

# PROGRAM GUIDE

SEPTEMBER - DECEMBER 2022



ARTS + CULTURE



YOUTH PROGRAMMING



COMMUNITY + VOLUNTEER EVENTS



ACTIVE ADULTS + PARKINSON'S PROGRAMMING



Meet THE JONES FAMILY **INSIDE»**



522 N. Howard Avenue  
Tampa, FL 33606  
813.575.5900  
membership@bgfjcc.com  
BryanGlazerFamilyJCC.com



13009 Community Campus Drive  
Tampa, FL 33625  
813.264.9000  
membership@jcccohn-campus.com  
JCCohnCampus.com



# COME PLAY WITH US!

**OUR ACTIVITIES COURT IS OPEN**  
Youth Sports | Adult Basketball | Pickleball  
Fitness classes and so much more!

## WHAT'S INSIDE

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### **BRYAN GLAZER FAMILY JCC** **813.575.5900**

Monday – Friday | 5:30 AM - 9:00 PM  
Saturday & Sunday | 7:00 AM - 7:00 PM

### **MEZRAH FAMILY** **AQUATIC CENTER | 813.575.5900**

Monday – Friday | 5:30 AM - 8:00 PM  
Saturday & Sunday | 7:00 AM - 6:00 PM

### **J CARE\***

Monday – Thursday | 8:00 AM - 12:00 PM,  
4:00 - 8:00 PM

Friday | 8:00 AM - 12:00 PM,  
4:00 - 7:00 PM

Saturday & Sunday | 8:00 AM - 12:00 PM

***J Care is available at the BGFJCC  
and is limited to two hours per day.***

\*Included in all family memberships

For questions about J Care  
please contact our welcome desk.

### **JCC ON THE COHN CAMPUS** **813.264.9000**

Monday – Friday | 8:00 AM - 7:00 PM

### **POOL HOURS**

Monday – Friday | 8:00 AM - 6:30 PM



## HOW TO REGISTER FOR PROGRAMS

In order to register for activities/programs, you must have an account set up with us through Active. Please follow the directions listed below to register for programs:

1. Visit [JewishTampa.com](http://JewishTampa.com) using your preferred browser.
2. Click on *JCC Member Login* at the top of the page.
3. If it's your first time visiting this page, click on the *Create New Account* button and follow the steps.
4. If you already have a password for your online account, log in using the exact email you signed up with at our facility.
5. This will take you to the main menu page where you can search and register for any activity/program.

If you are unable to register online, please contact the department head. The list of contacts can be found on page 27 of this program guide.



Throughout the program guide, you will find the above logos to indicate whether an event or program occurs at a location (or locations), is virtual or both.

# WELCOME



Dear Members and Friends,  
As I've been sharing over the last few years, our JCCs are way more than a gym. It is hard to describe it to someone who hasn't visited one of our locations yet, you just can't easily put it into words. I have heard it described as "the way you feel" when you are at the J that just feels like being at home - with close friends and family. I have heard it described from the members who say "oh I never liked gyms but I am here almost every day." And many of you have heard it from me when I often say "It's impossible to have a bad day at the J."

We are WAY more than a gym for all of the ways you feel at the J, but what about for how you use the JCC in your own life? If you only think of coming to the J when you are ready to get your sweat on you are missing out on so much

more included in your membership. Explore your creative side with our Arts and Cultural Programs. Connect with others through our socials, meet ups and excursions. Join one of our member clubs or groups and find others with similar interests and passions. Challenge yourself this fall to explore ways to enjoy your JCC membership even more this year. Our program guide is a great resource to plan which events you want to be a part of.

To be human is to be with other people, that is the human experience. We are meant to come together, and in this way we are stronger and more resilient. That's the difference at the J - it's way more than a gym, it's where you come together with your community and find strength in each other.

**Jessica Gay**  
General Manager, Health and Wellness

## ON THE COVER: MEET MICHAEL, TAM AND BABY MICHAEL - AKA THE JONES FAMILY

**What do you and your family love most about the Bryan Glazer Family JCC?**

There's a lot to love and really, that's why I joined. Ultra clean facilities. Family/child friendly. Super welcoming staff. Large variety of fitness choices depending on what your "thing" is. But as a father/husband, probably the number one thing for me is the security. I can't always be with my wife and 2-year-old son, but I feel like they are safe there, with or without me. Yeah, that's a pretty huge thing.

**What amenities do you all enjoy most?**

As a family, we spend most of our time at the pool. There's lap swimming for me, kid-friendly pool for my son, waterworks recreation that he loves. Well-staffed with lifeguards. Love the seating and cabana-style areas-both in and out of the sun and a little café right there too. Plus,

the hot tub helps get these old bones moving when I need it too.

**What would you say to anyone who is contemplating membership here at the J?**

Probably best dollar value of any fitness or community center option in the Tampa Bay area. It's never really crowded but there's always something here to do. I can shoot hoops, strength train or just walk the track in the A/C and it's always sparkling clean.

**Why did you choose the JCC over other facilities?**

It's close, that helps, but not as important as everything I mentioned about the facility. Also, they have excellent daycare options for moms of little ones, like my wife. It just makes it easier to get a little self-care while the little guy can enjoy some socialization and stimulation with others at the same time.





## The Tampa Jewish Community Centers and Federation Spotlight



For decades, the Tampa JCCs & Federation has been a unifying force for Jewish community-

building and philanthropy. We work to enrich the quality of Jewish life in Tampa by bringing comfort and hope to the vulnerable and by investing in programs that build Jewish knowledge, identity and peoplehood — ensuring the next generation of Jews.

Our annual campaign raises dollars each year to fund programs at the Bryan Glazer Family JCC and the JCC on the Cohn Campus as well as other local agencies — including

numerous social-service programs to care for those in need. Across the US and Israel, our Federation also works to advocate on important societal issues and provides a strong foundation for Jewish life and identity-building.

Guided by our values and principles, with your support, we will continue to offer programs that sustain our community and connect you to an extensive roster of Jewish speakers from award-winning actors, philanthropists, and best-selling authors. This fall, we're introducing an inaugural event, the **Jewish Arts & Culture Mini-Fest**, to be held quarterly that will highlight the best in art, music, literature, theater, films and food in an action-packed

weekend, starting September 15th to the 18th.

As we kick off our annual campaign, please save these dates:

**October 20:**  
**Campaign Kickoff**

**October 27:**  
**Sue & Jeff Schoenbaum  
Community Leadership Awards**

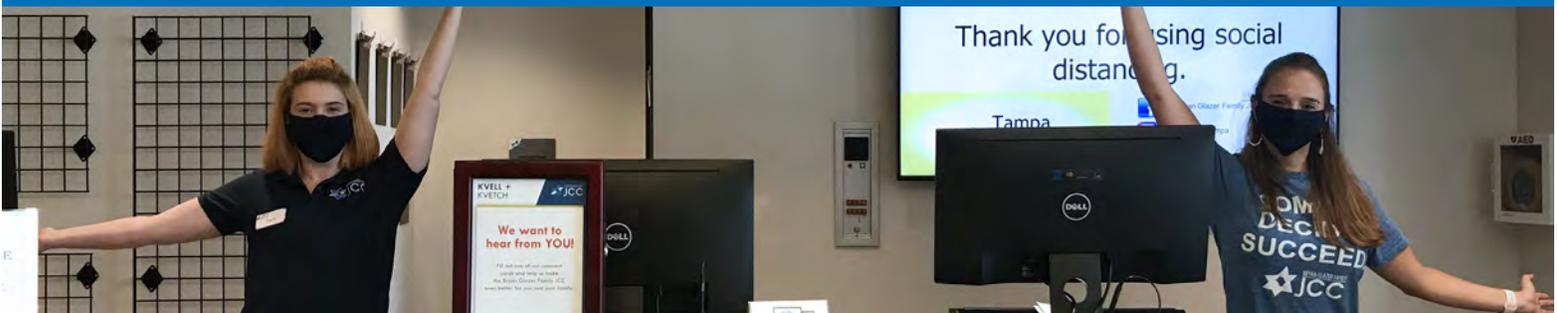
**November 29:**  
**Giving Tuesday Phone-A-Thon**

**December 1:**  
**Women of Distinction**

Thank you for your support and look forward to seeing you!



## MEMBERSHIP



### MEMBERSHIP

You will find a vast array of activities, programs and events to meet all of your fitness, social, intellectual, artistic, social action and spiritual needs - regardless of your religious affiliation. Over the years, the Tampa JCCs & Federation has proudly engaged the Tampa community

through programming that excites, explores and challenges the mind, body and spirit. Visit us and experience the warmth, laughter and camaraderie. Whether you're a fitness fanatic or just starting an exercise routine, a toddler taking your first steps, a young professional, an avid theatergoer, an art enthusiast or an adult on-the-go, come to the JCCs

and discover your story!

### MEMBERSHIP CATEGORIES

We offer a variety of membership categories and payment options to best suit your needs. Memberships range from individual to family, senior to young adult, youth and social. We have a place for you here at the JCCs.

# MEMBERSHIP

## Guest Passes

Members are always encouraged to bring guests to enjoy the J at any time! Members receive three complimentary guest passes as part of their membership annually. Once complimentary guest passes have been fully exhausted, members and guests are invited to purchase guest passes at the below daily rates:

- **Guest with a member (ages 12+): \$10/person**
- **Guest without a member (ages 18+): \$20/person**
- **Children (under 12 years old): \$5/child**

Please note that guests under the age of 16 must be accompanied by an adult. Passes may be acquired by contacting the Bryan Glazer Family JCC Membership Team at [membership@bgfjcc.com](mailto:membership@bgfjcc.com) or the JCC on the Cohn Campus Membership Team at [membership@jcccohn-campus.com](mailto:membership@jcccohn-campus.com).

## Corporate Membership Partnerships

Corporate membership partnerships are available if you would like to bring a health and wellness program to your workplace. Are you interested in a Lunch & Learn or an office fitness demo at your company, hosted by the fitness staff? If you are looking for special events focused on health and wellness for your team, we have corporate wellness programs available at no cost to the employer. Multiple options are available. Contact the BGFJCC membership team at [membership@bgfjcc.com](mailto:membership@bgfjcc.com) or call **813.575.5900**, or the JCC on the Cohn Campus membership team at [membership@JCCohnCampus.com](mailto:membership@JCCohnCampus.com) or call **813.264.9000**.

## Photo-ID Membership Cards

The safety of our members and guests is our top priority. When joining, each member (ages 12+) is issued a photo-ID membership card that is required to be swiped in order to gain entry at both the security gate and welcome desk. Please be sure to

scan your membership card at the scanning station upon entering the building. ID cards may be requested for individuals who are authorized to regularly pick-up children from the JCC Preschool, Camp J and Club J. Adjustments to the security process will be communicated via email and our monthly e-newsletters.

## Lost or Damaged Membership Cards

Membership card replacement is managed by the welcome desk. A \$10 replacement fee is charged for lost/misplaced and damaged cards. Individuals who temporarily misplace their card may enter the facility by presenting their ID to the staff at the welcome desk.

## Locker Rentals

If you prefer to reserve a locker for your personal use, we offer locker rentals at the Bryan Glazer Family JCC. Rent a locker for \$30 per month. To sign-up, stop by our welcome desk or contact our membership team at [membership@bgfjcc.com](mailto:membership@bgfjcc.com) or call **813.575.5900**.

## OPEN HOUSE

**We're way more than a gym!** Join us to experience what we have to offer!

### Bryan Glazer Family JCC

September 3-5 | October 10-13

### JCC on the Cohn Campus

September 5-9 | October 10-13

Come and enjoy our Weekend Open House with family and friends. Relax poolside with our Sunday Funday activities, participate in a group fitness class and see what the JCC is all about.

## LABOR DAY POOL PARTY

M 11:00 AM - 3:00 PM | September 5  
Join us at the Mezrah Family Aquatic Center for a family pool party featuring a bounce house waterslide, pool deck games, music and more! This event is free to members and their registered guests. For more information and to register your guests contact [membership@bgfjcc.com](mailto:membership@bgfjcc.com).

**Free**

## OUR MEMBERSHIP TEAM



BGFJCC Membership Team (L-R): Emily Rzonca, Member Experience Manager; Joe Barker, Membership Representative; Rachel Milhoan, Membership Manager; JCC on the Cohn Campus Membership Team (L-R): Devin Pickett and Kiosha Weaver

# AQUATICS AT BRYAN GLAZER FAMILY JCC



## MEZRAH FAMILY AQUATIC CENTER POOL GUIDELINES

For your safety and the safety of other members, we ask that you abide by our pool guidelines:

- Swimsuits are required.
- Children wearing built-in swim suit flotation devices must be accompanied by an adult in the water, regardless of age.
- Children ages 11 and younger must be accompanied by an adult at all times.
- All children ages 10 and younger must be swim tested to use the lap pool. Swim test is a 25 yard swim.
- No inflatable flotation devices allowed.
- Swim diapers must be worn.
- No changing on the pool deck.
- Rough play, running and throwing swimmers are prohibited.
- Ages 14 and under may not use the spa.

## COOLERS AND ALCOHOL POLICY

No outside alcohol is allowed in the facility and glass is prohibited. All coolers will be checked for glass and alcohol at the welcome desk.

## THUNDERSTORM POLICY

As a safety precaution, the pool will close when lightning breaches a 8-mile perimeter of the JCC. We will reopen 30 minutes after the last lightning strike within that range.

## SWIM TEST POLICY

All children ages 10 and younger must be swim tested to use the competition pool. Our swim test is a 25 yard swim. If the child fails the swim test, they must remain in the family pool or the splash pad (with an adult).

## BGFJCC COMPETITIVE SWIM TEAM (AGES 6 - 18)

M-F | 5:00 - 6:00 PM (Silver)  
6:00 - 7:00 PM (Gold)

When you are in Florida, swimming is all year round! Why choose us?

We care about every individual participant whether they are new to USA swimming or already ranked on a national level.

As a former USA Swimming/NCAA athlete himself, our coach will provide individual attention and experience to each participant as well as each parent/guardian.

No one on this team will just become some number on a piece of paper. They will become part of a family! Contact [aquatics@jewishtampa.com](mailto:aquatics@jewishtampa.com) to get more details.

**Member Only: \$120/month**  
**Registration is monthly, roster size limited.**

## BGFJCC DEVELOPMENTAL SWIM TEAM (AGES 6 - 18)

M-F | 4:15 - 5:00 PM

On our developmental swim team, we provide the bridge for an avid young swimmer who has learned the basics in a swim lesson program, and wants to keep developing skills to prepare for swimming on a competitive level. Technique and drills are the primary focus.

Contact [aquatics@jewishtampa.com](mailto:aquatics@jewishtampa.com) for more information and to register.

**Member Only: \$120/month**  
**Registration is monthly, roster size limited.**

## BGFJCC MASTERS SWIM CLUB

Bryan Glazer Family JCC Masters is a USMS Masters Swim Team open to swimmers of all swim level abilities. We provide structured group workouts, motivation, stroke advice and camaraderie.

Contact [aquatics@bgfjcc.com](mailto:aquatics@bgfjcc.com) for more information and to register.  
**\$50/month**



# AQUATICS AT BRYAN GLAZER FAMILY JCC

## GROUP SWIM LESSONS

Student teacher ratio is 6:1  
Class time is 25 minutes  
For more information regarding group lessons please contact [aquatics@bgfjcc.com](mailto:aquatics@bgfjcc.com).

## PRIVATE SWIM LESSONS

One-on-one training with instructor  
**Member: Single Lesson: \$32**  
**5-Pack: \$150 | 10-Pack: \$280**

## Semi-Private Swim Lessons

Semi-private lessons offer great flexibility and personal attention, plus it's more fun swimming with a friend. Swimmers are responsible for providing their own co-participant.  
**Member: Single Lesson: \$22**  
**5-Pack: \$100 | 10-Pack: \$180**  
Prices are per swimmer

## BGFJCC TRIATHLON CLUB

Want to learn to swim, get faster on the bike or run longer? BGFJCC Triathlon Club has the tools, support and camaraderie to help you reach your triathlon goals. Whether you are a first-timer or a veteran athlete, come work with our triathlon coaches who provide education, workouts and a training plan that is safe, healthy and fun. To view our current schedule or to register, contact [aquatics@bgfjcc.com](mailto:aquatics@bgfjcc.com).  
**Swim Only: \$50/month**



## FIRST AID/CPR/AED

Dates: TBD  
The primary purpose of the American Red Cross First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. The course in this program teaches participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. For information regarding current or other Lifeguard Course please contact [aquatics@bgfjcc.com](mailto:aquatics@bgfjcc.com).  
**Member: \$75/Guest: \$125**



**JOIN OUR SWIM TEAM!**

**TEAM TRYOUTS ARE THE 1<sup>ST</sup> MONDAY OF THE MONTH**

We offer a developmental and a competitive team that focuses on positive coaching and keeping kids active and healthy.

**PRACTICE TIMES**  
Monday - Friday | 4:15 PM, 5:00 PM, 6:00 PM (depending on skill level)  
Member: \$120 per month  
For more information, contact [aquatics@bgfjcc.com](mailto:aquatics@bgfjcc.com).



**CONTACT US**



# AQUATICS AT JCC ON THE COHN CAMPUS

## PRIVATE SWIM LESSONS

One-on-one training with instructor

**Member: Single Lesson: \$32**

**5-Pack: \$150 | 10-Pack: \$280**

**Guest: Single Lesson: \$42**

**5-Pack: \$200 | 10-Pack: \$350**



## SWIM TAMPA AQUATICS

Swim Tampa Aquatics is a year-round competitive swim team that is a member of USA Swimming. Our purpose is to further interest and educate in competitive aquatic sports under the direction of experienced coaching staff and with active parent participation. Swimmers are placed in groups based on experience level. Swimmers receive training in fitness, sport, aquatic safety skills, as well as social skills and great friendships. Call [813.546.4894](tel:813.546.4894) to set up a tryout.

### Practice Times:

*Depending on skill level*

Tu/W/Th 4:00 - 5:00 PM

M-F 5:00 - 6:30 PM



## SEMI-PRIVATE SWIM LESSONS

Semi-private lessons offer great flexibility and personal attention, plus it's more fun swimming with a friend. Swimmers are responsible for providing their own co-participant.

**Member: Single Lesson: \$22**

**5-Pack: \$100 | 10-Pack: \$180**

**Guest: Single Lesson: \$30**

**5-Pack: \$140 | 10-Pack: \$250**

Prices are per swimmer



# FITNESS



## MEMBER FITNESS

### ORIENTATION

Have you taken advantage of our free fitness orientation yet? As a new member you are entitled to a fitness orientation program free of charge. We strongly encourage you to take advantage of this unique program. During your appointment, you will meet with a trainer to discuss your priorities, history and do a few active assessments. Your trainer will familiarize you with our fitness equipment and walk you through each exercise to properly explain form, technique, machine settings, etc. This appointment will leave you educated and equipped with a customized workout card.

### BODYMETRIX™

The BodyMetrix™ System offers the same professional-grade ultrasound technology used by elite athletes and trainers. This high tech, cutting edge device allows you to quickly, easily and accurately make assessments. The BodyMetrix™ System does all this without embarrassing or painful pinching. Assessments take only minutes and are not affected by hydration, exercise level or caffeine intake. Your assessment will include a full report with your body fat percentage, localized fat/muscle layer thickness, waist-to-hip ratio, Body Mass Index and Basal Metabolic Rate. Please wear loose fitting clothing for measurements to be taken.

**Complimentary for current personal training clients**  
**\$40 for non-clients**

## GROUP

### EXERCISE CLASSES

We feature one of the most diverse offerings in Tampa Bay! Enjoy a broad mix of programming including both live and virtually taught classes on-site. A blend of strength, cardio, mindset and recovery classes will help you build the perfect fitness experience for you!

Celebrate health and wellness with these events that combine fitness and fun! Follow us on social media for more details for all of these programs!

### KRAV MAGA

M-Th 6:35 - 8:00 PM

The Israeli Krav Maga system is one of the most effective, practical, and holistic fighting systems in the world. Krav Maga will build your body, mind, and soul. Krav Maga was designed to benefit people of all shapes, sizes, and physical abilities regardless of age. For more information please contact [fitness@bgfjcc.com](mailto:fitness@bgfjcc.com).

**Member Drop In Session: \$17**  
**Guest Drop In Session: \$24**  
**Member Unlimited: \$99/month**  
**Guest Unlimited\*: \$130/month**  
**\*one time \$10 badge fee**

### BODYPUMP LAUNCH

M 5:30 PM | September 26

Come enjoy new music and our new **BODYPUMP** workout! **BODYPUMP** is a fun and challenging total body workout using barbells.

**Free**

### PINK OUT MONTH

October

Please check with the welcome desk

for all the events happening in the month of October or contact the fitness department at [fitness@bgfjcc.com](mailto:fitness@bgfjcc.com) for more information.

**Free**

### GAME NIGHT

M 6:00 - 8:00 PM | October 24

Do you think you got game? Join us for a night of fun and games! Come grab a drink and bring your best as we play different games like cards and board games. For more information contact Emily at [emily.rzonca@jewishtampa.com](mailto:emily.rzonca@jewishtampa.com).

### GOBBLE & WOBBLE

Th | November 24

Join us for this exciting series of classes to keep you moving and active before the big feast! For more information contact [fitness@bgfjcc.com](mailto:fitness@bgfjcc.com).

**Free**

### DECEMBER FITNESS EVENT

Sa | December 24

A series of classes designed to allow you to end the year with a challenging workout and start working towards your new fitness goals. For more information contact [fitness@bgfjcc.com](mailto:fitness@bgfjcc.com).

**Free**

### NEW YEAR'S EXTRAVAGANZA

Sa | December 31

Start your new year off with different 30 minute challenging workouts. For more information contact [fitness@bgfjcc.com](mailto:fitness@bgfjcc.com).

**Free**

## PERSONAL TRAINING

### Virtual Training Available

Let our trainers create a customized training plan, hold you accountable, provide ongoing assessments and show you how to train smart - not just hard. We will help you to stay motivated and focused on your goals while you build a relationship with a professional trainer.

### Personal Trainer Options:

One-on-One, Duo or Small Group. Some need one-on-one attention, some like to bring their friends! How do you get your workout in? Schedule your BGFJCC orientation via email at [fitness@bgfjcc.com](mailto:fitness@bgfjcc.com) or schedule your JCC on the Cohn Campus orientation by emailing Devin Pickett at [devin.pickett@jewishtampa.com](mailto:devin.pickett@jewishtampa.com).

## PILATES REFORMER

Have you ever considered Pilates Reformer to supplement your training, get back into working out or to work through an injury? Reformer is known for its ability to strengthen your core, improve back stability and create a long, lean, supple feel to your body. Clients move through a system of classical exercises lying face down, face up and standing. The variation of exercises using the Pilates Reformer machines is endless, which will help you stay excited for your workouts.

To schedule a session, email [pilates@bgfjcc.com](mailto:pilates@bgfjcc.com). See the Group Exercise Schedule for a full list of class times.

### Group Reformer Rates:

**Single Session - Member: \$27**

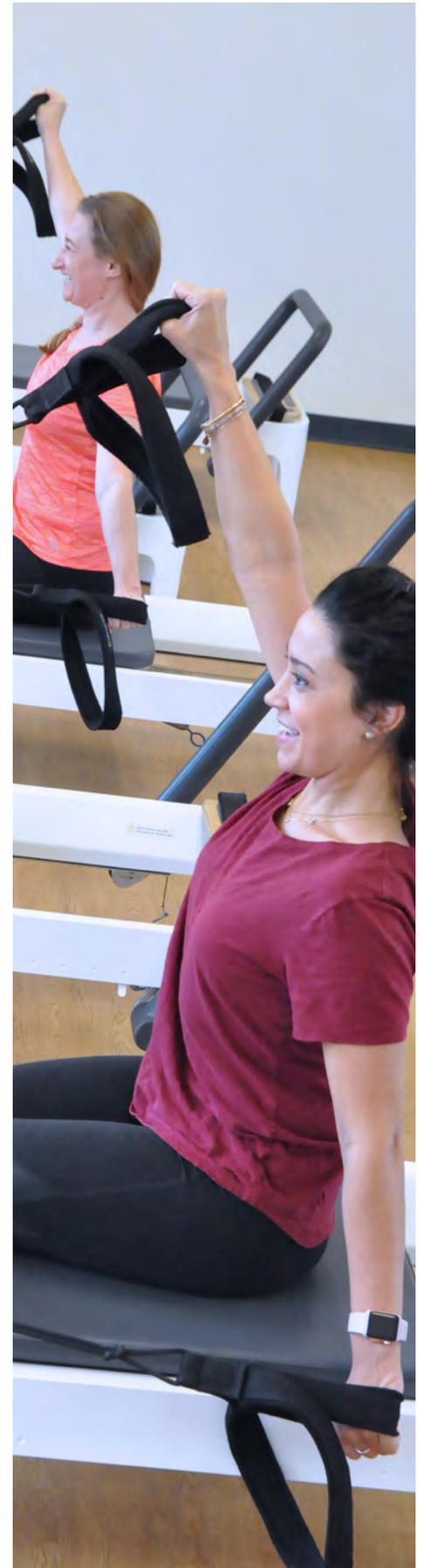
**4 Sessions - Member: \$104**

**8 Sessions - Member: \$192**

**12 Sessions - Member: \$264**

**16 Sessions - Member: \$336**

**One-on-one and duo sessions available.**



# SPORTS + REC



## SPORTS EQUIPMENT AVAILABLE



We have a variety of sports equipment that you can check out from our welcome desk. Inventory includes basketballs, court sports rackets, soccer balls, frisbees and more.

## TENNIS LESSONS WITH COACH V



We are proud to host Coach Antony Valencia at the JCC on the Cohn Campus. Coach Valencia has been teaching tennis for 20+ years and is the current coach for Sickles High School tennis. This tennis program offers adult developmental clinics on Tuesday, Wednesday and Thursday evenings, with private and group lessons for children of all ages

also available upon request. All JCC members are entitled to a complimentary orientation with Coach Valencia.

For more information on times and availability, please contact Coach V at [tenniscoachvalencia@yahoo.com](mailto:tenniscoachvalencia@yahoo.com).

Tennis Clinic with Coach V  
Intermediate (Ages 12 - Adult)  
W | 7:30 PM

Tennis Junior Clinic with Coach  
Advanced (Ages 8 - college prep)  
Tu/Th | 4:00 - 6:00 PM

Tennis Pee-Wee Clinic (Ages 5 - 8)  
Th | 6:00 PM

Tennis Junior Clinic (Ages 10 - 12)  
M | 7:00 PM



# ARTS + CULTURE



## JEWISH ARTS + CULTURE MINI-FEST

The Jewish Arts & Culture mini-fests will be presented in four extended weekends beginning on September 15-18 and continuing on in December 2022; February 2023; and April 2023. The mini fests will include live author

events, award winning films, exciting musical concerts, vibrant visual art exhibitions, interactive culinary experiences and entertaining theatrical performances all showcasing a Jewish lens. Most events will be held at the JCC on the Cohn Campus and the Bryan Glazer Family JCC, with a few

occurring at various other venues in the Tampa Bay area. All events are open to the public and All-Inclusive Passes are available for sale for each fest. Please turn the page to view the full ad.

# YOUTH PROGRAMS



Generously sponsored by



Welcome to the Fall PJ Library season! We will continue to engage PJ friends and families through creative play, story time and monthly gatherings focusing on Jewish themes. PJ Library is for children ages 0-8 years and PJ Our Way is designed for tweens ages 8 1/2 - 11 years old.

Visit [JewishTampa.com/PJLibrary](https://www.jewishtampa.com/PJLibrary) for more information. RSVP requested to [brandy.gold@jewishtampa.com](mailto:brandy.gold@jewishtampa.com).

## JCC PRESCHOOL

The preschool provides a strong academic foundation within a loving, nurturing environment. The preschool offers a wide range of part-time and full-time options in two convenient locations: Citrus Park and South Tampa. **Both preschools start with our infant program (3 months minimum) and go all the way up through Pre-K. JCC Pre-K graduates consistently score in the top 5% on the readiness tests administered to all children entering Kindergarten in the State of Florida.** Rolling admissions throughout the year based on availability.

Problem-solving and inquiry are the cornerstone of the JCC Preschool curriculum. There is a balance between individualized attention and learning cooperatively within a

community. Children explore early literacy, math, social studies, science and fine arts in ways that are meaningful to them so that they can make connections to the world around them and form deeper understandings of concepts and relationships. Learning opportunities surround the children, from the intentional design of the classroom to the activities explored on the playground. Children learn values and character development through a Jewish lens, while embracing and welcoming the diversity of our community.

From the caring, dedicated teachers to the amazing, active parents, the JCC Preschool is a welcoming place

for all families. The JCC Preschool is the place to be for a great early childhood education and long-lasting relationships!

## JCC PRESCHOOL, NORTH BRANCH

13013 Community Campus Drive  
JCC on the Cohn Campus  
813.962.2863  
[JCCPreschoolNorth@JewishTampa.com](mailto:JCCPreschoolNorth@JewishTampa.com)  
License #C HC 110288

## JCC PRESCHOOL, SOUTH BRANCH

2710 South Ysabella Avenue  
Irving Cohen Center at Congregation  
Rodeph Sholom  
813.835.6614  
[JCCSouth@JewishTampa.com](mailto:JCCSouth@JewishTampa.com)  
License #C PA 130310



Ticket, All-Access Pass  
and event details  
can be found at  
[JewishTampa.com/  
ACMiniFest](http://JewishTampa.com/ACMiniFest)

Mark your calendar  
for the next mini-fest.  
**December 15-18, 2022**

JEWISH  
**arts &**  
*Culture* mini-fest  
film • book • theatre • art • music • food

brought to you by the  
Tampa JCCs and Federation



Fu



Bo



Th



M

Fami  
Craff  
Loca  
Elish  
Art v  
Sush  
Inter

**Red Carpet Event – Opening Mini-Fest Celebration**  
**Thursday, September 15 | 6:00 PM** | Bryan Glazer Family JCC

Cocktails, Hors d'oeuvres and Jewels | **\$54 (includes Thursday night movie)**



**FAREWELL MISTER HAFFMAN** (1 HR 56 MIN)

French with English subtitles

**Thursday, September 15 | 7:30 PM**

Bryan Glazer Family JCC

**Sunday, September 18 | 4:00 PM**

AMC Woodlands - Oldsmar

**Individual Ticket - \$12**



**BAD NAZI, GOOD NAZI** (1 HR 5 MIN)

German, Hebrew with English subtitles

**Sunday, September 18 | 6:00 PM**

Bryan Glazer Family JCC

**Sunday, September 18 | 6:00 PM**

AMC Woodlands - Oldsmar

**Individual Ticket - \$12**

ook

Generously sponsored by Gemunder Family Foundation and supported by the Manners Family and the Jewish Book Council



**Lisa Barr, *Woman On Fire: A Novel***

**Friday, September 16 | 12:00 PM**

Brio Italian Grille - International Plaza

An ambitious journalist embroiled in an international art scandal centered around Nazi-looted masterpieces.

**Author Discussion & Luncheon Ticket - \$36**



**LOCAL SPOTLIGHT AUTHOR**

**Deb Carson, *Becoming FLO***

**Sunday, September 18 | 11:00 AM**

Bryan Glazer Family JCC

An Orthodox Jewish boy who runs away from home and joins the Ringling Bros. Circus.

**Coffee & Conversation Ticket - \$10**

theatre

J Stage Theatre at the JCC on the Cohn Campus  
 Professionally directed by Vivid Theatre Productions



**BROADWAY BOUND** by Neil Simon

Neil Simon's last chapter in his Eugene trilogy, following *Brighton Beach Memoirs* and *Biloxi Blues*

**Thursday, September 15 - 7:00 PM | Saturday, September 17 - 8:00 PM**

**Sunday, September 18 - 1:00 PM | Sunday, September 18 - 6:00 PM**

**Show Ticket - \$20**

Music • Art • Food

In partnership with the Jewish Fertility Foundation and the Tampa PJ Library Program

**Family Concert - The Doc Rock Band | Sunday, September 18 | 3:00 PM | Bryan Glazer Family JCC**

Food stations and concessions available for purchase | **FREE Family Concert**

**Artist Spotlight: ELISHEVA**

Elisheva Avivi's art will be featured at the Bryan Glazer Family JCC throughout the mini-fest.

Artwork **will be available for purchase during scheduled mini-fest events.**

**Sushi & Sake Class | Sunday, September 18 | 1:00 - 2:30 PM | Bryan Glazer Family JCC**

Interactive Sushi making and Saki sampling class. Must be 21 or over. | **Ticket - \$36**

# YOUTH PROGRAMS

## CLUB J AFTERSCHOOL

Club J, a high quality after school program offered at both JCC locations – Bryan Glazer Family JCC and the JCC on the Cohn Campus - provides children from kindergarten through 5th grade the opportunity to have fun, learn new skills and to grow and develop in positive ways.

We offer excellent staff to children ratios, with every staff member having had a complete background check. Professional and experienced staff respect and value the diversity of each child.

Transportation is available from schools in the area pending a minimum number of children per school. Drop off for Club J after school is also an option. During Club J after school, our professionals supervise homework and lead fun enrichment activities, including arts and sports. Additional enrichment programs are being offered to children at the Bryan Glazer Family JCC, whether the child attends the Club J program or not. These enrichment classes include karate, theatre, STEAM and tutoring.

**We are currently on a waiting list for both Club J programs. At this time Fall, Winter and Spring Break program spots are not available.**

**Pricing starts at \$340.** For more information about these programs, please contact **Katie Luchen** for the Bryan Glazer Family JCC at **813.291.2254** or **Maci Morse** for the JCC on the Cohn Campus at **813.769.4748**.

## YOUTH ENRICHMENTS AND EVENTS

### Open Play

Our Open Playrooms at JCC Preschool South and JCC Preschool North are equipped with centers for cognitive and locomotor growth and development. Unstructured open play encourages creativity, imagination, critical thinking, self-regulation, independence, social awareness, strength, flexibility, endurance and skill. Plus, this unique time offers a great opportunity to connect with other adults and nurture young friendships for children.

For more information contact [jessica.scruggs@jewishtampa.com](mailto:jessica.scruggs@jewishtampa.com).

### Theatre and Dance

Perform, create and have fun while working with a theatre teaching artist. This class will be tailored to those who enroll so if you like to act, tell jokes, sing, dance or just be creative this class is for you!

For more information contact [jessica.scruggs@jewishtampa.com](mailto:jessica.scruggs@jewishtampa.com).

### Robotics

Miss Amanda from Camp J will be back for building, coding and playing as we create and program our own robots and vehicles. Spots are limited so get them fast!

For more information contact [jessica.scruggs@jewishtampa.com](mailto:jessica.scruggs@jewishtampa.com).

### Academic Tutoring

Allow your child to have one-on-one homework help or academic coaching in a focused environment. Our tutors are experienced teachers who can help with a range of subject areas and grades building confidence and skills at the same time.

For more information contact [jessica.scruggs@jewishtampa.com](mailto:jessica.scruggs@jewishtampa.com).

### Martial Arts

Sharpen your karate techniques and learn life skills such as respect, discipline, focus, self-control and bully defense all while having fun!

For more information contact [jessica.scruggs@jewishtampa.com](mailto:jessica.scruggs@jewishtampa.com).

## KIDS DAY OUT

Su 12:00 - 4:00 PM

September 18 | October 2 | November 13

Calling all children ages 4-12 years old for a fun-themed Sunday! We will be swimming, eating pizza, playing games and participating in various activities. For more information, please contact Elena Martinez at [elena.martinez@jewishtampa.com](mailto:elena.martinez@jewishtampa.com).

**Member: \$30 for the first child, \$15 per additional child**  
**Guest: \$40 for the first child, \$15 per additional child**



# Confidence, Creativity and Community at the JCC

**Two locations:  
North and South**

**Low Ratios**

**Security**

**Jewish  
values**

## PRESCHOOL

- Small school environment
- A community of supportive families and meaningful connections
- Strong academic foundation with social-emotional learning
- Nurturing teachers
- Playtime – Indoor/Outdoor
- Part-time and full-time options for Infants – Pre-K; (VPK offered)

For more information, please contact one of the following:

[jccpreschoolnorth@jewishtampa.com](mailto:jccpreschoolnorth@jewishtampa.com)  
or [jccsouth@jewishtampa.com](mailto:jccsouth@jewishtampa.com)

# TEENS + TWEENS



BBYO is the leading pluralistic teen movement aspiring to involve more Jewish teens in more meaningful Jewish experiences. BBYO strongly values Jewish identity, active leadership, inclusion and tradition. The Tampa JCCs & Federation is home to the Tampa chapter of BBYO in the North Florida Region.

Tampa teens gather to create programs, engage in Judaic activities and socialize

with other Jewish teens across the Tampa Bay area. For more information, please contact **Maci Morse** at [maci.morse@jewishtampa.com](mailto:maci.morse@jewishtampa.com).

## TEEN SWIM TIME

F 6:30 - 8:00 PM

Join us at the pool for free swim just for teens! Select lanes will be open to teens only. Open to teens 12 - 17 years of age.

**Free**

## TWEEN/TEEN FITNESS

### ORIENTATION

As a member, your child 12 - 17 years of age will receive a Youth Fitness Orientation to help them understand how to properly use and structure their exercise. During the appointment, our fitness specialists will introduce the youth to our fitness equipment and proper safety and etiquette. Upon completion the youth will receive a red lanyard to signify completion of the orientation.

To reserve a spot please contact [fitness@bgfjcc.com](mailto:fitness@bgfjcc.com).

**Free**





Tampa JCCs and Federation, USF Health and Tampa General Hospital invite you to

## THE PHILIP SHAYMAN PARKINSON'S PROGRAM

# Jump Into Fall Open House

**SUNDAY, SEPTEMBER 11, 2022 | 12:00 – 1:30 PM (LUNCH PROVIDED)  
VIRTUALLY ON ZOOM AND AT THE BRYAN GLAZER FAMILY JCC  
522 N. HOWARD AVENUE TAMPA, FL 33606 | 813.575.5900**

**Demonstrations | Refreshments | Music | Interactive Games | Information**

Join us to learn about all of the Parkinson's resources that the Tampa JCCs and Federation has to offer in an inclusive and welcoming environment for Parkinson's patients and their families.

Parkinson's resources at the Tampa JCCs and Federation:

Cardio Drumming | Dance & Movement | Informational Talks | LSVT BIG for LIFE  
Rock Steady Boxing\* | Social Mixers | Stretch & Strengthen | Support Groups  
Tai Chi | Thoughtful Breathing & Meditation | Tremble Clefs and more

\*Rock Steady Boxing classes are an affiliate program of Rock Steady Boxing, Inc.

This event is generously supported by a grant from the



# ACTIVE ADULTS



The Tampa JCCs & Federation is where active adults go to enjoy activities that are fun, interesting and satisfying. From games and workshops, to concerts and excursions, to discussion groups and lectures, you can find it here. We always welcome input from our members to enhance our offerings. For those who are not yet ready to attend in person, we are pleased to offer many of our programs virtually as well.

For more information about any of the Active Adults programming, email [pnina.levermore@jewishtampa.com](mailto:pnina.levermore@jewishtampa.com).

## ACTIVE ADULTS MEN'S CLUB +

Meets the second & fourth Tuesday  
5:00 - 6:30 PM

September 13 - December 27

The Men's Club is a group for men to cultivate fellowship and camaraderie through social gatherings, interesting discussions and volunteer activities.

In addition to twice-monthly meetings that include stimulating guest speakers, the Men's Club also schedules a variety of activities such as Rays baseball games, private tours, chartered fishing trips, brunch get-togethers and community volunteering.

## LEARNING EXPRESS LUNCHTIME TALKS (WITH LUNCH)

**Tampa Then & Now: A Conversation with Chip Weiner**

Author of *Burgert Brothers: Another Look. Rephotographing Historic Tampa*

W 12:00 PM | September 14

The Burgert Brothers Photographic Collection is a nearly 100-year visual history of Tampa. For his recent

publication, Burgert Brothers: Another Look. Rephotographing Historic Tampa, Chip Weiner sought out and rephotographed hundreds of sites documented by the Burgerts and juxtaposed the old shots with new images in a fascinating overview of the city's development. Join us and see how much you remember, how much Tampa has changed, and, as importantly, how much hasn't.

**Member: included with membership**  
**Guest: \$15**

## TAMPA MULTICULTURAL CAFÉ: A TASTE OF UKRAINIAN CULTURE In partnership with the USF Osher Lifelong Learning Institute

W 5:00 - 6:30 PM | September 21

Step into the Tampa Multicultural Café where you can sample the tastes, sounds, art and history of the rich ethnic cultures of Tampa, along with cocktails and refreshments from the featured culture.

**Member: \$15/Guest: \$20**

## JEWISH GEOGRAPHY

Tu 6:00 - 7:30 PM | November 1

JCC on the Cohn Campus  
13009 Community Campus Dr., Tampa

Sponsored by

*Tito's*



Join us for a multi-sensory experience as we "armchair" travel to Eastern Europe. Hear first-hand tales of life in the "old country," learn about family treasures and legacies on which legends are built and enjoy tastes straight out of an old world bubbe's kitchen. Rabbi Emeritus Richard Birnholz of Congregation Schaarai Zedek will be our travel guide,

emceeding the event. Guest presenters include University of South Florida Professor Kees Boterbloem, along with Ilya Cherkasskiy, a local resident who hails from Ukraine. Artifacts from the region will be on display.

No this isn't a game of six degrees of separation. Or maybe it is! To register, visit [JCCCohnCampus.com/ActiveAdults](http://JCCCohnCampus.com/ActiveAdults) or call Pnina at **813.291.2253**.

**Member: \$15/Guest: \$20**  
**Dinner is included**

## THE STRAZ CENTER FOR THE PERFORMING ARTS: IMPACT, GROWTH AND VISION FOR THE FUTURE (WITH LUNCH)

Featuring Straz Center Trustee David Scher and Outgoing President and CEO Judy Lisi

Th 12:00 PM | November 17

The Straz Center is the second largest performing arts complex in the Southeastern United States. Hear about the master plan to transform the Straz Center experience for a new generation, serving as a welcoming international cultural institution renowned for innovation, creativity and celebration of the human spirit.

**Member: \$7/Guest: \$15**

## ARTS ABOUT TOWN EXCURSIONS

**St. Petersburg Museum of History Trolley Tour with lunch at Fresco's Waterfront Bistro**

W 9:00 AM - 2:00 PM | November 30

Join us for a guided riding tour of historic St. Pete hosted by the St. Petersburg Museum of History, followed by lunch at Fresco's Waterfront Bistro.

**Without transportation:**  
**Member: \$35/Guest: \$45**  
**With transportation:**  
**Member: \$40/Guest: \$50**

**Tampa International Airport Tour with lunch at the Hard Rock Café (transportation available)**

Date TBD  
 We start with a minibus tour along the airfield service roads with an up-close look at airport facilities. Then we get a behind-the-scenes up-close look at what keeps the airport running smoothly. Finish it all off with lunch at the Hard Rock Café.

**Without transportation:**  
**Member: \$10/Guest: \$15**  
**With transportation:**  
**Member: \$15/Guest: \$20**

**BRIDGE LESSONS** 

Th 2:00 - 3:30 PM  
 Series of six lessons beginning September 8

Have you ever wanted to learn to play bridge? Do you know the basics, but it's been a while? Come schmooze, play and learn in a friendly environment. Six 90-minute sessions will cover the fundamentals of bridge, including bidding and the play of hand.

**Member: \$50/Guest: \$60 for six classes (pro-rating option available)**

**JCC PLUGGED-IN WORKSHOPS & ONE-ON-ONE SUPPORT**  + 

Su 10:00 - 11:00 AM | September 18  
 October 16 | November 20 | December 18

The first half of each workshop will focus on the topic of the day, and the other half will be dedicated to one-on-one help. JCC Plugged-In is where community members connect for answers about tech devices from tech-savvy professionals; where younger and less-young community members connect in a way that is gratifying to both sides of the experience.

**Free**

**MAH JONGG BEGINNER CLASS** 

Su 9:00 - 11:00 AM  
 Series of four beginning November 27  
 Led by 

Mah Jongg is a game of skill and chance that is becoming increasingly popular in the U.S. This course will allow you to learn the rules of American Mah Jongg, basic playing skills and the etiquette of the game. Join us for this 4-week session for fun and enjoyment. The National Mah Jongg League rule card will be provided as well as other resources.

**Member: \$90/Guest: \$110 per four lesson series**

**MAH JONGG OPEN PLAY**

 Tu 1:00 - 2:30 PM  
 Th 12:00 - 2:30 PM

If you're looking for a friendly place to get together and play Mah Jongg, this is it. Novices and experienced players welcome.

**Free**

**LEARNING MAH JONGG LEVEL 1: NOVICE** 

W 2:00 - 4:00 PM | Series of three classes beginning September 7

A series to take if you know nothing or very little about playing the game. The class will prepare you to play with advanced beginners.

**Member: \$40/Guest: \$50**

**LEARNING MAH JONGG LEVEL 2: ADVANCED BEGINNER PLAYING GROUP** 

Th 11:30 AM - 1:30 PM | Series of three classes beginning September 8

For those who already know how to play. This class will focus on what to do with your 13 titles throughout the Charleston with tips and strategies and prepare you to play with intermediate+ level players.

**Member: \$40/Guest: \$50**

**NEWS TALK** 

First and third Tuesday  
 4:00 - 5:00 PM

September 6 - December 20  
 Each week News Talk engages in a topical discussion designed to increase knowledge and understanding of world events. There is also a brief review of current news.

Zoom information available at [BryanGlazerFamilyJCC.com/ActiveAdults](https://BryanGlazerFamilyJCC.com/ActiveAdults)

**Free**

**NEW YORK TIMES CROSSWORD: LET'S DO THE PUZZLE** 

W 5:00 - 6:00 PM | September 14  
 October 12 | November 9 | December 14

Let's do the Puzzle! *New York Times* puzzle wizard Steve Manin reveals the keys to filling in the blanks. Ever wish you could do the crossword puzzle? Now's your chance! You know most of the words. What you may not know are little tricks and the ability to train your brain to think like an expert crossword puzzle solver. Join in the fun, interactive show. Do you think you're already pretty good at solving crosswords? Test your skills with crossword guru Steve Manin.

Zoom information available at [BryanGlazerFamilyJCC.com/ActiveAdults](https://BryanGlazerFamilyJCC.com/ActiveAdults)

**Free**



# ACTIVE ADULTS

## PUBLIX APRONS PRIVATE HANDS-ON COOKING CLASS

W 4:00 PM | November 16

Publix Aprons Cooking School  
The Shoppes of Citrus Park  
7835 Gunn Hwy., Tampa, FL 33626

During each session, have fun preparing a four-course meal with guidance from Aprons' Resident Chef Anthony. When the cooking is complete, enjoy your meal presented "family style" along with optional wine and/or beer.

**Member: \$25/Guest: \$35**  
**Price is per session**

## THE PHILIP SHAYMAN PARKINSON'S PROGRAM

From exercise to education, support groups to social events, the Philip Shayman Parkinson's Program provides opportunities to improve the quality of life for individuals living with Parkinson's disease and their families. The Philip Shayman Parkinson's Program is a partnership between the Tampa JCCs & Federation, the University of South Florida Health Parkinson's Disease and Movement Disorders Center, and Tampa General Hospital. The Program is generously supported by a Community Grant from the . Currently, more than 300 Parkinson's disease patients, caregivers and families in the Tampa Bay area engage with the Program each year.

The Philip Shayman Parkinson's Program offers a wide variety of programs for people with Parkinson's disease and their families, including:

- Exercise classes led by Parkinson's-trained fitness instructors to improve participants' physical condition through aerobic activity, strength training, balance and stretch.
- Support groups, led by a licensed clinical social worker, tailored individually to patients and care partners to enhance coping skills, reduce feelings of isolation and anxiety, and provide opportunities for

participants to express themselves.

- Tremble Clefs, a self-named voice therapy group led by a speech pathologist, addresses voice projection, breathing and posture.
- Fine Motor Skills & Handwriting workshop to focus on brain, facial, eye and fine motor control.
- Lunch & Learn educational events provide helpful practical information from subject-matter experts.
- Weekly Brain Games to flex memory, strategy, and attentiveness.
- Social events and holiday celebrations to build connection and community, relieving isolation that can lead to depression and anxiety.

For those who are not able to attend in person, we are pleased to offer most of our Philip Shayman Parkinson's Program activities virtually as well as in person.

To learn more or register for the Philip Shayman Parkinson's Program, please contact Pnina Levermore, Active Adults program manager, at [813.291.2253](tel:813.291.2253) or [pnina.levermore@jewishtampa.com](mailto:pnina.levermore@jewishtampa.com).

## Annual Parkinson's "Jump Into Fall" Open House (with lunch)

Su 12:00 - 1:30 PM | September 11

The Tampa JCCs & Federation, University of South Florida Health and Tampa General Hospital invite Parkinson's patients and their families and care givers to join us for this special event. Learn about all of the Parkinson's resources that we have to offer in an inclusive and welcoming environment. There will be demonstrations, music, interactive games, information and a fun raffle with great prizes.

**Free**

## FITNESS CLASSES

### Rock Steady Boxing\*

 W 10:00 - 10:45 AM

 W 11:00 - 11:45 AM

 Tu/F 1:30 - 2:30 PM

Parkinson's causes a loss in many of the same elements that boxers condition to improve. Rock Steady Boxing focuses on building strength in the core. It aims to impact overall physical balance, flexibility, posture and gait.

\*Rock Steady Boxing classes are an affiliate program of Rock Steady Boxing, Inc.

### Stretch & Strengthen

 M 1:30 - 2:30 PM

 M 11:00 - 11:50 AM

 Th 2:00 - 3:00 PM

This class addresses flexibility and neuromotor functions such as balance and gait, coordination and is designed to increase muscular strength and endurance.

### Tai Chi +

F 2:30 - 3:30 PM

Tai Chi has been shown to be one of the most effective exercises for improving balance in patients with Parkinson's disease by using gentle, flowing movements with the breath to improve balance, strength, flexibility, coordination and motor control.

### Zumba Gold for Parkinson's

Tu 2:30 - 3:30 PM

This energetic form of dance has been modified specifically for Parkinson's to help improve gait, coordination, and mobility. The session will cover Parkinson's-specific movement elements using a wide variety of dance styles, including salsa, tango, cumbia, mambo and rumba.

### Cardio Drumming/ Dance to the Music

W 2:00 - 2:45 PM

Cardio Drumming is a fun exercise program where participants exercise

to music using drum sticks (or pool noodles) to challenge their cardiovascular system as well as their neurological system by learning sequences to engage their brains.

## LSVT BIG for LIFE

Second and fourth Thursday  
1:30 - 2:15 PM

LSVT BIG for LIFE is a group exercise class for people with Parkinson's disease who have previously completed the individual LSVT BIG treatment protocol. BIG for LIFE will include 7 LSVT BIG Maximal Daily Exercises, practice of functional movements & activities, walking BIG! and other fun exercises with a focus on the amplitude of movements.

## Thoughtful Breathing and Meditation

Tu 2:30 - 3:15 PM

Introduction to breath awareness techniques and mindful meditation to reduce stress and encourage relaxation.

## Tremble Clefs™ Singing Group

 +  M 3:00 - 3:45 PM

Addresses voice projection, breathing and posture. Tremble Clefs is voice therapy and mutual social support through singing, performance and the power of making music together.



## SUPPORT GROUPS

Facilitated by Licensed Clinical Social Worker Mindy Bursten.

### Care Partner Support Groups exclusively for newly diagnosed caregivers

M 11:15 AM - 12:15 PM bi-weekly

### exclusively for caregivers

F 1:30 - 2:30 PM bi-weekly

### Patient Support Groups exclusively for newly diagnosed patients

M 10:00 - 11:00 AM bi-weekly

M 12:30 - 1:30 PM bi-weekly

### exclusively for patients

F 12:00 - 1:00 PM weekly

Support groups allow participants to develop peer support and exchange information with others struggling with similar challenges. In group meetings, participants confront difficulties, share thoughts and feelings, as well as resources. In our Parkinson's support groups, we aim to develop self-efficacy and provide the opportunities for emotional adaptation. We provide a safe space where peers may express themselves, their struggles and triumphs and have the opportunity to help others by sharing their own experiences. Joining a support group is a great way to obtain further resources by hearing the experiences of others.



## SOCIAL MIXERS

As participants have come to feel increasingly at ease and at home in the program, they realized the added benefit of mutual support through social interaction and we are continually providing more opportunities to socialize.



## EDUCATIONAL EVENTS +

Monthly Lunch & Learn events, Annual Community Educational Forum

Opportunities to learn from specialists about a variety of topics of interest to the Parkinson's community.

## OTHER PARKINSON'S RESOURCES AT THE JCC

### Brain Games

Th 11:30 AM - 12:30 PM

A fun morning of games and puzzles to engage the brain and sharpen the mind.

**Free**

### Fine Motor Skills & Handwriting Workshop with Cathy Daumen

F 10:30 - 11:30 AM

Helps reinforce the brain signals to improve eye and hand coordination. The first 40 minutes focus on brain, facial, eye and fine motor exercises. The last 20 minutes focus on handwriting exercises.

To participate, contact Pnina Levermore, Active Adults Program Manager, at [813.291.2253](tel:813.291.2253) or [pnina.levermore@jewishtampa.com](mailto:pnina.levermore@jewishtampa.com).

### Art Looking: The Cognitive Power of Art led by facilitators from the Tampa Museum of Art

First Tuesday of the month | 11:00 AM

Art looking can affect brain wave patterns and the nervous system, raise serotonin levels, and enhance brain function. Tampa Museum of Art educators lead participants through the exhibit and discuss the artwork. Docents utilize guided looking techniques to inspire conversation and reflection amongst the participants.

# COMMUNITY



## GIVE BACK WITH iVOLUNTEER

Enjoy inspiring hands-on volunteer experiences and social action opportunities to give back to your community, organized by the Tampa JCCs & Federation.

### Ben T. Davis Beach Cleanup

Su 9:30 AM | October 2

Join the Tampa JCCs & Federation iVolunteer team on Sunday, Oct 2nd at 9:30am at Ben T. Davis Beach in Tampa as we participate in the 5th Annual Reverse Tashlich, an international community waterfront cleanup.

Bring a picnic lunch to enjoy after we clean up debris and do some good.

Register to participate with the Tampa JCCs & Federation team:

[JewishTampa.com/ivolunteer](https://www.jewishtampa.com/ivolunteer).

This program is in partnership with Repair the Sea and Keep Tampa Bay Beautiful.

This experience is open to people of all ages, faiths and backgrounds.

## CONNECT

CONNECT is designed to welcome new Tampa residents and community members who are new to the Tampa JCCs & Federation or who just want to get more connected and involved in the Jewish community. We provide opportunities for the community to make meaningful connections to people, resources and Jewish experiences in the Tampa area.

## CONNECT Bagel Brunch

Su 10:30 AM - 12:30 PM | October 30

Bryan Glazer Family JCC -  
Mezrah Family Aquatic Center  
522 N. Howard Avenue, Tampa

Meet your community! Whether you're new to Tampa or you have lived in the area for 1, 5 or 20 years, we look forward to meeting you and helping you get connected and involved in your Jewish community.

All ages welcome.

For catering purposes, please register by Wednesday, October 26th.

[JewishTampa.com/Welcome](https://www.jewishtampa.com/Welcome)

We look forward to welcoming you!

CONNECT is sponsored by the Tampa JCCs & Federation, Jewish Federations of North America and the Jim Joseph Foundation.

**Free to attend**

## Save the Date:

### Vodka Latke

Sa 9:00 PM | December 24

Cask Social  
208 S. Howard Avenue  
Tampa, FL 33606

For Jewish singles and couples, ages 20s, 30s & 40s in the Tampa Bay area.





## ESRA TEACHER CHAT

Th 1:00 PM | September 15

Want to develop a personal connection with Israel? Join ESRA, Israel's largest English-speaking community who aid the integration of olim, immigrants to Israel, while working toward equality in Israeli society through its education and welfare projects, and become an ESRA Teacher Chat volunteer! Assist non-native speaking English teachers that would like to enhance their English oral proficiency and provide them with the opportunity to practice English - ONLINE (via Zoom or WhatsApp)!

The commitment is less than one hour per week, for a duration of 15 weeks beginning in late October. No previous experience is required; ESRA will provide materials and support for the volunteers. Volunteers need to be adults but can be of any age.

Interested? Email [pamela.garron@jewishtampa.com](mailto:pamela.garron@jewishtampa.com) for details on joining ESRA's mandatory orientation session on Thursday, September 15 at 1:00 PM.

**Free**

## EDUCATION IN THE COMMUNITY SERIES

This monthly series will feature local clergy and other Jewish thought leaders presenting workshops on a variety of topics.

Please visit [JewishTampa.com/JL&L](http://JewishTampa.com/JL&L) or contact [pamela.garron@jewishtampa.com](mailto:pamela.garron@jewishtampa.com) for more information.

## The Great Human Paradox

M 7:00 - 8:15 PM | November 7

Bryan Glazer Family JCC  
522 N. Howard Ave., Tampa  
Facilitator: Rabbi Yossef Stulberger  
Understanding the human greatness and frailty through the lens of the Torah and our sages.

**Free**

## Finding Miracles

Tu 7:00 - 8:15 PM | December 6

Congregation Mevor Shalom  
14005A N. Dale Mabry Hwy., Tampa  
Facilitator: Hazzan Jodi Sered-Lever  
In advance of Hanukkah, let's explore miracles—how one may understand and experience them—through a Jewish lens. Using stories as a guide, participants will discuss different perspectives on miracles. Masks required.

**Free**

## JEWISH GEOGRAPHY

Tu 6:00 - 7:30 PM | November 1

JCC on the Cohn Campus  
13009 Community Campus Dr., Tampa  
Sponsored by

*Tito's*



*Handmade*

VODKA

Join us for a multi-sensory experience as we "armchair" travel to Eastern Europe. Hear first-hand tales of life in the "old country," learn about family treasures and legacies on which legends are built and enjoy tastes straight out of an old world bubbe's kitchen. Rabbi Emeritus Richard Birnholz of Congregation Schaarai Zedek will be our travel guide, emceeding the event. Guest presenters include University of South Florida

Professor Kees Boterbloem, along with Ilya Cherkasskiy, a local resident who hails from Ukraine. Artifacts from the region will be on display. No this isn't a game of six degrees of separation. Or maybe it is! To register, visit [JCCCohnCampus.com/ActiveAdults](http://JCCCohnCampus.com/ActiveAdults) or call Pnina at **813.291.2253**.

**Member: \$15/Guest: \$20  
Dinner is included**

## JEWISH HERITAGE NIGHT

Th 6:15 PM | December 15

Amalie Arena  
401 Channelside Drive, Tampa  
Sponsored by



Join the Tampa JCCs & Federation and Chabad CHAI for a special evening celebrating Chanukah with a pre-game menorah lighting with professional athletes, team management and the Jewish community at the Ford Thunder Alley! The Tampa Bay Lightning will take on the Columbus Blue Jackets. Tickets are \$38 and include a kosher meal, light-up menorah necklace and a limited edition Lightning souvenir at the Budweiser Biergarten until the start of the 2nd period. The menorah lighting will take place at 6:15 PM; puck drops at 7:00 PM.

To purchase tickets, contact **Ben Salo** at **813.301.6623** or [bsalo@viniksportsgroup.com](mailto:bsalo@viniksportsgroup.com). The deadline for all ticket orders is December 12, 2022.

**Ticket: \$38**



# Jewish Geography



Join us for a multi-sensory experience as we travel to lands far way.

Do you know where your neighbor's bubbe came from?

- Hear first-hand tales of life in the "old country"
- Learn about family treasures and legacies on which legends are built
- Join us for dinner and enjoy tastes straight out of an old world bubbe's kitchen

No, this is not a game of six degrees of separation. Or maybe it is!



Tuesday, November 1, 2022  
6:00 – 7:30 PM | JCC on the Cohn Campus  
Member: \$15 | Guest: \$20

To register, please visit [JCCCohnCampus.com/ActiveAdults](https://JCCCohnCampus.com/ActiveAdults) or call Pnina at 813.291.2253.



# COMBATTING ANTISEMITISM



## CITIZEN JOURNALIST SOCIAL MEDIA BRIGADE TRAINING WORKSHOP

Su 2:00 - 3:30 PM | September 11  
Join our brigade! Antisemitism and the delegitimization of Israel are at their highest levels in decades. We need your help to make the Jewish and non-Jewish community knowledgeable about antisemitism and actions that can be taken to prevent it. Bring your mobile device and we'll provide the information you need to discern misinformation and disinformation found on social media. Middle and high school students who

attend this workshop can receive community service hours!

Please reserve your seat by emailing [citizenjournalist@jewishtampa.com](mailto:citizenjournalist@jewishtampa.com) no later than September 7.

**Free**

## SHINE A LIGHT ON ANTISEMITISM YOUTH ART CONTEST

Sponsored by



Know a student in grades 4-12 who wants to use their talents to make a

difference? The Shine A Light Youth Art Contest was developed to raise awareness of antisemitism, share educational resources and empower individuals to stand against the hatred of Jewish people through the power of art. The calls for entries for the Shine A Light on Antisemitism Youth Art Contest will be opening soon. Winners will receive cash prizes at an awards event in March 2023 and their artwork will be displayed in various public sites around the community. To view this year's winning pieces visit [JewishTampa.com/ShineALight](http://JewishTampa.com/ShineALight).

**Free**

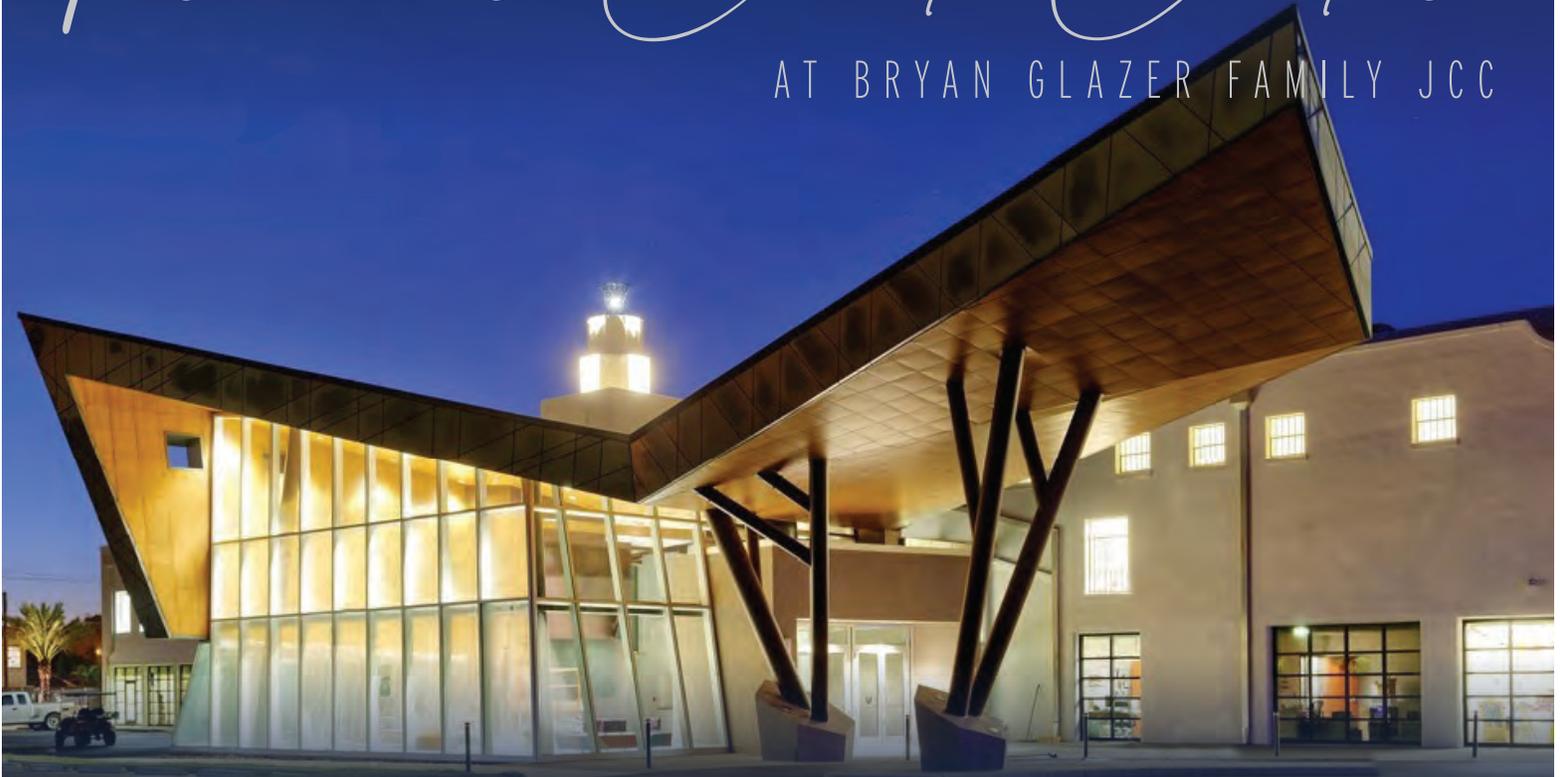
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Visit us on  BryanGlazerFamilyJCC or  JCC on the Cohn Campus and  @BryanGlazerFamilyJCC

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