

ALLIANCE NEWS





ROCHELLE STODDARD
730-2100 ext. 276

My friends,

For more than 30 years at the JCA, we have continuously reimagined what we offer our community while ensuring a holistic and enriching experience to all who visit our beautiful campus. Despite many uncertainties in the last 18 months, our amazing staff has embraced change and continues to provide remarkably diverse and innovative programs to inspire our entire community.

Continually adapting to these unparalleled times has strengthened our commitment to serving as a common meeting ground for all people. With the start of a new school year, that commitment is exemplified by the sounds

of creativity and discovery echoing through the halls of our Michele Block Gan Yeladim Preschool & Kindergarten.

As we welcome cooler temperatures back to Northeast Florida, we are filled with anticipation as our Jewish Cultural Arts Festival re-emerges to incorporate in-person events once again. Our celebration of Jewish literature, film and art, will feature artwork, films, performances and the 25th Anniversary of the JCA's signature Jewish Book Festival.

We can never express enough gratitude to our sponsors and committee organizers who make our magnificent festival possible each year; thanks to their generosity the JCA's Cultural Arts Festival is free and open to the entire community. Please mark your calendars for November 1 – 18. We are inspired to share our prestigious lineup of Jewish authors, artists and films with our community.

I hope you are all as excited as I am for the experiences planned at the JCA in the next few months. As you read this issue of our Alliance News, please enjoy a deeper look at the extraordinary classes, programs and adventures planned within our community this fall. We hope your families will join us to enhance mind, body and spirit, in our environment of fun, harmony and friendship.

In health,

Rochelle Stoddard
Board Chair

JCA BUILDING HOURS	
Sun	8 am – 6 pm
Mon – Thu	5:30 am – 9 pm
Fri	5:30 am – 5 pm
Sat	1 – 6 pm

The **Alliance News** and **Program Guide** are published 10 times a year (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.
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jcjax.org | info@jcjax.org
facebook.com/jcjax

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Chelsea Jarrell.....Director of Marketing
Lee Lemay.....Graphic Designer
Beth Milograno.....Communications & PR Specialist

Kid Kare	ext. 325
Tennis Reservations	ext. 317

In memory of...

- SKY MITCHELL BOATWRIGHT**
by Phyllis Fischer
- JOAN SELANDER**
by Nicole and Andy Brown
The Miller Family
Regina and Adam Chaskin
the Board and Staff of the JCA
- DON KAYE**
by Michele and David Steinfeld
- STANLEY ISAACSON**
by Michele and David Steinfeld
- MARK SNITZER**
by Regina and Adam Chaskin
The Board and Staff of the JCA
The Miller Families
- WILLIAM (BILL) RYAN**
by Regina and Adam Chaskin
The Board and Staff of the JCA

In honor of...

- GRANT HELM'S WEDDING TO GISELA REIS**
by Rochelle and David Stoddard
- FRAN AND RUSSELL SELEVAN ON THE BIRTH OF YOUR GRANDSON, ELLIOT**
by The Board and Staff of the JCA
- HOPE AND BLAINE PROBER ON THE BIRTH OF YOUR NEPHEW, ELLIOT**
by The Board and Staff of the JCA
- FRIEDA SARAGA'S BIRTHDAY**
by Michele and David Steinfeld
- ANN AND LEON SILKE ON YOUR GRANDCHILDREN'S B'NAI MITZVAH**
by Michele and David Steinfeld
- ALLISON AND KEN JACOBS ON YOUR DAUGHTER SARAH'S GRADUATION FROM DUKE UNIVERSITY**
by The Board and Staff of the JCA
The Miller Families

CULTURAL ARTS FUND

- In memory of...*
- STANLEY ISAACSON**
by Thelma and Bob Nied
 - GARRY BADLER**
by Thelma and Bob Nied
 - MARK SNITZER**
by Thelma and Bob Nied

Discovering Jax from Top-to-Bottom with Gary Sass

By Beth Milograno, Communications & PR Specialist

When it comes to learning more about Jacksonville's historic cemeteries or simply getting better acquainted, from top-to-bottom with the River City, local expert Gary Sass is our favorite tour guide.

A history buff and well-known advocate of downtown Jacksonville, Gary personally conducts more than 100 different tours around Northeast Florida. As Gary explains, his unique tours include a hands-on learning experience, coordinated with some very chic historically themed fashion. "Each tour starts with a story or an explanation of why I am dressed a certain way," says Gary. "For example, in downtown Jacksonville, I wear General Jackson's jacket and a War of 1812 era chapeau de bras. On every tour, I carry props and every prop is part of the visual storytelling associated with the tour."

This fall, Gary is inviting our community on two of his most popular tours, designed to give attendees a fascinating adventure and intriguing knowledge of the history buried within our beautiful city.

"It is motivating and fun to create our tours; they educate and entertain attendees and give them more information about the history within our community," explains Sass. "The experience we provide is unique and engaging for people of all ages."

On **Wednesday, October 6 at 9 am**, join the Evergreen Cemetery Tour and Lunch and hear Gary share stories about the oldest cemetery still in operation in Jacksonville. On **Tuesday, December 7 at 9:15 am**, Gary's famous Jax Top-to-Bottom Walking Tour, takes attendees on an exploration of the underground tunnels and above-ground wonders throughout the downtown area.

Transportation from the JCA is provided for both guided walking tours, and registration is required to attend. **Be sure to register by Sep 27 for the Evergreen Cemetery Tour and Lunch and by Nov 26 for Gary's Jax Top-to-Bottom Walking Tour.** Lunch for each tour will be at your own expense. Don't forget to reserve your spot; visit jcjax.org to register. Each walking tour is limited to 14 attendees.

Evergreen Cemetery Tour and Lunch

Lunch will be at your own expense. *Limited to 14 people. Reservations are required by Sep 27.*

Wed, Oct 6 | 9 am

\$42 | Valued member \$28

Jax Top-to-Bottom Walking Tour and Lunch

Lunch will be at your own expense. *Limited to 14 people. Reservations are required by Nov 26.*

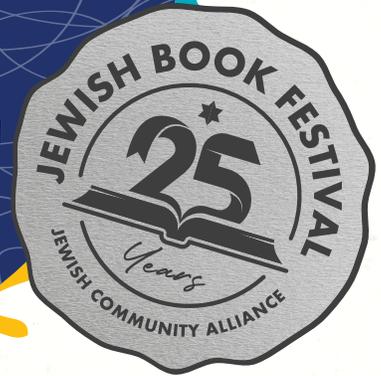
Tue, Dec 7 | 9:15 am

\$42 | Valued member \$28





JCA
CULTURAL
ARTS
FESTIVAL
2021



NOV 1 - 18, 2021

**CELEBRATING THE 25TH ANNIVERSARY OF
THE JCA'S SIGNATURE JEWISH BOOK FESTIVAL
VIRTUAL AND IN-PERSON EVENTS, FEATURING:**

14 AUTHORS

3 FILMS

11 ARTISTS



JACKSONVILLE
JEWISH
FILM
FESTIVAL

Our celebration of the arts continues through May 2022 with the JCA Cultural Arts Festival extension events.

**VISIT [JCAJAX.ORG / JCAFEST](https://jcajax.org/jcafest)
FOR ADDITIONAL INFORMATION AND THE FULL SCHEDULE OF FESTIVAL EVENTS.**

FREE TO THE COMMUNITY

THANKS TO THE GENEROSITY OF OUR SPONSORS

JCA CULTURAL ARTS FESTIVAL

November 1 – 18, 2021

By Beth Milograno,
Communications & PR Specialist

The Jewish Community Alliance's annual celebration of Jewish literature, film and the arts, begins on Monday, November 1! As our beloved Cultural Arts Festival reemerges to incorporate in-person events once again, the celebration of the arts is extra special this year, coupled with the 25th anniversary of our signature Jewish Book Festival.

"I'm excited for the diverse group of authors and artists we will experience at the festival," says Cultural Arts Festival Chair Whitney Kivin. "There will be something for everyone in our community, and the festival's extension events planned for 2022 are just as inspiring."

Featuring award-winning producers, authors, artists and films, November's Cultural Arts Festival kicks off a year-long celebration of the arts with dozens of programs planned through 2022 to engage and connect the entire community.

The excitement begins opening night, November 1 at 7 pm, as Emmy

award-winning producer Ira Rosen joins us to share his first-hand account from working at 60 Minutes. As our 25th annual Jewish Book Festival continues, so does our line-up of notable bestselling Jewish authors: Pam Jenoff, Jori Epstein, Deborah Copaken, Tracy Walder, Ben Sheehan, David Page and Daniel Sokatch.

Walking through our Vandroff Art Gallery during festival dates will also be a treat to visitors at the JCA as they take delight in the featured pieces from various local Jewish artists. There will be an opening reception at the JCA on November 1 at 6 pm to showcase artists: Ellen Diamond, Louise Freshman Brown, Roberta Harmon, Irene Jaffa, Karen Lippes, Jan Lipsky, Sheri Litt, Donna McNett, Kim Miller, Kim Robbins and Marlene Scheer.

Come November 4, festival attendees will also enjoy three unique Jewish-themed films. Recently screened at film festivals across the country, the films Kiss Me Kosher, Neighbours and Tiger Within, will be presented in the JCA auditorium. More information about our featured films is published via jcjax.org/jcafest.

Remember, the Cultural Arts Festival continues through 2022 with our unique Extension Programs, featuring Jewish authors: Dr. Michael Roizen, Alison Hammer, Comedian Laraine Newman, Magician Joshua Jay, Jen Spyra and Zibby Owens.

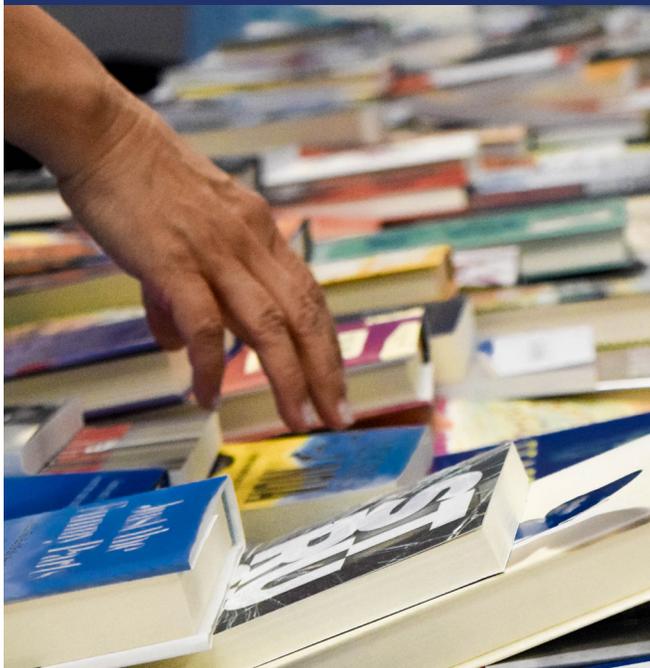
We hope you are inspired to join us! Thanks to the support of our generous sponsors, the Jewish Cultural Arts Festival is free and open to the entire community. Please visit our website jcjax.org/jcafest for a full schedule and book synopsis of each featured author and more details about the extraordinary artwork and films planned.

Advance registration for all Cultural Arts Festival events at the JCA is required. Please call (904) 730-2100 ext. 228 or visit jcjax.org to register today.

For information about sponsorship opportunities, please contact Ben Marcus at ben.marcus@jcjax.org or ext. 318 or visit jcjax.org/jcafest.

For general Cultural Arts Festival information please contact, Rachel Sandler, rachel.sandler@jcjax.org or ext. 271 or Heather Terrill, heather.terrill@jcjax.org or ext. 265.

GET INSPIRED TO JOIN US IN NOVEMBER WITH...



THE JCA POP-UP BOOK STORE

VISITING AUTHORS AND A VARIETY OF OTHER JEWISH BOOK COUNCIL AUTHORS' BOOKS FOR SALE IN THE JCA LOBBY. COME SEE THE UNIQUE SELECTION CURATED BY THE JBC.

OCT 19, 21, 24, 25 AND 27 | 10 AM – 12 PM





By Ben Marcus, Development Director

What is this Chai Society all about?

You may have seen advertisements around the building or in our publications recently about the JCA's Chai Society. Our Chai Society is an opportunity to help us sustain our work at the JCA to support even more families in this great community.

While membership and program dollars go toward making sure experiences at the JCA are the best they can possibly be, charitable donations help share life at The J with families throughout Northeast Florida. Thanks to generous donations from our community every year, we offer swim lessons for children, financial assistance for memberships, professional development for early childhood educators, youth scholarships, tuition assistance and so much more! Additionally, because of that generosity, we never turn anyone away for financial reasons. Our JCA is more than a gym and school; we are truly a community. Joining the Chai Society

with monthly donations is a unique way to give "life" and support as we improve the lives of even more local families. Be it fitness and wellness, cultural arts, education, or Jewish continuity, we think chai is a great fit for what happens at the JCA, where people come to live their best lives.

That's great! But isn't chai a kind of tea?

As tasty as chai tea is, our Chai Society has nothing to do with hot beverages. In this context, chai (חַי) is pronounced "high" with a soft "ch," like Chanukkah. Chai in Hebrew is interpreted as the word for life! You've probably seen the symbol for chai on pendants or featured in Jewish artwork, which is no coincidence given the incredible emphasis Judaism places on giving and living life.

As many are aware, the traditional Jewish toast is "l'chaim" or "to life." As well, gifts from Jewish people are oftentimes made in increments of 18, with 36 being a double chai, 54 a triple, and so on.

Why increments of 18?

Since the letter, yud (yod) is the tenth letter in the Hebrew alphabet and the letter chet (hêth) the eighth, chet-yud spells the word chai (חַי). And when chet and yud are added together they equal 18. Therefore, when Jewish people give gifts of money in multiples of 18, symbolically they are giving the gift of "life."

How do I sign up?

It's easy to show your support! Visit jcjax.org/chai-society to get started! Just \$18 a month can go a long way to help improve the quality of life for the greater community.

Feel free to contact Ben Marcus via email at ben.marcus@jcjax.org or call ext. 318 with any questions you may have about our Chai Society, or just to chat about all the great things at the JCA.

L'chaim!

THE PSYCHOLOGY OF FROZEN

By Shelly Hughes, Theatre Director

I swore I wouldn't do it! I figured they'd forget all about it within a season or two. Alas, here we are, nearly seven years later and everyone still loves FROZEN!

Why? What is it about this show that captivates our culture? It is not just for little girls and boys; high school choirs sing "Let It Go," college students have Frozen-themed parties and even adults have the soundtrack on their favorite playlist!

I started by asking questions. What is it that people love about Frozen and why?

While answers were predictably varied, one theme seemed to resonate; everyone could identify in some way with Elsa. Born with powers she could not control, Elsa always meant well but ended up hurting the people she loved. She is flawed in a way that results in real mistakes with real consequences. Everyone can interpret her in a unique way and find the arc in Elsa's story that applies to them.

For some the connection to Elsa is about girl power and strength, while others relate to her

emotional repression, fight for social acceptance or desire to be loved for who she is, not who people expected her to be. People of all ages, gender, race and religion can relate to Elsa, not just ideally but realistically.

We are proud to present Frozen this winter at the JCA! Without further delay, join me in congratulating the talented children who will take the stage this December to tell the story of everyone's favorite, wonderfully flawed princess.

We hope you will join us! Bundle up and come find your connection to Frozen!

SAT, DEC 4 AND 11 | 7:30 PM

SUN, DEC 5 AND 12 | 1 PM

Starring:

Zohar Arad * Brooklyn Becker * Anastasia Beltz * Josie Bides * Stella Bides * Adoration Boothe * Asa Boothe
Lily Bossola * Ann Bradley * Michaela Brietzke * Harper Braddock * Sophie Cohlma * Chelsea Curzio
Harper Fahlbusch-Miles * Aubrey Franklin * Zachary Fritchman * Augie Gargas-Paschall * Harper Heilig
Madelyn Heilig * Rena Holzer * Simone Hool * Ellyette Howerton * Avery Hunter * Rayna Kempner * Bobbe Kern
Merriam Kern * Kenna Lasonde * Ellie Lasseter * Jamaal Major * Finlay McNamara * Sandy Miller
Scarlett Munns * Julian Olivera * Emily Parry * Sadie Phipps * Charlotte Russell * Amit Sakofs * Mira Sakofs
Olivia Sallee * Andrew Saltz * Calev Shapiro * Feivel Shapiro * Ita Shapiro * Sruli Shapiro * Shelby Sommers
Adaline Sowada * Lilly Tamanini * Desmond Taylor * Heather Timmerman * Hannah Trest * Olivia Upp
Erin Wax * Tali Werner * Scarlett Wilson





The Benefits of Cooking with Your Child

By Evan McInnis,
Youth Services Assistant Director

There are few places better suited for learning than a kitchen. Learning is tangible in the kitchen, affording children the opportunity to have a hands-on experience with STEM concepts, science, technology, engineering and math - all while refining a valuable life skill and cooking up some unforgettable memories.

Beyond the unique learning experience our youth cooking classes offer, when a child learns to cook, it helps bring families closer together. When I was a child, whether it was watching Grandma prepare matzo ball soup, cooking with my Godmother or trying out my own recipes - the great conversations as

we chopped ingredients, the laughs shared over the stove and the smiles exchanged at dinner, are among my fondest childhood memories.

Practicing pediatrician and founder of the Doctor Yum Project, Dr. Nimali Fernando agrees and shares the many benefits of cooking with younger generations. According to Dr. Fernando, the biggest perk is how cooking helps children embrace math concepts like counting, fractions and measurements. In addition, cooking experts around the world say, "Children who cook, become children who taste, and sometimes eat." Meaning, when our kids have a role in making a dish, there's a better chance they won't turn up their noses to the finished product.

In our **Cookie Monsters** class, young chefs in grades K - 5, get a math lesson while they learn how to adjust measurements to change a recipe's output while tracking its ingredients. Whether children are watching a powder turn into pudding or a batter rising, as different ingredients combine to create different results, cooking gives our kids a firsthand look at the science behind chemical reactions.

For young chefs in middle school, our **Chopped!** program provides a box of mystery ingredients and challenges aspiring cooks in grades 6 - 8, to make a unique dish. Through trial, error, creativity and experimentation, young chefs become more confident in the kitchen.

In our **Snack Attack** cooking class, young cooks in grades K - 5, are exposed to a variety of new flavors and dishes. Cooking instructors at the JCA often see participants overcome their reluctance to try new foods in class because they play a key role in transforming the ingredients into a delicious dish.



Don't hesitate to register your young chefs for our unique cooking classes. Each Youth Services cooking class covers the basics of kitchen safety, the importance of following recipes and ensures your child feels comfortable in the kitchen.

From baking to brunch, snacks and beyond, we have fun cooking classes geared for all ages and skill levels. Please call (904) 730-2100 ext. 245 for more information and visit jcajax.org to reserve a spot for your young chef today.



Cookie Monsters

(Grades K - 5)
Wed | 4:30 - 5:30 pm
Sep 22, 29, Oct 6 and 13
\$60 | Valued member \$40



Chopped!

(Grades 6 - 8)
Tue | 4:30 - 5:30 pm
Oct 5, 12, 19 and 26
\$60 | Valued member \$40



Snack Attack!

(Grades K - 5)
Wed | 4:30 - 5:30 pm
Oct 20, 27, Nov 3 and 10
\$60 | Valued member \$40

Letters for Israeli Soldiers

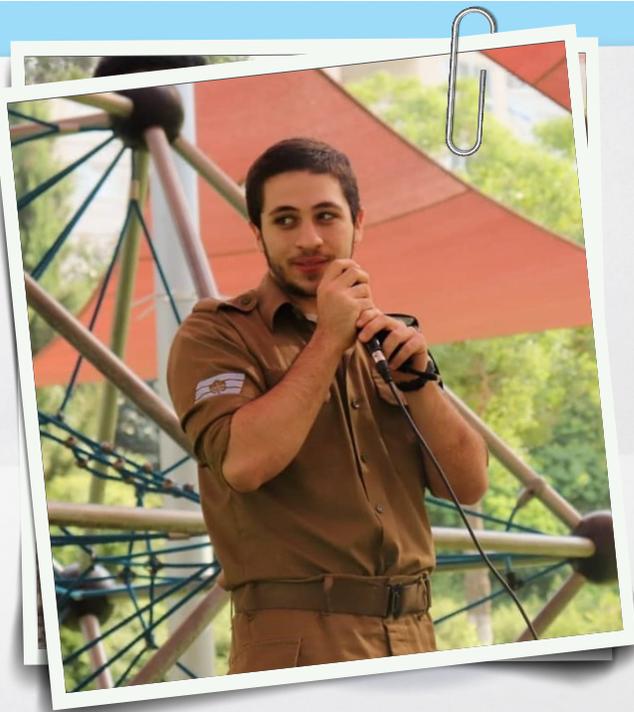
By Stav Brenner, Israeli Community Shaliach

Being a soldier in the Israeli Defense Forces (IDF) can be a difficult experience. IDF soldiers face various challenges during their service from basic and advanced training until the day their service ends. When it comes to a service assignment, it does not matter if an IDF soldier is going to hold a gun, sit at a computer, drive a truck, fly an airplane or sail a ship. Learning and perfecting the requirements of service is stressful.

Israeli soldiers hold a great deal of responsibility, yet with the help and support of friends, soldiers can navigate those responsibilities.

While some soldiers are allowed daily visits home to see their parents, others must rely on their phones to stay connected to friends and families. Yes, after two or three years, service is over; but in that time, IDF soldiers have experiences they will never forget.

Unfortunately, it's difficult to forget the bad things that happen during a soldier's military service in Israel, which is why it is so important to always remember the good. To do this, oftentimes soldiers remember the nice people and friends who visit to bring snacks, or members of Chabad who visit to create a celebration during Purim. There may be a man who shares a sandwich with a soldier, a family that delivers food, or a message that arrives from the true supporters of Israel - people like you - who send letters of gratitude from the United States. These random acts of kindness create great memories and are what help Israeli soldiers get through their toughest days.



- Stav Brenner serves as the Israeli Community Shaliach in Northeast Florida and was a Commander in the IDF Intelligence Unit for 4.5 years.

In October, the JCA's Monthly Member Mitzvah encourages our community to make a card for a soldier serving in the Israeli Defense Forces. Be sure to stop by the traditions cart in the lobby to write a note or create a card for IDF soldiers this month.



Learn, Play, Grow

Parent & Me Classes

By Beth Milograno,
Communications & PR Specialist

When the JCA's Parent & Me program first began 29 years ago, classes were created to give families in our community a place to bond with their babies along with the opportunity to meet other families navigating life with a precious new little one.

"Parents were getting a lot of attention during their pregnancies, but once they gave birth it was like they fell off the back of a truck, left in the middle of nowhere. It is our job to help parents nurture and support a child's natural creativity and curiosity. Parent & Me classes teach new parents to embrace their child's developing personality," explains Early Childhood Education Alumni Coordinator Theresa Levy who created Parent & Me programs at the JCA to benefit families throughout our community. "Parents are afraid of making mistakes – but they shouldn't think that one choice could permanently ruin a child's life. That's not true."

Parent & Me classes at the JCA have grown significantly over the years to support the evolving needs of families in our community. With a variety of programs for parents and their children (crawlers – 3 years), including yoga, stroller exercises, music, art, story time, cooking and celebrations of Jewish culture - Parent & Me offers families a safe, non-judgmental and supportive environment to learn and grow.

"Parent & Me classes help adults learn about their child's development while building their relationship," says Theresa. "Our groups promote social and emotional development in children and expose families to an incredible amount of resources, including access to the educators and programs available in our premier Early Childhood Education program at Michele Block Gan Yeladim Preschool & Kindergarten."

Parent & Me classes at the JCA are free to the entire community. Please register in advance, visit jcajax.org to reserve a spot for you and your child.

Parent & Me

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 | Oct 4 - 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 | Oct 7 - 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 | Oct 4 - 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 | Oct 7 - Dec 16
(no class on Nov 4, 11 and 25)



Story Time (Birth - 3 yrs)

Bond with your child during Story Time with us in the beautiful Early Childhood Education 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! December's Tot Shabbat will celebrate Chanukkah.

Fri | 11 - 11:45 am | Dec 3

FREE TO THE COMMUNITY

ADVANCE REGISTRATION REQUIRED.

We Hope You're All Ears This Month!

By The Wellness Connexion

October is National Audiology Awareness Month and a time to remember the importance of hearing screenings, ear protection and overall hearing health. To raise awareness and educate about hearing loss prevention, the Wellness Connexion is offering free hearing screenings to valued JCA members throughout October.

Did you know that in the United States, hearing loss is the third most common health condition? In March, the National Institute of Deafness and other Communication Disorders (NIDCD) reported that approximately 37.5 million Americans over the age of 18 have some degree of hearing loss. NIDCD experts explain, oftentimes hearing loss goes undetected because of incremental damage that occurs over time in our daily activities.

Unfortunately, hearing is not like our other body functions; our ears cannot repair themselves once the damage has occurred. Protecting your hearing is important - and starts with identifying any potential harmful sources.

Other than noise, ear hygiene, illnesses, medications, injury, trauma and genetics each play a role in how much or little we

can hear. In some cases, an ear infection can resolve on its own, but some ear infections require medication or even surgery to heal. If an ear infection goes untreated, it could have an adverse effect on your hearing. As far as medications are concerned, if you ever notice hearing distortion or impairment while taking a new medication, consult your medical provider. Additionally, you should contact your doctor if you experience hearing loss after a motor vehicle accident, scuba diving or are consistently exposed to loud noises.

When it comes to hearing clearly, cleaning our ears is crucial. Yet, in many instances, ear hygiene isn't done properly. Earwax offers protection and helps keep our ears clean - but if your ears become too clogged with wax your hearing will change. Physicians suggest, a person should only clean their ears with a washcloth and nothing smaller than their fingertip. According to the experts, smaller items like Q-tips can force wax and other debris further into the ear canal causing it to become compacted and damaged.

Remember, hearing loss happens gradually. If you're among those who must raise their voice to be heard by the person sitting next to you, schedule a hearing screening with the Wellness Connexion and talk to your



doctor about how to better protect your ears. Establishing a baseline for hearing helps in the diagnosis of certain hearing-related conditions.

Please visit the Wellness Connexion to schedule a hearing screening with us. Appointments are available throughout October, call (904) 730-2100 ext. 333 to schedule your hearing screening today.



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 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



Leonard Saraga

**By Beth Milograno,
Communications & PR Specialist**

“My wellness goals are to stay physically and mentally alert and strong,” says Leonard Saraga. As our Maccabee of the Month prepares to celebrate his 90th birthday on October 7, Leonard credits his longevity, focus on fitness and healthy lifestyle to continuous support from his family.

“My children encourage us to stay physically fit. My wife and I work out at the JCA two days a week,” explains Leonard. “I have been fortunate to remain in good health at my age. The programs and trainers at the JCA are part of what keeps me healthy.”

According to Leonard’s daughter Paula, who is also a yoga instructor and personal trainer at the JCA, her father’s outlook on life aligns with that of a rebel Jewish warrior. Paula describes her father as a symbol of physical might, spiritual strength, mental resilience in the face of adversity and a vibrant member of



our community who shows no signs of slowing down.

“My father is motivated and dedicated to keep going. He still holds a part-time job and works five days a week,” says Paula. “Everyone in our family is healthy. Based on how well my father is doing at his age, it seems like we all have a long way to go.”

A charter member of the JCA since 1988, Leonard says being active, eating right and staying positive are what help him continuously persevere. “I had a minor stroke but was able to recover and quickly get back to my normal routine. I was also hit in the face with a baseball which put me in the hospital for a few days. I truly believe a positive outlook is one of the greatest health

factors we can have. A positive attitude, regular exercise program and making good choices, have allowed me to reach this point in my life.”

In addition to celebrating 90 trips around the sun this year, our Maccabee of the Month Leonard and his wife Frieda, are celebrating 70 years of marriage and 33 years as members of the JCA.

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.



EN GARDE!

**By Beth Milograno,
Communications & PR Specialist**

When community members join our Fencing Academy at the Jewish Community Alliance (JCA), they learn the art of the sport from one of the best fencers in the world, National and World Fencing Champion William “Bill” Becker.

Recently featured by First Coast News, as part of the NBC station’s Summer Olympic coverage, Bill, a competitive fencer since 1983 and instructor since 1991, shared his knowledge about fencing and coaching for viewers in Northeast Florida.

“In addition to keeping your mind active, the footwork and agility involved in fencing keeps people young,” says Bill. “There is actually a world championship for fencers who are older than 70.”

The twenty-five-time Sunshine State Games gold medalist, sixteen-time Florida Gold Coast division champion, four-time veteran world champion, twelve-time national champion and U.S. Fencing Coaches Association 2018 Coach of the Year, believes fencing is a sport for all ages. Bill tells every person interested, that they are never too old to start fencing.



JCA Fencing Academy

The JCA Fencing Academy helps youth and adult fencers gain confidence through games, footwork, coordination, drills and bouts. Please visit our website www.jcajax.org or call (904) 730-2100 ext. 228 to register.

Wed

Youth (Ages 6 - 13) 5 - 6 pm | **Adult** (Age 14+) 6 - 7:30 pm
Session II Oct 27 - Dec 22 (no class Nov 24)

\$180 | Valued member \$120

JCA Youth Flag Football League

We’re ready for another great flag football season!

Calling all young athletes! Our flag football league skills evaluations are scheduled for **Sunday, December 5.**

JCA Youth Flag Football divisions are based on age and skill level and are determined after evaluations. Parents, please note the specific evaluation times for each age group:

1 pm | Ages 10 - 16

3 pm | Ages 6 - 7

2 pm | Ages 8 - 9

4 pm | Ages 4 - 5

Flag football league play begins Jan 16. All games will be held at Bolles High School Football Field. Practices are held every Sunday for one hour before each game.

\$155 | Valued member \$105

Please contact Coach Mike at ext. 254 for more information.



TENNIS



Time for Tennis

By Aline Berkenbrock, JCA Tennis Pro

The beginning of fall is synonymous with families wanting to enroll their children in extracurricular activities. If your family is looking for a fun activity that will keep your children active this fall, look no further than tennis. Tennis season is in full swing, and we're excited for our courts to be filled with youth players.

Because tennis is a game that takes time and effort to master, we recommend children start playing the sport when they are young. Once our young athletes start swinging, tennis becomes a game they can play for years to come. Tennis acts as an opportunity to help our children develop valuable lifelong skills from the time they start playing until college graduation. Even a child who does not have a natural athletic ability or coordination will benefit from the game of tennis.

Our Junior Tennis Clinics, designed for beginners ages 4 - 18, focus on proper tennis swing motions, how to handle a racket, stroke production, skill consistency and match play. Each clinic is used as a resource to teach children confidence, comradery, discipline, patience and focus, all while they exercise and enjoy the fresh fall air at the JCA.

Junior Tennis Clinics

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

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

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

AQUATICS



Get Ready, Get Set – Run, Bike, Swim!

By Josie Martin, Aquatics Manager

For even the most trained professional athletes, thinking about competing in a triathlon can be intimidating. While the multi-sport race consisting of running, cycling and swimming various distances, is a true test of athleticism and endurance - triathlons are not an impossible feat. In fact, in the past three years, dozens of children in our community, ages 5 - 12, have competed and succeeded in our annual mini-triathlon!

Our fourth annual youth mini-triathlon is on the horizon, and it is time to

register your young athletes to compete on **Sunday, October 24!** The goal of our youth triathlon each year is to offer children a unique competition and a chance to have fun! If your children can run one mile, bike one mile and swim laps in the pool*, they can complete our youth mini-triathlon.

We strive to inspire children at the JCA, reminding them that they have what it takes to race! During our triathlon, registered athletes will run, bike and swim against other children in their age groups. *Swim lengths during the race will be determined by age groups (5 - 7 | 8 - 9 | 10 - 12). There will be a first and second place winner in each age group, and all competitors will receive a participation medal.

Encourage your children to participate in our fourth annual mini-triathlon! The fun starts at 9 am on Oct 24. Competing athletes must arrive by 8:45 am. There will be a pumpkin drop in the JCA pool immediately following the race. Snacks and refreshments will be served, and each participant can take home one small pumpkin.

Registration is required for our youth mini-triathlon and pumpkin drop. Please call (904) 730-2100 ext. 228 or visit jcjax.org to register your children.

Youth Mini-Triathlon (Ages 5 - 12)

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

\$10 | Valued members only
Registration is required



Photo by Melanie Boutin Miller

Go Makos!

**By Beth Milograno,
Communications & PR Specialist**

When your children dive into swimming at the JCA, they learn so much more than breath control and basic strokes. Swimming at the JCA is coupled with sportsmanship, friendship, education, discipline, cooperation, pride, goal setting and team spirit! You don't have to take it from us. After a summer of fun in JCA's pools, Quinn Terrill shared her experience as a new and inspired swimmer on the JCA Makos!



Hello! My name is Quinn Terrill. I am 8 years old and in 3rd grade. I started swimming at the beginning of the summer and am proud to say that I am now a JCA Mako!

My experience this summer was awesome. After my first couple of meets, I won five ribbons, one for each stroke and two in freestyle. My first championship was at Bolles High School, and I won my first 1st place ribbon for breaststroke! A couple of weeks before the championships, I learned the butterfly stroke. May I

remind you that the butterfly stroke is the hardest stroke to learn?

The JCA has two pools - an indoor and an outdoor. There are four lanes in the indoor pool and six in the outdoor pool. They give you team swim caps and suits. The JCA swim team is one of the best swim teams in Jacksonville. I am looking forward to more swimming in the future.

For more information on private swim lessons at the JCA or our School Year Makos Swim Team, please contact Josie at ext. 240.

LEARN TO SWIM PROGRAMS AT THE JCA

Days and Sessions Offered 30 min Sessions	Parent & Me 6 mo - 3 yrs	Little Makos 2 - 5 yrs	Junior Makos 6 - 13 yrs	Adults 14+ yrs	Sensory Safe Swimmer
Sun					
Session II Sep 19 - Oct 24	10 AM	11 AM	12 PM	N/A	4:30 PM
Session III Nov 7 - Dec 12		1 PM	2 PM		
Mon					
Session II Sep 27 - Nov 1	10 AM	N/A	N/A	N/A	N/A
Session III Nov 8 - Dec 13					
Mon and Wed					
Session II Sep 27 - Nov 3 (no lessons after 4 pm Sep 27)	N/A	3:30 PM	3:30 PM	6:30 PM	N/A
Session III Nov 8 - Dec 15		4:30 PM	4:30 PM		
		5:30 PM	5:30 PM		
Tue and Thu					
Session II Sep 23 - Nov 4 (no lessons Sep 28)	N/A	3:30 PM	3:30 PM	N/A	N/A
Session III Nov 9 - Dec 16 (no lessons Nov 25)		4:30 PM	4:30 PM		
		5:30 PM	5:30 PM		

One day a week: \$105 | Valued member \$70
Two days a week: \$180 | Valued member \$120

\$150 | Valued member \$100

Visit jcajax.org/aquatics to learn more about Learn to Swim programs at the JCA.

▶▶▶ Thanks to a grant from the **Step into Swim** program, financial assistance is available to qualifying applicants. ◀◀◀



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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.



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