

30 SHEVAT - 27 ADAR • 5782 • FEBRUARY 2022



# ALLIANCE NEWS

# Tropical SOIRÉE

AT THE JCA  
ANNUAL FUNDRAISER

VOLUME 33  
#06



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

Dear Friends,

I was blessed to assume the role of CEO for our Jewish Community Alliance more than three years ago. Through all the triumphs and challenges we faced in these years, our JCA staff continues to amaze me with their unwavering dedication to the families in our community. As it is our mission to continually support and inspire our neighbors, I am pleased to share some of the activities we have planned for your enjoyment in the coming months.

If you are looking for a fun adult night out and a fantastic way to support our outstanding organization, I urge you to join us for our **Tropical Soirée at the JCA on Feb 26**. Our annual fundraiser committee co-chairs this year, Rachel Algee and Rachel Morgenthal, promise an evening of comfort, fun and entertainment while we raise funds to support JCA programming.

The **Berman Family JCA Concert Series** continues in our **Bessie Setzer Frisch Auditorium** on **Feb 13 at 3 pm** with a performance by **Saxophonist Steven Banks**. Thanks to the generosity of the Berman Family, these concerts bring top international talent to Jacksonville and are free to our entire community. Please read more about our incredible music series at the J on page 4. Our annual **Cultural Arts Festival** continues with Saturday Night Live cast member, **Laraine Newman**. Laraine will be in person at the JCA on **Feb 15 at 7 pm** to share memories from working on SNL and her memoir, *May You Live in Interesting Times*.

As our wonderful staff members continue to shine in all they do, we have a wide variety of programs available for families. The children in our **Performing Arts for Children (PAC)** program are busy rehearsing for their performance of *Beauty and the Beast* in March. Congratulations are in order for Shelly Higgins Hughes and her team in our Theatre Department, who recently won the prestigious **B'nai Tzedek grant**. This funding allows us to continue our Holocaust education production for young people, *Just Like Me*, scheduled for **April 24**. We are so grateful to share this incredible opportunity for our community to learn from Holocaust survivors who are still living in Northeast Florida.

Our **J-Cation Day** adventures await the young students in your life. When school is closed, our J-Cation counselors facilitate everything from flag football, dodgeball, soccer and freeze tag to a series of art projects inspired by movies, animals, and cultures from around the world. Read what parents are saying about **J-Cation Days** on page 8, and more about the upcoming off-site adventures in store for your children.

Parents and guardians, it is time to enroll your children for the 2022- 2023 school year! Enrollment in our award-winning, top-rated **Michele Block Gan Yeladim Preschool and Kindergarten** opens this month. On page 9, I encourage you to read more about our school and the unique curriculum our teachers use to help young children achieve.

Summer will be here before we know it and we hope your campers are ready! If you haven't already, please register your young campers for a summer of fun and friendship with us. Visit [jcajax.org/camp](http://jcajax.org/camp) for all the details on our extensive camp programs. If you register for camp by **March 4**, your family will receive a gift from the JCA.

Finally, I would like to thank everyone who cast their vote to help our JCA win **Folio Weekly's Best of Jax** contest! We won every **Best of Jax** category we were nominated in! Please turn to page 11 to read more about this awesome local honor. I am so proud of our incredible fitness instructors, staff members, educators and trainers - who are absolutely the top reasons why our JCA is the best place in Jacksonville!

As you continue reading this issue of Alliance News, be prepared to discover even more classes, programs and enrichment opportunities for your entire family in our environment of fun, harmony and friendship.

I look forward to seeing you all around the J,

Adam Chaskin  
CEO

**JCA BUILDING HOURS**

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

The JCA **Alliance News** and **Program Guide** are published monthly except July and August by the:

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

For additional program information and to register, please contact the JCA.

**P (904) 730-2100 | F (904) 730-2444**  
[jcajax.org](http://jcajax.org) | [info@jcajax.org](mailto:info@jcajax.org)  
[facebook.com/jcajax](https://facebook.com/jcajax)

- Rochelle Stoddard..... Board Chair
- Adam Chaskin..... Chief Executive Officer
- Chelsea Jarrell..... Director of Marketing
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- Beth Milograno..... Communications & PR Specialist

**Kid Kare (babysitting)**  
**(904) 730-2100 ext. 325**

- Space limited to 12 kids per shift.
- **Sun - Fri** operation hours **9 - 12 pm** and **Mon - Thu** evenings from **5 - 8 pm**.
- 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**



**DOWNLOAD MY J**  
for your Android or iPhone  
**TODAY!**



**BOOK TIME**



**CHECK SCHEDULE**



**RESERVE LANES**



*In memory of...***BARBARA KAZIN**

by The Board and Staff of the JCA

**CYNTHIA DISHER**

by Kathleen Ruperto

The Board and Staff of the JCA

**DONALD NEALE**

by Karen and Philip Adler

**ANDREA RIDGE'S GRANDMOTHER**

by Karen and Philip Adler

**GEN SULLIVAN**

by Frances Ticker

**ANNETTE GRAUER**

by The Board and Staff of the JCA

**WILLIAM "BILL" SCHEMER**

by Michele and David Steinfeld

Karen and Philip Adler

The Board and Staff of the JCA

**PEARL MACK**

by Michele and David Steinfeld

**CURTIS BLEAU'S MOTHER**

by Karen and Philip Adler

**LARRY ZAGLIN**

by Michele and David Steinfeld

**ALAN SMITH**

by Karen and Philip Adler

**ZELDA MAIL**

by Karen and Philip Adler

The Board and Staff of the JCA

**ROSALIND FRIEDMAN**

by Karen and Philip Adler

Regina and Adam Chaskin

The Board and Staff of the JCA

**JERRY POLLAK**

by Regina and Adam Chaskin

Rochelle and David Stoddard

Sierra and Adam Frisch

The JCA Cultural Arts Festival Committee

The Board and Staff of the JCA

**LAUREN JAFFE**

by The Board and Staff of the JCA

**BEN CALINGASAN**

by Rochelle and David Stoddard

Regina and Adam Chaskin

The Board and Staff of the JCA

*For a speedy recovery...***TOBY RINGEL**

by Rochelle and David Stoddard

The Board and Staff of the JCA

**OTIS MASS**

by Karen and Philip Adler

**DR. BJ BARAKAT**

by Michele and David Steinfeld

*In honor of...***THE BARKER AND GRIFFITH FAMILIES  
ON THE BIRTH OF JACOB**

by The Board and Staff of the JCA

**HEIDI HASSENFELD'S BIRTHDAY**

by Michele and David Steinfeld

**MAGGIE ELIZABETH MYERS**

by Michele and David Steinfeld

**DAVID STEIN'S BIRTHDAY**

by Rochelle and David Stoddard

**BEN BECKER'S BIRTHDAY**

by Rochelle and David Stoddard

**PAM TAVILL'S BIRTHDAY**

by Rochelle and David Stoddard

**FRAN SELEVAN**

by Karen, Philip and Emily Adler

**THE ROGOZINSKI FAMILY ON  
THE BIRTH OF ADI ROSE**

by The Board and Staff of the JCA

**DAVID MILLER NAMED ONEJAX  
HUMANITARIAN,****SILVER MEDALLION HONOREE**

by Rochelle and David Stoddard

Regina and Adam Chaskin

The Board and Staff of the JCA

**THE DUBOW FAMILY  
ON THE BIRTH OF ELLE**

by The Board and Staff of the JCA

**SARI PARKER'S WEDDING**

by Bunni and Myron Flagler

Rochelle and David Stoddard

Spring and Miller Families

The Board and Staff of the JCA

**MONIQUE MILLER, RECOGNIZED  
BY TEMPLE SISTERHOOD FOR HER  
COMMUNITY WORK**

by Rochelle and David Stoddard

**CANDY FRANK AND FAMILY ON THE  
BIRTH OF GRANDSON MAX AVERY**

by Michele Steinfeld

**LINDA BRONFMAN'S BIRTHDAY**

by Michele Steinfeld

**ALICE GILLIS' BIRTHDAY**

by Michele and David Steinfeld

**BARBARA SWEET ON THE BIRTH OF  
GRANDDAUGHTER LUCY**

by The Board and Staff of the JCA

**NEAL ROTH'S BIRTHDAY**

by Karen and Philip Adler

**MARGIE AND BARRY EFRON FOR THEIR  
DONATION TO REFURBISH THE RED  
CONDOR STATUE DONATED TO THE JCA**

BY WILLIAM F. REIN

by The Board and Staff of the JCA

**CULTURAL ARTS FUND***In memory of....***ROSALIND FRIEDMAN**

by Thelma and Bob Nied

**KORMAN AND SHELTON FAMILIES FUND***In honor of...***JAMIE SHELTON**

by BestBet Corporate Office Team

**HOWARD KORMAN**

by BestBet Corporate Office Team

**MEMBERSHIP FUND***In memory of...***ALVIN LEVINE**

by Hollie and Hank Arnold

**REGISTER  
BEFORE  
MARCH 4  
TO RECEIVE  
A SPECIAL  
GIFT**

**CALL (904) 730-2100 EXT. 228 OR VISIT [JCAJAX.ORG/CAMP](http://JCAJAX.ORG/CAMP)**



## BERMAN FAMILY 2022 JCA CONCERT SERIES!

By Heather Terrill, J-Institute Program Manager

For nearly thirty years, Edith and Milton Berman shared their love of classical music with our community by sponsoring the Young Concert Artists Series at the JCA. The series continued after their passing, with their son Charles and his wife, Eleanor, who continued the tradition of sponsoring the JCA's original concert series that brings exceptional young artists from all over the world to Jacksonville.

Now, Edith and Milton's granddaughter, JCA Board Chair Rochelle Stoddard and her husband David, are continuing the family tradition and have endowed the series to ensure it will remain at the JCA in perpetuity. Known today as The Berman Family JCA Concert Series, thanks to Rochelle and David's generosity, our beloved program will remain a community resource without barriers for generations to come.

Please mark your calendars to join us for this free community-wide event and hear these incredible young artists perform in our Bessie Setzer Frisch Auditorium at the JCA. Visit [jcajax.org](http://jcajax.org) for more details and be sure to register to save your seat. Thanks to the generosity of the Berman Family the 2022 Young Artist Concert Series is free and open to the community.

### Steven Banks, Saxophonist

Sun, Feb 13 | 3 pm

Recognized for his glowing mahogany tone, deeply felt lyricism and expert shaping of a dramatic arc, Steven Banks is an ambassador of the classical saxophone. Banks is establishing himself as a compelling and charismatic soloist, dedicated to showcasing the vast capabilities of the saxophone. Steven Banks is the first saxophonist to earn a place on the Young Concert Artists roster in its 60-year history, capturing first prize at the 2019 Young Concert Artists International Auditions.



### Albert Cano Smit, Pianist

Sun, Mar 20 | 3 pm

Pianist Albert Cano Smit is becoming an audience favorite for his performances as a soloist in recital and with an orchestra. Albert won first prize at the 2019 Young Concert Artists International Auditions and first prize in the 2017 Walter W. Naumburg Piano Competition, which presented him in recital at Carnegie's Weill Recital Hall and was recently awarded the 2020 Arthur Rubinstein Piano Prize from The Juilliard School.



Thanks to the generosity of the Berman Family, the 2022 Young Artist Concert Series at the JCA is **free and open to the community.**

# NATIONAL CANCER PREVENTION MONTH



**By Rachel Sandler,  
Jewish Educator & J-Institute Program Coordinator**

February marks National Cancer Prevention Month, an important time to learn more about how we can better protect ourselves and our families against cancer.

According to the American Association for Cancer Research, more than 40% of all cancers diagnosed in the United States can be attributed to preventable causes like smoking, excess body weight, physical inactivity and excessive exposure to the sun.

Additionally, because of our Jewish heritage, many members in our JCA community are at increased risk for cancer. Sharsheret, a national nonprofit whose mission is to improve the lives of Jewish women and families living with an increased genetic risk for cancer, reports that one in 40 Jewish people of Ashkenazi descent carries a mutation

in the BRCA1 or BRCA2 gene, compared to one in 400 in the general population. Genetic mutations associated with certain Jewish heritages cause a higher prevalence of cancers like melanoma, breast cancer, colon cancer and ovarian cancer.

Join us this February as we work to educate our community with **Baptist Health Dr. Laila Samiian** and professionals with **Sharsheret**. Please mark your calendars for **7 pm on Thursday, February 24**, for this important event in partnership with the **Women's Philanthropy of the Jewish Federation & Foundation of Northeast Florida**. Come learn how to protect your family against cancer and about the support services that are available within our community.



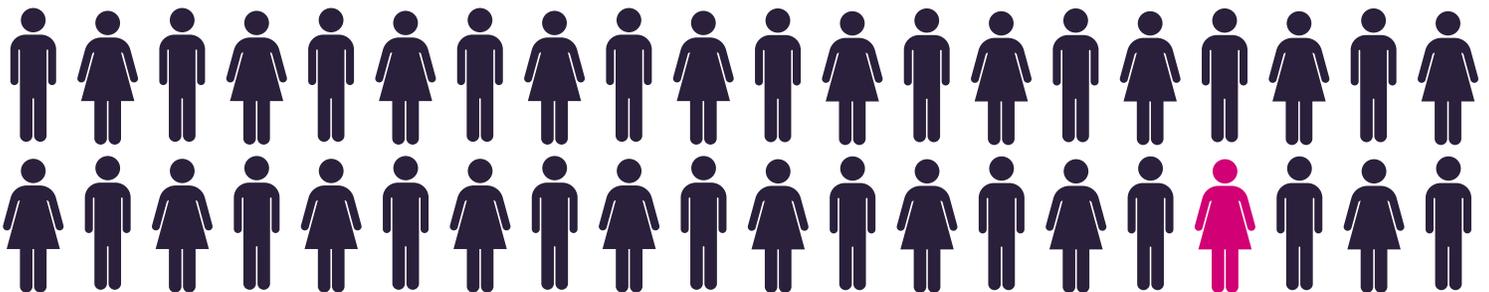
Women's Philanthropy



## SHARSHERET

# 1 IN 40

Jewish people of Ashkenazi descent carries a mutation in the BRCA1 or BRCA2 gene, compared to one in 400 in the general population. Genetic mutations associated with certain Jewish heritages cause a higher prevalence of cancers like melanoma, breast cancer, colon cancer and ovarian cancer.





# Tropical SOIRÉE

## ANNUAL FUNDRAISER

**ALOHA!** Get Ready for the Tropical Soirée at the JCA

**By Ben Marcus, Development Director**

As we prepare for the Tropical Soirée at the JCA with committee co-chairs Rachel Algee and Rachel Morgenthal this year, there is no greater feeling than planning to be together in person once again to raise funds and help even more of our neighbors become connected to the JCA community.

“We are all so excited to have everyone together,” says Rachel Algee who has spent the last year collaborating with our wonderful planning committee to orchestrate the in-person return of our highly anticipated event. “This is our first year chairing the event, we are taking extra care to make sure everyone will feel comfortable attending.”

Please mark your calendars to join us at the **Tropical Soirée on Saturday, February 26 at 7:30 pm**. Our soirée promises to be an evening to remember with Hawaiian-themed food, performances and countless opportunities to have fun with your family and friends.

A kosher menu will be thoughtfully prepared by **Chef’s Garden Catering & Events** under the supervision of **Rabbi Yaakov Fisch**. Evening luau entertainment will be provided by **Kalani Rose Music**, and **DJ Juanton** will host our after-dinner dance party. For our guests’ comfort and safety, cocktails, dinner and entertainment will be outdoors.

Supporting our annual fundraiser gives families throughout Jacksonville access to our high-quality programs at the JCA. Every donation received helps us provide an array of recreational, educational, social and cultural opportunities to our community at large. Each year, the money raised during our annual fundraiser supports membership tuition, program scholarships and provides financial assistance to ensure that no one will be turned away from our community because of an inability to pay.

**We hope you plan to join in our celebration this year! Tickets and sponsorships for the Tropical Soirée at the JCA can be reserved by visiting <https://www.jcajax.org/soiree>.**

**MAHALO!**

If you have any questions please contact Ben Marcus via (904) 730-2100 ext. 318 or email [ben.marcus@jcajax.org](mailto:ben.marcus@jcajax.org).

# THE MAGIC *of* THEATRE

AT THE JCA

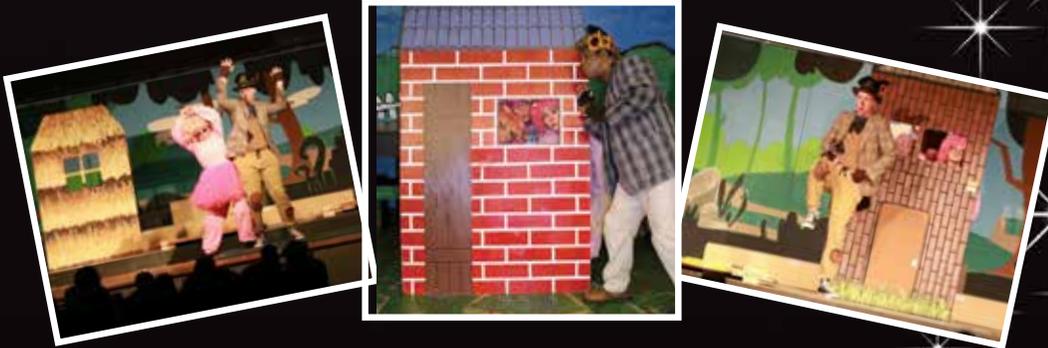
**By Shelly Higgins Hughes,  
Theatre Department & Camping Services Coordinator**

The next time you pass by on a weekday morning and see a line of school buses parked outside the JCA, please be aware that there is magic happening inside our **Bessie Setzer Frisch Auditorium!**

In fact, anyone who sees the sparkle in the eyes of the children watching, quickly realizes that magic happens every time there is a performance by the professional actors and actresses in our engaging **Magic Wardrobe Theatre.**

Each year more than 20,000 students from Duval, Clay and St. Johns counties travel to our JCA to experience the magic of live theatre, many for the very first time. Our educational theatre program serves as one of the most popular field trip destinations in Northeast Florida. This year, thanks to a generous grant from **VyStar Credit Union**, an additional 4,000 kids from our area will have the opportunity to share in the magic of live theatre at the J.

Our educational series follows local school curricula to create original shows and storytelling that bring children's classics like *The Three Little Pigs* and *Goldilocks and the Three Bears*, as well as our original educational programs like, *Welcome to America - The First Thanksgiving*, and *The Classic Stories of Seuss*, to life on stage.



**At the JCA, we offer a place for young thespians to learn and grow in their love of performing arts. For more information about our Magic Wardrobe Theatre, Performing Arts for Children (PAC) or Zoe's World programs for preschool, elementary and middle school students, please contact Shelly Higgins Hughes via email [shelly.hughes@jcjax.org](mailto:shelly.hughes@jcjax.org) or call (904) 730-2100 ext. 252.**



## J-Cation Days ADVENTURES AWAIT



**By Evan McInnis, Youth Services Assistant Director**

When schools are closed, our **J-Cation Days** are designed to keep your children engaged, entertained and excited! Much like our Summer Camp programs at the JCA, during J-Cation Days, children (grades K - 8), can choose from a variety of J-Cation Day enrichment programs or register for an off-site adventure!



"When my daughters come for the day to enjoy a J-Cation on their days off from school - I always know they are in responsible hands and are safe," explains Faye Hedrick whose daughters, Milly and Ellen, enjoy all our JCA's youth services department has to offer. "The

JCA is able to pull such a wide variety of wonderful and educational services together for J-Cation Days that there really is something for every child's interests."

Our J-Cation counselors facilitate everything from flag football, dodgeball, soccer and freeze tag to leading a series of art projects inspired by movies, animals and cultures from around the world. Believe it or not, that's not all we have to offer kids throughout Jacksonville. Regardless of choosing art or sport-focused curriculum, every J-Cationer can participate in swimming during their J-Cation Days! With an hour of swim time planned each day, J-Cationers are always guaranteed a splashing good time in our JCA pools.

"We choose J-Cation Days because it is such a fun and enriching environment. It's the best!" says James' parents, Katie DeSimone and Khary Gaynor. Aside from knowing their kids are in the best care, parents and their kids agree, the most exciting part of our upcoming J-Cation Days is the return of our popular off-site field trips! For an additional fee, J-Cationers can join us on a local adventure to explore some of the finest attractions the first coast has to offer.



We hope to see your J-Cationers this year! Please make plans to join us for our upcoming J-Cation Day Field Trips! On **Monday, February 21**, we're headed to Tinseltown for a private movie theatre watch party. On **Tuesday, March 15**, we're going south to St. Augustine to visit Ripley's and take a trolley tour in the ancient city. Then on **Thursday, March 17**, we're going to bounce around at Bravo'z. So many memorable adventures await your children this year, please visit [jcajax.org](http://jcajax.org) to register your child for their J-Cation of a lifetime!

## MICHELE BLOCK GAN YELADIM



### Offering Children Unique Learning

By Beth Milograno,  
Communications & PR Specialist

As the JCA's Michele Block Gan Yeladim Preschool & Kindergarten prepares for another school year's open enrollment at the end of this month, our early childhood educators are thrilled to share our exceptional learning environment with families throughout Northeast Florida.

"If I could pick one thing about the JCA that I would want every family in Jacksonville to experience, it would

have to be to have their children attend our school," says Rachael Ledesma, our Kindergarten teacher who is celebrating 17 years as an early childhood educator at our school. "The curriculum we use with our students is really evolving how we teach our children."

Our Michele Block Gan Yeladim Preschool & Kindergarten offers children a unique learning environment that uses the elements of inquiry and project-based learning. "At the JCA, we look at children as people who will eventually have a great impact on our community; it is a very respectful learning environment focused on children," explains Rachael.

Accredited by the National Association for the Education of Young Children (NAEYC) for the past 30 years, our early childhood educators focus on helping children reach their full potential through trust and respect. Additionally, by teaching through the Jewish Lenses, we believe that we are laying the groundwork to help our educators and parents as they develop a shared vision of learning and gain a deeper understanding of Judaism.



"The Jewish Lenses help shape my approach to teaching. The lenses are part of our daily environment; they help us structure our day, see students as constructivist learners, teachers as professionals and our families as engaged partners," says Rachael. "When children arrive at our school, they are made to feel so welcomed whether it be by a teacher, administrator or other JCA staff members. They immediately feel a sense of belonging."

Every early childhood learning experience at the JCA is hands-on and formulated to help children reach their potential in scientific discovery, problem-solving and critical thinking in our emotionally safe and nurturing environment.

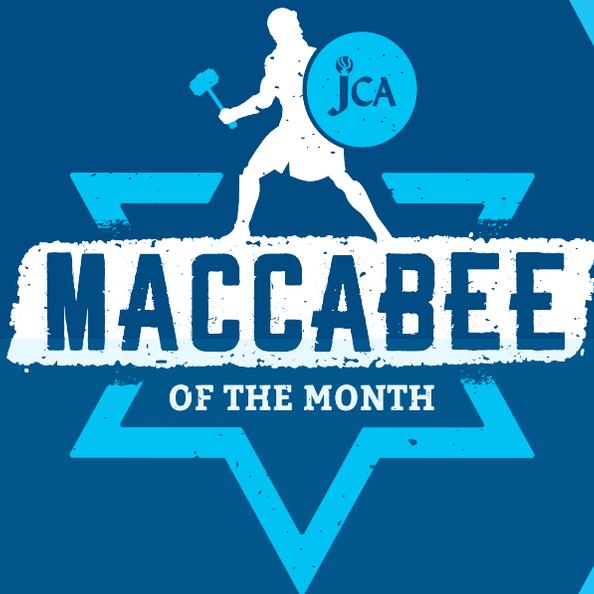
"As a teacher, we focus on the image of the child and seeing them as full of potential, competent, powerful and having connections with adults and other children," says Rachael. "Children love to come to our school and they are better readers because of our unique programs at the JCA."

**Enrollment for the 2022 - 2023 school year begins at the end of February. Parents who are interested in scheduling a tour and a play date in our Michele Block Gan Yeladim Preschool & Kindergarten should call (904) 730-2100 ext. 235.**



**When children arrive at our school, they are made to feel so welcomed whether it be by a teacher, administrator or other JCA staff members. They immediately feel a sense of belonging.**

- Rachael Ledesma



## BILL KILLEN

### By Beth Milograno, Communications & PR Specialist

Open heart surgeries, chronic atrial fibrillation, pacemaker procedures, cardio rehabilitation and a serious stroke. As our Maccabee of the Month recounts his many health struggles, he shares his gratitude for those who helped him persevere.

"The past years have been an amazing journey, with a number of challenging health events," says Bill. "Following each crisis, the JCA's professional trainers kept me on track with excellent programs and encouragement."

When his family joined the Jewish Community Alliance in 2010, Bill says they found a place that would help them live a healthier lifestyle. What Bill never imagined was how the JCA community would save his life. "My heart stopped in 2013 during a group workout session. JCA trainers and a physician member who was exercising in the gym helped me," recalls Bill.

"Ultimately that event led to a pacemaker and a round of cardio rehab therapy. When I returned to the JCA to rebuild my strength, I became a devoted walker on the indoor track. I was healthier than I had ever been in my



life when I suffered a serious stroke in 2017. I could not feed myself, stand or walk when I arrived at River Garden to recover."

After rehabilitation, Bill was sent home and says he began to reclaim his life. Like a true Maccabee with great mental strength and physical resilience, Bill started walking and working out with JCA trainers again. Bill says the JCA was critical to his recovery, giving him the endurance to clear another health hurdle, "In 2020 I received news that my aortic valve implant was failing. I was suffering from congestive heart failure. In the middle of the pandemic, I underwent my second open-heart surgery. It was a different experience than the first time; I was 70 pounds lighter, and I was much stronger. I quickly returned to the JCA to rebuild my strength and see my friends!"

Bill and his wife Jessica exercise daily, work out with JCA personal trainers, walk on the indoor track and attend weekly Sit & Get Fit classes.

"The JCA is an important part of our lives," says Bill. "We were looking for a place that would offer us resources for a healthier lifestyle. We found that – and much, much more."

The Maccabees were Jewish rebel warriors and heroes of the Chanukkah story. Maccabee means "hammer" and has become a symbol of physical might, spiritual strength and mental resilience in the face of adversity.

# JCA WINS



## BEST OF JAX 2021

### By Beth Milograno, Communications & PR Specialist

Thank you for all your votes! The Jewish Community Alliance (JCA) is honored to serve our community as the **Best of Jax!** Our JCA won all five of the **Best of Jax** categories we were nominated in during Folio Weekly's 2021 contest!

We earned the title of **Best Nonprofit** and **Best Gym** in Jax, and that's not all! Our **JCA Fitness and Wellness Group** was voted **Best Facebook Group**, and two of our amazing personal trainers were named as Best of Jax. Our **Shirley Steel** was voted **Best Personal Trainer** and **Lynnell Grimes** won the **Best Yoga Instructor in Jacksonville!**

"In my 22 years on the mat, I am so grateful to have shared benefits of yoga with our senior population at the JCA," says Lynnell Grimes. "Our participants enjoy the balance and flexibility as well as the connection of mind and body that our yoga practices offer. I am here to serve all who seek this wonderful form of bodywork; it is an honor to be recognized among the Best of Jax."

"The only way to do great work is to love what you do. I strive to stay focused and positive, deliver quality and a wee bit of fun to my clients' workouts," says Shirley Steel. "I have been blessed to be part of the JCA family and community since 2008 and am so proud to receive this honor. I am thankful for all of my loyal clients, amazing peers and this incredible community where I work."

Please join us in congratulating Shirley and Lynnell the next time you see them around the J! If you haven't met our Best of Jax winners yet, schedule a personal training session, or join them in one of our many group fitness classes.

Shirley and Lynnell instruct a wide variety of our group fitness classes including Sit & Get Fit, Pilates, yoga and aquatics. JCA personal trainers like Shirley and Lynnell ensure our members' safety and provide personal training sessions to help members meet their fitness goals, improve quality of life and increase energy.

For more information about personal training at the JCA please contact Eiffel Gilyana by phone (904) 730-2100 ext. 324 or email [eiffel.gilyana@jcjax.org](mailto:eiffel.gilyana@jcjax.org).

## THANK YOU FOR VOTING TO RECOGNIZE OUR JCA AS THE BEST OF JAX!



BEST NONPROFIT



BEST GYM



BEST PERSONAL TRAINER



BEST YOGA INSTRUCTOR



BEST FACEBOOK GROUP

# <<< SPRING INTO >>> **YOUTH BASKETBALL**

## By Rio Robinson, Sports & Recreation Director

Parents, you asked for it – so we will deliver! The Spring Youth Basketball League at the JCA is back for a second season!

Last year, in an abundance of caution we decided to move our traditional Winter Youth Basketball League to the spring while we moved the Youth Flag Football League to the winter.

“I could actually enjoy being a spectator and coach my kid’s youth basketball and flag football league with minimum exposure to the heat,” says parent and JCA coach, Kris Taylor. “We definitely approve of the switch.”

Kris and his young athletes, Kora and Liam, weren’t the only participants who cheered for the change. There was such positive feedback from parents about having an indoor sports league during hot and humid springtime conditions, it just made sense to do it again!

Don’t miss out on the second season of our Youth Spring Basketball League! The mandatory skills evaluations will be held by age group in the JCA Sophie Witten Basketball Gymnasium on February 14, 15 and 16. Games are held on Sundays starting March 27 through May 22 from 12:30 – 6 pm. Game times will vary each week based on the number of players, teams and divisions.

### JCA Youth Basketball League Mandatory Skills Assessment:

Ages 10 – 16.....Feb 14 | 5:30 pm  
 Ages 6 - 9.....Feb 15 | 5:30 pm  
 Ages 4 - 5.....Feb 16 | 5:30 pm

\$155 | Valued member \$105



To volunteer to coach or schedule a make-up assessment, please contact Coach Mike May via email [michael.may@jcjax.org](mailto:michael.may@jcjax.org) or call (904) 730-2100 ext. 254



# 2<sup>ND</sup> ANNUAL AQUATIC OPEN HOUSE

**Sun, Mar 6 | 2:30 - 4 pm**

**Dive into our Aquatics programs and learn about water safety at the JCA!**

Join us for our second annual Aquatics Open House! Our Red Cross Certified Water Safety Instructors and JCA Makos Swim Team Coaches will be on hand to answer your questions about every swim program we offer to keep families safe in the water.

We have a variety of **Learn to Swim** programs for every member of your family, including private swim instruction for children (6 months – 13 years old), sensory safe swim lessons for autistic swimmers, and adult swim lessons. Bring your young swimmer to learn more about general water safety and how they can be a swimmer on the JCA Makos Swim Team!

**We have free JCA gear and prizes to share with everyone who attends.**

**Our Aquatics Open House is free and open to the entire community!**



Registration is preferred, please visit [jcajax.org](http://jcajax.org) or call (904) 730-2100 ext. 228 today.

# The Mighty MAKOS

By Beth Milograno, Communications & PR Specialist

A mako is one of the fastest, active and potentially dangerous sharks living in the world's tropical waters and temperate seas. Their slender build, pointed snouts and crescent-shaped tails make makos outstanding swimmers and predators, as they reach speeds in the water up to 42 miles per hour!

So, in 1995, when it came time to vote to rename our JCA Swim Team, the decision was unanimous - there really was no better fit for our new team name than the JCA Makos. The young swimmers who give it their all in our JCA pools each season truly embody the same strength, spirit and endurance as a mako shark on the hunt.

You don't have to worry the next time you see one of our young swimmers walking through the halls of the JCA, they are only dangerous in the water. There is still time to sign your swimmer up for the School Year Makos Swim Team. Our monthly swim team program introduces competitive swimming and stroke refinement along with building endurance and stamina in the water.



## School Year Makos Swim Team

Swimmers must be able to swim 25 yards unassisted.

### Sun – Thu

Feb 1 – 27

Mar 1 – 31

Apr 3 – 28 (No practice April 17 or 21)

**Ages 5 – 10** Mon – Thu | 5 – 6 pm

**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



For more information about our JCA Makos Swim Team please visit [jcjax.org/aquatics](http://jcjax.org/aquatics).

# READY, SET...

## YOU SHOULD PLAY TENNIS!

### By Aline Berkenbrock, Tennis Pro

Author of *The Exercise Habit*, Dr. Jim Gavin, shares how tennis outperforms all other sports when it comes to building character and physical development. At the JCA, we agree – even though tennis can be competitive, it has a social essence coupled with countless health benefits for athletes of all ages.

Still need some convincing before you hit our Har-Tru clay tennis courts? A study from Southern Connecticut State University indicates that tennis players have more vigor, optimism and self-esteem. Additionally, researchers say tennis players experience less anger, anxiety and depression than other athletes.



**Come play with us!** At the JCA, we offer valued members free round-robin matches once a month.

Men play from 6:30 to 8 pm on the first Thursday of every month, and women play from 6:30 to 8 pm on the third Thursday of every month.

During each match, we play three rounds of 30 minutes, switching partners and opponents at every new round. Our play format gives members a chance to meet other tennis players while getting a great workout!



Valued members who are interested in joining our tennis mixer nights, should contact Aline Berkenbrock at [aline.berkenbrock@jcjax.org](mailto:aline.berkenbrock@jcjax.org) or call (904) 730-2100 ext. 317.



*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.

# REFER **A** FRIEND

IN FEBRUARY AND RECEIVE:



**DOUBLE BONUS**  
 FOR YOUR FIRST REFERRAL,

TWO MONTHS OF  
**FREE DUES**

**AND A \$100**  
 JCA GIFT CERTIFICATE.

THAT'S NOT ALL,

YOUR FRIEND GETS A  
**\$100 JCA GIFT CERTIFICATE**  
 TOO!

The promotion ends 2/28/22.



ANY MEMBER WHO REFERS A NEW MEMBER IS ALSO ENTERED INTO A RAFFLE TO  
**WIN A \$100 AMEX GIFT CARD!**