

WINTER 2023
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PROGRAM GUIDE

8 Tevet - 9 Nisan 5783 • January 1 - March 31, 2023



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

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The JCA **Program Guide** and **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

Sam Stromberg Board Chair
 Adam Chaskin Chief Executive Officer
 Chelsea Jarrell Director of Marketing
 Lee Lemay Graphic Designer
 Beth Milograno ... Communications & PR Specialist

Locker Room Hours

Locker room hours are the same as business hours.

- Frequent disinfecting will happen throughout the day.
- All shower stalls are available for use and feature full length separating walls.

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

Operations hours:

Sun - Fri mornings 9 am - 12 pm
 Mon - Thu evenings from 5 - 8 pm

- Snacks are not allowed in the open play area, but members of the same household can share the private table in the fenced infant area to snack per request.
- JCA Kid Kare is offered on a first come first serve basis.
- Space limited to 12 kids per shift.

Guest Policy

Members may bring only two guests at a time except for members bringing families. 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, Kid Kare or any JCA programs 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. It is not appropriate for children to gather in the lobby area or hallways of the JCA.

The JCA cannot be held responsible for members age 10 and over who attend the JCA and are 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 Friends,

As the new year approaches, we are all looking forward to a year of growth and connection at our Jewish Community Alliance. There is no greater feeling than to be part of a community that makes it a priority to unify and persevere together.

Sam Stromberg



I encourage your entire family to join us at the JCA this winter season to experience the many educational programs and fun-filled family activities created by our amazing staff members. As you read through what's planned this season, you will find there is something for your entire family to enjoy. Come **Feb 5**, no matter what the temperature, we're taking a chilly dip with Aquatics Manager Dustin Rulien. Turn to **page 20** for more details about our **Annual Polar Plunge**.

Our **Purim** festivities begin on **Feb 27**, and Jewish Educator Rachel Sandler is planning a **Hamantaschen Bake** for your entire family; be sure to read the delicious details on **page 11**. **Purim** happens on **Tuesday, March 7** this year, and we are all busy planning our costumes to scare the evil Haman away.

Soon, extraordinary musicians who have performed in concert halls around the world will take the stage in our **Bessie Setzer Frisch Auditorium** during the **2023 Berman Family JCA Concert Series**. Thanks to the generosity of the Berman Family, this musical series is free and open to our entire community. Featuring **Pianist Maxim Lando, Violinist Risa Hokamura and Pianist Ying Li**; please read about the incredible talent coming to the JCA on **page 7**.

Don't forget to save the date for our annual JCA fundraiser on **Saturday, February 25, 2023**. Fundraiser Chairs **Sunny Gettinger** and **Trey Csar**, and their committee are planning **A Roaring Affair**; turn to **page 15** to learn more about **The Great Jaxby**.

Now a 26-year tradition at our JCA, we gather each November for our **Cultural Arts Festival** in celebration of our faith through art, literature and films. I want to personally thank our 2022 sponsors and committee members. It is because of their generosity and dedication that these events happen at no cost, and that we can share these experiences with our entire community. From inspiring art and music to recounting the Holocaust survival stories of parents and grandparents, each guest helped us learn more about our faith and its history, so that we can join in kindness to create a better future.

While we plan and prepare for another year, it is important for us to always reflect on the past. Our JCA echo's the sentiments shared by elected officials and faith leaders throughout our city in October. There is no room for those who spread messages of hate, racism and antisemitism in Jacksonville. The incidents that occurred also make our JCA mission that much more important; in the tradition of our heritage to provide a place where all people come together throughout their lives, to enhance body, mind and spirit.

I would like to share how proud I am to lead our community. I see the strength of our neighbors and fellow members, Jewish and non-Jewish alike, as we continue to focus on moving forward to a better tomorrow. With the successes of our ambitious capital campaign, **Building Our Future Together**, we are fortunate to be planning updates to our campus that will allow us to grow and be a community leader for many years to come. I am honored to continue in our mission to strengthen Jewish life in Jacksonville while we serve as a common meeting ground for all faiths.

Wishing your families a safe and healthy winter season,

Sam Stromberg
Board Chair

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. Affiliated with the Jewish Federation of Northeast Florida, United Way of Northeast Florida and the Jewish Community Centers Association of North America. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION FOR JEWISH COMMUNITY ALLIANCE, INC., A FLORIDA-BASED NONPROFIT CORPORATION (REGISTRATION NO. CH202), MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-HELP-FLA (435-7352) WITHIN THE STATE OR VISITING THEIR WEBSITE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. DCF License #: C04DU0213

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- Membership.....Chris Turner, ext. 257
- Sports & Rec.....Rio Robinson, ext. 250
- Theatre.....Shelly Hughes, ext. 252
- Youth Services.....Amanda Collins, ext. 245

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

JCA HOLIDAY HOURS

- Passover**
- Wed, Apr 5 5:30 am – 5 pm
- Thu, Apr 6 Closed
- Fri, Apr 7 1 pm – 5 pm
- Tue, Apr 11 5:30 am – 5 pm
- Wed, Apr 12 Closed
- Thu, Apr 13 1 pm – 9 pm



Heather Terrill

J Institute Program Manager
730-2100 ext. 265



Republic Service Tour & Lunch

Go behind the scenes at the Republic Service Recycling Center to see what happens to your recyclables. After, we will head to lunch at a local favorite. Transportation is included; lunch is at your own expense.

Registration required by Jan 6.

Thu, Jan 12 | 9 am

\$30 | Valued member \$20



AARP Safe Driver Course

Pack a brown bag dairy lunch and join an AARP trained instructor at this class for licensed drivers who are over 50. Learn to drive defensively and adjust to vision changes, hearing loss and more. Attendance will qualify you for a discount on your insurance.

Registration is required; please make checks payable to AARP.

Tue, Jan 17 or Feb 7 | 8:30 am - 4:30 pm
\$20 per class | AARP Member \$15 per class

Block Color Abstract Landscape Workshop

This workshop with Heather uses flat blocks of color to create a vibrant landscape. Supply list available at jcjax.org/ji.

Wed, Jan 18 | 1 - 3 pm

\$30 | Valued member \$20

Backyard Hen Seminar

Stephen Jennewein, Small Farms & Alternative Enterprises Extension Agent in Duval County, joins us for this informational class to help homeowners get started on caring for chickens in the backyard! This course is a pre-requisite to receive a Backyard Hen Permit from Duval County. No chickens will be present in class. Participants will be invited to see chickens and their coops at the Duval County Extension office located on McDuff Avenue. Registration is required by January 16.

Thu, Jan 19 | 1 - 2:30 pm

\$15 | Valued member \$10

Mah Jongg & More

Let's celebrate the Chinese New Year with Mah Jongg, prizes and dessert with Sandy Oasis. Everyone is welcome to join the fun. Registration is required by Jan 12.

Thu, Jan 19 | 1 - 3:30 pm

\$27 | Valued member \$18

Protecting Kids in the Digital World

Little kids with big tech? Learn how to set up parental controls, time limits and monitor the many devices our children use. Become familiar with the latest games, social media and communication apps to know how to engage and protect your children. Bring your children's devices with you so you can get it set up in real time!

Mon, Jan 23 | 6 - 8 pm

\$23 | Valued member \$15

Savvy Caregivers

Caring for someone with Dementia, Alzheimer's Disease or other neurocognitive disorders can be difficult. In this class for caregivers, Area Health Education Center (AHEC) instructors teach strategies and skills to help in your personal caregiving situation. Join us to discover ways to reduce the effects of the stress of caregiving through planning and self-care. Continuing education on care will be offered once the class series is complete.

Tuesdays | 1 - 3 pm

Jan 24, 31, Feb 7, 14, 21 and 28

Free to the community

Knitting 102

Already know the basics of knitting but want to take your skills to the next level? Nikki Levinson-Lustgarten of the River City Knitting Guild will teach you how to read a pattern and plan for a simple garment. Beginner knitters are also welcome. You will learn Continental style knitting, also known as German style.

Tue | 10:30 - 12:30 pm

Jan 24, 31 and Feb 7

\$75 | Valued member \$50

Last Train to Nibroc at Theater Jacksonville

May and Raleigh meet in 1940 on an eastbound train that is carrying the bodies of F. Scott Fitzgerald and Nathanael West. In this boy-meets-girl romance, two young people navigate through the tough times of a country at war discovering what they have to give up to get what they really want. Meet at Theater Jacksonville, Florida's longest running community theater, in San Marco Square. Join us after the show for an optional happy hour to discuss the performance!

Registration required by Jan 22.

Sun, Jan 29 | 1:45 pm

\$53 | Valued member \$35



Manifest Distillery Tour, Tasting and Nosh by bb's

Do you love a delicious craft cocktail? This tour is a great way to learn about distillation and craft spirits. The Manifest Distilling experience will give you the chance to see where their spirits are made and understand exactly what's in your glass. Tasting and light nosh with bb's Restaurant to follow tour. Transportation is included. Registration is required by Jan 20.

Thu, Jan 26 | 4:45 pm

\$75 | Valued member \$50

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. Call Heather for details at ext. 265.

Registration is required.

Tue, Jan 31 or Mar 14 | 6 pm
\$5 | Free for valued members



Airport Tour & Lunch

What goes on in the day-to-day operations of an airport? We will find out at the Jacksonville International Airport. Following the tour we will dine at Green Papaya. Transportation is included; lunch is at your own expense. **Registration is required by Jan 27.**

Wed, Feb 1 | 8:15 am
\$30 | Valued member \$20



Mah Jongg for Beginners

Learn the basics of this ancient game from Sandy Oasis and get ready to play with your friends. A 2023 National Mah Jongg League card is required to play and can be ordered online. Minimum of five players, maximum of nine. **Registration is required.**

Thu | 12:30 - 2:30 pm
Session I | Feb 2, 9, 16 and 23
Session II | Mar 2, 9, 16 and 23
\$38 | Valued member \$25

Guided Hike: Camp Chowenwaw

Explore nature on this 1.5-mile guided hike with Lisa McCain, Parks Naturalist with Clay County Parks and Recreation. We will learn about the ecology and local animals that inhabit the area. This hidden gem is located in Green Cove Springs, so transportation will be provided from the JCA. We will stop for a well-earned lunch at your own expense on the way back to Jacksonville.

Please register by Feb 13.

Thu, Feb 16 | 9 am
\$15 | Valued member \$10

The Art of Setting Boundaries for Stress Management

Chronic stress negatively affects physical and mental health. An important part of reducing stress is setting healthy limits with others, with ourselves, and with our environment – but this can be a challenge. Learn how to set and honor healthy personal limits to reduce stress and improve your quality of life.

Mon, Feb 6 | 12 - 1 pm
Free to the community



Chess 101

Instructors from The Knight School teach the basics of chess and new tactics to enhance your chess game. All skill levels are welcome in this fun learning environment. Participants receive a chess board that will be yours to keep! **Advance registration required by Feb 3.**

Wednesdays | 12 - 1 pm
Feb 8, 15, 22, Mar 1, 8, 15, 22 and 29
\$240 | Valued member \$160

Chat with an Expert Series

Tuesdays | 12 - 1 pm

Feb 21 | Advance Care Planning

This class provides an opportunity to learn about advance care planning with Chaplain Steve Williams who will share tips on how to select a health care surrogate and complete a living will. Participants will learn how to ensure care providers know what is important to you about your health care.

Mar 21 | Caring for Your Mental Health

Mental health includes emotional, psychological and social well-being. It affects how we think, feel, act, make choices and relate to others. Essential to your overall health and quality of life, self-care plays an important role in maintaining mental health. Join expert speaker, Cortney Surrency, BS, MS, as she shares tips for self-care and how to manage stress.

Expert Series Chats, in partnership with the Baptist Health Wellness Connexion, are free to the community.

Climate Change: How will it affect Jacksonville?

Dr. Adam Rosenblatt, biology professor at UNF, shares how climate change is projected to impact Jacksonville. Why is climate a cause for concern and what people can do to help protect our city from sea level rise, hurricanes and intense heat? Dr. Rosenblatt is a co-founder of the Jacksonville chapter of Citizens' Climate Lobby and does outreach to motivate people in Jacksonville to get involved and learn what the future holds in terms of climate extremes.

Thu, Mar 2 | 6 - 7 pm
\$10 | Valued member \$5

Acrylic Paint Pouring

Enjoy an afternoon of playful art with Heather to learn paint pouring techniques and create a unique abstract piece to hang in your home! Supplies included; feel free to bring your extra pour paint and canvas.

Wed, Mar 8 | 1 - 3 pm
\$53 | Valued member \$35

“HamBINGO” at Hamburger Mary’s and Dinner

“Eat, drink and be... MARY!” Meet us at Hamburger Mary’s to enjoy an evening of BINGO and dinner hosted by Jacksonville’s most fabulous drag queens. The \$10 BINGO fee goes to the chosen charity of the night. Dinner is at your own expense. If you want more chances to win, additional BINGO cards are available for purchase.

BINGO begins promptly at 7 pm.

Thu, Mar 9 | 6 pm

\$15 | Valued member \$10

Beaded Plant Hanger Workshop

Make a wooden beaded wall hanging for your home or for a gift! Sara Buckley is a modern macramé and fiber artist who started her own business creating these unique pieces. Materials supplied and patterns available to create your piece!

Tue, Mar 7 | 10 am - 12 pm

\$75 | Valued member \$50

Mah Jongg Fun

Dress up to join Sandy Oasis who will be adorned in pearls, gloves and her mother’s hat for an afternoon of Mah Jongg fun! There will be a prize for best costume. **Registration is required by Mar 19.**

Thu, Mar 30 | 1 - 3:30 pm

\$15 | Valued member \$10

Kingsley Plantation Tour & Lunch

Discover the stories of the past during this historical tour of Kingsley Plantation. We will dine nearby following the tour. Transportation is included; lunch at your own expense. **Registration is required by Mar 10.**

Wed, Mar 22 | 7:30 am

\$30 | Valued member \$20

Hurricane Preparedness: Are you ready?

Communities that prepare together are more resilient. Noah Ray, Emergency Preparedness Supervisor with the Jacksonville Fire and Rescue Department, will teach us how to create an emergency plan, assemble a disaster supply kit and determine your family’s evacuation zone.

Mon, Mar 27 | 11:45 am - 12:45 pm

Free to the community



UF Health Tour & Lunch

UF Health is home to the only adult and pediatric Level I trauma program in Northeast FL and Southeast GA.

Join us for a behind the scenes tour to learn about the amazing medical technology and advances we have in the River City. After the tour we will enjoy coffee with UF Health leadership and ask questions. Transportation is included; lunch is at your own expense. **Registration is required by Mar 24.**

Mon, Apr 3 | 8 am - 2 pm

\$30 | Valued member \$20

Pottery

Learn the basics or fine tune your hand building or wheel throwing skills. Craftsmanship, creativity and an appreciation for the elements of well-made, functional pottery are emphasized. Clay is provided.

AM Session I

Tue | 10 am - 12 pm | Jan 3, 10, 17, 24, 31, Feb 7, 14 and 21

\$216 | Valued member \$144

AM Session II

Tue | 10 am - 12 pm | Mar 7, 14, 21, 28, Apr 4, 11, 18 and 25

\$216 | Valued member \$144

AM Session III

Tue | 10 am - 12 pm | May 9, 16, 23 and 30

\$108 | Valued member \$72

PM Session I

Thu | 6:30 - 8:30 pm | Jan 5, 12, 19, 26, Feb 2, 9, 16 and 23

\$216 | Valued member \$144

PM Session II

Thu | 6:30 - 8:30 pm | Mar 9, 16, 23, 30, Apr 13, 20, 27 and May 4

\$216 | Valued member \$144

PM Session III

Thu | 6:30 - 8:30 pm | May 11, 18, Jun 1 and 8

\$108 | Valued member \$72

VANDROFF ART GALLERY

For details on exhibiting or the upcoming artist schedule, contact Heather at ext. 265 or heather.terrell@jcajax.org.



Erin Kendrick

Jan 5 – Feb 1

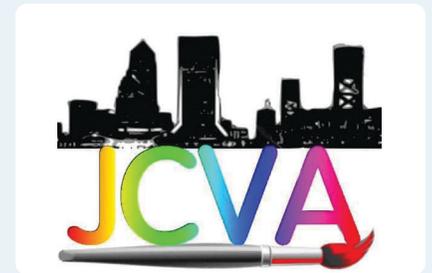
“In my paintings and installations, I examine contemporary spectatorship and the power of language as it relates to perceptions of and about black women, through the lens of the oppositional gaze.”



First Coast Pastel Society

Feb 2 - Mar 1

FCPS promotes the use of soft pastel with its membership and the community at-large as an important, continually evolving fine art medium.



Jacksonville Coalition of Visual Artists

Mar 2 – Apr 5

JCVA is a non-profit group of recognized and emerging artists from a variety of specialties.



ANNOUNCING THE 2023 BERMAN FAMILY JCA CONCERT SERIES!

The Jewish Community Alliance is proud to announce our featured artists in 2023 - Maxim Lando, Risa Hokamura and Ying Li. These extraordinary musicians have performed in concert halls around the world and will soon take the stage in our Bessie Setzer Frisch Auditorium.

Please visit jcajax.org/ji for more details and mark your calendars to join us. The Berman Family JCA Concert Series is **free and open to the entire community** thanks to the generosity of the Berman family.



MAXIM LANDO, PIANO

Sun, Jan 15 | 3 pm

Praised for both his “infectious exuberance” and “impressive delicacy” (The New York Times), Maxim Lando was recently awarded the 2021/22 Vendome Grand Prize and the prestigious 2020 Gilmore Young Artist Award. He was also named Musical America’s “New Artist of the Month”.



RISA HOKAMURA, VIOLIN

Sun, Feb 5 | 3 pm

Risa Hokamura began the violin at the age of three, and at the age of ten she began to capture top prizes in competitions in Japan. She first came to international attention upon winning the Silver Medal at the 2018 International Violin Competition of Indianapolis, where she performed the Tchaikovsky Concerto with the Indianapolis Symphony conducted by Leonard Slatkin.



YING LI, PIANO

Sun, Mar 19 | 3 pm

Twenty-four-year-old Chinese pianist Ying Li was the First Prize winner of the 2021 Young Concert Artists Susan Wadsworth International Auditions, as well as The Bridgehampton Chamber Music Festival Prize and the Tri-I Noon Recitals Prize. She has received top awards in numerous national and international competitions.

Charter members of our Jewish Community Alliance, Edith and Milton Berman were known for their love of classical music. Each year, the Bermans sponsored the JCA’s original Young Artist Concert Series, bringing exceptional young artists from around the world to Jacksonville. After Edith and Milton’s passing, their son Charles and his wife, Eleanor, continued the family tradition in keeping this original music series at the JCA.

More than thirty years later, Edith and Milton’s granddaughter, Rochelle Stoddard and her husband, David, have endowed the concert series to ensure it will remain at the JCA in perpetuity. Now known as **The Berman Family JCA Concert Artist Series**, this beloved program is free and open to our entire community thanks to the incredible generosity of the Berman Family.





Natalia Fisher
ECE Director
730-2100 ext. 242



3 (by 9/1/2022) - 6 yrs

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

Tue | 3:15 - 4 pm
Jan 17 - Feb 14
\$83 | Valued member \$55



Tu B'Shevat Cooking
3 (by 9/1/2022) - 6 yrs

Celebrate Tu B'Shevat with a fun cooking class that will help kids enjoy the holiday using their senses!

Tue, Feb 7 | 4:15 - 5 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 to the music.

Mon | 11 - 11:45 am | Jan 9 - Mar 6
(No class Jan 16 and Feb 20)



Stroller Fit Moms (Birth - 3 yrs)

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

Mon | 12 - 12:45 pm | Jan 9 - Mar 6
(No class Jan 16 and Feb 20)

On the Go (Crawlers - 3 yrs)

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 | Jan 12 - Mar 9



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 | Jan 10 - Feb 28



Tot Shabbat (Birth - 3 yrs)

It is going to be delicious! Join Ms. Renee for a Purim-based Shabbat with crafts and activities.

Fri | 11 - 11:45 am | Mar 10



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 | Jan 11 - Mar 8



Family Yoga (Crawlers - 3 yrs)

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

Sun | 10 - 10:45 am | Jan 29 and Mar 5

FREE TO THE COMMUNITY

ADVANCE REGISTRATION REQUIRED.

Audition Prep for DA and Lavilla

Do you need help picking out and working on material for your upcoming auditions? We can help you achieve your goals. Call Gary Baker at (904) 730-2100 ext. 248 or email gary.baker@jcajax.org for scheduling and pricing.

Teen Acting Class

Ages 13 - 17

Teen Acting Classes are starting January 10! This nine-week class will cover auditions, improvisation, script analysis, character creation and projection techniques.

Tue | 5:30 - 6:30 pm

Jan 10, 17, 24, 31, Feb 7, 14, 21, 28 and Mar 7

\$162 | Valued member \$108

Adult Acting Workshops

Ages 18+

Our series of Adult Acting Workshops will cover improvisation, script analysis, auditioning techniques, character creation and will be a fun time all around!

Sun | 4 - 6 pm

Jan 29, Feb 26, Mar 26 and Apr 30

\$150 | Valued member \$100

Zoe's Clubhouse

Ages 3 (by 9/1/2022) - 5 yrs

This creative class takes your little one on a new adventure sketch each week! Children explore their imagination while teaching social skills, team work and coordination in a fun, creative environment! This is one of our JCA's most popular classes - don't miss out!

Wed | 1:30 - 2:15 pm

Jan 4, 11, 18, 25, Feb 1, 8, 15, 22 and Mar 8

\$203 | Valued member \$135

Zoe's Alumni

Grades K - 2

This class lets our Zoe's Alumni gang go further into their adventures. During each class the Alumni gang will learn about different cultures, geography, myths and legends! If your child has an active imagination and a sense of adventure, this is the class for them!

Wed | 4 - 5 pm

Jan 4, 11, 18, 25, Feb 1, 8, 15, 22 and Mar 8

\$203 | Valued member \$135

Baby Bear Ballet

Ages 3 (by 9/1/2022) - 5 yrs

Little dancers learn the basics of ballet with their ballet buddy! This beginner's class is a fun and relaxed introduction to ballet. Each dancer will receive their very own ballet bear or bunny. We use our ballet buddies to help us with posture and arms. Dancing is so much fun - but it's crazy fun when you dance with a buddy!

Fri | 1 - 1:30 pm

Jan 6, 13, 20, 27, Feb 3, 10, 17, 24 and Mar 10

\$230 | Valued member \$153

INFO@JCAJAX.ORG

Shelly Hughes

Theatre Director

730-2100 ext. 252



Zoe's Hippity Hop Move & Groove

Ages 3 (by 9/1/2022) - 5 yrs

Young dancers learn different types of movement characterizations to develop imagination and movement quality in this enrichment class. Students will participate in a variety of 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 activities are more creative later in life, are consistently more free in their movement and develop higher self-esteem.

Tue | 1 - 1:30 pm

Jan 10, 17, 24, 31, Feb 7, 14, 21 and Mar 7

\$144 | Valued member \$96

Fit for Broadway

Grades K - 8

An hour of dancing, jumping, twisting and bopping to get Fit for Broadway! Kids will be on their way to better health in this high energy, fun-filled class! We jam to our favorite upbeat show tunes with hip-hop, jazz, salsa and more! This class guarantees sweat, sweat, sweat while having fun, fun, fun!

Tue | 4 - 5 pm

Jan 10, 17, 24, 31, Feb 7, 14, 21 and Mar 7

\$144 | Valued member \$96

PAC Auditions Presents:

HONK!

THE STORY OF THE UGLY DUCKLING

AUDITIONS

Sun, Jan 8 | 1 pm

REHEARSALS BEGIN JAN 12

Mon and Thu | 4 - 6 pm

SHOW DATES

Mar 4 and 11 | 7:30 pm

Mar 5 and 12 | 1 pm

RECITAL FEE

\$270 | Valued member \$180

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

The JCA is proud to be chosen by the JCC Association of North America as an inaugural JCC for Tzedek. This effort is in partnership with Repair the World to help build a culture of service across the JCC movement. Stay tuned for more information about our upcoming mitzvah projects as we commit to engage in at least 100 acts of Jewish service and learning in 2023.

Hebrew 202

Do you already know the alef bet but want to take it a step further? This class will help you start to learn Hebrew vocabulary and conversation. Book purchase required. Advance registration is required by Feb 13.

Mondays | 7 - 8:30 pm

Feb 20, 27, Mar 6, 20, 27,

Apr 3, 10 and 17

\$150 | \$100 Valued member

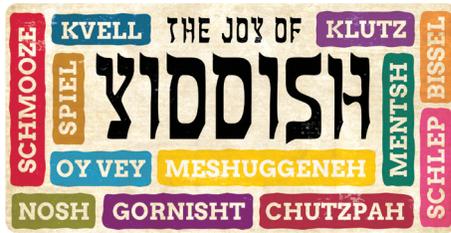


Clergy in a Circle

Discuss relevant topics with our local Rabbis and Cantors and learn together as a community. This program is in partnership with Jewish Federation & Foundation of Northeast Florida.

Wed, Jan 25 | 7 pm

Free to the community



Come speak Yiddish with Suzie Becker! Learn words and phrases through Yiddish songs and theater. Come to one or all classes!

Tuesdays | 11 am - 12:30 pm

Jan 24, Feb 21 and Mar 21

Free to the community



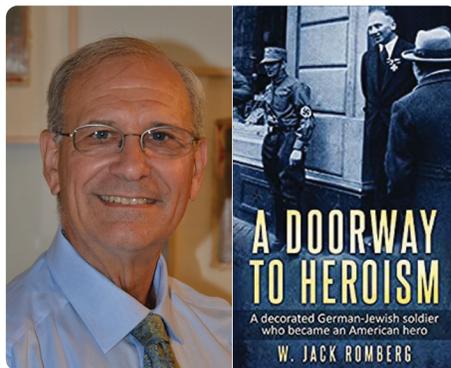
Tu B'Shevat Family Program

Join our community at Beth El Synagogue to celebrate the new year of the trees with fun family friendly activities. This program is in partnership with the Jewish Federation & Foundation of Northeast Florida and our local synagogues.

Advance registration is required by Jan 25.

Sun, Jan 29 | 3 pm

Free to the community



Jewish Book Club

Author Rabbi W. Jack Romberg, who wrote, *A Doorway to Heroism*, will join us to share his novel about a decorated German-Jewish soldier who became an American hero and is actually the author's great uncle.

Wed, Feb 8 | 7 pm

Free to the community

History of the Haggadah

Get ready for Passover by hearing all about the Haggadah! Dr. Rebecca J. W. Jefferson, curator of the University of Florida Isser and Rae Price Library of Judaica, will share the history of this guide to the Passover seder, illustrated with examples from the library's treasures.

Wed, Mar 29 | 7 pm

Free to the community

Model Matzah Bakery

Learn first hand how to make home made Shmurah Matzah! We will start with a grain of wheat to create finished matzah. We will use stalks of grain, "thresh" the grain to break off the wheat berries, then separate the chaff from the grain, and finally collect the grain into a hand-driven wheat mill and grind it into flour. Then like an actual matzah bakery, kids will get to knead the dough, roll it out, and bake it into their very own matzah. This program is in partnership with Chabad of Jacksonville.

Registration is required by Mar 19.

Sun, Mar 26 | 1:30 pm

Free to the community



Jewish Spirituality Series: Jewish Yoga

Experience yoga through a Jewish lens as an alternative Shabbat experience. Join Yogi Evelyn Gaal and Jewish Teacher Justin Sakofs as they lead sessions of Jewish-infused yoga at the Jacksonville Jewish Center (The Center) and Congregation Ahavath Chesed (The Temple).

Saturdays | 8 am

Jan 28 | The Temple

Feb 25 | The Center

Mar 25 | The Temple

This program is free and open to our entire community.

Melton School of Adult Jewish Learning



**Between the Lines:
From Text to Life**

Jewish texts have informed Jewish thought and practice for over 3,000 years. So, how do we connect to words written so long ago? Instructor Justin Sakofs examines the many ways we bring the words of our texts into our daily lives. We will look at the hints and clues in the letters of sacred Jewish texts: the Torah, the Prophets and the Talmud. Our Melton School of Adult Jewish Learning programs are in partnership with Beth El, Congregation Ahavath Chesed, Etz Chaim, the Jacksonville Jewish Center, and River Garden Hebrew Home.

\$179 | **Open to the community**

Tue | 7 pm - 8:30 pm

Jan 24 - Mar 7 (No class Feb 14)

Advance registration required by Jan 17.

To register visit: meltonschool.org/jacksonville.



Hamantaschen Bake for Kids

Bring your kids to make their own hamantaschen as we celebrate Purim together. Children will make their dough and choose from a variety of fillings.

Advance registration is required by Feb 20.

Mon, Feb 27 | 4:30 - 5:30 pm

\$8 | Valued member \$5



**Programs with our
Community Shlichah Tal**

Israel Time

Join our Shlichah Tal for her new interactive program to learn more about Israel.

Wed, Jan 11 | 7:00 pm (at Beth El)

Wed, Feb 22 | 6:30 pm (at the JCA)

Tue, Mar 28 | 6:30 pm (at the JCA)

Christian Community in Israel

Learn about the Christian community in Israel.

Mon, Jan 30 | 6:30 pm

Tu B'Shevat Seder

To celebrate the new year of the trees, come participate in a seder involving the fruits associated with Israel. **Please register by Feb 2.**

Tue, Feb 7 | 11 am

Tu B'Shevat Celebration

Thu, Feb 9 | 6:30 pm

Discover Israel Film Series

Image of Victory - 2021, 2h 8m, Drama/History

Inspired by true events in 1948. Hassanin, an Egyptian filmmaker, is tasked with documenting a raid on the isolated kibbutz Nitzanim.

Wed, Mar 1 | 6:30 pm

Israeli Technology

Hear about the growing development of Israeli hi-tech.

Wed, Mar 22 | 6:30 pm

Conversational Hebrew- Medabrim Ivrit

This class is for those who speak Hebrew fluently.

Practice Hebrew - Metargelim Ivrit

This class is for intermediate Hebrew speakers who are not at a fluent level.

Please email Tal for more information about Hebrew Classes at the JCA:

jaxshlichut@jewishjacksonville.org.

All Community Shlichah programs are fully funded by the Jewish Federation & Foundation of Northeast Florida.



Jewish Federation
& Foundation
OF NORTHEAST FLORIDA

Israeli Community Shlichah



Amanda Collins Hall
Youth Services Director
730-2100 ext. 245

Private Piano Lessons (Grades K – 12)

Beginner and intermediate students learn ear training, note reading, chord and song structure, and technique. Genre training is also available. Lessons are taught by a local professional. For scheduling and pricing information, contact Amanda at ext. 245.

Private Supplemental Tutoring (Grades K – 5)

One-on-one academic subject and homework assistance with current or former educators. Open to valued members and After School participants only. Contact Evan at ext. 249 for more information.



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!

Please call (904) 730-2100 ext. 228 for more information about J-Cation Day options and registration.

7:30 am – 6 pm

Winter Dates:

Jan 2, 3 and 16

Feb 17 and 20

Spring Dates:

Mar 13 - 17, 20 and Apr 7



J-Cation Days Field Trips (Grades K – 8)

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

Jan 16 | Bowling

Mar 14 | St. Augustine Trolley Tour & Friendship Fountain

Mar 16 | Adventure Landing

Apr 7 | Explore the 904

\$30 | Valued member \$20



There's an App(etizer) for That (Grades K – 5)

The only thing better than fingers is finger food! Join superstar chef, Ms. Rachel, and become a snack maniac. We'll make super sandwiches, delicious dips and amazing appetizers so good that they make you want to learn how to spell hor d'oeuvres. All chefs receive a personalized apron, cookbook and button!

Wed | 4:30 – 5:30 pm

Jan 18, 25, Feb 1 and 8

\$68 | Valued member \$45



Video Game Design (Grades 1 – 7)

In partnership with Kids Can Code, students will learn sequencing, loops, and how to create their own video games! Participants will also receive a free CodeSpark Academy account - an \$80 value! Sign your children up to learn to code and make video games with CodeSpark Academy, a Kid Coder friendly coding platform. Kid Coders should bring their own mobile devices (with the CodeSpark app) and headphones, or indicate the need for a loaner device.

Thu | 4:30 – 5:30 pm

Jan 19, 26, Feb 2, 9, 16 and 23

\$180 | Valued member \$120

Kid Chemists (Grades K – 5)

In this NEW enrichment class, we'll explore the magical world of chemistry through demonstrations and hands-on experiments. We'll dissolve, explode, create and learn as we embrace our inner mad scientist. So please join us as we solve the "chemysterries" of science.

Tue | 4 – 5 pm

Jan 31, Feb 7, 14 and 21

\$68 | Valued member \$45

Mezze and More (Grades K – 5)

Get ready to get your nosh on! In this cooking class, we'll explore classic Israeli dishes ranging from tahini to tabouleh, falafel and beyond. We'll even have our friend and new Shlichah Tal, join us for a few classes! How tasty is it? Israeli Tasty. All chefs receive a personalized apron, cookbook and button!

Wed | 4:30 – 5:30 pm

Feb 15, 22, Mar 1 and 8

\$68 | Valued member \$45

Dive-In Movie

(Grades K – 8)

Jump in and join us for this kids-only movie night! We'll float, swim and splash our way around the pool while watching an awesome flick! A yummy kid-friendly dinner will be served before we swim. Pool noodles will be available for use, but personal floaties are also welcome!

Thu, Feb 16 | 6 - 9 pm

\$18 | Valued member \$12



Ooey, Gooey Science

(Grades K – 5)

Explore and learn about science through hands-on sensory experiences. We'll make kinetic sand, slime, ooblek and more in this class where making a mess is not only allowed, it's encouraged!

Tue | 4 – 5 pm

Feb 28, Mar 7, 21 and 28

\$68 | Valued member \$45

Change the World with Creative Coding

(Grades 1 – 7)

In partnership with Kids Can Code, this creative coding course lets your child explore coding concepts alongside some of their favorite characters and animations. Explore algorithms with Alex & Steve from Minecraft, code with the characters from The Bad Guys, and code Moana to sail, or help Olaf find Anna. Code.org is a versatile learning platform where every student focuses on their unique interests. Kid coders will learn coding at their level, from basic to advanced! Children should bring their own mobile devices and headphones, or indicate the need for a loaner device.

Thu | 4:30 – 5:30 pm

Mar 23, 30, Apr 13, 20, 27 and May 4

\$180 | Valued member \$120



AFTER SCHOOL PROGRAM

GRADES K - 5

End the day at the JCA! Our After School Program will nurture, encourage and stimulate your child's interests through a variety of activities in a positive environment children love! **Mon - Fri | 2:30 – 6 pm**

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



STUDY CENTRAL

GRADES 6 - 8

Study Central is designed with quality and flexibility in mind for preteens and teens to support socialization, independence and responsibility in a supervised environment after school. In addition, the JCA works with local professionals to offer optional enrichment opportunities in sports, fitness and the arts. Daily snack, Wi-Fi, laptop access and homework assistance are available. Choose two, three or five days per week. Transportation is provided from select schools. Study Central allows you to design a schedule that works for you and your busy students. **Mon - Fri | 2:30 – 6 pm**

Spots are still available in the 2022-23 school year.
To register, call (904) 730-2100 ext. 228.

FREE TRANSPORTATION FROM SELECT SCHOOLS WITH MINIMUM ENROLLMENT



**Kendall
Sisisky Valliere**

Development Director
730-2100 ext. 231



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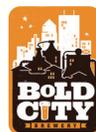
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*as of 11/17/2022

Special thanks to





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THE GREAT
JAXBY
A ROARING AFFAIR

FEBRUARY 25, 2023 | 7:30 PM

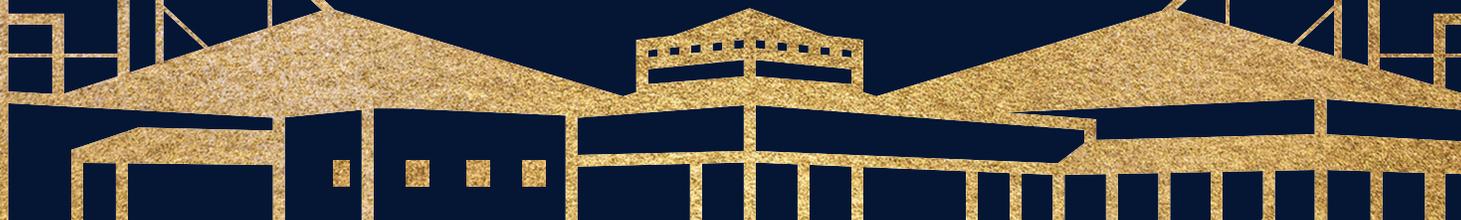
DRINKS · DINNER · DANCING

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Sunny Gettinger and Trey Csar

COMMITTEE

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- Nicole Brown
- Regina Chaskin
- Nancy Davis
- Mary Edwards
- Sierra Frisch
- Faye Hedrick
- Samantha Holtzman
- Jan Lipsky
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FOR SPONSORSHIP OPPORTUNITIES AND EVENT INFORMATION, PLEASE CONTACT
KENDALL SISISKY VALLIERE, (904) 730-2100 EXT. 231 OR KENDALL.VALLIERE@JCAJAX.ORG.

Funds raised support scholarship services and financial assistance for membership,
preschool, after-school and summer camp for families in need.



Lisa Bradford
BSN, RN, CHC, CWWS
Wellness Coach
730-2100 ext. 333



Amaris Chrispell
MSN, RN, HWNC-BC
730-2100 ext. 333



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, or subscribe via your favorite podcast app to get started.

Meditation Mondays

Learn to relax your body and mind, use your breath to enrich your compassionate outlook on life with a Wellness Coach from Baptist Health Wellness Connexion. No special training or knowledge is necessary. Please sign up at the registrar's office.

Mondays | 11:35 am – 12:10 pm
Free to valued members, registration is not required.

Holistic and Women's Chats

Our free monthly holistic and women's programs are designed to educate our community on important health topics.

What to Expect from Women's Chats

Lisa Bradford and Amaris Chrispell
Wed, Jan 18 | 11:45 am - 12:15 pm

Motivation and Readiness to Change

Amaris Chrispell
Thu, Feb 2 | 11:15 - 11:45 am

Keep your Goals in Mind! How to plan for long lasting health changes for you and your family

Lisa Bradford
Tue, Feb 28 | 11:15 - 11:45 am

Magic Words: How positive relationships support your overall health

Amaris Chrispell
Thu, Mar 2 | 11:15 - 11:45 am

Heart Healthy Movement: It's all about the heart

Lisa Bradford
Tue, Mar 14 | 11:15 - 11:45 am

Nature's Cure: How nature helps us

Amaris Chrispell
Thu, Mar 30 | 11:15 - 11:45 am

Menopause: How to cope

Lisa Bradford
Tue, Apr 11 | 11:15 - 11:45 am
Registration is not required.



Expert Chats

Brain Healthy Lifestyle

Speech language pathologist, Lynda Gridley, M.S., CCC-SLP, with Baptist Health's Agewell Center for Senior Health shares how to live a brain-healthy lifestyle. There are things we can do to maintain and improve our health as we age. Lifestyle behaviors like physical activity, nutrition, cognitive activity, and social engagement can keep your body and brain healthy while reducing risk of cognitive decline.

Thu, Feb 16 | 12 - 1 pm

Advance Care Planning

Steve Williams, MDiv, BCC, Lead Chaplain with Baptist Health, joins us to discuss advanced care planning. This information can help you designate a health care surrogate and plan for a time when you may not be able to make your own health care decisions. No lawyer is required. Loved ones are invited to be part of the conversation to have open communication with the assistance of a trained and caring professional.

Tue, Feb 21 | 12 - 1 pm

Caring for Your Mental Health

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices and relate to others. Mental health is essential to your overall health and quality of life. Expert speaker, Cortney Surrency, MS, ACE-CHC, will share more about self-care and appropriately managing stress.

Tue, Mar 21 | 12 - 1 pm

Your Health Journey Starts Here.

A confidential, online Wellness Assessment will help you understand your current state of health with follow-up recommendations. Certified onsite Wellness Coaches are available to educate and motivate you to adopt lifestyle changes and achieve your goals.

Begin your wellness journey at jca.ezonlineregistration.net.

FREE to JCA valued members!



Physician Chats

Hear me Out!



Angela Johnson, AuD from Baptist ENT Specialists, shares the basics of hearing and how to navigate hearing care. Free

hearing screenings will be available at the JCA after the chat on a first come, first serve basis.

Tue, Jan 10 | 12 - 1 pm

Hearing Screenings | 1 - 2:30 pm

New Year, New You



Jeffrey Jacqmein, MD, from Baptist Primary Care in Mandarin joins us to discuss setting goals, preventative

screenings, and the importance of being active.

Tue, Jan 24 | 12 - 1 pm

Caring for Your Active Heart



Nayan Agarwal, MD, from Baptist Heart Specialists will be at the JCA to discuss important numbers related to the heart,

high blood pressure, exercising with cardiac issues, and keeping your heart active.

Tue, Feb 14 | 12 - 1 pm

Free and open to the community

Straight out the Gates

Join certified personal trainer Peter Joseph in an immersive six-week program to prepare for the Gate River Run 15K.

Tuesdays | 8 - 9 am

Jan 24, 31, Feb 7, 14, 21 and 28

\$25 | Valued members only

Dancing through Latin America

These engaging dance classes are with the one and only Andres Valladolid. Each week Andres will teach a new style of dance ranging from Salsa to Bachata.

Sundays | 12 - 1 pm

Session I | Salsa Feb 5

Session II | Bachata Feb 12

\$25 per class | Valued members only



MELT Method

Pilates Master Instructor Cheryl Forehand shares simple self-treatments to make your body feel better and provide relief from common aches, pains, stress, overuse and age.

Sundays | 12 - 1 pm

Small Group Training

\$25 per class | Valued members only

New Year, New-trition

Learn why 80% of people abandon their New Year's Resolution and how attaining and sustaining your nutrition goal is much easier than you think. Come and hear easy, turn key ways to make sure your goals come to fruition this 2023. Sample foods, cooking demonstration, and handouts will be provided. Our Dietician Leslie Burman will host this action-packed engaging lecture to help you improve your diet.

Wed, Jan 18 | 12 - 1:30 pm

Open to the community

\$30 | Valued member \$20

Power Hour at the Barre

Join certified barre instructor Kerianne Acra for a 40-minute full body barre workout. After the workout, Dietitian Leslie Burman will help us create high energy snacks for people on the MOVE! Attendees will learn about healthy snacks to boost your energy levels with a sample and recipe to go! Appropriate for all fitness levels.

Tue, Jan 31 | 6 - 7:15 pm

\$25 | Valued member only

Let's Jump High

Join certified personal trainer Jimmy Normeus in an interactive educational workshop as he guides you through a series of exercises that are designed to improve your vertical leap.

Sun, Feb 26 | 12 - 1 pm

\$25 | Valued members only

Home Modifications for Fall Prevention

Not all home modifications are complicated or expensive! Please join us to learn more about home modification options to increase safety and decrease risk of falls in your home. Jacksonville University Doctor of Occupational Therapy students and faculty experts in home modification will host this important workshop.

Fri, Mar 3 | 12 pm

Free and open to the community



Optimizing Joint Function

This workshop with Peter Joseph educates on proper posture, principles for increasing mobility, movement efficiency, and ways to increasing longevity of the body overall.

Wed, Mar 15 | 12 pm

Free for valued members

Eiffel Gilyana

Fitness and Wellness Director
730-2100 ext. 324



Yoga 101 Back to the Basics Workshop

Have you always wanted to join a yoga class but felt unsure if yoga was right for you? Created for students new to Yoga and those looking to gain a deeper understanding of foundational postures, breath work and adjustments involved in a yoga practice.

Sundays | 12 - 1 pm

Session I | Yoga Poses | Mar 12

We will have an in-depth look into key foundation yoga poses. You'll develop body awareness, learn basic postures, focus on healthy alignment and properly execute yoga poses.

Session II | Yoga Breathing | Mar 19

We will learn basic breathing techniques and ways to incorporate breathing to enhance our yoga practice.

Session III | Yoga Blocks | Mar 26

We will learn how to make yoga poses more accessible and how to add a challenge to develop strength. Yoga blocks are far and away the most popular prop to practice with, and for good reason. Every single yoga pose can be modified or intensified by using a block.

Free for valued members only



Rio Robinson

Sports and Recreation Director
730-2100 ext. 250

Open Pick Up Games

Ages 14+

Stay active on the court! Join us for our open pick up volleyball and basketball games.

Volleyball

Tuesdays | 7 - 9 pm

Basketball 14+

Saturdays | 1 - 3 pm

Free for valued members



Adult Basketball Leagues

Teams consist of six players for four-on-four competition.

18+ Adult Basketball League

Wed | 6 - 9 pm

25+ Adult Basketball League

Sun | 8:30 - 11:30 am

\$60 | Valued member only

For dates, availability or to register, please contact Rio Robinson at ext. 250.

Varsity Basketball League

Ages 15 - 18

Teams consist of eight players for five-on-five competition. No practices, just games. To register as a free agent, a team, or if you are an adult interested in volunteering to coach, please contact Coach Rio at ext. 250 or rio.robinson@jcjax.org.

Thu | 6 - 9 pm

\$105 | Valued member \$70



Fast Freddy's Taekwondo Academy

Ages 3 - 13

Master Frederick Vescera shares the martial art of Taekwondo with our community. The exciting sport teaches a variety of kicks, strikes and blocks while children build self-defense skills and have lots of fun.

Mon and Thu

Ages 3 - 6 | 4 - 4:45 pm

Any belt color

Ages 7 - 12 | 5 - 6 pm

White and yellow belts

Ages 7 - 12, Adults 13+ | 6 - 7 pm

Orange belt and above

Session I | Jan 9 - Mar 9

(No class Jan 16 or Feb 20)

Session II | Mar 16 - May 11

(No class Apr 6)

\$300 | Valued member \$200



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 of the game.

Mon

Ages 5 - 8 | 5:30 - 6:30 pm

Ages 9 - 12 | 6:30 - 7:30 pm

Ages 13 - 18 | Private lessons available

Session I | Jan 9 - Feb 13

(No class Jan 16)

Session II | Feb 27 - Mar 27

\$135 | Valued member \$90

Private Instruction

Contact Rio at ext. 250 or email

rio.robinson@jcjax.org.

\$40 | 30 minute session

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.

Youth Ages 5 - 10

Tue | 5:15 - 6 pm

Adult Ages 11 - Adult

Tue | 6 - 7 pm

Session I | Jan 10 - Feb 14

Session II | Feb 21 - Mar 28

\$105 | Valued member \$70

JCA Youth Flag Football League

Ages 4 - 17

Game day is Sunday afternoons at Bolles High School. Times vary based on division and number of teams.

There is a two-hour commitment every Sunday at Bolles High School practice field. Contact coach Rio for availability.

Jan 15 - Mar 5

\$165 | Valued member \$110

NEW Wrestling 101

Ages 8 - 12

Learn the fundamentals of wrestling, including stance, grappling techniques, body position and training.

Wed | 5:15 - 6:15 pm

Session I | Jan 11 - Feb 8

\$90 | Valued member \$60

Session II | Feb 22 - Mar 29

\$105 | Valued member \$70



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 | Feb 8 - Mar 29

Session II | Apr 19 - Jun 7

\$180 | Valued member \$120

JCA YOUTH BASKETBALL LEAGUE

AGES 4 - 16

Mandatory skills evaluations are Feb 14 - 16. Evaluations start at 5:30 pm on respective days.

Ages 10 - 16 | Tue, Feb 14

Ages 6 - 9 | Wed, Feb 15

Ages 4 - 5 | Thu, Feb 16

Game days are every Sunday, Mar 26 - May 21, at the JCA.

There are no games on Apr 9.

12:30 - 6 pm

Times vary based on number of teams and divisions.

\$165 | Valued member \$110



To volunteer to coach or schedule a make-up assessment, please contact Coach Rio at (904) 730-2100 ext. 250 or email rio.robinson@jcajax.org.

PRESCHOOL AND YOUTH SPORTS CLINICS

Class	Age	Day	Time	Dates	Fee Valued Member
Little Ninja Warrior Obstacle Course	3 - 6	Mon	3:30 - 4:15 pm	Jan 9 - Feb 13*	\$90 VM \$60
	3 - 6	Mon	3:30 - 4:15 pm	Feb 27 - Mar 27	\$90 VM \$60
Sports Extravaganza	3 - 6	Mon	3:30 - 4:15 pm	Jan 9 - Feb 13*	\$90 VM \$60
	3 - 6	Mon	3:30 - 4:15 pm	Feb 27 - Mar 27	\$90 VM \$60
Soccer 101	5 - 10	Mon	4:30 - 5:30 pm	Jan 9 - Feb 13*	\$90 VM \$60
	5 - 10	Mon	4:30 - 5:30 pm	Feb 27 - Mar 27	\$90 VM \$60
Little Kickers Soccer	3 - 6	Tue	3:30 - 4:15 pm	Jan 10 - Feb 7	\$90 VM \$60
	3 - 6	Tue	3:30 - 4:15 pm	Feb 21 - Mar 28	\$105 VM \$70
Terrific Tumblers Gymnastics	3 - 6	Tue	3:30 - 4:15 pm	Jan 10 - Feb 7	\$90 VM \$60
	3 - 6	Tue	3:30 - 4:15 pm	Feb 21 - Mar 28	\$105 VM \$70
Junior Gymnastics	5 - 10	Tue	4:30 - 5:30 pm	Jan 10 - Feb 7	\$90 VM \$60
	5 - 10	Tue	4:30 - 5:30 pm	Feb 21 - Mar 28	\$105 VM \$70
Basketball 101	5 - 10	Tue	4:30 - 5:30 pm	Jan 10 - Feb 7	\$90 VM \$60
	5 - 10	Tue	4:30 - 5:30 pm	Feb 21 - Mar 28	\$105 VM \$70
Little Hitters Baseball	3 - 6	Wed	3:30 - 4:15 pm	Jan 11 - Feb 8	\$90 VM \$60
	3 - 6	Wed	3:30 - 4:15 pm	Feb 22 - Mar 29	\$105 VM \$70
Makos Run Club	4 - 14	Wed	4:30 - 5:30 pm	Jan 11 - Feb 8	\$90 VM \$60
	4 - 14	Wed	4:30 - 5:30 pm	Feb 22 - Mar 29	\$105 VM \$70
Little Dribblers Basketball	3 - 6	Thu	3:30 - 4:15 pm	Jan 12 - Feb 9	\$90 VM \$60
	3 - 6	Thu	3:30 - 4:15 pm	Feb 23 - Mar 30	\$105 VM \$70
Volleyball 101	8 - 14	Thu	4:30 - 5:30 pm	Jan 12 - Feb 9	\$90 VM \$60
	8 - 14	Thu	4:30 - 5:30 pm	Feb 23 - Mar 30	\$105 VM \$70
Terrific Tumblers Gymnastics	3 - 6	Fri	3:30 - 4:15 pm	Jan 13 - Feb 10	\$90 VM \$60
	3 - 6	Fri	3:30 - 4:15 pm	Feb 24 - Mar 31	\$105 VM \$70

*There are no sports clinics on Jan 16.



Dustin Rulien
 Aquatics Manager
 730-2100 ext. 417

Parent and Me

Ratio 8:1 | 6 mos - 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.

Preschool Aquatics

Levels 1 - 3

Ratio 4:1 | 2 - 3 and 4 - 5 yrs

Preschool through kindergarten children progress through three levels while learning water safety and skills ranging from blowing bubbles to independent swimming. Children who successfully complete this program will be ready to begin Learn to Swim Level 3.

Learn to Swim

Levels 1 - 4

Ratio 5:1 | 6 - 9 yrs and 10 - 13 yrs

Elementary and middle school age children progress through four levels of swimming skills and water safety. This curriculum begins with body control in the water and ends with independently swimming all four strokes for short distances.



School Year Makos Swim Team

Levels 5 - 6 | 5-18 yrs

Our school year swim team is a monthly, practice-only team designed for those who have completed level 4 of the Learn to Swim program. School year swim team continues our Learn to Swim Levels 5 and 6, refining stroke development and increasing endurance. **Participants register monthly for the School Year Makos Swim Team.**



Sensory Safe Swim Lessons

Ratio 2:1 or 1:1 | All ages

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

Sundays

4:30 - 5 pm and 5 - 5:30 pm

Session I | Jan 8 - Feb 12

Session II | Feb 26 - Apr 2

\$150 | Valued member \$100

Please visit jcajax.org for more information about our aquatics cancellation and diaper policies.

American Red Cross Learn to Swim Programs at the JCA (Levels 1 - 6)

Class	Age	Day	Time	Dates	Fee Valued Member
Parent & Me	6 mos - 3 yrs	Sun	10 - 10:30 am	Jan 8 - Feb 12	\$113 VM \$75
				Feb 26 - Apr 2	\$113 VM \$75
Preschool Aquatics (Levels 1 - 3)	2 - 3 & 4 - 5 yrs	Mon/Wed	3:30 - 4 pm, 4:30 - 5 pm, 5:30 - 6 pm	Jan 9 - Feb 15	\$180 VM \$120
				Feb 27 - Apr 10*	\$180 VM \$120
				Tue/Thu	3:30 - 4 pm, 4:30 - 5 pm, 5:30 - 6 pm
		Sun	11 - 11:30 am, 1 - 1:30 pm	Feb 28 - Apr 13*	\$180 VM \$120
				Jan 8 - Feb 12	\$113 VM \$75
				Feb 26 - Apr 2	\$113 VM \$75
Learn to Swim (Levels 1 - 4)	6 - 9 & 10 - 13 yrs	Mon/Wed	3:30 - 4 pm, 4:30 - 5 pm, 5:30 - 6 pm	Jan 9 - Feb 15	\$180 VM \$120
				Feb 27 - Apr 10*	\$180 VM \$120
				Tue/Thu	3:30 - 4 pm, 4:30 - 5 pm, 5:30 - 6 pm
		Sun	12 - 12:30 pm, 2 - 2:30 pm	Feb 28 - Apr 13*	\$180 VM \$120
				Jan 8 - Feb 12	\$113 VM \$75
				Feb 26 - Apr 2	\$113 VM \$75
School Year Makos Swim Team (Learn to Swim Levels 5 - 6)	5 - 10 yrs	Sun - Thu	Sun 3 - 4 pm, Mon - Thu 5 - 6 pm	Jan 2 - Apr 30*	Makos Swim Team fees are per month
		Sun - Thu	Sun 3 - 4 pm, Mon - Thu 6 - 7 pm	Jan 2 - Apr 30*	
			One day per week	\$60 VM \$40	
			Two days per week	\$90 VM \$60	
			Four days per week	\$120 VM \$80	

*No lessons on Apr 5, 6, 11 and 12

Masters Swim Team Practice

Ages 18+

Adults, learn the strokes or refine your strokes in a fun-filled atmosphere with peers. Professional coaches guide swimmers at their own pace.

Eight-week course

Mondays | 5:45 - 6:45 am

Session I | Jan 9 - Feb 27

Session II | Mar 6 - Apr 24

Thursdays | 7 - 8 pm

Session I | Jan 12 - Mar 2

Session II | Mar 9 - May 4

\$90 | Valued member \$60

Adult Group Swim Lessons

Ratio 8:1 | 14+ yrs

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

Mondays and Wednesdays

6:30 - 7 pm

Session I | Jan 9 - Feb 15

Session II | Feb 27 - Apr 10

(no class Apr 5)

\$180 | Valued member \$120



Private Swim Lessons

All ages

\$60 per lesson | Valued member \$30 per lesson

\$420 for eight lesson package |

Valued member \$210 for eight lesson package

Semi-Private Swim Lessons

All ages

Each lesson is 30 minutes in length.

\$40 per lesson |

Valued member \$20 per lesson

\$280 for eight lessons |

Valued member \$140 for eight lessons



American Red Cross TRAINING CLASSES

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.

\$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.

\$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.

\$285 | Valued member \$190

Please call (904) 730-2100 ext. 417 or email dustin.rulien@jcjax.org for more information about our American Red Cross Training Classes, Private and Semi-Private Swim Lessons.



6TH ANNUAL POLAR PLUNGE

Get ready for the JCA's Annual Polar Plunge. Now in its sixth year, we will jump in the pool no matter what the temperature is outside! Are you adventurous enough to take the JCA Polar Plunge?! There will be hot chocolate and cookies for all participants following the chilly dip in the pool!

Sun, Feb 5 | 2:45 - 3:30 pm

Advance registration required by Jan 31.

Free to the community





Aline Berkenbrock

Tennis Professional
730-2100 ext. 317



Adult Tennis Clinics

(Ages 18 +)

Clinics geared to A, B and C level tennis players who are participating in our competitive teams. League play begins continues through April. For more information, contact Aline at ext. 317 or email aline.berkenbrock@jcajax.org.

3.0 - 3.5 Men's Clinic

Mon | 6:30 - 8 pm

The first hour of clinic will focus on stroke production, drills, and strategy. The last half hour of clinic will be supervised doubles play.

\$20 per clinic | Valued members only

Twelve-Week Sessions

Working Women A Team

Tue | 6:30 - 8 pm

A Team Clinic

Wed | 10:15 - 11:45 am

B Team Clinic

Wed | 9 - 10:30 am

C Team Clinic

Fri | 9 - 10:30 am

\$180 | Valued members only

Six-Week Sessions

Tennis 101

Mon | 8 - 9 pm

\$135 | Valued member \$90

Cardio Tennis

Sun | 8:30 - 9:30 am

\$135 | Valued member \$90



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+.

Second 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 on the **My J app**, or call the tennis office at ext. 317.

30 min \$30

60 min \$60

Doubles \$80

Package: Five, 60-minute lessons or ten, 30-minute lessons \$270

JUNIOR TENNIS CLINICS

ALL CLINICS ARE SIX-WEEK SESSIONS.

For the pee-wee and junior players, 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. Our **Tennis Aces** class teaches basic tennis skills to young players in the **Joe and Sophie Witten Gymnasium**.

Session I | Jan 11 - Feb 15

Session II | Mar 1 - Apr 5

JUNIOR QUICK START

(Ages 7 - 10)

Tue | 4:30 - 5:30 pm

\$108 | Valued member \$72

TENNIS ACES

(Ages 3 - 5)

Wed | 3:30 - 4:15 pm

\$108 | Valued member \$72

PEE-WEE QUICK START

(Ages 4 - 6)

Thu | 4:30 - 5:15 pm

\$108 | Valued member \$72



For more information on specific clinic dates, please contact ext. 317.

DISCOVER HOW YOUR CHILDREN CAN LEARN AND GROW WITH US **IN THE 2023-24 SCHOOL YEAR!**

✓ **EXCEPTIONAL LEARNING ENVIRONMENT**

✓ **SAFE AND NURTURING**

✓ **NAEYC ACCREDITED**



Children are our inspiration at Michele Block Gan Yeladim Preschool & Kindergarten. Visit jcjax.org/ece to learn more about our unique approach to learning.

#1 VOTED BEST PRESCHOOL
BY THE FLORIDA TIMES UNION

For enrollment information, to schedule a tour, or if you have questions, please email

ganyeladim@jcjax.org or call (904) 730-2100 ext. 235



TRIBUTES

In memory of...

ABRAHAM SILVERSTEIN

by Adam and Regina Chaskin
The Board and Staff of the JCA

IRA PRICE

by The Board and Staff of the JCA

ZELDA KING

by Jan and Arthur Briskman

PHILIP BLOOM

by The Board and Staff of the JCA

In honor of...

DAVID ZAVON'S BIRTHDAY

by Michele and David Steinfeld

WYATT HENRY'S BIRTH

by The Miller Family

JONAH EDELMAN'S BIRTH

by The Spring and Miller Family

The Board and Staff of the JCA

LISA ELKANA'S BIRTHDAY

by Michele and David Steinfeld

SHELLY ZAVON'S BIRTHDAY

by Michele and David Steinfeld

HUNTER ALEX STORCH'S BIRTH

by The Miller Family

The Spring and Miller Family

GLENN MILLER'S BIRTHDAY

by Rochelle and David Stoddard

MICHAEL MILLER'S BIRTHDAY

by Rochelle and David Stoddard

**CHRIS SHEE NAMED FLORIDA HOME
BUILDER'S ASSOCIATION 2022 BUILDER
OF THE YEAR**

by The Board and Staff of the JCA



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

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



REGISTRATION OPENS JANUARY 2023
JCAJAX.ORG/CAMP

PROTECTING OUR COMMUNITIES
TOGETHER
REPORT HATE CRIMES



1-800-CALL-FBI
tips.fbi.gov