7 – Saturday, June 13
Reception: June 7 | 1:00-3:00 PM | Open to All–Registration Requested

Through Our Eyes is a student led traveling art exhibit showcasing the compelling, resonant voices of Jewish teens. Created by five Stand With Us interns, this initiative aims to uplift the Jewish community through art, empower teens, to express themselves, and strengthen Jewish unity and pride amidst rising global antisemitism.

Questions? Contact Marcie at mblackman@benderjccgw.org; 301.348.3808

SIP & SHARE: WOMEN CONNECT

Sip & Share Women Connect

**1st and 3rd Mondays | 1:30PM | \$36/Annually
6125 Montrose Road, Rockville, MD 20852**

Join the Sip and Share: Women Connect Club 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 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.

Upcoming meetings: May 4, May 18, 2026; June 1, 2026

MEN'S CLUB: Thoughtful Discussions & Meaningful Connections

Free Lectures – Open to all

Tuesday, May 5 | 1:15-2:30 PM: Before the Mossad: The Nili Spy Ring – A small group of Palestinian Jews risked their lives to provide the British with crucial military intelligence. Their daring actions reshaped history, paving the way for the British Mandate and ultimately the creation of the State of Israel.

Tuesday, May 26 | 1:15-2:30 PM: How AI Works with Adam Weinberger

Tuesday, June 2 | 1:15-2:30 PM: Kibbutz Gevim's survival on October 7, 2023 with Shachar Gilad

**To learn more about these and other special programs available in person and on zoom, check out the Men's Club link: <https://www.benderjccgw.org/adults-seniors/mens-club/>*

Questions? Contact Marcie at mblackman@benderjccgw.org; 301.348.3808

REGISTRATION

REGISTER AT 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 _____

Men's Club: Thoughtful Discussions & Meaningful Connections
Tuesday, May 5 | FREE Due \$ _____

Cinema J Matinee @ JCC: *The Road Between Us: The Ultimate Rescue*
Thursday, May 14 | \$12 in advance/\$15 day of screening Due \$ _____

Cinema J Evening @ JCC: *The Road Between Us: The Ultimate Rescue*
Thursday, May 14 | 7PM | \$16 in advance/\$20 day of screening Due \$ _____

Fun, Fit & FREE
Fridays: 5/8; 6/12 | FREE Registration Required

Polinger Artists of Excellence: Finale Concert!
Ariel String Quartet | Sunday, May 17 | \$56 Due \$ _____

Coffeehouse: Jewish Pop Culture Trivia Game
Thursday, May 28 | \$48 Due \$ _____

Health & Wellness EXPO
Thursday, June 11 | FREE Registration Requested

Lessans Literary Series: *Summer Book Club*
Fridays, 6/19; 7/17 and 8/21 Registration Requested

Excursion: Planet Word Museum & Luncheon
Wednesday, June 24, 2026 | \$140 Due \$ _____

Games, Games, Games: Mah Jongg – June-August sessions
**Contact Marcie Blackman at mblackman@benderjccgw.org or 301.348.3808 to register.*

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***

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: _____



Bender JCC
of Greater Washington

6125 Montrose Road
Rockville, MD 20852
benderjccgw.org

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

IMPORTANT NOTE

Please email us at: fenocho@
benderjccgw.org if you no longer
want to receive this booklet.

The trees thank you!!



Health & Wellness Expo · June 11

10:00 AM – 2:00 PM

Fun & Free Community Event

Leisure World-Clubhouse I

***All Are Welcome* JOIN US!**