

FALL 2021  
VOLUME 32 | NUMBER 10

# PROGRAM GUIDE

24 ELUL 5781 - 27 TEVET 5782 • SEPTEMBER 1 - DECEMBER 31, 2021



## L'Shana Tova!

David A. Stein Jewish Community Alliance on the Ed Parker Jewish Community Campus

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The JCA Program Guide and 10 Alliance News are published each year by the:

**Jewish Community Alliance**  
**8505 San Jose Boulevard**  
**Jacksonville, FL 32217**

For additional program information, please contact the JCA at:

**(904) 730-2100 P • (904) 730-2444 F**  
**jcajax.org • info@jcajax.org**  
**facebook.com/jcajax**

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 Adam Chaskin . . . . . Chief Executive Officer  
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 Beth Milograno . . . . . Communications & PR Specialist

### Fall Locker Room Hours

Locker room hours are the same as business hours.

#### Locker rooms are now available.

- Frequent disinfecting will happen throughout the day.
- Available lockers will be marked and promote physical distancing.
- All shower stalls are available for use and feature full length separating walls.

### Kid Kare (babysitting)

**(904) 730-2100 ext. 325**

- Space limited to 12 kids per shift.
- Mon - Fri operation hours 9 - 11 am and Mon - Thurs evenings from 5 - 8 pm.
- Sun hours 8:30 - 11:00 am.
- Kids must be potty trained.
- Snacks are not allowed at open play area, but members of the same household can share the private table at the fenced infant area to snack per request.
- JCA Kid Kare is offered on a first come first serve basis.

**Free for JCA family memberships only**

### Guest Policy

Members may bring only two guests at a time (except for families bringing families) with no more than three visits in a calendar year. Guests must be accompanied by a member in good standing. Children who are guests must have an adult present to sign a waiver and be chaperoned by an adult if under 10. All guest passes must be purchased at the Reception Desk. Saturday guest passes must be purchased in advance. All guests must have guest passes. All visitors must present a photo ID.

**Guest Pass Fee: Adults:** \$8 each visit **Children/Teens (5 - 18):** \$4 each visit

### Mandatory Swim Assessments

All children 12 and under must complete a 25-yard swim (without touching the bottom of the pool, grabbing the lane rope, floating on their back or requiring assistance) on their front (freestyle, breaststroke, etc.) and tread water for 45 seconds. If they pass the test, they are permitted to swim without flotation and receive a yellow neck band. Swimmers who do not complete the test will receive a red neck band and be required to wear a life jacket, have a parent/guardian in the water within arm's reach or choose not to swim. The JCA will supply neckbands to each child, which are to be kept and brought to the pool each time to swim. Replacement bands are available for \$5 each.

### Unsupervised Children

The following policies ensure the safety of all JCA members:

- Children 9 years old and under must be under direct supervision (in sight and within close proximity) by an adult while at the JCA. Children must be brought to and picked up from class, babysitting or childcare by an adult. All members age 10 and over entering the JCA must present a membership card.
- Children age 10 and up may be unaccompanied by an adult in the JCA except for the fitness area where children must be 13 years old to enter. The lobby area, hallways, other rooms and the courtyard in the JCA are not appropriate spaces.

The JCA cannot be held responsible for members age 10 and over attending the JCA and not enrolled in an organized activity. In addition, children age 10 and up are expected to behave in a mature manner when in the building without parental supervision. Behavior that is disruptive and/or harmful to themselves or others may result in the suspension of independent privileges.

### Food Policy

JCA is a kosher facility. Therefore no deliveries of food of any kind for members from take-out restaurants will be accepted. Food brought into the building from home, outside of a JCA program or preschool, must be consumed in either the courtyard or the outdoor pool area. Thank you for your cooperation.

### Fire Alarm Policy

For your safety and welfare, you must evacuate the building when the fire alarm sounds. You will be notified by JCA personnel when it is safe to return to the facility. Thank you for your understanding and support.

### Cancellation/Expiration Policy for Personal Training, Private Tennis and Swim Instruction

All participants registered for private tennis, swim or personal training sessions must give at least a 24-hour notice of cancellation for already scheduled sessions. Failure to properly cancel will result in a charge for that session at the established fee. All personal training sessions, private tennis lessons and private swim lessons will expire six months from the date of purchase. Fees paid for (expired) sessions/lessons are non-refundable and non-transferable.

### Class Payment, Refund and Cancellation Policy

- All class and program fees must be paid before the beginning of the class. For one-time programs or classes, no refunds will be granted.
- 50% refund after first class; 25% refund after second class; no refund after third class (excludes childcare tuition and summer camp programs).
- Refund policies apply to all private training and lessons.
- The JCA reserves the right to cancel programs/classes not meeting the minimum required enrollment for circumstances beyond our control.

**JCA Member Code of Conduct** The JCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs. We expect persons using the JCA to behave in a considerate and responsible way and to respect the rights and dignity of other members, guests and staff. Our Code of Conduct outlines actions that are deemed inappropriate. These include but are not limited to: inappropriate attire—appropriate attire in keeping with the values of the JCA must be worn at all times; angry or vulgar language, including swearing, name-calling or shouting; physical contact with another person in any angry or threatening way; any demonstration of sexual activity or sexual contact with another person; harassment or intimidation by words, gestures, body language or any menacing behavior; theft or behavior that results in the destruction of property; carrying or concealing any weapons or devices or objects that may be used as weapons with the exception of law enforcement professionals; using or possessing illegal chemicals (drugs) on JCA property, in JCA vehicles or at JCA sponsored programs; using or possessing alcohol on JCA property, in JCA vehicles or at unsanctioned JCA sponsored programs; any other conduct of an inappropriate, threatening or offensive nature. Loitering is not permitted in or outside the JCA. Use of all tobacco products, smoking (including e-cigarettes) is not permitted in or outside the JCA. The JCA and its property is a smoke-free/tobacco-free environment. The JCA is dedicated to the enhancement of Jewish identity and the continuity of Jewish life. A person or persons' act of proselytizing or teaching of non-Jewish principles in an attempt to convert members or guests is prohibited, and persons engaging in proselytizing will be required to leave the building and grounds. In addition, the JCA reserves the right to deny access or membership to the following persons: registered sex offenders; those accused/convicted of sexual abuse crimes; those accused/convicted of crimes relating to the sale/use/possession/transportation of narcotics, habit forming and/or dangerous drugs; those excessively or continuously using intoxicating beverages, narcotics or dangerous drugs. The JCA maintains a no tolerance policy concerning all of the above. Members and guests are encouraged to be responsible for their personal comfort and safety and to ask any person whose behavior threatens their comfort to refrain from that behavior. If a member or guest feels uncomfortable in confronting the person directly, they should report the behavior to a staff person or the manager on duty. Good personal hygiene, including the appropriate use of deodorant, is expected as a consideration to other members. JCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed. In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked. The Executive Team will investigate all reported incidents. Suspension or termination of JCA membership privileges may result from a determination by the Executive Team if in their discretion a violation of the JCA Member Code of Conduct has occurred.

Shalom,

As we prepare for the upcoming High Holidays of Rosh Hashanah (New Year) and Yom Kippur (Day of Atonement) with prayer and reconciliation, this season also serves as an important reminder to reflect on our successes and accomplishments in the last year.

When the coronavirus pandemic changed life as we knew it, our community emerged stronger and more committed to serve our neighbors in the tradition of our heritage. In addition, our staff did an amazing and unprecedented job pivoting JCA programming and our annual fundraiser into the virtual world.

As we celebrated the return of Summer Camp at the JCA, we were overjoyed to offer more children in the Jacksonville community a fun-filled summer thanks to our wonderful donors as well as our partnership with the Jacksonville Jewish Center. Hosting a second campsite at the JJC allowed us to expand our camps and gave even more young campers in Jacksonville a beautiful and ideal setting for unlimited experiences this summer.

While we continue the journey of returning to normalcy this fall, community members will see the re-emergence of many popular programs like Hippy Hop Move & Groove, Parent & Me classes and the return of our beloved Jewish Cultural Arts Festival and Chanukkah Extravaganza! We are thrilled to bring back the popular programming, classes and traditional events that had to be canceled or postponed while we navigated the uncertainties of the pandemic.

We continue to do all we can to support our community as we safely welcome our first-time and returning members back to the JCA. We hope you will join us this fall to experience our unparalleled personal training, enrichment classes, programming and community events – geared toward enhancing mind, body and spirit, in an environment of fun, harmony and friendship.

L'shana tovah u'metukah,  
(Have a good and sweet new year)

**ADAM  
CHASKIN**  
730-2100 ext. 272



*Adam Chaskin*

**Adam Chaskin**  
CEO

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\*Of Blessed Memory

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Sports & Rec.....Rio Robinson, ext. 250  
Theatre.....Shelly Hughes, ext. 252  
Youth Services.....Amanda Collins, ext. 245

### JCA BUILDING HOURS

<b>Sun</b> ..... 8 am – 6 pm	<b>Fri</b> ..... 5:30 am – 5 pm
<b>Mon – Thu</b> ..... 5:30 am – 9 pm	<b>Sat</b> ..... 1 – 6 pm

### JCA HOLIDAY HOURS

<b>Labor Day</b> Mon, Sep 6 ..... 8 am – 5 pm	<b>Shemini Atzeret &amp; Simchat Torah</b> Mon, Sep 27 ..... 5:30 am – 5 pm
<b>Rosh Hashanah</b> Mon, Sep 6 ..... 8 am – 5 pm	Tue, Sep 28 ..... Closed
Tues, Sep 7 ..... Closed	Wed, Sep 29 ..... 1 – 9 pm
Wed, Sep 8 ..... Closed	<b>Thanksgiving</b> Thu, Nov 25 ..... Closed
<b>Yom Kippur</b> Wed, Sep 15 ..... 5:30 am – 5 pm	<b>Sat, Dec 25</b> ..... 1 – 6 pm
Thu, Sep 16 ..... Closed	<b>New Year's Eve</b> Fri, Dec 31 ..... 5:30 am – 5 pm
<b>Sukkot</b> Mon, Sep 20 ..... 5:30 am – 5 pm	
Tue, Sep 21 ..... Closed	
Wed, Sep 22 ..... 1 – 9 pm	

**Proselytization** The JCA is dedicated to the enhancement of Jewish identity and the continuity of Jewish life. A person or persons' act of proselytizing or teaching of non-Jewish principles in an attempt to convert members or guests is prohibited, and persons engaging in proselytizing will be required to leave the building and grounds.

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**HEATHER TERRILL**  
 J INSTITUTE PROGRAM MANAGER  
 730-2100 ext. 265

### Evergreen Cemetery Tour and Lunch

The Evergreen Cemetery is the oldest cemetery still in operation in Jacksonville. Join us in the city's historic cemetery space as Gary Sass takes us on a tour to explore the fascinating history buried within our city. Transportation from the JCA is included. Lunch will be at your own expense. *Limited to 14 people. Reservations are required by Sep 27.*

**Wed, Oct 6 | 9:00 am**  
 \$42 | Valued member \$28



### Congaree & Penn Wagon Tour and Farm to Table Lunch

Hop on the farm wagon to get the tour started! There's always something exciting to see at Congaree and Penn. Whether it's a field being cultivated for a new crop, fruit ripening in an orchard, or a floppy eared goat leaping to greet you - the farm is always beautiful and fascinating. Transportation from JCA included. Lunch at your own expense. *Limited to 11 people. Reservations required by Oct 18.*

**Sun, Oct 24 | 12:30 pm**  
 \$42 | Valued member \$28



### Jax Top-to-Bottom Walking Tour and Lunch

Back and better than ever! Join Gary Sass for an updated historical walking tour of Jacksonville's secret underground tunnels and above ground wonders. Transportation from the JCA included. Lunch at your own expense. *Limited to 14 people. Reservations required by Nov 26.*

**Tue, Dec 7 | 9:15 am**  
 \$42 | Valued member \$28

### Bitcoin, Cryptocurrency and Blockchain. HUH?

Join Sam Rauch, CEO of SSR Technologies, to learn how to make sense of the hype around Bitcoin, cryptocurrency and blockchain. During this program, you will gain insights to help understand exactly what these are and why it might be time to invest! *Reservations required.*

**Thu, Oct 7 | 6:30 pm**  
 \$5 | Free for valued members

### Pennies Canasta for Beginners

Join instructor Sandy Oasis for an exciting opportunity to learn Pennies, a fun version of Canasta. Pennies is a partners game and uses three decks of cards. Please plan to stay for the entire lesson designed for you to learn important strategies that will improve and enhance your game. *Reservations required by Aug 25.* Call Heather at ext. 265 for details.

**Thu | 12:30 - 2:30 pm**  
**Sep 2, 9, 23 and 30**  
 There will be no class on Yom Kippur. Must have five players, limited to nine.  
 \$22 | Valued member \$15



### Mah Jongg for Beginners

Sandy Oasis instructs this 4-week class to teach the basics of the ancient game and readies you to play Mah Jongg with friends. A 2021 National Mah Jongg League card is required to play and can be ordered online. *Reservations are required by Nov 26.*

**Mon | 12:30 to 2:30 pm**  
**Dec 6, 13, 20 and 27**  
 Must have 5 players, limited to 9.  
 \$38 | Valued member \$25

### Siamese Mah Jongg for Two

"If you love Mah Jongg, you'll love Siamese Mah Jongg," says instructor Sandy Oasis. Bring a friend and a 2021 NMJL card to play Siamese Mah Jongg. One year of experience required. Each player plays two hands and can move tiles from one rack to the second rack. Have fun and learn new strategies in just two lessons. *Reservations required by Oct 8.*

**Mon | 12:30 - 2:30 pm | Oct 18 and 25**  
 Must have 4 players, limited to 8.  
 \$23 | Valued member \$15

**Call Heather at ext. 265 for details.**

## Wine Down with Boutique Blooms

Join us for a blooming evening of flower arranging and wine! Learn simple steps to create beautiful arrangements with flowers from any market, anytime! Grab your bestie and gather to create with us. Call Heather at ext. 265. *Registration required by Sep 27.*

Thu, Sep 30 | 6:30 – 8:30 pm  
\$68 | Valued member \$45



## Traveling Diner Dinner Club

Delight your taste buds and enjoy great company as we experience a world of flavor in Jacksonville's best ethnic restaurants. Your meal is at your own expense. For details, call Heather at ext. 265. *Registration required.*

Tue | 6 pm | Oct 12 & Dec 14  
\$5 | Free for valued members

## J INSTITUTE • WELLNESS



## Walking Club

Become a member of one of the fastest growing groups at the JCA. You can find walkers on the track, on treadmills and in the gymnasium. Keep track of your progress and receive awards from the JCA when your goal is achieved. Come join us! It's fun, educational, healthy and FREE.

Free for valued members only



## Sit & Get Fit

Classes return to the JCA Monday, August 16. Join us to get in shape while making new friends. A complimentary salad will be served on Oct 27.

Mon, Wed, Fri | 10:45 am  
Aqua S&GF Tue, Thu | 11 am

 For more wellness programs, see pages 16 - 17

INFO@JCAJAX.ORG

## J INSTITUTE • CULTURAL ARTS

# VANDROFF ART GALLERY

For details on exhibiting or the upcoming artist schedule, contact Heather at ext. 265 or [heather.terrill@jcajax.org](mailto:heather.terrill@jcajax.org).



### The Art Center

Aug 26 – Sep 29

"A Few of My Favorite Things" features a variety of artists' work with The Art Center of Jacksonville.



### Art Guild of Orange Park

Sep 30 – Oct 27

"Creative Expressions" features a variety of work from the artists with the Art Guild of Orange Park.



### JCA Cultural Arts Festival: Jewish Artists of Jacksonville

Oct 28 – Dec 1

As part of our Cultural Arts Festival this year, we are connecting local Jewish Artists in Jacksonville to feature their masterpieces in the Vandroff Gallery.



### Theresa Rykaczewski

Dec 2 – Jan 5

Vibrant Forest Series of paintings is about our connection to nature, as it is a goal to remember to unplug and spend time outdoors. Most of the material is inspired from walks in local parks, particularly Dutton Island located in Atlantic Beach, near Theresa's studio.

# Fall Art Workshops with Theresa Rykaczewski

## Abstract Non-Representational Painting

This acrylic painting workshop is an experience in letting go through art! Without the pressure of realistic expectations, all levels of skill can create through guided use of color, texture, shine and the core elements of art. A different abstract inspiration and technique is featured in each class. We will explore a diverse range of abstract expressionist artists.

### Abstract Class; In the Style of Helen Frankenthaler

Wed, Sep 1 | 2 - 5 pm

\$30 | Valued member \$20

### Abstract Class; In the Style of Georgia O'Keefe

Wed, Sep 15 | 2 - 5 pm

\$30 | Valued member \$20

### Abstract Class; In the Style of Gustav Klimt

Wed, Sep 29 | 2 - 5 pm

\$30 | Valued member \$20

## Charcoal Drawing Basics

Learn to draw objects using drawing charcoal and paper. Class includes demonstration of materials and how to draw shapes in proportion with shading to make your work appear 3D.

Wed, Oct 13 | 2 - 5 pm

\$30 | Valued member \$20

## Oil Color Mixing 101

Create a color chart, learn the properties of oil paint and how to create a harmonious color palette and mix and match color to achieve the desired results.

Wed, Oct 27 | 2 - 5 pm

\$30 | Valued member \$20

## Impressionist Flowers: Van Gogh Irises

### Two-day Workshop

Paint a colorful array of flowers in the style of Van Gogh in this abstracted floral workshop, using a selection of jewel tones in oil paint. This class is great for beginners and experienced artists wanting to try oil painting.

Wed | 2 - 5 pm | Nov 3 and 17

\$60 | Valued member \$40

## Watercolor Cards

Create a unique set of watercolor cards to give to family and friends. No handwriting is required, stamps will be provided.

Wed, Dec 1 | 2 - 5 pm

\$30 | Valued member \$20

## Floral Bouquet Still Life

Paint a bouquet of flowers from life. This oil painting class is great for beginners and experienced artists.

Wed, Dec 15 | 2 - 5 pm

\$30 | Valued member \$20

## Pottery

Craftsmanship, creativity and an appreciation for the elements of well-made, functional pottery are emphasized while you learn the basics to fine tune your hand building or wheel throwing skills. Clay is provided. For details, call Heather at ext. 265.

### AM Session I:

Thu | 10 am - 12 pm | Sep 2, 9, 23, 30, Oct 7, 14, 21 and 28  
\$216 | Valued member \$144

### AM Session II:

Tue | 10 am - 12 pm | Oct 12, 19, 26, Nov 2, 9, 16, 30 and Dec 7  
\$216 | Valued member \$144

### PM Session I:

Thu | 6:30 - 8:30 pm | Sep 2, 9, 23, 30, Oct. 7, 14, 21 and 28  
\$216 | Valued member \$144

### PM Session II:

Thu | 6:30 - 8:30 pm | Nov 4, 11, 18, Dec 2, 9 and 16  
\$162 | Valued member \$108

## Sunday Film Series

Movie host **Sandy Oasis** is back with more great movies for your viewing pleasure. All movies are free and open to the community.

### The Frisco Kid (1979)

The wild west adventures of a strictly kosher cowboy starring Gene Wilder and Harrison Ford set in the 1850s. In the film a tenderfoot rabbi comes to America from Poland and meets a real cowboy on his journey to California. Lots of fun and laughter follow as the unlikely pair "bring it" in every way. Fun, entertaining and not to be missed.

Sun, Sep 26 | 2 pm

## Painting it Vintage

Artist **Lisa Lofton** creates multi-layered works that evoke feelings of nostalgia! In this class, students explore iconic Florida signage, buildings and associated souvenirs to create a cohesive composition. You will learn about perspective, prepping a canvas, lettering and how to use charcoal and inks to plan out your image. Learn about directional light, mixing colors, tonal importance, shading using washes and more to create a wonderful multi-layered work.

Oct. 21, 22, 25 and 26 | 10 am - 1 pm

\$153 | Valued member \$102

## Selfies and Self Portraits

In a social media world, it is trendy to capture yourself in photos, but what happens when that photo is transformed into a painting? Can we find a deeper sense of ourselves through color choices and design of the self-image? Look at yourself through your own lens as **Kim Miller** helps participants explore this idea. Learn how to capture a more personal self with acrylic paint. Many find a selfie and self-portrait can help with the discovery of your inner person.

Mon | 7 - 9 pm | Nov 8, 15, 22, 29, Dec 6 and 13

\$153 | Valued member \$102



**JCA**  
CULTURAL  
ARTS  
FESTIVAL  
2021



**SAVE THE DATES!**

VISUAL ARTS

**NOVEMBER 1 – 18, 2021**

Join us for the JCA's celebration of the arts at the 2021 Jewish Cultural Arts Festival. This year our Jewish literary, film and arts event, features artwork, films, performances and the 25<sup>th</sup> Anniversary of the JCA's signature Jewish Book Festival.

**OPENING NIGHT:** FEATURING EMMY AWARD WINNING PRODUCER OF CBS NEWS 60 MINUTES, IRA ROSEN WILL KICK OFF OUR FESTIVAL ON NOVEMBER 1 AT 7PM WITH HIS BOOK TICKING CLOCK: BEHIND THE SCENES AT 60 MINUTES.

**NEW THIS YEAR**, featured works of local Jewish artists in our Vandroff Art Gallery and attendees will enjoy unique Jewish-themed films being screened at film festivals across the country.

**BE ON THE LOOKOUT** for the complete schedule of the JCA Cultural Arts Festival events and the list of authors who will present during the book festival this year.

Thanks to the support of our generous sponsors, **THE 2021 JCA CULTURAL ARTS FESTIVAL EVENTS ARE FREE AND OPEN TO THE COMMUNITY!**

For information about sponsorship opportunities, please contact Ben Marcus at (904) 730-2100 ext. 318 or **VISIT [JCAJAX.ORG/JCAFEST](http://JCAJAX.ORG/JCAFEST).**

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Whitney Kuvin

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**NATALIA FISHER**  
ECE DIRECTOR  
730-2100 ext. 242

**Adventure Yoga**  
3 (by 9/1/2021) - 6 yrs

Have fun while improving flexibility, balance, coordination, concentration and self-regulation. Gisela Reis leads the practice with poses from animals and nature.

Mon | 4:30 - 5:15 pm | Oct 18 - Dec 6  
\$120 | Valued member \$80



3 (by 9/1/2021) - 6 yrs

Join Ms. Renee in our child-centered kitchen and prepare and taste foods from countries all around the world. Each child brings home a special keepsake cookbook at the end of the class.

Tue | 3:15 - 4 pm and 4:15 - 5 pm  
Oct 5 - Dec 7  
(No class on Nov 16 and 23)  
\$120 | Valued member \$80

**Sukkot Cooking**  
3 (by 9/1/2021) - 6 yrs

Celebrate Sukkot with a fun cooking class that will help you enjoy the holiday using all your senses!

Fri, Sep 17 | 3:15 - 4 pm  
\$15 | Valued member \$10

**Chanukkah Cooking**  
3 (by 9/1/2021) - 6 yrs

Get into the Chanukkah spirit by cooking some yummy Chanukkah food with Ms. Renee!

Fri, Dec 3 | 3:15 - 4 pm  
\$15 | Valued member \$10

**Parent & Me**  
CLASSES



**Make Music (3 mos - 3 yrs)**

This parent and me class stimulates the young brain while you play with instruments, sing and dance along as you make music.

Mon | 11 - 11:45 am | Sep 13 - Dec 13  
(no class Oct 11)



**On the Go (Crawlers - 3yrs)**

Come wiggle, dance, jump and much more in this fun interactive class. Join us for a parent and me bonding experience involving movement.

Thu | 11 - 11:45 pm | Sep 23 - Dec 16  
(no class Nov 4, 11 and 25)

**Stroller Fit Moms (Birth - 3 yrs)**

Gisela Reis leads these stroller-based exercises that blend Barre Pilates, yoga and power walking. Bond with your baby, build strength, tone muscle and improve posture.

Mon | 12:15 - 1:15 pm | Sep 13 - Dec 13  
(no class Oct 11)



**Sensory Sensations (6 mos - 3 yrs)**

Tickle the senses to stimulate learning, encourage scientific thinking and foster social connections as children play, investigate and explore.

Tue | 11 - 11:45 am | Oct 5 - Dec 14  
(no class Nov 16 and 23)

**Family Yoga (Crawlers - 3 yrs)**

Join a family yoga class friendly for babies and toddlers of all ages! Bond with your little ones as you help them work on skills like focus, flexibility and other fine motor skills.

Thu | 1:30 - 2:15 pm | Sep 23 - Dec 16  
(no class on Nov 4, 11 and 25)



**Story Time (Birth - 3 yrs)**

Bond with your child while having Story Time with us in the beautiful ECE Library.

Wed | 11 - 11:45 am | Oct 6 - Dec 15  
(no class Nov 24)



**Tot Shabbat (Birth - 3 yrs)**

Join Ms. Renee for a Jewish holiday-based Shabbat with crafts and activities! Holidays will include Sukkot and Chanukkah.

Fri | 11 - 11:45 am | Sep 17 and Dec 3

**FREE TO THE COMMUNITY ADVANCE REGISTRATION REQUIRED.**

## Zoe's Hippy Hop Move & Groove

Ages 3 (by 9/1/2021) - 5 yrs

This class teaches our young dancers many types of movement characterizations that are used to develop both movement quality and imagination. Students will participate in a variety of movement exercises and dances that teach listening skills (responding to the tempo and mood of the music), levels (high, medium, low) and direction. Young children who are consistently exposed to these types of activity are generally more creative later in life and are consistently freer in their movement as they develop a higher level of self-esteem.

Thu | 1:30 - 2:00 pm

Sep 9, 23, 30, Oct 7, 14, 21, 28,  
Nov 4 and 18

\$162 | Valued member \$108

## Fit for Broadway

Grades K - 8

Join us for an hour of dancing, jumping, twisting and bopping as we get FIT FOR BROADWAY! Kids will be on their way to better health in this high energy, fun filled class! We jam to all our favorite upbeat show tunes with styles of dance similar to hip hop, jazz, salsa and more! This class guarantees sweat, sweat, sweat while having fun, fun, fun!!

Tue | 4 - 5 pm

Sep 14, Oct 5, 12, 19, 26, Nov 2, 9 and 16

\$132 | Valued member \$88

**SHELLY HUGHES**  
THEATRE DIRECTOR  
730-2100 ext. 252



## Baby Bear Ballet

Ages 3 (by 9/1/2021) - 5 yrs

Our little dancers will learn the basics of ballet with their ballet buddy bear! This beginner's class is a fun and relaxed introduction to ballet. Each dancer will receive their very own ballet bear or bunny on the first day of class. We use our ballet buddies to help us with our posture and arms. Dancing is so much fun.... It's CRAZY FUN when you dance with a bear!

Fri | 1:30 - 2 pm

Sep 10, 17, 24, Oct 1, 8, 15, 22, 29, Nov 5 and 19

\$255 | Valued member \$170

## Zoe's Clubhouse

Ages 3 (by 9/1/2021) - 5 yrs

This creative class will take your little one on a new adventure sketch each week! This class allows your little ones to explore their imagination while also teaching social skills, working as a team and coordination in a fun, creative environment! This is one of the J's most popular classes so don't miss out!

Wed | 1:30 - 2:15 pm

Sep 15, 22, 29, Oct 6, 13, 20, 27,  
Nov 3, 10 and 17

\$225 | Valued member \$150



PAC AUDITIONS

# FROZEN



Grades 2 - 9

**AUDITIONS**

Sun, Aug 29 | 1 pm

**REHEARSALS**

Mon and Thu | 4 - 6 pm

Start Sep 13

**SHOW DATES**

Dec 4 and 11 | 7:30 pm

Dec 5 and 12 | 1 pm




**RECITAL FEE** \$265 | Valued member \$175 (No fees will be collected until after the cast list is posted)



**RACHEL SANDLER**  
 JEWISH AND FAMILY PROGRAMS  
 730-2100 ext. 271

**Monthly Member Mitzvah**

- Aug** - Make a cat toy to benefit the Jacksonville Humane Society.
- Sep** - Feminine products drive to benefit JFCS, PACE Center for Girls Jacksonville and George Washington Carver Elementary School.
- Oct** - Make a card for a soldier in the Israel Defense Forces.
- Nov** - Art supply drive for Say No To Violence: A Place for Woman and Children in Israel.

**Shabbat in the Lobby Resumes August 20**

Come join our community Shaliach Stav and JCA Jewish Educator Rachel to bring Shabbat to the JCA lobby every Friday at 11:35 am! Celebrate the Sabbath with traditional blessings, grape juice, challah and a song. All are invited to attend and participate.

**What's the buzz on the New Year?**

Bring your family to learn about bees, how they make honey and see an observation hive from Bee Friends Farm! We will do crafts, listen to stories and sing songs while learning about the Jewish New Year, Rosh Hashanah. This is in partnership with PJ Library, Jewish Federation & Foundation of Northeast Florida and Congregation Ahavath Chesed (The Temple). This event will be held at The Temple. Register at [events.idonate.com/whatsthebuzz](https://events.idonate.com/whatsthebuzz) by Aug 15

**Sun, Aug 22 | 3 pm**  
 Free to the community

**Jewish Kayaking Journey**

Join Justin Sakofs on a kayaking journey with an infusion of Jewish spirituality. Rebbe Nachman of Brestlov wrote about finding God in nature, so you'll take that journey to the water. *Advance registration required.*

**Sun, Sep 26 | 2 pm** at Big Pottsburg Creek-kayak rental available on site at All Wet Sports

**Sat, Nov 6 | 8 am** at 6 Mile Landing - bring your own kayak

**The Joy of Yiddish**

Come speak Yiddish with Suzie Becker! Learn Yiddish words and phrases, and the history of Yiddish music and theater.

- Tue | 11 am**
- Aug 24** (Zoom), 31 (In person)
- Sept 14** (Zoom)
- Oct 5** (Zoom), 19 (In person)
- Nov 2** (Zoom), 16 (In person)
- Dec 7** (Zoom)

**Free to the community. Come to one or all the classes! Registration required. Zoom links provided after registration.**

**Understanding the Changing Nature of Modern Anti-Semitism and Political Hate**

Join us via Zoom to hear from Steven Windmueller, Professor of Jewish Communal Studies at the Jack H. Skirball Campus of Hebrew Union College-Jewish Institute of Religion in Los Angeles. Professor Windmueller will discuss what we need to know about fighting contemporary hate in America, Israel and beyond.

**Tue, Aug 24 | 7 pm** via Zoom  
 Free to the community. Registration required. Zoom link will be provided after registration.

**Knights, Bird Heads, and Dragons: Surprises of Medieval Jewish Literature**

Come join Dr. Lecturer Caroline Gruenbaum, an independent scholar, to learn about Medieval Jewish literature.

**Wed, Oct 27 | 7 pm**  
 Free to the community

**Crash Course on Jewish Fall Holidays**

The month of September is full of the Jewish holidays like Rosh Hashanah, Yom Kippur and Sukkot. Come learn in this interactive program all about these holidays with Rabbi Uhr.

**Thu, Sep 2 | 7 pm**  
 Free to the community

**Jewish Yoga**

Experience yoga through a Jewish Lens. Let the spiritual breathing of yoga become a Jewish practice in this alternative Shabbat experience. Join Yogi Evelyn Gaal and Jewish Teacher Justin Sakofs as they lead sessions of Jewish infused yoga. This mindful restorative practice will bring balance to an hour of your day and flow into your life. Please bring your own mat.

- 8 am**
  - Sep 11** - Jacksonville Jewish Center-The Center (outside)
  - Oct 9** - Congregation Ahavath Chesed-The Temple (outside)
  - Nov 20** - Jacksonville Jewish Center-The Center (inside)
  - Dec 11** - Congregation Ahavath Chesed-The Temple (inside)
- Free to the community**

**Free to the community**



**ISRAEL FILM SERIES**

**The Policeman - HaShoter Azoulay**

Come watch an Israeli cinema classic that was nominated for an Academy Award for Best Foreign Language Film and won the 1972 Golden Globe award for Best Foreign-Language Foreign Film. A police officer's contract is not renewed so find out what happens next in his life.

**Wed, Oct 13 | 6:30 pm**

**The Band - Halehaka**

Join us to watch an Israeli comedic musical from 1978. It is about an army singing group in which three new members are hazed and the troupe revolts against the choir leader. The choir leader's character is based on real-life composer, arranger, and music director of the Nahal troupe, Yair Rosenblum.

**Wed, Dec 15 | 6:30 pm**

## Update FROM Israel

Join Shaliach Stav for a live update from Israel!

Tue, Sep 14 | 7 pm via Zoom

Free to the community



### Sukkot Celebration

Let's come together as a JCA family to celebrate Sukkot! Join in the traditions of shaking the lulav, holding the etrog, crafts and songs. A festive family style meal of pizza will be served.

Registration required by September 9.

Sun, Sep 19 | 4:30 - 6 pm

Free for valued members only

## Teen Jewish Book Club

Teens, join us, hang out and talk about OyMG by Amy Fellner Dominy.

Sun, Oct 3 | 3 pm

Free to the community

## Learn Hebrew at the JCA

Have you always wanted to learn Hebrew? Did you learn it but have forgotten it? Do you know how to read Hebrew but want to understand and speak it? Contact Rachel Sandler at ext. 271 for more information on Hebrew classes.

### Hebrew 101

Join our JCA Jewish Educator Rachel for our beginning Hebrew class. This class will teach you how to read and write all the Hebrew letters and vowels. No Hebrew knowledge necessary. Advance registration required.

Thu | 6 - 7:30 pm

Oct 7, 14, 21, 28, Nov 4, 11, 18 and Dec 2

Book purchase required

\$150 | \$100 Valued member

### Conversational Hebrew - Medabrim Ivrit

Join our community Shaliach Stav in person for conversational Hebrew. This is for those who already speak Hebrew fluently. Feel free to come to one or all dates!

Thu | 6:30 pm

Oct 7, Nov 18 and Dec 14

Free to the community

### Hebrew 404

Students join via Zoom to learn additional present tense and infinitive grammatical structures, while continuing to increase their Hebrew. Oral expression and reading conversational Hebrew for understanding will be stressed. Book purchase required.

Advance registration required.

Thu | 7 - 8:30 pm

Aug 26, Sep 2, 9, 23 and 30, Oct 7, 14, 21

\$150 | \$100 Valued member

### Practice Hebrew - Metargelim Ivrit

Join our community Shaliach Stav via Zoom to practice basic Hebrew conversations and speaking skills for those not at a fluent level. Contact Rachel for the Zoom link and plan to join Stav for one or all dates!

Tue | 7 pm

Oct 5, Nov 16 and Dec 7

Free to the community

## CHANUKKAH Extravaganza

Join the JCA community for the annual lighting of our giant outside Chanukkah! The celebration will feature our world famous latkes, hot dogs, songs and activities.

Tue, Nov 30 | 5:45 pm

Free for valued members only. Admission tickets will be available at the JCA front desk. First come, first served; space is limited.

**Candle Lightings:** In addition to our annual Chanukkah celebration, join us in the JCA parking lot at 5:45 pm on Nov 29, Dec 1 and 2, to light our Chanukkah.

Free to the community

**Second Annual Menorah Making Contest:** Bring your homemade menorah to the front desk between Nov 15 - 23. Use any materials but no premade kits or food. It must have eight candle spots in a straight line and a ninth (shamash) candle that is higher or lower than the other candles.

Menorahs will be on display for voting from Nov 29 - Dec 3.



## Clergy in a Circle

Join our Jacksonville Jewish Rabbis and Cantors to discuss the perspective of Judaism on the land and country of Israel.

Tue, Oct 12 | 7 pm

Free to the community

## Café Israeli

Come hang out with our Shaliach Stav, drink coffee, eat Israeli snacks and talk about Israel! Feel free to come to one or all the dates!

Wed, Oct 20 and Nov 17 | 7 pm

Thu, Dec 16 | 7 pm

Free to the community

Look for more information about upcoming Israeli cooking classes!



**AMANDA COLLINS**  
YOUTH SERVICES DIRECTOR  
730-2100 EXT. 245



### Private Piano Lessons

(Grades K – 12)

Beginner and intermediate students learn ear training, note reading, technique and chord and song structure. Genre training is also available. Lessons taught by a local professional. Contact Amanda at ext. 245 for more information.

### Private Supplemental Tutoring

(Grades K – 5)

One-on-one academic subject and homework assistance with current or former teachers. Open to members and After School participants only. Contact Amanda at ext. 245 for more information.

### Cookie Monsters

(Grades K – 5)

"C is for cookie, that's good enough for me! Om, nom, nom, nom!" In this class young cookie monsters will whip up unique and delicious cookies in each class. From chocolate chip to snickerdoodle, cookie dreams crumb true in this baking class.

Wed | 4:30 – 5:30 pm  
Sep 22, 29, Oct 6 and 13  
\$60 | Valued member \$40

### Animal Art

(Grades K – 5)

Your little artist will go WILD for this art class. Lovers of animals and art are invited to embrace their creative side in this class where we explore untamed art inspired by some of our favorite creatures.

Thu | 4 - 5 pm  
Sept 23, 30, Oct 7 and 14  
\$68 | Valued member \$45



### Chopped!

(Grades 6 – 8)

Ready, Set, Cook! Enthusiastic and aspiring young chefs will put their cooking skills to the test in this culinary gauntlet that challenges competitors to make a dish using a mystery box of ingredients. Taste, creativity and boldness will be rewarded.

Tue | 4:30 – 5:30 pm  
Oct 5, 12, 19 and 26  
\$60 | Valued member \$40



### Snack Attack!

(Grades K – 5)

Young chefs are invited to join us in the kitchen as we learn to make some of our favorite snacks! From smoothies to dips, snack mixes and beyond, kids will become a "munchie master" in this fun cooking class.

Wed | 4:30 – 5:30 pm  
Oct 20, 27, Nov 3 and 10  
\$60 | Valued member \$40

### Brunch Bunch

(Grades K – 5)

Arguably the best meal of the week, brunch is the combination of two favorites – breakfast and lunch! Chefs will learn to cook our favorite brunch items in this fun cooking class. We guarantee it will be an egg-celent time.

Wed | 4:30 – 5:30 pm  
Nov 17, Dec 1, 8 and 15  
\$60 | Valued member \$40

### Parent's Night Out

(Grades K – 8)

Hey Parents! There is no school on November 11. So, enjoy a night out while the kids play at the JCA! We will play classic camp games in the gym, enjoy a grilled cheese dinner and watch a movie while you're away.

Wed, Nov 10 | 6 – 9 pm  
\$18 | Valued member \$12

### Safe Sitters Course

(Grades 6 – 8)

Learn everything you need to know to be safe when at home alone, with siblings or babysitting. Skills will cover various emergency situations, including CPR & choking rescue. Don't forget to pack a lunch! To register please visit [baptistjax.com/classes/safesitter](http://baptistjax.com/classes/safesitter).

Fri, Nov 12 | 9:30 – 4:30 pm  
\$55 | Valued member \$55

### Mini Masterminds

(Grades K – 5)

In this STEM-focused class, your child will embrace their inner engineer while they tackle a new engineering project each week. From learning about pneumatic and hydraulic systems, to mini robots and beyond, your creative kiddos will love making these marvelous machines.

Tue | 4 – 5 pm  
Nov 23, 30, Dec 7 and 14  
\$60 | Valued member \$40



### Holiday Cookie Party

(Grades K – 5)

December is the holiday season for many faiths and cultures, and Dec 2 is National Cookie Day! Join us for our Third Annual Holiday Cookie Party as we share the joy of the festivals while we bake, decorate and enjoy holiday cookies.

Thu, Dec 2 | 4 – 5:30 pm  
\$10 | Valued member \$5

# J·Cation Days Grades K - 8

On days when school is closed, send your child to the JCA to explore, create, learn and have FUN with friends! Children choose from a variety of sports, STEM and art activities throughout the day. Leave your worries at the door as your child enters a safe, nurturing environment supervised by our responsible and energetic staff. Wear athletic shoes, pack a dairy lunch and swim essentials, and we will take care of the rest!

Mon, Oct 11 | 7:30 am – 6 pm  
 Thu, Nov 11 | 7:30 am – 6 pm  
 Fri, Nov 12 | 7:30 am – 6 pm  
 Wed, Nov 24 | 7:30 am – 6 pm  
**Winter Break:**  
 Dec 20 – 31 | 7:30 am – 6 pm

## J-Cation Days Field Trips

Your child is invited to join us for these supplemental field trips on J-Cation days.

Dec 21 | Private watch party at Tinseltown  
 Dec 23 | Bowl America in Mandarin  
 Dec 28 | TBD  
 Dec 30 | TBD  
 \$30 | Valued member \$20

## Pre-teen and Teen Esports and Video Gaming

We are excited to announce our partnership with Lost Tribe (losttribeesports.org), a nonprofit organization, connecting teens to Jewish life and identity, through innovative use of media. Lost Tribe meets teens on their terms – in the digital space – and engages them through their enthusiasm for playing video games and building community online. Contact Amanda at ext. 245 for more information.

Sep 18 | 8 pm | Among Us (Ages 8 - 12)  
 Nov 11 | 8 pm | Video Game TBD (Ages 13 - 16)

# STUDY CENTRAL GRADES 6 - 8

Study Central is designed with quality and flexibility in mind for teens and preteens to support socialization, independence and responsibility in a supervised environment. Daily snack, Wi-Fi, laptop access and homework assistance is available. Choose 2, 3 or 5 days per week. In addition, the JCA works with local professionals to offer optional enrichment opportunities in sports, fitness and the arts. Sign up today and design a schedule that works for you and your busy student!



# AFTER SCHOOL PROGRAM GRADES K - 5

JCA After School is designed to help your child grow mentally and physically through a well-rounded curriculum. The After School Program includes homework help, sports clinics, art and enrichment experiences.

- ✓ Challenging and varied activities
- ✓ Monitored homework room and computer lab
- ✓ State of the art facility and involved staff
- ✓ Quality enrichment classes



TO REGISTER CALL (904) 730-2100 EXT. 228.

FREE TRANSPORTATION FROM SELECT SCHOOLS WITH MINIMUM ENROLLMENT





**BEN MARCUS**  
DEVELOPMENT DIRECTOR  
730-2100 ext. 318



## SEND A KID TO CAMP!

**Thank you to all who donated to our Send a Kid to Camp campaign! We raised \$20,000 to help children attend Summer Camp at the JCA!**

Melissa Gross-Arnold and Shawn Arnold Colette and Dennis Campay • LaVerne and Andy Cantor Regina and Adam Chaskin • Steven Clapp Coplan and Goldman Families JCA Camp Scholarship Endowment Fund • Marilyn Desser Early Upgrade – Simon Levin and Michael Koufos Susan and Ronald Elinoff • Lauren Cohen-Fizman and Julian Fizman • Bunni and Myron Flagler Anne Hawk • Debbie Herbert • Barbara and Lewis Hunter Karstaedt Family Fund • Deanna and David Kassenoff\* Mimi Kersun • Samuel Kersun\*\* • Jean Lebowitz Jan Lipsky • Demetria and Bert Livingston Jo and Alan Marks • Shoshana Marvin Lior Spring and Daniel Miller Thelma and Robert Nied • Elizabeth and Michael Overstreet • Evelyn and Stewart Pinsof Howard Roey • Nadine and Mitchell Terk Penny Parker Turner and John Turner

\*in memory of Sam Kassenoff \*\*in honor of Miriam Kersun

As of 6.28.2021

**YOU MADE THEIR DREAM A REALITY!**

# Chai Society

## Help us, help the Jacksonville Community!

While membership fees ensure a high-quality experience at the JCA, donations to our agency improve the lives of families across Jacksonville with free and reduced cost cultural, educational, wellness and other programming. Join the Chai Society with a monthly donation of \$18 or more; help share the JCA with the entire community!

### Members of the JCA Chai Society:

- ▶ Support the JCA in our mission to serve as a common meeting ground and enhance the quality of life of the entire community
- ▶ Get exclusive access to Chai-Lights monthly newsletter
- ▶ Receive invitations to donor events and discounted tickets to our annual fundraiser

**Sign up at [jcjax.org/chai-society](http://jcjax.org/chai-society)**

Questions? Contact Ben Marcus, Director of Development, (904) 730-2100 ext. 318 or [ben.marcus@jcjax.org](mailto:ben.marcus@jcjax.org).



**Sign up before the end of August and receive two complimentary tickets to the Jumbo Shrimp game presented by the JCA on September 1.**



# NOSH Connection

Stop by before work for a coffee and bagel with a side of information about the amazing work happening at the JCA. The Nosh Connection is an opportunity for everyone, members or otherwise, to learn about how to partner with or support the agency so be sure to invite friends

Please RSVP at least 24 hours in advance to Ben Marcus, Director of Development, at [ben.marcus@jcjax.org](mailto:ben.marcus@jcjax.org) or (904) 730-2100 ext. 318.

Fri | 7:45 - 8:45 am | Aug 20, Oct 15 and Dec 17  
Location: The JCA Donziger Library



**“As my ancestors planted before me, so shall I plant for future generations.” – Talmud**

Make a difference, help preserve our community by creating a legacy with the JCA. Include your name alongside the honorable members of the Jewish Community Alliance Legacy Society. We are privileged to recognize our members who have made a philanthropic investment to the JCA mission and plan to continue their commitment with a planned gift in their will or estate plans.

What will your legacy be? Visit [jcjax.org/legacy](http://jcjax.org/legacy) to learn more about leaving a legacy with the JCA.

For questions and more details, contact Ben Marcus, [ben.marcus@jcjax.org](mailto:ben.marcus@jcjax.org) or (904) 730-2100 ext. 318.



## BECOME A JCA YOUTH ATHLETICS SPONSOR

Youth athletics is a valuable tool to help children build **good sportsmanship, confidence and discipline** that encourages a lifetime of **leading by example**. Our decades of experience and excellence in coaching children of all abilities makes our program **fun for everyone** involved. We pride ourselves in offering a **supportive environment** for all that we do and are invested to ensure **high quality, safe youth athletic programming**.

Each season, youth athletics programming at the JCA includes **hundreds of children and their families from all walks of life** and draws **hundreds of spectators**. Sponsorship at any level demonstrates your support for youth athletics at the JCA and places your **logo in front of thousands of JCA community members**, as well as in our materials and online.

**Please consider sponsoring youth athletics at the JCA.** As a 501(c)(3) non-profit organization, your **tax deductible donation** aids us greatly in offsetting costs associated with operating JCA swim, basketball and flag football leagues.



To sponsor, visit

**[JCAJAX.ORG/YOUTH-ATHLETICS-SPONSORSHIP](http://JCAJAX.ORG/YOUTH-ATHLETICS-SPONSORSHIP)**

If you have questions, please do not hesitate to contact Ben Marcus at [ben.marcus@jcjax.org](mailto:ben.marcus@jcjax.org) or (904) 730-2100 ext. 318.



**LISA BRADFORD**  
BSN, RN, CHC, CWWS  
WELLNESS COACH  
730-2100 EXT. 333



**SKYLER EARLMAN TUCKER**  
BSH, ACE-CHC  
WELLNESS COACH /  
PHYSICIAN REFERRAL COORDINATOR  
730-2100 EXT. 333



**TIMOTHY CHRISTOPHER**  
BSN, RN, ACE-CHC  
WELLNESS COACH  
730-2100 EXT. 333



Our experts,  
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in 10 minutes or less.

[BaptistJax.com/Radio](http://BaptistJax.com/Radio)

### Baptist Health Podcast

Do you ever hear health care news and wonder, "What does my doctor think about that?"

Baptist Health Radio is the official podcast of Baptist Health of Northeast Florida. Search a doctor or topic, choose an episode and subscribe via your favorite podcast app to get started.

### Ready 4 Veggies

Our collaboration between the Boys and Girls Club of Northeast Florida and Baptist Health brings the Ready 4 Veggies bus to the JCA twice a month. Get your tastebuds ready and don't forget your reusable bags!

First and third Tuesday of the month  
10 am – 12 pm

Open to the community

### New Year Challenge

In the mindset of Rosh Hashanah, this 5 week challenge will focus on four introspective activities to reflect on reducing screen time, mitzvah, enhancing personal relationships and connecting with nature. Registration is required. Upon registration, a Wellness Connexion coach will contact you with more details!

Registration required by Aug 29.

Aug 30 - Oct 1

Free for valued members

### Meditation Mondays

Learn to relax your body and mind, and use your breath to enrich your compassionate outlook on life with Tim Christopher BSN, RN. No special training or knowledge is necessary. Ongoing weekly sessions start in September.

Series starts Sep 13

Mon | 12 - 12:30 pm

The JCA Donziger Library

### Virtual Grief Series

Everyone has experienced (or will experience) grief and loss in life, yet no one helps us understand how to get through it. Join Rachel Weinstein, M. S. Ed. (a grief expert), to discover practical tips on getting through the grief process, myths and realities about grief, how to be there for someone faced with loss and more. This series covers topics relevant to everyone. Please call/visit the Wellness Connexion or Registrars' Office for virtual event details.

Wed | 1 - 1:45 pm

Open to the community

Sep 1 - Is it grief or is it clinical depression? (Why it matters)

Oct 13 - Practical tips on how to get through grief during the holidays.

Nov 3 - The surprising impact of grief on our health (and how we can stay healthy).

Dec 1 - What to do and what to say when someone we care about is grieving.

### Hearing Screening

October is Hearing Awareness Month. People may ignore hearing screenings if they do not sense considerable hearing loss or hearing problems. However, since hearing loss often develops slowly over time, you may not be aware of slight or gradual changes in your hearing. Establishing your baseline hearing also helps in the diagnosis of certain conditions that can cause hearing loss or tinnitus. Stop by the Wellness Connexion to schedule a hearing screening.

Mon | 10:30 - 11:30 am

and 5 - 6 pm

Oct 4, 11, 18, and 25

Free for valued members

### Safe Sitters Course

Where teens learn everything they need to know to become excellent babysitters. More details about our Safe Sitters course can be found on page 12.

Please register at [baptistjax.com](http://baptistjax.com).

### Women's Wellness Wednesdays 4her

Baptist Health offers 4her, a unique collection of wellness services, focused on women to provide women the resources that fit with their evolving needs. Please stop by the registrar's office or contact the Wellness Connexion at (904) 365-4087 to sign up for a monthly Live Stream chat with Lisa Bradford, RN Wellness Coach and a featured Baptist Health expert as they discuss health topics to support your health journey.

Series starts Oct 20, on the third  
Wednesday of every month.

12 - 12:30 pm

Open to the community



### Adult Mental Health First Aid Training

Many adults experience a mental health crisis and don't know where to turn. This eight-hour training, developed by mental health professionals, gives community members key skills and practical knowledge to help people experiencing a mental health crisis. This training includes:

- Five-step action plan to recognize symptoms of mental health issues.
- Identify common mental health challenges for adults including anxiety, depression and substance abuse.
- Learn effective ways to provide initial health and guidance to the appropriate treatments, resources or other supportive help.
- Three-year certification in eight hours.

Fri, Dec 3 | 8:30 am - 4:30 pm

Free to the community

# FITNESS WORKSHOPS

FOR VALUED MEMBERS ONLY



## Yin Yoga Workshop

Join registered yoga teacher Grant Helm to explore this

slower, more meditative practice that consists of long-held, passive floor poses to stretch the body's deep connective tissues while teaching you how to breathe through discomfort.

Wed, Sep 1 | 10:30 - 11:30 am  
\$25



## Rosh Hashanah Reflections: Guided Meditation Workshop

Join yoga teacher Lynnell Grimes in this guided meditation that uses conscious breathing, mantra and affirmations to focus on self-reflection and self-improvement.

Sun, Sep 12 | 1 - 2 pm  
\$25



## MELT Method Workshop Series

Join Pilates Master Instructor Cheryl

Forehand to learn simple self-treatments to make your body feel better and provide relief from common aches, pains, stress, overuse and age.

Sundays | 12 - 1 pm  
Sep 19 - Hand and Foot Intro  
Sep 26 - Neck and Low Back  
Oct 17 - Hand and Foot Techniques  
Nov 7 - Shoulder Pain  
\$25 per class



## Boxing for Fitness Workshop

Join coach Jimmy Normeus to learn

boxing drills and techniques for calorie-burning, cardio conditioning workouts with or without a bag.

Sun, Oct 10 | 3 - 4 pm  
\$25



## Fall Flexibility Workshop

Join personal trainer Shirley Steel to learn a simple stretching

routine for common aches and stiffness.

Sun, Oct 24 | 10 - 11 am  
\$25



## Basketball Conditioning Workshop

Join coach Jimmy Normeus to learn a

basketball strength and conditioning routine to improve your pickup game. Great for recreational players.

Sun, Nov 7 | 3 - 4 pm  
\$25

**Valued members,** learn about fitness workshops, personal fitness and Pilates training at the JCA. Call ext. 267, our personal training experts are eager to support members of all fitness levels.

**EIFFEL GILYANA**  
FITNESS AND WELLNESS DIRECTOR  
730-2100 EXT. 324



## Couple's Yoga

Join Gisela Reis and Grant Helm and fall into sync with your partner as you find a rhythm with your breath, movement and body positions, leading to an intimate and fulfilling experience.

Sun | 2 - 3:30 pm  
Sep 5, Oct 3, Nov 14 or Dec 12  
\$35 per couple

# Healthy Chanukkah FITNESS CHALLENGE



## Eight Rounds, Eight Days

This Chanukkah burn calories and candles. Spin the dreidel to find out your daily challenge exercise. Complete the exercise for eight 20-second rounds (10 seconds rest between each). Complete the eight-day challenge and win! Ask our Fitness Staff for more details.

Nov 28 - Dec 6  
Free to the community



FOR THE MOST UP-TO-DATE SCHEDULE OF FITNESS CLASSES, BE SURE TO JOIN US AT [WWW.FACEBOOK.COM/JCAFITNESS](http://WWW.FACEBOOK.COM/JCAFITNESS) OR [WWW.JCAJAX.ORG/FITNESS](http://WWW.JCAJAX.ORG/FITNESS)



**RIO ROBINSON**  
SPORTS AND RECREATION DIRECTOR  
730-2100 EXT. 250

### Open Pick Up Sports (Age 14+)

**Volleyball** Tues | 7 - 9 pm  
**Basketball** Sat | 1 - 3 pm

### Capoeira

Capoeira combines fight, acrobatics, music, dance and rituals in an elegant form. It develops physical strength, power and flexibility and encourages self-confidence, concentration, courage and creativity.

Tues | (Ages 5 - 10) 5 - 5:45 pm  
(Age 11+) 5:45 - 7 pm

**Session I** Aug 3 - Sep 14

**Session II** Oct 5 - Nov 9

Sun | (Ages 5 - 10) 3:30 - 4:15 pm  
(Age 11+) 4:15 - 5:30 pm

**Session I** Aug 22 - Oct 3

**Session II** Oct 17 - Nov 28

(no class Sep 5, 7 or Oct 31)

**6 Classes \$96 | Valued member \$64**

### JCA Fencing Academy

This beginners class helps fencers gain confidence through games, footwork, coordination, fencing drills and bouts.

Wed

**Youth (Ages 6 - 13)** 5 - 6 pm

**Adult (Age 14+)** 6 - 7:30 pm

**Session I** Aug 11 - Oct 13

(no class Sept 8 or 15)

**Session II** Oct 27 - Dec 22

(no class Nov 24)

**\$180 | Valued member \$120**



**MIKE MAY**  
SPORTS AND RECREATION COORDINATOR  
730-2100 EXT. 254

### Willpower Basketball Training

Coach Will Holloman's clinic allows players to reach their full potential in a fun-filled environment that challenges all to exceed personal limits and optimize the intangibles provided by the game.

Mon

**Session I** Aug 16 - Oct 11

**Session II** Oct 25 - Nov 29  
(no class Sep 6, 20, 27)

**Ages 5 - 8** 5 - 6 pm

**Ages 9 - 12** 6 - 7 pm

**Ages 13 - 18** Private lessons available

**6 Classes \$135 | Valued member \$90**

**Private Instruction** Contact Rio at ext. 250 or rio.robinson@jcajax.org.  
**30 min session \$40**  
**30 min 8 sessions \$280**

### Adult Basketball Leagues

Form teams of six players for four-on-four competition. For more information or to register as an individual or team, call ext. 254.

#### 18+ Adult Basketball League

Wed | 6 - 9 pm | Aug 25 - Nov 10  
(No games Sep 8 or 15)

**\$60 Valued member only**

#### 25+ Adult Basketball League

Sun | 8:30 - 11:30 am | Aug 29 - Nov 7  
(No games Sep 5 or Oct 31)

**\$60 Valued member only**



## JCA YOUTH SOCCER LEAGUE

**GAMES SUN | SEP 26 - NOV 21**

(NO GAMES OCT 31)

**TWO-HOUR AFTERNOON COMMITMENT**

BOLLES HIGH SCHOOL STADIUM FIELD  
PRACTICE IS ONE HOUR BEFORE GAMES

**MANDATORY SKILLS EVALUATION AT BOLLES HIGH SCHOOL: AUG 22**

DIVISIONS BASED ON AGE AND SKILL ARE DETERMINED AFTER EVALUATIONS.  
FOR MAKE-UP EVALUATIONS, CALL EXT. 254.

AGE	TIME
10 - 16	1 pm
8 - 9	2 pm
6 - 7	3 pm
4 - 5	4 pm

CONTACT MIKE AT EXT. 254 TO VOLUNTEER TO COACH.

**\$155 | VALUED MEMBER \$105**

### JCA Youth Flag Football League

(Ages 4 - 16)

Mark your calendars! Mandatory skills evaluation Dec 5. League play begins Jan 16. More information is coming soon! Please contact Mike May at ext. 254, with any questions.



#### Mon & Thur

(Ages 3 - 6) 4 - 4:45 pm

(Ages 7 - 12) 5 - 6 pm

**Session I** Aug 23 - Oct 28  
(no class Sep 6, 16, 20 and 27)

**Session II** Nov 4 - Jan 6  
(no class Nov 25, Dec 27 and 30)

**16 classes per session**  
**\$300 | Valued member \$200**

### Bully Awareness: hosted by Fast Freddy's Taekwondo Academy

Bullying is one of the most difficult issues that students, parents and educators might encounter in or out of school. As a service to our community, the JCA's Fast Freddy's Taekwondo Academy will host a Bullying Prevention Seminar.

Sun, Aug 15 | 1 pm

Ages: 8+

**\$10 | FREE for valued members**



## PRESCHOOL AND YOUTH SPORTS CLINICS

Class	Age	Day	Time	Dates	Fee   Valued Member
Terrific Tumblers Gymnastics	3 - 6	Mon	3:30 - 4:15 pm	Sep 13 - Oct 18*	\$90   VM \$60
	3 - 6	Mon	3:30 - 4:15 pm	Nov 1 - Dec 6	\$90   VM \$60
Sports Extravaganza	3 - 6	Mon	3:30 - 4:15 pm	Sep 13 - Oct 18*	\$90   VM \$60
	3 - 6	Mon	3:30 - 4:15 pm	Nov 1 - Dec 6	\$90   VM \$60
Soccer 101	5 - 10	Mon	4:30 - 5:30 pm	Sep 13 - Oct 25*	\$75   VM \$50
	5 - 10	Mon	4:30 - 5:30 pm	Nov 1 - Dec 6	\$90   VM \$60
Little Kickers Soccer	3 - 6	Tue	3:30 - 4:15 pm	Sep 14 - Oct 26*	\$75   VM \$50
	3 - 6	Tue	3:30 - 4:15 pm	Nov 2 - Dec 7	\$90   VM \$60
Terrific Tumblers Gymnastics	3 - 6	Tue	3:30 - 4:15 pm	Sep 14 - Oct 26*	\$75   VM \$50
	3 - 6	Tue	3:30 - 4:15 pm	Nov 2 - Dec 7	\$90   VM \$60
Junior Gymnastics	5 - 10	Tue	4:30 - 5:30 pm	Sep 14 - Oct 26*	\$75   VM \$50
	5 - 10	Tue	4:30 - 5:30 pm	Nov 2 - Dec 7	\$90   VM \$60
Basketball 101	5 - 10	Tue	4:30 - 5:30 pm	Sep 14 - Oct 26*	\$75   VM \$50
	5 - 10	Tue	4:30 - 5:30 pm	Nov 2 - Dec 7	\$90   VM \$60
Little Hitters Baseball	3 - 6	Wed	3:30 - 4:15 pm	Sep 15 - Oct 20	\$90   VM \$60
	3 - 6	Wed	3:30 - 4:15 pm	Nov 3 - Dec 8*	\$75   VM \$50
Makos Run Club	4 - 14	Wed	4:30 - 5:30 pm	Sep 22 - Oct 20	\$75   VM \$50
	4 - 14	Wed	4:30 - 5:30 pm	Nov 3 - Dec 8*	\$75   VM \$50
Little Dribblers Basketball	3 - 6	Thu	3:30 - 4:15 pm	Sep 23 - Oct 21	\$75   VM \$50
	3 - 6	Thu	3:30 - 4:15 pm	Nov 4 - Dec 9*	\$75   VM \$50
Volleyball 101	8 - 14	Thu	4:30 - 5:30 pm	Sep 23 - Oct 21	\$75   VM \$50
	8 - 14	Thu	4:30 - 5:30 pm	Nov 4 - Dec 9*	\$75   VM \$50
Little Touchdowns Flag Football	3 - 6	Fri	3:30 - 4:15 pm	Sep 17 - Oct 22	\$90   VM \$60
	3 - 6	Fri	3:30 - 4:15 pm	Nov 5 - Dec 10*	\$75   VM \$50

\*No classes on Sep 20, 21, 27, 28, Nov 24, 25 and 26



**JOSIE  
MARTIN**  
AQUATICS MANAGER  
730-2100 EXT. 240

### Master's Swim (Age 15+)

Adults learn strokes and hone their skills in a fun-filled atmosphere with their peers. Professional coaches guide the swimmers at their own pace. Call ext. 240 for date and time options.  
\$30 | Valued members only



### Community First Aid/CPR/AED Adult/Child/Infant

The First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Call ext. 240 for date and time options.  
Pricing: \$98 | Valued member \$65

### Red Cross-Certified Lifeguard Training

#### Prerequisites:

- Must be at least 15 years of age.
- Must swim 300 yards freestyle and/ or breaststroke.
- Must swim 20 yards to retrieve a ten-pound brick from seven to ten feet of water in one minute and 40 seconds.
- Must tread water for two minutes using legs only.

Call ext. 240 for availability.  
\$285 | Valued member \$190

### Red Cross-Certified Water Safety Instructor Training

Become certified to teach parent and child aquatics, preschool aquatics, Learn-to-Swim, adult swim courses and water safety courses and presentations. Water Safety Instructor candidates must be 16-years-old on or before the last scheduled day of the course. Call ext. 240 for availability.  
\$285 | Valued member \$190



### School Year Makos Swim Team (Ages 5 - 18)

This monthly program introduces competitive swimming and stroke refinement along with building endurance and stamina.

Sun - Thu

Aug 1 - 31

Sep 1 - 30 (no practice Sep 6, 7, 8, 15, 16, 20, 21, 27 or 28. No four day a week option in Sep)

Oct 3 - 29

Nov 1 - 30 (no practice Nov 25)

Dec 1 - 30

**Ages 5 - 10 Mon - Thu | 5 - 6 pm**  
(must be able to swim 25 yards unassisted)

**Ages 11 - 18 Mon - Thu | 6 - 7 pm**

**Ages 5 - 18 Sun | 3 - 4 pm**

One Day per week

\$60 | Valued member \$40

Two Days per week

\$90 | Valued member \$60

Four Days per week

\$120 | Valued member \$80



### Youth Mini-Triathlon (Ages 5 -12)

Bring your swim gear, bikes, helmets and running shoes to our Youth Mini-Triathlon! Participants will compete in age-appropriate groups that includes running a mile, biking a mile, then swimming distances according to their age group. Medals will be awarded for 1<sup>st</sup> and 2<sup>nd</sup> place in each age group. Participation medals will be distributed for all immediately following the triathlon. Join us for our Pumpkin Drop and enjoy snacks and refreshments after the awards ceremony.

Sun, Oct 24 | 9 - 11 am (8:45 am arrival)

\$10 | Valued members only

Registration is required

### Aquatics Cancellation Policy

#### Private Lessons

Inclement weather/pool closings before a scheduled lesson will result in that lesson being rescheduled at a mutually agreeable time. All participants registered for private swim sessions must give at least a 24-hour notice of cancellation for already scheduled sessions. Failure to properly cancel will result in a charge for that session at the established fee. All private swim lessons will expire six months from the date of purchase. Fees paid for expired sessions/lessons are non-refundable and non-transferable.

#### Group Lessons

There are no make-ups or refunds for any group lessons due to illness, inclement weather, pool closings and vacation or holiday closings.

#### Diaper Policy

Students who have not fully mastered toilet learning must wear both a disposable swim diaper and approved cloth swim diaper, which fits snugly at the legs and waist. Too large swim diapers will not be permitted in the water.



# American Red Cross LEARN TO SWIM Programs at the JCA

Days and Sessions Offered 30 min Sessions	Parent & Me	Little Makos	Junior Makos	Adults	Sensory Safe Swimmer
<b>Sun</b>	10 AM	11 AM	12 PM	N/A	4:30 PM
<b>Session I</b> Aug 1 - Sep 12 (no lessons Sep 5)		1 PM	2 PM		5 PM
<b>Session II</b> Sep 19 - Oct 24					
<b>Session III</b> Nov 7 - Dec 12					
<b>Mon</b>	10 AM	N/A	N/A	N/A	N/A
<b>Session I</b> Aug 2 - Sep 13 (no lessons Sep 6)					
<b>Session II</b> Sep 27 - Nov 1					
<b>Session III</b> Nov 8 - Dec 13					
<b>Mon and Wed</b>	N/A	3:30 PM, 4:30 PM, 5:30 PM	3:30 PM, 4:30 PM, 5:30 PM	6:30 PM	N/A
<b>Session I</b> Aug 2 - Sep 15 (no lessons Sep 6, 8 or after 4 pm on Sep 15)					
<b>Session II</b> Sep 27 - Nov 3 (no lessons after 4 pm Sep 27)					
<b>Session III</b> Nov 8 - Dec 15					
<b>Tue and Thu</b>	N/A	3:30 PM, 4:30 PM, 5:30 PM	3:30 PM, 4:30 PM, 5:30 PM	N/A	N/A
<b>Session I</b> Aug 3 - Sep 14 (no lessons Sep 7)					
<b>Session II</b> Sep 23 - Nov 4 (no lessons Sep 28)					
<b>Session III</b> Nov 9 - Dec 16 (no lessons Nov 25)					
One day a week: \$105   Valued member \$70 Two days a week: \$180   Valued member \$120					\$150   Valued member \$100

### Parent and Me (Ratio 8:1) (6 mo - 3 yrs)

This program teaches parents how to work safely and effectively with children in the water. The program emphasizes fun and enjoyment, water adjustment and preparatory activities for future swimming. This program is not designed to teach children to become good swimmers or even to survive in the water on their own. At least one adult must accompany the child in the pool.

### Little Makos (Ratio 4:1) (2 - 5 yrs)

Children are introduced to breath control, arm coordination, kicking and the development of basic strokes.

### Junior Makos (Ratio 5:1) (6 - 13 yrs)

Children are introduced to fundamental aquatic skills, stroke development, stroke improvement, stroke refinement and personal water safety in this program.

### Adult (Ratio 8:1) (14+ yrs)

This program is designed to encourage and introduce adults to swimming in a welcoming and comfortable environment.

### Sensory Safe Swim Lessons (Ratio 2:1 or 1:1)

This is a program specifically designed for swimmers with Autism. Swim lessons are held in our quiet, indoor heated pool.



**ALINE BERKENBROCK**  
TENNIS PROFESSIONAL  
730-2100 EXT. 317

### Adult Tennis Clinics

It's the perfect time of year to see if you have what it takes to play on our competitive tennis leagues. Shape up your game with our ladies' or working women's teams. We also have tennis clinics for men. Schedule a private evaluation, league play starts in August. Sharpen your skills with any of our great tennis clinics. For more information and program fees, please contact ext. 317.

### Twelve-Week Sessions Working Women's Team Clinic

Tue | 6:30 - 8 pm

**Ladies' A Team Clinic**

Tue | 9 - 10:30 am

**Ladies' B Team Clinic**

Wed | 9 - 10:30 am

**Ladies' C Team Clinic**

Fri | 9 - 10:30 am

\$180 | Valued members only

### Six-Week Sessions

**3.0 - 3.5 Men's Clinic**

Mon | 6:30 - 8 pm

**Tennis 101**

Wed | 6 - 7 pm

**Cardio Tennis**

Sun | 8:30 - 9:30 am

\$90 | Valued members only



### Tennis Mixers

Come and enjoy a round robin doubles social. Players will be matched up by ability and they will rotate opponents and partners throughout the night. Level of 3.0+.

**Men's Night Doubles Mixer**

First Thursday | 6:30 - 8 pm

**Women's Night Doubles Mixer**

Third Thursday | 6:30 - 8 pm

Free for valued members only



### Private Lessons

You can schedule a private lesson at any time with any of our pros. Just call the tennis office at ext. 317.

**30 min** \$30

**60 min** \$60

**Doubles** \$80

**Package: Five, 60 min lessons or 10, 30 min lessons** \$270



### Junior Tennis Clinics

All clinics are six-week sessions. \$108 | Valued member \$72

For the beginning junior player, our quick start programs provide an overview and teach the fundamentals of tennis. Classes focus on proper swinging motions and the most effective way to handle a tennis racquet. All instruction is paced for younger players and supplemented with fun games and drills. For more information on specific clinic dates, please contact ext. 317.

**Pee-wee Quick Start (Ages 4 - 6)**

Wed | 4:15 - 5 pm

Thu | 4:30 - 5:15 pm

**Junior Quick Start (Ages 7 - 10)**

Tue | 4:30 - 5:30 pm

For our intermediate to advanced players, these clinics focus on stroke production, consistency and match play to help older players feel more comfortable during point play and matches.

**High Performance (Ages 14 - 18)**

Mon | 5 - 6 pm

**Varsity Tennis (Ages 13 - 18)**

Mon | 5 - 6 pm

**Green Dot (Ages 9 - 12)**

Wed | 5 - 6 pm

JOIN THE

JCA Family!



We have career opportunities that welcome everyone, from every walk of life.  
Help us give Jacksonville a better tomorrow.

**APPLY TODAY!** Visit [jcajax.org/careers](http://jcajax.org/careers) or scan here.



TRIBUTES

*In memory of...*

**MARK SNITZER**

by Karen and Philip Adler  
Adam and Regina Chaskin  
Richard Dickson  
Bunni and Myron Flagler

**REX ROWE**

by The Board and Staff of the JCA  
Michele and David Steinfeld

**CHUCK GRIFFITH**

by Karen and Philip Adler

**HAL REHBEIN**

by Karen and Philip Adler

**JACKIE CHEIKEN'S BELOVED SISTER**

by Michele and David Steinfeld

**SANDRA WEISS**

by Michele and David Steinfeld

*In honor of...*

**HANK ARNOLD'S BIRTHDAY**

by Michele and David Steinfeld

**SARAH JACOB'S GRADUATION  
FROM DUKE UNIVERSITY**

by Bunni and Myron Flagler

**GISELA AND GRANT'S WEDDING**

by The Spring and Miller Families

**AMANDA COLLINS' BIRTHDAY**

by Rochelle and David Stoddard

**CAL BARKER'S BIRTHDAY**

by Rochelle and David Stoddard

**THERESA LEVY'S BIRTHDAY**

by Rochelle and David Stoddard

**THE TAVILL FAMILY ON THE BIRTH  
OF BABY LYLA**

by The Board and Staff of the JCA  
Bunni and Myron Flagler  
Lior Spring, Daniel Miller and Family

**KADEN YOUNG'S BAR MITZVAH**

by Michele and David Steinfeld

**LIBBY COHEN'S GRADUATION  
FROM DICKINSON COLLEGE**

by The Miller Families

**MORGAN ORENDER'S BIRTHDAY**

by Rochelle and David Stoddard

**DEBORAH SHAPIRO'S BIRTHDAY**

by Rochelle and David Stoddard

**LIOR SPRING'S BIRTHDAY**

by Rochelle and David Stoddard

**SHELLY HUGHES' BIRTHDAY**

by Rochelle and David Stoddard

**MELISSA MEYENBERG'S BIRTHDAY**

by Rochelle and David Stoddard

**CANDY FRANK'S BIRTHDAY**

by Michele Steinfeld

**MARTY BARNES' MILESTONE BIRTHDAY**

by Micki Green (Muriel Goldman)

**ELIANA JAFFA'S GRADUATION FROM  
HIGH SCHOOL**

by The Miller Families  
The Board and Staff of the JCA

**ASHER GOTTLIEB'S BAR MITZVAH**

by The Board and Staff of the JCA  
Rochelle and David Stoddard

**SAMANTHA AND ADAM HOLTZMAN ON THE  
BIRTH OF YOUR DAUGHTER JULIA**

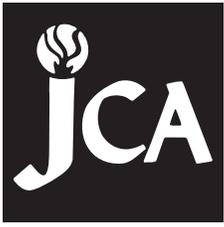
by The Board and Staff of the JCA

**CULTURAL ARTS FUND**

*In memory of...*

**JOHN GRADO**

by Thelma and Bob Nied



David A. Stein

**Jewish Community Alliance**

*on the Ed Parker Jewish  
Community Campus*

8505 San Jose Boulevard  
Jacksonville, Florida 32217  
(904) 730-2100

[jcjax.org](http://jcjax.org)



Affiliated with the Jewish Federation and Foundation of  
Northeast Florida, the United Way of Northeast Florida  
and the Jewish Community Centers of North America.



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**MISSION STATEMENT** The Jewish Community Alliance (JCA)  
strengthens Jewish life, serves as a common meeting ground  
and enhances the quality of life of the entire community.

**VISION STATEMENT** Our vision is to provide **the** place in the tradition of our  
heritage where all people come together throughout their lives to enhance  
body, mind and spirit, in an environment of fun, harmony and friendship.

## Earn FREE Dues and a Cash Bonus\*

Refer a Friend Within each 30 day period:

- |                                |          |                             |                  |          |                                   |
|--------------------------------|----------|-----------------------------|------------------|----------|-----------------------------------|
| <b>1<sup>st</sup> Referral</b> | <b>=</b> | <b>1<sup>st</sup> month</b> | <b>FREE dues</b> | <b>+</b> | <b>\$50 JCA gift certificate</b>  |
| <b>2<sup>nd</sup> Referral</b> | <b>=</b> | <b>2<sup>nd</sup> month</b> | <b>FREE dues</b> | <b>+</b> | <b>\$75 JCA gift certificate</b>  |
| <b>3<sup>rd</sup> Referral</b> | <b>=</b> | <b>3<sup>rd</sup> month</b> | <b>FREE dues</b> | <b>+</b> | <b>\$100 JCA gift certificate</b> |
| <b>4<sup>th</sup> Referral</b> | <b>=</b> | <b>4<sup>th</sup> month</b> | <b>FREE dues</b> | <b>+</b> | <b>\$150 JCA gift certificate</b> |
| <b>5<sup>th</sup> Referral</b> | <b>=</b> | <b>5<sup>th</sup> month</b> | <b>FREE dues</b> | <b>+</b> | <b>\$200 JCA gift certificate</b> |

\*Gift certificates can be used for JCA programs such as personal training  
(virtual and in-person), specialized fitness classes, youth sports clinics  
and leagues, swim lessons, tennis lessons, J-Institute programs and more!

**TOTAL VALUE**

**5 months free dues** (up to \$535)  
**+\$575 J-cash**



Learn more | 730-2100 | Ext. 234 | Ext. 257

