

PROGRAM GUIDE

JANUARY - MAY 2024



ARTS + CULTURE



YOUTH PROGRAMMING

HAPPY NEW YEAR

NEW YEAR.
NEW OFFERINGS.

Way More
THAN A GYM!



COMMUNITY + VOLUNTEER EVENTS



ACTIVE ADULTS + PARKINSON'S PROGRAMMING



Meet THE HOOKER FAMILY INSIDE»



522 N. Howard Avenue
Tampa, FL 33606
813.575.5900
membership@sbgjcc.com
ShannaandBryanGlazerJCC.com



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

Learn, Play and Grow at the JCC!

Two locations: North and South



CAMP J

- JCC on the Cohn Campus (N): mostly outdoors with
 - zip-lining • rock walls,
 - archery • woodworking
 - field trips
- Shanna & Bryan Glazer JCC(S): weekly specialties with a *campy* feel
 - cooking • sports
 - robotics • Harry Potter
 - Lightning hockey
 - visual and performing arts and more!
- Kindergarten camps
- Swimming
- Leadership programs for middle and high schoolers



Low Ratios



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)



Security



CLUB J AFTERSCHOOL

- Structured activities and free play time
- Transportation from select area schools (Drop off also available)
- Enrichments:
 - martial arts • robotics
 - theatre and dance
 - academic tutoring
 - club adventure
- Quiet activity/homework time
- Indoor/Outdoor activities including swimming
- Afterschool environment that feels like "home"



For more information or to register, please contact the following:

Preschool

jccpreschoolnorth@jewishtampa.com
jccsouth@jewishtampa.com

Club J Afterschool or Camp J

katie.luchen@jewishtampa.com (Shanna & Bryan Glazer JCC)
maci.morse@jewishtampa.com (JCC on the Cohn Campus)

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SHANNA & BRYAN GLAZER 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 SBGJCC
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 | 6:00 AM - 7:00 PM
Saturday & Sunday | 8:00 AM - 4:00 PM

POOL HOURS

Monday – Sunday | 11:00 AM - 3:30 PM

*If outside temperature is less than 50
degrees, the pool stays closed.*



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** 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 31 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



Belonging Leads to Believing

One of my favorite activities at the J is to give a tour of either one of our extraordinary facilities. It's a treat to take visitors down the halls and through the grounds of the JCC on the Cohn Campus or the Shanna & Bryan Glazer JCC and see how guests' eyes light up with excitement and often, amazement.

Interestingly, many people come to the J with some sort of preconceived vision, who think they're simply coming to learn about the gym want to head directly to our fitness centers and check out the equipment, see the pool, and learn about the group exercise classes and trainers. Parents want to look at the preschools or afterschool programming, meet the counselors, see the playground, and learn about our approach to education. Others may enter wanting to learn about our arts and culture programming, opportunities for active adults, or how to pursue some other personal interest. It's all understandable, and of course we need to respond to people's interests . . . but there's so much more, and that's when we sometimes amaze folks and exceed their expectations.

Indeed, it gives me a kick to share this all, but to also give

them a window into the rest of the J. Most importantly, I want to provide a sense of our overarching mission, demonstrate our deep commitment to community building, and even show off a few of our hidden gems.

At the J, we don't only do one thing or one program well, we work to create an environment where all people of different backgrounds and interests feel connected to one another and feel at home. We are rooted in Jewish values that compel us to be kind and welcoming to all. We strive not only to deliver an abundance of high-quality programs (as you'll see throughout this program guide), but we are also focused on delivering an experience that helps everyone feel like they belong. And we know that when people feel like they belong at the J, they'll become believers in the J.

So whether you're new to Tampa or think you already know what the J has to offer, we hope you'll feel like you can belong here, and that eventually you will become believers in the power of this community. We'll show you what you want to see, and if you permit us, we'll share some hidden gems along the way.

Mark Gesner

The Maureen and Douglas Cohn Executive Director of the Tampa JCCs

ON THE COVER: MEET THE HOOKER FAMILY

The Hookers have been married for over 14 years and met while serving in the US Air Force at Lakenheath RAFB in England. They both developed a passion for health and fitness in the beginning of their relationship and before getting married made a promise to each other that we would always put our own health and wellness first so that we could live longer lives for each other and their (soon to be) family.

After separating from the military, the Hookers moved to Tampa where Cody and Hope have been members of the Shanna & Bryan Glazer JCC for two years. They have two little girls, Isabel and Mia

Here's some more information about the Hooker family:

What do you and your family love most about the Shanna & Bryan Glazer JCC?

The JCC is great because it does feel like a community. There are great activities for the kids and we have always felt very welcomed by the staff and other members. A good gym is hard to find but it's even rarer to find one that is so enriching.

What amenities do you all enjoy most?

We absolutely love the J Care and the pool! The gym is great too, it has everything you need to get in a good sweat session.

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

Be ready to make a lot of new friends!

Why did you choose the JCC over other facilities?

The security and quality of the childcare is what attracted us at first. The community and people are what has kept us here.

Anything else you would like to share?

We have been to a lot of gyms over the years and because we spend so much time working out you could say we are experts on what makes a good one. The JCC is a great place, especially if you have a family!





The Tampa Jewish Community Centers and Federation Spotlight

Together We Do Extraordinary Things



The Tampa JCCs & Federation (TJCCF) has been a driving mechanism for our Jewish community building and philanthropy.

As you may not know, 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.

Our annual campaign is ongoing and helps to keep our community safe, strong and growing. We hope to raise millions of dollars each year to fund agencies locally — including Jewish day schools, synagogue religious schools and both the Shanna & Bryan Glazer Jewish Community Center and the JCC on the Cohn Campus, plus the Weinberg Village Assisted Living

Facility, two preschools as well as numerous social-service programs to care for those in need in Tampa.

This year, we are also raising funds to support our brothers and sisters as they defend Israel. The Emergency campaign helps provide immediate assistance to victims of terror and their families. This brutal war on Israel is unlike anything we have ever seen, and the humanitarian costs are already high. In fact, we have a generous donor group that has promised to match community donations and all funds raised will go directly overseas.

As you can see, whether in Tampa or across the U.S. and Israel, our Federation provides a strong foundation for Jewish life and identity-building.

We are grateful for your continued support of the TJCCF. As we kick off the secular new year, please save these dates:

February 4
Annual President's Dinner

March 28
Professional Societies

April 19
Golf Tournament

June 20
Hakarat Hatov:
Recognizing the Good

THANK YOU!

To learn more about how you can support the Tampa JCCs & Federation, please visit JewishTampa.com or contact Alissa Fischel at [813-769-4726](tel:813-769-4726) or Alissa.Fischel@JewishTampa.com.

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. Once the three complimentary guest passes have been used, members and guests are invited to purchase guest passes at these 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 Shanna & Bryan Glazer JCC Membership Team at membership@sbgjcc.com or the JCC on the Cohn Campus Membership Team at 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 SBGJCC membership team at membership@sbgjcc.com or call **813.575.5900**, or the JCC on the Cohn Campus membership team at 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.

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 Shanna & Bryan Glazer JCC. Rent a locker for \$30 per month. To sign-up, stop by our welcome desk or contact our membership team at membership@sbgjcc.com or call **813.575.5900**.

OPEN HOUSE

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

Shanna & Bryan Glazer JCC

January 8-10 | May 25-27

JCC on the Cohn Campus

January 8-10

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

MEDITATION EVENT

Tu 1:00 - 2:00 PM | January 9

Experience tranquility and inner peace at our upcoming meditation event, where you can unwind in a serene atmosphere while connecting with your inner self. Join us for a transformative journey of self-discovery and relaxation.

For more information, email emily.rzonca@jewishtampa.com.

Free with membership

OUR MEMBERSHIP TEAM




SBGJCC Membership Team (L-R): McKinsey Glausier, Membership Representative; Mike Banzon, Membership Representative; Rachel Milhoan, Membership Manager JCC on the Cohn Campus Membership Team (L-R): Devin Pickett and Kaliya Burton-Akright

BREW & SCHMOOZE

 W 11:00 AM - 12:00 PM | Jan 3

 Th 8:00 - 10:00 AM | Jan 11

 M 5:00 - 7:00 PM | Jan 29

 M 5:00 - 7:00 PM | Feb 12

 Th 8:00 - 10:00 AM | Feb 29

 Tu 5:00 - 7:00 PM | Mar 5

 Th 8:00 - 10:00 AM | Mar 21

 W 11:00 AM - 12:00 PM | Mar 27


 Th 8:00 - 10:00 AM | Apr 11

 F 11:00 AM - 12:00 PM | Apr 12

 M 5:00 - 7:00 PM | Apr 15

 Th 8:00 - 10:00 AM | May 9

 F 11:00 AM - 12:00 PM | May 17

 M 5:00 - 7:00 PM | May 20

We are so happy that you have joined our JCC family! Join us for some brews at our new member socials and get to know your community. Coffee will be offered in the morning and Happy Hour in the evening. For more information contact emily.rzonca@jewishtampa.com.

Free with membership

PICKLEBALL TOURNAMENTS

Sa 8:00 AM - 1:00 PM | January 13

Su 8:00 AM - 1:00 PM | April 21

Hit me with your best shot! Get ready for our upcoming Pickleball Tournaments. Dink, drop, and serve your way to a win! Refreshments will be provided, and prizes will be awarded. For more information please contact fitness@sbgjcc.com.

Free with membership


DRUM CIRCLE


W 5:30 - 6:30 PM | January 17, May 22

Drums are the oldest and most ubiquitous instruments – awake your primal rhythm! Drumming is therapeutic and no experience is required. Drums are provided, open to all ages. For more information contact emily.rzonca@jewishtampa.com.

Free with membership

PANCAKE BREAKFAST

 Th 8:00 - 10:00 AM | February 1

 W 10:30 - 11:30 AM | February 16

Nobody stacks up to our members!

Thank you for being a member and enjoy some pancakes with us. Refreshments and fruit will be provided.

For more information, please contact emily.rzonca@jewishtampa.com.

Free with membership

BONFIRE & DRUM CIRCLE

W 5:30 - 7:30 PM | February 7

Experience the therapeutic power of drumming under the starry sky around a roaring bonfire while enjoying delicious s'mores. No prior experience is required, and drums are provided. This event is open to all ages, so bring your friends and family for an unforgettable evening.

For more information, contact emily.rzonca@jewishtampa.com.

Free with membership

TRIVIA NIGHT

Tu 6:00 - 8:00 PM | February 20

Test your knowledge at trivia night at the JCC. Teams can have up to 5 players. Compete for 1st, 2nd, and 3rd place to win a prize. For more information or to register, contact emily.rzonca@jewishtampa.com.

Free with membership

MAKE YOUR OWN TRAIL MIX

F 10:30 - 11:30 AM | March 1

We are nuts about our members! Join us in the member lobby to make your own trail mix. Different mix-ins will be provided. For more information contact emily.rzonca@jewishtampa.com.

Free with membership

5v5 BASKETBALL TOURNAMENT

W 5:30 - 8:30 PM | March 20

The ball is in your court! Get your team ready for our 5v5 Tournament. Do you think you have what it takes to dribble to the top? Refreshments will be provided and prizes will be awarded. Two guests allowed per team. For more information please contact fitness@sbgjcc.com.

Free with membership

GAME NIGHT

M 5:00 - 7:00 PM | March 25

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, please contact emily.rzonca@jewishtampa.com.

Free with membership

APRIL POOLS DAY

M 5:00 - 7:00 PM | April 1

Join us for a splashing good time, where you can enjoy delicious food, exciting raffles, and groovy tunes spun by a DJ. Our poolside celebration is perfect for all ages, so bring your friends and family to bask in the spring sunshine. Don't forget to take a dip in the pool or simply relax by the water's edge. For more details, contact us at membership@sbgjcc.com

to register your guests. Let's make a splash together!

Free with membership

MEET YOUR NEIGHBOR SOCIAL

W 6:00 - 7:30 PM | April 10

Get to know your neighbors at our 'Meet Your Neighbor' social! Whether you live in Armory Gardens, Hyde Park, Harbor Island or one of Tampa's other 84 neighborhoods, join us by the pool

MEMBERSHIP



for an evening of community bonding and friendship. Enjoy a slice of delicious pizza and refreshments as you mingle with fellow neighbors who are members of our JCCs. This is the perfect opportunity to connect with your community, share stories, form friendships and build lasting relationships. For more information, email emily.rzonca@jewishtampa.com.
Free with membership

DODGEBALL TOURNAMENT

Tu 6:00 - 8:00 PM | May 7

Gear up, gather your friends and family. Get ready to dip, dive, and dodge! There will be a family/teen division and an 18+ division. Prizes for the winning teams and pizza will be provided after.

For more information, email emily.rzonca@jewishtampa.com.
Free with membership



MEMORIAL DAY POOL PARTY

M 11:00 AM - 3:00 PM | May 27

Join us at the SBGJCC - 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@sbgjcc.com.

Free with membership



AQUATICS AT SHANNA & BRYAN GLAZER 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).



SBGJCC COMPETITIVE SWIM TEAM (AGES 6 - 18)

M-F | 4:00 - 5:00 PM (Level 2)
5:00 - 6:30 PM (Level 3)
5:00 - 7:30 PM (Level 4)

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@sbgjcc.com to get more details.

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

SBGJCC DEVELOPMENTAL SWIM TEAM (AGES 6 - 18)

M-F | 3:30 - 4:00 PM

The developmental swim team provides 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. Techniques and drills are the primary focus.

Contact aquatics@sbgjcc.com for more information and to register.

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

SBGJCC MASTERS SWIM CLUB

Shanna & Bryan Glazer 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@sbgjcc.com for more information and to register.
\$50/month



AQUATICS AT SHANNA & BRYAN GLAZER JCC

GROUP SWIM LESSONS

Student teacher ratio is 6:1
Class time is 25 minutes
For more information regarding
group lessons please contact
aquatics@sbgjcc.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

YOUTH TRIATHLON TEAM

Tu/Th 6:00 - 7:30 PM
Introduce your kids, ages 7-12 years
old, to this multisport and train with
a world class triathlon competitor.
Each child will learn to be comfortable
on two wheels, and in the pool to
alleviate any fears before a possible
race. For more information, contact
aquatics@sbgjcc.com.
\$50/month

TRI CHALLENGE SERIES

Su 7:30 - 9:30 AM
March 3 | April 7 | May 5
Join us for our Tri Challenge Series
where you will swim, bike and run to
victory. For more information, email
aquatics@sbgjcc.com.
Member: \$20 per challenge or \$60
Guest: \$30 per challenge or \$75



AMERICAN RED CROSS LIFEGUARD TRAINING

M-F 4:00 - 8:00 PM | March 18-22
Th/F 4:00 - 8:00 PM and
Sa/Su 8:00 AM - 4:00 PM | April 11-14
Tu-F 2:00 - 8:00 PM | May 14-17
American Red Cross Lifeguard
Training is designed to give
participants the skills and resources
required to instruct students in basic
level American Red Cross Courses.
This course requires both in-person
and online instruction.
Member: \$250/Guest: \$300

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION TRAINING

Su 8:00 AM - 4:00 PM | April 21
American Red Cross Lifeguard
Recertification Training is designed
to give participants the skills and
resources required to instruct
students in basic level American Red
Cross Courses. Current certifications
in the basic level are required to
participate. This course requires both
in-person and online instruction.
Member: \$75/Guest: \$125

SINK OR SWIM: CARDBOARD BOAT RACE & PANCAKE BREAKFAST

Su 8:00 - 11:00 AM | May 19
8:00 - 9:30 AM - Breakfast
9:00 - 11:00 AM - Boat Race
Join us on the pool deck for yummy
pancakes and then paddle your way to
the finish line. For more information or
questions on how to build your boat
please contact aquatics@sbgjcc.com.
Free with membership

MAY IS NATIONAL WATER SAFETY MONTH

Su 11:00 AM | May 19
Make sure you're prepared for the
beach, pool and sun this summer.
All month we will be giving safety tips
and join us on May 19th for our Water
Safety Day where we will be holding
safety demonstrations along with
offering discounts for swim lessons.
For more information contact
aquatics@sbgjcc.com.



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** 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

MASTERS SWIMMING (AGES 18+)

M/W/F 6:00 – 7:30 AM

Learn to refine technique, build endurance and improve overall health with Coach Scott who has over 30 years of coaching experience and 25 years of competitive swimming experience. For more information, please contact Coach Scott at **813.546.4894**.

\$50/month*

***Requires monthly membership to the JCC on the Cohn Campus**

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



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!

MEDITATION

Be on the lookout for details on our bonus guided meditation! Meditation promotes a deep state of relaxation to support increased focus, inner peace, balance and wellness.

Contact fitness@sbjgcc.com for more information.

BODYPUMP LAUNCH

Sa 8:00 – 8:45 AM | January 6, April 20
New year, new BODYPUMP! Join us as we launch the latest BODYPUMP release of songs and movements. Stick around afterwards for hydration and high fives!

Contact fitness@sbjgcc.com for more information.

Free with membership



INTRO TO SERIES

Intro to Cycle

W 10:00 – 10:45 AM | January 10

Intro to Tai Chi

F 9:00 – 9:50 AM | January 12

Intro to Cycle

Sa 10:00 – 10:45 AM | January 13

Intro to BODYPUMP

Sa 11:00 – 11:45 AM | January 13

Intro to Yoga

Sa 9:00 – 9:45 AM | January 13

New to group fitness and not sure which classes you would like to attend? Come to the Intro series and learn the basics. For more information please contact fitness@sbjgcc.com.

Free with membership

PIRATES BOOTY

Sa 10:00 – 10:45 AM | January 27

Don't be a scallywag! Get your booty into the gym for a special Butts & Guts group fitness event! Contact fitness@sbjgcc.com for more information.

Free with membership

PICKLEBALL

Su 12:00 – 1:30 PM | January 28

Beginner Clinic

Su 12:00 – 1:30 PM | February 11

Intermediate Clinic

Su 12:00 – 1:30 PM | April 7

Our Pickleball Clinics will help you:

- Learn the 7 fundamental shots and strategies
- Learn basic Pickleball strategies
- How to win more points with proper footwork

- How to improve your serves and returns

For more information please contact fitness@sbgjcc.com.

**Registration Fee is \$30 per person
Capped out at 12 participants, MAX**

HEART HEALTH MONTH CHALLENGE

Join us for our Heart Health Month Challenge! During the month of February, the JCC fitness team is challenging you to attend as many group fitness classes as you can! Grab your calendar at the front desk and for more information contact fitness@sbgjcc.com.

Free with membership

GLOW WITH THE FLOW

Th 5:30 – 6:45 PM | February 1

Glow Paint

5:30 – 6:00 PM

Glow Cycle/Glow Yoga

6:00 – 6:45 PM

We'll turn the lights down and provide glow paint. You choose the session! For more information contact fitness@sbgjcc.com.

Free with membership

LATIN DANCE PARTY

F 5:30 – 6:30 PM | February 9

Ready to salsa, merengue, and bachata? No partner or experience required – just bring your enthusiasm and let the music move you! Contact fitness@sbgjcc.com for more information.

Free with membership

SPRING EQUINOX YIN YOGA

F 6:00 – 7:00 PM | March 22

Bring balance through this spring equinox yoga session designed to create space within the body. We'll welcome the light, growth, and energy that comes with spring. This

experience supports yogis of all skill levels with options and adaptations. Contact fitness@sbgjcc.com for more information.

Free with membership

MEDICINE BALL MADNESS

Tu 6:30 – 7:20 PM | March 26

W 6:00 – 6:50 AM | March 27

Th 12:00 – 12:50 PM | March 28

Break a sweat & have a ball! Combine strength & cardio for a hard-core 30-minute HIIT class using the Medicine Ball. Contact fitness@sbgjcc.com for more information.

Free with membership

MAY IS PILATES MONTH

Experience the challenge, variety and fun of different pilates classes. During the month of May, we will have special free sessions for our members to try out. Keep on the lookout for our highlighted events in May.

Free with membership

MOMMY & ME YOGA

Su 10:00 – 10:45 AM | May 5

Breathe, stretch and move with your munchkin as we explore simple yoga poses. Giggling is allowed and encouraged as we build balance, coordination and body awareness together. Contact fitness@sbgjcc.com for more information.

Free with membership

PINOT & MAT PILATES

F 5:30 – 6:20 PM | May 10

Elongate muscles, enhance core strength, and improve posture with Mat Pilates. Afterwards, we'll raise a glass to celebrate movement! *Contact fitness@sbgjcc.com for more information.

Free with membership

*Must be 21 to receive complimentary wine.

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 SBGJCC orientation via email at fitness@sbgjcc.com or schedule your JCC on the Cohn Campus orientation by emailing Devin Pickett at 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 series of movements 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 your complimentary orientation or purchase a package, email pilates@sbgjcc.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.

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



The Jewish Arts & Culture Spring Festival will be presented on April 3rd

through the 6th. The festival 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 Shanna & Bryan Glazer 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 at JewishTampa.com/SpringFestival.

KOACH

(IN HEBREW, KOACH MEANS STRENGTH, POWER, MIGHT)

BUILDING COMMUNITY
KOACH THROUGH FILM
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ALL ACCESS
FILM PASS

\$95

Includes all special programs

FEBRUARY 22ND - 25TH

TICKETS ON SALE JANUARY 2 | TBJFF.org

OPENING NIGHT



Israel Swings For Gold

Thursday | February 22

The Straz Center | Jaeb Theatre

6:00 PM Cocktail Hour

7:00 PM Movie

Director and talent in-person

2023 | USA | English | Documentary | 77 mins.

**Ticket \$28 includes cocktail hour
+ movie + program**

COMMITTEE CHOICE



Irena's Vow

Saturday | February 24

The Straz Center | Jaeb Theatre

8:00 PM

2023 | Canada, Poland | English | Drama | 121 mins.

Ticket \$15 movie

BONUS MATINEE



The Catskills

Friday | February 23

The Straz Center | Jaeb Theatre

12:00 PM

2023 | USA | English | Documentary | 85 mins.

Ticket \$8 movie

Ticket \$18 movie + box lunch

FOODIE FRENZY



Hummus Full Trailer

Sunday | February 25

The James Museum | St. Petersburg

3:30 PM | Movie

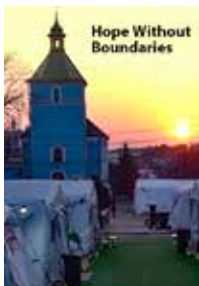
5:00 – 6:00 PM | Hummus Happy Hour +
A Culinary Competition! Professional chefs vie for
the title "best hummus maker" in town.

2022 | Israel | Hebrew | Crime | 92 mins. CC

**Ticket \$18 movie + Hummus Happy
Hour (cash bar)**

Sunday Funday Pass available*

SPECIAL ENGAGEMENT



Hope Without Boundaries

Friday | February 23

The Straz Center | Jaeb Theatre

3:00 PM - Movie + American Friends of Sheba
Medical Center program

2023 | Israel, Ukraine | Hebrew, Ukrainian,
English | Documentary | 65 mins.

Ticket \$8 movie + program

CLOSING NIGHT



Our Story

Sunday | February 25

The James Museum | St. Petersburg

6:00 PM

2022 | Israel | Hebrew | Rom-Com | 103 mins. CC

Ticket \$15 movie + celebration sweets

***Sunday Funday Pass \$30 includes
Hummus Full Trailer + Hummus Happy
Hour + Our Story.**



YOUTH PROGRAMS



Welcome to the Spring 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 for more information. RSVP requested to 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
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
License #C PA 130310



YOUTH PROGRAMS

CLUB J AFTERSCHOOL

Club J, a high quality after school program offered at both JCC locations – Shanna & Bryan Glazer 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 Shanna & Bryan Glazer 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 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 Shanna & Bryan Glazer 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 Playroom at JCC Preschool South is 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 michele.montgomery@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 katie.luchen@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 katie.luchen@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 katie.luchen@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 katie.luchen@jewishtampa.com.

FILM FRIDAY

F 6:00 - 7:30 PM

Fourth Friday of every month

Join us on the 4th Friday of every month for cinematic adventure like no other! The movie will begin to play at 6PM. Popcorn and refreshments will be provided. Max age 12 years old. Kids are encouraged to attend in Pajamas and bring their own pillow/blankets! Parents must stay on site during the film. For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Free with membership

Parents must remain on property

SIP AND SHARE

F 6:00 - 7:30 PM

Fourth Friday of every month

Where conversations flow as smoothly as the drinks. Join us for an evening of meaningful conversations, connections, and delightful beverages! This is your chance to sip and share your thoughts, stories and build connections with fellow parents who understand the joys and challenges of raising a family. Film Friday will be in JCare for the children during this event.

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.
Free with membership

KIDS DAY OUT

Su 12:00 - 4:00 PM

January 14, 28 | February 11, 25

March 17 | April 14 | May 5

Give your child the perfect Kid's Day Out experience filled with laughter, learning and endless fun! Our program is designed to provide a safe and engaging environment for kids to explore, play, and make new friends. From different monthly themes to fun activities, games, swimming, eating pizza and more! For more information or to register, please contact Elena at

YOUTH PROGRAMS

elena.martinez@jewishtampa.com.

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

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

ABC SPORTS

Th 11:00 - 11:45 AM

January 18 - February 22

ABC Sports, where the tiniest athletes take their first steps into the world of sports and play! Our new program is specially designed to for children ages 3-5 where they will learn about the ABCs of Sports, agility, balance and coordination through age-appropriate games, activities, and interactive play. For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member/Guest: \$120 for 6-week program

PAINT LIKE PICASSO

Sa 10:00 - 11:00 AM

January 20 - February 24

Unlock your child's inner artist and watch them paint like Picasso in our creative program. Children ages 4-12 will explore different techniques from world famous painters, unleash their imagination and create masterpieces! For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: \$120 for 6-week program

MINUTE TO WIN IT! KIDS vs PARENTS

Su 11:00 AM - 1:00 PM | January 21

Who can stack the most cups, balance the most cookies on their face or complete a tricky task in just 60 seconds? Join us for a memorable afternoon of friendly competition! For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Free with Family membership

PANCAKES AND PAJAMAS

Su 9:00 - 11:00 AM | February 4

Join us for a cozy fun filled Sunday! Slip into your comfiest PJs and come join us while we decorate pancakes, do arts and crafts, and read books in our reading corner! Pajamas are encouraged. For more information, please contact Elena at elena.martinez@jewishtampa.com.

Free with membership

STEM SATURDAYS

Sa 10:00 AM - 12:00 PM

March 2 | April 6 | May 18

Join us for Stem Saturdays, where learning meets excitement! Children ages 4-12 will dive into the world of science, technology, engineering, and math with hands on experiments, and engaging activities that are designed for young minds with a thirst for knowledge! STEM Saturdays offer a fun and interactive way to explore the wonders of STEM.

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

**Member: \$20 for the first child,
\$15 per additional child
Guest: \$30 for the first child,
\$15 per additional child**

TRIVIA NIGHT: FAMILY EDITION

F 5:30 - 6:30 PM | March 8

Join us for a night of friendly competition and family fun at our Family Trivia Night! Put your knowledge to the test with a variety of trivia questions that will challenge participants of all ages. Prizes, laughter, and memorable moments are guaranteed! For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Free with Family membership





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.

Any teen that registers to become a member of BBYO will receive a FREE 3 month membership to SBGJCC!

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 with membership



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@sbgjcc.com.

Free with membership



Teen Awards



A short-film contest with a Jewish lens for students
presented by Arlyn and Adam Abelson



📺 The rules:

Create a short-film that has a Jewish connection which is 1 minute to 15 minutes in length. **Submit it via Vimeo or other movie-making format by April 1, 2024.** Open to all Hillsborough, Pasco and Pinellas County Middle School and High School students.

📺 The Winners:

The films will be adjudicated by the Tampa Bay Jewish Film Festival Committee and Staff on **April 1, 2024.** The top ten films will be featured at the Arts & Culture Spring Festival in collaboration with the TBJFF in April.

📺 The prizes:

1st place: \$750
2nd place: \$250
3rd place: \$100
Plus gifts for the top ten films.



LEARN MORE



Hillsborough
County Florida



The Abelson Group
Morgan Stanley

Submit films to brandy.gold@jewishtampa.com or call **813.769.4725** for more info.



C E L E B R A T I N G YOM HAATZMA'UT

76 YEARS
OF
INDEPENDENCE
MONDAY, MAY 13, 2024



For more information visit
JewishTampa.com/IID







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.

ACTIVE ADULTS MEN'S CLUB

Meets the second & fourth Tuesday of the month
5:00 – 6:30 PM | January 10 – May 23
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.

MAH JONGG OPEN PLAY

 Tu 1:00 – 2:30 PM
 Th 12:00 – 2:00 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 with membership

NEWS TALK

First and third Friday
3:30 PM | June 6 – August 15
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 ShannaandBryanGlazerJCC.com/ActiveAdults

Free with membership

ARTS ABOUT TOWN EXCURSIONS

Tampa International Airport Tour

Day Time TBD | 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, and finish it all off with lunch at the Hard Rock Café.

Without transportation:
Member: \$10/Guest: \$15

With transportation:
Member: \$15/Guest: \$20

TAMPA MULTICULTURAL CAFÉ: A TASTE OF SCOTLAND

In partnership with the **USF Osher Lifelong Learning Institute**

5:00 – 6:30 PM | Date TBD

The Taste of Scotland is part of the series of Multicultural Cafés that celebrates the variety of diverse communities of Tampa Bay. 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: \$25

BRIDGE LESSONS

Th 1:00 – 2:30 PM | Series of six lessons January 4 – February 1
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 1.5 hour sessions will cover the fundamentals of bridge, including bidding and the play of hand.

Member: \$50/Guest: \$60
for six 90-minute sessions
(pro-rating option available)

NEW YORK TIMES CROSSWORD: LET'S DO THE PUZZLE

W 5:00 – 6:00 PM | January 10
February 14 | March 13 | April 10 | May 8
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 ShannaandBryanGlazerJCC.com/ActiveAdults

Free with membership



ACTIVE ADULTS

LEARNING EXPRESS LUNCHTIME TALK

Vaccine Advances: COVID, Boosters and other shots (with lunch) featuring Steven Specter, Professor Emeritus, Department of Molecular Medicine, University of South Florida

Tu 12:00 – 1:00 PM | January 16

A look at the changing COVID variants and related changing boosters, the various shots that we are advised to get (COVID, flu, shingles, pneumonia) and how they interact.

**Member: Included in membership/
Guest: \$15**

What?! A Jewish Indian Chief? A Look At The Earliest Jews in America
In partnership with the **USF Osher Lifelong Learning Institute**

Led by Barbara Goldstein

Th 1:00 – 3:00 PM | February 8 - 29

When we think of Jews immigrating to America, we tend to picture Irving Howe's World of Our Fathers, with thousands of immigrants arriving at Ellis Island. But the truth is that there were thriving Jewish communities in America even before George Washington was born. Our class will meet some fascinating Colonial Jews who made a mark on American life, even before we became America, along with the Jews of Deadwood in the time of Wild Bill Hickok, stage coaches and Indian wars. And yes, along with some other fascinating characters, we really will meet a Jewish Indian chief. No kidding!

**Included in membership/Guest: \$40
To register call USF OLLI at
813.974.5848**

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

Su 11:00 AM - 12:00 PM | January 21
February 18 | March 17 | April 21 | May 19

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 with membership

MAH JONGG BEGINNER CLASS

Series of four lessons

Su 9:00 – 11:00 AM
January 28 – February 18;
April 21 – May 12

Led by  *Dragons on the Green Mah Jongg*

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**

JEWISH GEOGRAPHY: NORTH AFRICA (DINNER INCLUDED)

In partnership with the **USF Osher Lifelong Learning Institute**

W 6:00 – 7:30 PM | January 31

JCC on the Cohn Campus
13009 Community Campus Dr., Tampa
When people meet each other for the first time, it's natural to try to connect through mutual acquaintances. Jewish people often find connections to generations of immigrants from all over the world. Take this journey to the lands of North Africa and hear firsthand tales of life in the past.

Learn about family treasures and legends. Enjoy a dinner featuring recipes passed down "I'dor v'dor" from generation to generation. To register, visit JCCCohnCampus.com/ActiveAdults or call Pnina at **813.291.2253**.

Member: \$15/Guest: \$25

HEART TO HEART DINNER DANCE

W 6:00 – 9:00 PM | February 14

Dining and dance featuring "South of Kennedy" playing 60's, 70's and 80's rock. Complete dinner and cash bar. A perfect opportunity to spend February 14th with your friends and/or your significant other.

Member: \$60/Guest: \$70

Early Bird pricing available. Details to come!



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. Currently, more than 400 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.

- Voice Therapy & Tremble Clefs, 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 education 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** or **pnina.levermore@jewishtampa.com**.

\$20/month or \$100/6 months

LIVING WITH PARKINSON'S SYMPOSIUM: REDUCING BARRIERS AND CONNECTING TO YOUR COMMUNITY

Annual Parkinson's Symposium in partnership with The Parkinson's Foundation featuring Robert Hauser, MD, MBA; Theresa Zesiewicz, MD; Yarema Bezchlibnyk, MD, PdD; Annie Boroks, MSW; Kelly Hussey, PA-C

Su 12:00 – 4:00 PM | January 21

The Tampa JCCs & Federation and the Parkinson's Foundation invite you to this special "Living With Parkinson's Symposium: Reducing barriers & connecting to your community."

Join us for lunch and hear from Tampa Bay Parkinson's experts about common challenges with Parkinson's disease and strategies to help you manage symptoms and get connected to your Parkinson's community.

Attendance is free but **registration is required**.

Free

PARKINSON'S COMMUNITY GAME DAY!

Cheerleaders welcome

1:00 – 2:30 PM | Date TBD

North and South teams face off for a friendly afternoon of games, refreshments, and good company. Come play – or cheerlead – or just relax and enjoy. Games include putt-putt golf, corn hole, ring toss & tabletop shuffleboard followed by refreshments, BINGO and more.

Free

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.



LIVING WITH PARKINSON'S

Florida Chapter Parkinson's Symposium

Reducing barriers & connecting to your community



A collaboration of the Tampa JCCs & Federation and the Parkinson's Foundation

Sunday, January 21st, 2024
12:00 – 4:00 p.m.

Shanna & Bryan Glazer JCC
522 N Howard Ave
Tampa, FL 33606

The Parkinson's Foundation and the Tampa JCCs & Federation invite you to the Florida Chapter Parkinson's Symposium.

Hear from Tampa Bay Parkinson's experts about common challenges with Parkinson's disease and strategies to help you manage symptoms and get connected to your Parkinson's community.

All are welcome to join us! Attend in-person or watch the program from anywhere across the sunshine state at-home via Zoom. **Attendance is free but registration is required.**

Learn more and register at: Parkinson.org/Tampa
Or call 561-206-3156

Thank you to our generous sponsors!



Expert Speakers:

Robert Hauser, MD, MBA
Movement Disorder Specialist, Director,
USF Parkinson's & Movement Disorder Center

Theresa Zesiewicz, MD
Professor, Department of Neurology
Director, USF Ataxia Research Center Movement Disorders

Yarema Bezchlibnyk, MD, PhD
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Board-Certified Clinical Specialist in Neurologic Physical Therapy
LSVT BIG Certified Clinician, Outpatient Rehabilitation Services
Coordinator, Tampa General Hospital



FITNESS CLASSES

Let's Move

 +  M 11:00 - 11:50 AM

Just the right amount of challenge with weights, bands and stretching.

LSVT BIG for LIFE

Th 12:00 - 12:50 PM


Open to Parkinson's program participants deemed safe by the instructor to participate after a trial is completed.

Each class is taught by an LSVT BIG for LIFE certified physical or occupational therapist from Tampa General Hospital. LSVT BIG for LIFE is a group exercise class for people with Parkinson's disease. The program includes 7 LSVT BIG Maximal Daily Exercises, practice of functional movements & activities, walking BIG! and other fun exercises with focus on amplitude of movements.


Rock Steady Boxing*

 M 1:15 - 2:45 PM

 Tu 1:00 - 1:45 PM

 Tu 1:30 - 2:15 PM

 W 10:00 - 10:45 AM

 W 11:00 - 11:45 AM

 F 1:30 - 2:45 PM

A fun activity that focuses on building strength in the core. Rock Steady Boxing conditions for agility, speed, endurance, hand-eye coordination.

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

Spinning for Parkinson's

Th 1:00 - 1:50 PM

Riding an indoor, stationary bicycle has been shown to reduce Parkinson's motor symptoms by as much as 35%. That's a good reason to hop on a bike and go for a spin.

Stretch & Strengthen

 +  Th 2:00 - 3:00?? PM

This class addresses flexibility and neuromotor functions such as balance and gait, coordination and agility. The class encourages muscular

strength and muscular endurance. It is designed to enhance physical and mental balance and coordination.

Thoughtful Breathing and Meditation

Tu 2:30 - 3:15??? PM

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

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. Tai Chi calms all the systems of the body, targeting the nervous system, which helps relieve stress, anxiety and depression.



Yoga for Parkinson's

 +  W 2:00 - 2:50 PM

Just the right amount of challenge with weights, bands and stretching.

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.

SUPPORT GROUPS

Facilitated by Licensed Clinical Social Worker Mindy Bursten.

New Patient Support Group

Every other Monday 10:00 AM

Care Partner Support Group - Newly Diagnosed

Every other Monday 11:15 AM

Patient Support Group - Newly Diagnosed

Every other Monday 12:30 PM

Grief Group

Every other Friday 10:15 AM

Patient Support Group

Every other Friday 12:00 PM

Care Partners Support Group

Every other Friday 1:30 PM

Support groups are led by a licensed clinical social worker. They 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 other by sharing their own experiences. Joining a support group is a great way to obtain further resources by hearing the experiences of others.

OTHER PARKINSON'S RESOURCES AT THE JCC

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

Tu 11:00 AM - 12:00 PM | January 2
February 6 | March 5 | April 2 | May 7

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

ACTIVE ADULTS

looking techniques to inspire conversation and reflection amongst the participants. Participants will enjoy the therapeutic benefits of having conversations about art and learn from each other.

Brain Games: Jeopardy, Word Find, etc.

Th 10:15 - 11:15 AM

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. This is a 3-step approach: exercising the large arm/hand muscles, working with the fine motor skills, and exercises to improve handwriting. All 3 areas need to work together for success.

Parkinson's Writing Circle

Tu 11:00 AM - 12:15 PM (excluding the first Tuesday of the month)

The Writing Circle workshop offers writing as a healing and recreational exercise for free self-expression, including fiction and creative non-fiction (such as personal essays, memoirs and family histories to hand down). Writing is accessible to everyone. No experience necessary. The Circle is led by Enid Shomer, a member of our Parkinson's community and an experienced writer and teacher. If you are curious but aren't sure, we welcome you to come check it out.

Voice Therapy for Parkinson's (VTP) & Tremble Clefs™ Singing Group

M 3:00 - 4:00 PM  + 

Targets improving the strength of the vocal mechanism to allow for a strong, clear voice. VTP is based on vocal exercises that have proven to be effective for those experiencing voice/speech changes due to Parkinson's. Tremble Clefs is voice therapy and mutual social support through singing, performance and the power of making music together.

Pre-registration required

To participate, contact Pnina Levermore, Active Adults Program Manager, at **813.291.2253** or pnina.levermore@jewishtampa.com.



COMMUNITY + SOCIAL MEETUPS



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.

Save the Date for upcoming iVolunteer experiences; all times and locations are TBD.

After Gasparilla Cleanup

Su | January 28

Join us for a morning with Keep Tampa Bay Beautiful to remove beads, debris and other litter from the parade route and neighboring streets.

National Muffin Day

Su | February 18

It's a community baking party! Join us to make and bake muffins on "National Muffin Day," a philanthropic food holiday created to raise awareness for and share kindness with people experiencing homelessness.

Morning at the Glazer Children's Museum

Su | May 5

Join us at the Glazer Children's Museum in Downtown Tampa to help them prepare for summer camp.

For more information, or to RSVP for any iVolunteer event, contact Noa Friedman at **813.291.2302**, noa.friedman@jewishtampa.com or visit JewishTampa.com/iVolunteer.



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JEWISH LIFE + LEARNING



JEWISH GEOGRAPHY: NORTH AFRICA (DINNER INCLUDED)



In partnership with the **USF Osher Lifelong Learning Institute**

W 6:00 – 7:30 PM | January 31

JCC on the Cohn Campus

13009 Community Campus Dr., Tampa

When people meet each other for the first time, it's natural to try to connect through mutual acquaintances. Jewish people often find connections to generations of immigrants from all over the world. Take this journey to the lands of North Africa and hear firsthand tales of life in the past.

Learn about family treasures and legends. Enjoy a dinner featuring recipes passed down "I'dor v'dor" from generation to generation. To register, visit JewishTampa.com/JLL or call Pnina at **813.291.2253**.

Member: \$15/Guest: \$25

YOM HASHOAH (HOLOCAUST REMEMBRANCE DAY) & SHINE A LIGHT ON ANTISEMITISM YOUTH ART CONTEST



In partnership with



The Tampa
Synagogue/Federation
Partnership Committee,

and Jewish Federation
of Florida's Gulf Coast

M 6:30 PM | May 6

Shanna & Bryan Glazer JCC

522 N. Howard Avenue, Tampa

Join us for a special commemorative program held in remembrance of the six million who perished during the Holocaust. As a beacon of hope for the future, the winners of the Shine A Light on Antisemitism Youth Art Contest will be announced.

Free with membership

YOM HAZIKARON (ISRAEL MEMORIAL DAY)



In partnership with the



M 6:30 PM | May 13

Shanna & Bryan Glazer JCC

522 N. Howard Avenue, Tampa

Join us for a moving and memorable program held in remembrance of fallen Israel Defense Forces soldiers and victims of terror.

Free with membership

YOM HAATZMAUT (ISRAEL INDEPENDENCE DAY)



Plans are underway for this year's festivities! Please visit JewishTampa.com/IID for updates.

COMBATting ANTISEMITISM



SHINE A LIGHT ON ANTISEMITISM YOUTH ART CONTEST

Sponsored by



Contest opened December 1, 2023;
Deadline March 1, 2024

Calling all students in grades 4-12!
The Shine A Light on Antisemitism Youth Art Contest raises awareness of antisemitism and empowers individuals to stand against the

hatred of Jewish people and mitigate ignorance through the power of art. Youth of all backgrounds are encouraged to participate. Please visit JewishTampa.com/ShineALight for additional details.

Free

Help Us Shine A Light on Antisemitism!

Youth Art Contest

Our Youth Art Contest raises awareness of antisemitism and empowers individuals to stand against the hatred of Jewish people and mitigate ignorance through the power of art.

\$7,300
in cash prizes!

**SHINE
A LIGHT**
on Antisemitism

Prizes awarded in ALL 3 age divisions:

(Grades 4-6, 7-9 and 10-12)

1st Place	\$1000
2nd Place	\$500
3rd Place	\$300
Plus 7 Honorable Mentions!	\$100 each

Youth of all faiths and backgrounds
are encouraged to participate!

Reflect on how people can fight against hate and antisemitism using 2-D artwork representing an element of antisemitism or Jewish pride.

All contest entries must be received by Friday, March 1, 2024.

JewishTampa.com/ShineALight

Questions? Email **ShineALight@JewishTampa.com**



MORE INFO





PROFESSIONAL COMMUNITY CONNECTION

Make Connections That Matter

Join us for a fun evening of networking for business professionals from all industries.
Events are free and open to the community.



For more information about PCC, please contact
Lisa Robbins at lisa.robbins@jewishtampa.com or **813.769.4723**.



GIVE BACK WITH

iVolunteer



*Enjoy inspiring hands-on
volunteer experiences with
your community organized by
the Tampa JCCs & Federation*

For more information regarding
upcoming iVolunteer events,
contact Noa Friedman
at **813.291.2302** or
noa.friedman@jewishtampa.com.



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

THE TAMPA JCCs & FEDERATION 10th Annual Golf Tournament APRIL 19, 2024 WESTCHASE GOLF CLUB

Proceeds will benefit the Secure Our Future Campaign.
For more information visit JewishTampa.com/Golf



JW Marriott
510 Water Street, Tampa, FL 33602

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PURCHASE TICKETS ONLINE AT: JewishTampa.com/APD
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