

PROGRAM GUIDE

SEPTEMBER - DECEMBER 2025



ARTS + CULTURE



YOUTH PROGRAMMING



COMMUNITY + VOLUNTEER EVENTS



ACTIVE ADULTS + PARKINSON'S PROGRAMMING



Meet THE MORTENSONS INSIDE»



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



13009 Community Campus Drive
Tampa, FL 33625
813.264.9000
membership@jccc Cohncampus.com
JCC Cohn Campus.com

WELCOME

WHAT'S INSIDE

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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 SBJCC
and is limited to two hours per day.**

*Included in all family memberships

For questions about J Care please contact
elena.martinez@jewishtampa.com.

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 | 6:00 AM - 6:00 PM
Saturday & Sunday | 8:00 AM - 3:00 PM

Winter hours starting in November

Monday – Friday | 11:00 AM - 5:00 PM
Saturday & Sunday | 11:00 AM - 3:00 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 27 of this program guide.



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



Come Experience Our J Values in Action

As you flip through the pages of this program guide, you will surely see plenty of ways to engage in activities that are good for the body, mind, and spirit. Whether it's a group exercise class, a book author talk, or a special event—the array of programs we offer at the

J are wonderful opportunities to nurture your health and wellness in all its many forms.

As you go through this guide, I also hope you will be able to read between the lines and notice how our organizational values come to life. You see, interwoven into our preschool curriculum, individual training sessions, Men's and Women's Club gatherings, intense and not so intense spin and yoga classes, Jewish Book Festival soirées, Parkinson's Tremble Clefs sing-a-longs and everything else we do is the "why" behind our work—to build community, to show respect and kindness to one another, and as our Tampa JCCs & Federation vision states, to be the "heart of a vibrant, harmonious and connected community that embraces everyone."

Starting with a warm welcome desk greeting and followed by every step you take, I hope you'll sense that you have come to a community center that not only offers fantastic programming but also offers the chance to build relationships with people who may have different backgrounds and perspectives. I hope you will find that our J is a place of solace and civility. And over time, I hope you will not only experience what we do, but that you'll come to know who we are and why we're here.

I believe organizations and individuals are most able to fulfill their missions and have a positive impact when their actions align with their values. Please look through this guide to see our values in action, and whether you're becoming a new member or a seasoned veteran of the J, I invite you to do everything in your power to help make sure our J is full of good health and wellness at every turn of your body, mind, and spirit.

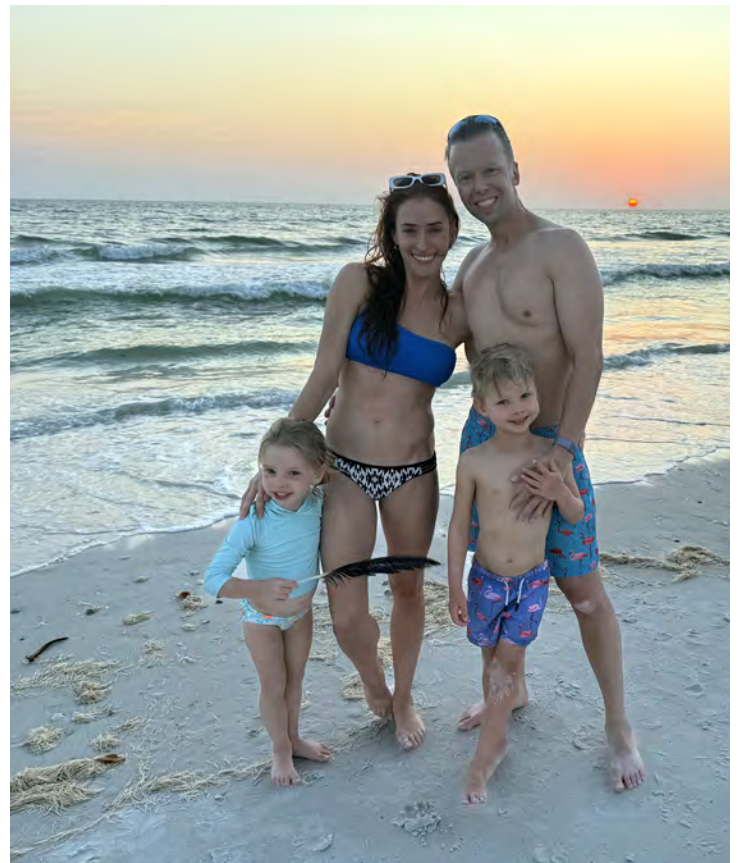
Take good care,

Mark Gesner

The Maureen and Douglas Cohn
Executive Director of the Tampa JCCs

ON THE COVER: MEET THE MORTENSONS

The Mortensons live within walking distance of the JCC and love the neighborhood and community that has formed around the Shanna and Bryan Glazer JCC. Their two children, Santiago and Renata, love STEM Saturdays and Kids' Day Out. Nate and Regina take turns exercising daily, and appreciate the high-quality childcare at J Care as part of their healthy lifestyle. "The staff is so incredibly warm and friendly," they stated and their children feel right at home every time they go. The Shanna and Bryan Glazer Family JCC is such a key part of their routine and they look forward to many more happy memories here.



WELCOME



The Tampa Jewish Community Centers and Federation Spotlight

Standing Together for Our Community

Alissa Fischel, Chief Development & Engagement Officer



This past year, our Federation has faced significant challenges. With global conflicts and the concerning rise in antisemitism, our organization's

mission has never been more vital. The **annual giving campaign** is the bedrock of our work, providing essential support to programs in Israel and our network of beneficiary agencies right here at home.

These agencies are on the front lines, delivering crucial services and care to our community. They depend on our collective strength to continue their indispensable work. Now, more than ever, we must stand together

to ensure they have the resources needed to make a real difference. This collective impact is made possible entirely by our dedicated community members who generously contribute time, energy, and financial support. Your partnership is the lifeblood of our ability to help so many.

Please mark your calendars for these important dates:

September 16:
Annual Campaign Kickoff

October 23:
Sue & Jeff Schoenbaum Annual Community Leadership Awards

December 2:
Giving Tuesday

January 8 (2026):
Bobby Karpay Women of Distinction Program

To learn more about the Tampa JCCs & Federation and the vital support we provide, please feel free to contact me at **813-769-4726** or alissa.fischel@jewishtampa.com.

We encourage you to use this program guide to explore our diverse programs, activities, and events, or visit **JewishTampa.com**.

We believe you'll discover that we offer so much more than just a gym at both the Shanna & Bryan Glazer JCC and the JCC on the Cohn Campus.

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.

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 team? 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@JCCCohnCampus.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

August 30-September 1 | October 13-15

JCC on the Cohn Campus

September 1-3 | October 13-15

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.

LABOR DAY POOL PARTY

M 11:00 AM - 3:00 PM | September 1

Celebrate the end of summer with sunshine, splashes and good vibes!

Join us for a fun-filled pool party with music, bounce house and refreshments. To register your guests contact membership@sbgjcc.com.

Let's make the most of the long weekend!

Free

OUR MEMBERSHIP TEAM

SBGJCC Membership Team (Top, L-R)

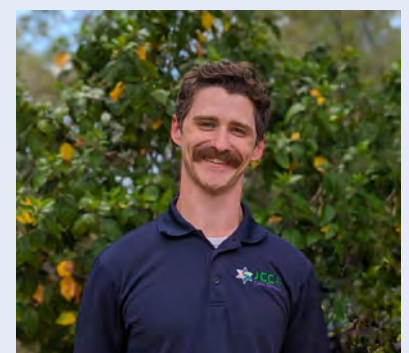
McKinsey Glausier
Membership Representative

Alex Manasa
Membership Representative

Rachel Milhoan
Senior Sales Manager

JCC on the Cohn Campus Membership Team (Bottom)


Devin Pickett
Membership Representative



MEMBERSHIP

BREW & SCHMOOZE

 W 8:00 - 10:00 AM | Sept 3

 Tu 5:30 - 7:00 PM | Sept 16

 F 10:30 - 11:30 AM | Sept 19

 Th 8:00 - 10:00 AM | Oct 16

 F 10:30 - 11:30 PM | Oct 17

 Tu 5:30 - 7:00 PM | Oct 28

 F 10:30 - 11:30 AM | Nov 7

 Th 5:30 - 7:00 PM | Nov 13

 W 8:00 - 10:00 AM | Nov 19

 Th 8:00 - 10:00 AM | Dec 3

 F 5:30 - 7:00 PM | Dec 5

 Tu 5:30 - 7:00 PM | Dec 16

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 a Happy Hour in the evening. For more information please contact

kaliya.burton-akright@jewishtampa.com.

Free with membership

PINOT AND PAINTING

Tu 6:00 - 9:00 PM | September 9

Unwind with a glass of wine and let your creativity flow! Join us for a fun and relaxing evening of painting, sipping, and socializing. No experience needed—just bring your imagination and we'll provide the rest. Cheers to art and good vibes!

To register please contact

margaret.schmidt@jewishtampa.com.

Limit 12 participants

Free with membership

PINK OUT MONTH: BINGO

October

Grab a bingo card at the welcome desk and complete various fitness activities to win a prize! At the same time, raise breast cancer awareness. Please contact fitness@sbgjcc.com with any questions.

Free with membership

DINK FOR PINK PICKLEBALL TOURNAMENT

Sa 8:00 AM - 2:00 PM | October 11

Join us on the court for a fun-filled pickleball tournament in support of breast cancer awareness! Rally with friends, show your pink pride and help make a difference. All skill levels welcome. Let's play for a cause!

To register please contact

briana.oglesby@jewishtampa.com.

Free with membership

LATKES AND LUNCH

F 10:00 AM - 12:00 PM | December 5

Enjoy a delicious afternoon featuring freshly made potato latkes with all the classic toppings. Come hungry and connect with fellow members over this crispy, comforting treat.

Free with membership

DRUM CIRCLE

W 5:30 - 6:30 PM | November 5

Embark on a rhythmic odyssey through the ancient beats of drums, awakening your primal instincts and inner rhythm. Experience the therapeutic allure of drumming, regardless of your background. Contact margaret.schmidt@jewishtampa.com to uncover the captivating world of rhythm and connection.

Free with membership

NOON YEAR'S EVE

Tu 11:30 AM - 12:30 PM | December 31

Ring in the New Year with your JCC Family! Photo op, light refreshments, and kids crafts will be available. Join us for a champagne or sparkling juice toast at noon. To RSVP, please email 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:

- **No diving.**
- U.S. Coast Guard approved flotation devices only.
- Swimsuits are required.
- Children wearing built-in swimsuit 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.
- Swim diapers must be worn.
- No changing on the pool deck.
- Rough play, running and throwing swimmers is prohibited.
- Use of spa by children under 15 years of age is prohibited.

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.

OUTDOOR SAUNA

- Maximum use: 15 minutes.
- Maximum sauna load - 4 persons.
- Must be 18 years or older to use.
- If you are feeling dizzy, lightheaded, or uncomfortable, exit the sauna and seek help immediately.
- Pouring liquids onto rocks is strictly prohibited.
- No oils or lotions should be used in the sauna.

THUNDERSTORM POLICY

As a safety precaution, the pool and pool deck will close when lightning breaches an 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 | 3:30 - 4:15 PM (Bronze)
3:45 - 4:15 PM (Silver Dryland)
4:15 - 5:15 PM (Silver)
4:45 - 5:15 PM (Gold Dryland)
5:15 - 6:15 PM (Gold)
5:45 - 6:15 PM (Pre-Senior/Senior Dryland)
6:15 - 7:45 PM (Pre-Senior/Senior)

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! Swim assessments are done every Monday - Friday at 4:00 PM. Contact aquatics@sbgjcc.com for additional details.

Member Only: \$120/month

Registration is monthly; roster size is limited.

SBGJCC MASTERS SWIM CLUB (AGES 18+)

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.

Member Only: \$50/month

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



AQUATICS AT SHANNA & BRYAN GLAZER JCC

PARENT & TOT SWIM LESSONS (AGES 6 MONTHS - 2 YEARS)

Sundays 10:00 - 10:30 AM | September
Student teacher ratio is 6:1

Spark a love for swimming early! Our Parent & Tot classes are designed for parents and their little ones to enjoy the water together in a safe, engaging environment. With songs and hands-on support, these lessons are perfect for introducing your tot to the joys of swimming while creating unforgettable memories!

For more information, please contact
aida.sarsenova@sbgjcc.com.
Member Only: \$100/month

TODDLER SPLASH ACADEMY (AGES 2 YEARS - 5 YEARS)

Sundays 10:30 - 11:00 AM | September
Student teacher ratio is 6:1

Ready for the next step? Our Toddler Splash Academy is designed to help young swimmers develop water confidence, basic swimming skills and essential water safety in a fun and supportive environment.

For more information, please contact
aida.sarsenova@sbgjcc.com.
Member Only: \$100/month

YOUTH TRIATHLON TEAM

Tu/Th | 6:00 - 7:30 PM

Introduce your kids, ages 7-12 years old, to this multi-sport 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

ADULT TRIATHLON TEAM

Join our Adult Triathlon Team for a thrilling journey through swimming, cycling and running. Train, compete and bond with like-minded athletes. All levels are welcome!
\$50/month

AMERICAN RED CROSS ADULT & PEDIATRIC CPR/AED AND FIRST AID TRAINING

Sa 9:00 AM - 12:00 PM | Oct 26

W 9:00 AM - 12:00 PM | Dec 3

The American Red Cross Adult & Pediatric CPR/AED and First Aid Training teaches essential lifesaving skills for responding to emergencies.

Participants learn to provide CPR, use an AED and perform basic first aid for both adults and children. Participants will be required to complete mandatory asynchronous learning, followed by in-person skills sessions. Contact aquatics@sbgjcc.com for more information and how to register.

Member: \$75/Guest: \$100

TRI-CHALLENGE

Su 7:30 - 9:30 AM | November 2

Join us for our Tri Challenge where you will swim, bike, run to victory.

For more information, email

aquatics@sbgjcc.com.

Member: \$25/Guest: \$35



AQUATICS AT JCC ON THE COHN CAMPUS

PRIVATE SWIM LESSONS

One-on-one 30 minute training with instructor.

5-Pack: \$250 | 10-Pack: \$350

Prices are per swimmer



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 Coach Scott at **813.546.4894** to set up an evaluation to determine which group is best for your swimmer.

Stroke Development Group

M/W/F 4:15 – 5:00 PM | Coach Sandy
Tu/W/Th 4:15 – 5:00 PM | Coach Myah
New swimmers learning the basic four strokes: Butterfly, Backstroke, Breaststroke and Freestyle.

Typically ages 4-9

Bronze Group

Tu/W/Th 3:30 – 4:15 PM | Coach Myah
New swimmers that know all four strokes are learning better technique, turns, starts off the blocks and intervals.

Typically ages 6-10

Silver Group

M/Tu/F 3:30 – 4:15 PM | Coach Scott
More advanced age group swimmers learning the basics of how to train, more advanced drills and higher focus on technique.

Elementary School ages 7-10

Gold Group

M-Th 6:30 – 8:00 PM | Coach Scott and Coach David
Newer middle school swimmers not quite ready for Pre-Senior but know all four strokes and working on higher level drills, interval training and technique work.

Typically ages 10-14

Pre-Senior Group

M-F 5:00 – 7:00 PM
Sa 9:00 – 10:30 AM | Coach Scott
M/W/F 6:00 – 7:30 AM | Coach Scott and Coach David

Second highest level of swimmers refining strokes still focused on technique while interval training at a higher level.

Typically Middle School ages 11-14

Senior Group

M-F 4:15 – 6:30 PM
Sa 8:00 – 10:30 AM | Coach Scott
M/W/F 6:00 – 7:00 AM | Coach Scott and Coach Abel

This is our highest level of swimmers. Fine tuning their strokes, higher training regimen.

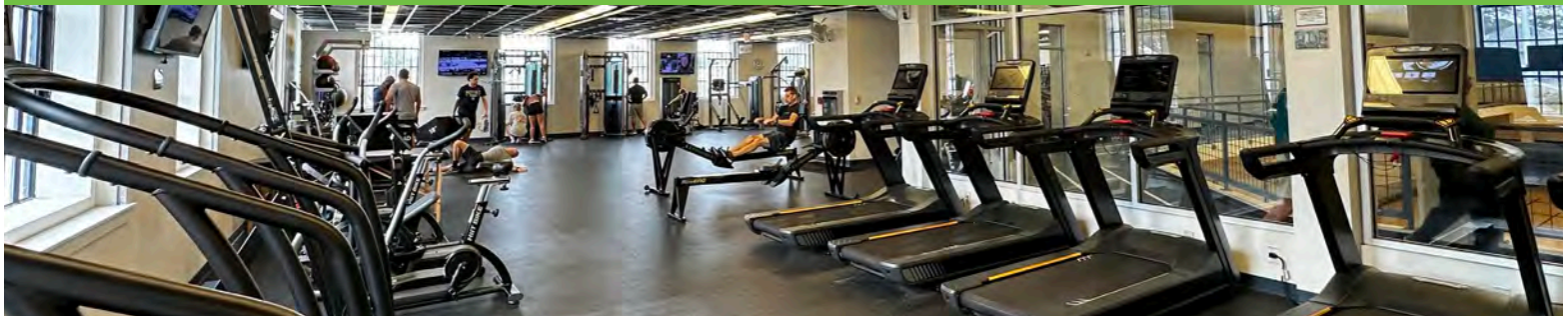
Typically High School ages 14-20

Homeschool Team

Tu/Th/F 8:45 – 9:30 AM | Coach Scott
Typically ages 6-15



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 virtual classes on-site. A blend of strength, cardio, mindset and recovery classes will help build your perfect fitness experience!

Celebrate health and wellness with these events that combine fitness and fun! Follow us on social media for more updates and program reminders.

PICKLEBALL

Beginner Pickleball Clinic

Su 10:00 AM – 12:00 PM | September 14

Advanced Pickleball Clinic

Su 10:00 AM – 12:00 PM | November 2

Our Pickleball Clinic will teach you:

- The 7 fundamental shots
- Basic Pickleball strategies
- Proper footwork
- Serving & returning
- How to win!

To register please contact

fitness@sbgjcc.com.

Registration fee is \$30 per person
Exclusive to SBGJCC members
Limited to 12 participants

BABY & ME YOGA (6 WEEKS TO 12 MONTHS)

Th 11:00 – 11:25 AM | September 18

Su 10:00 – 10:25 AM | September 21

Mind & Body Studio

Connect with your body and your baby as you move through asanas to strengthen and stretch.

Recommended for babies between six weeks and 12 months old. Contact fitness@sbgjcc.com for more details.

Free with membership

MOMMY & ME YOGA (1 - 5 YEARS)

Th 11:30 – 11:55 AM | September 18

Su 10:30 – 10:55 AM | September 21

Mind & Body Studio

Join our joyful yoga sessions for parents and children where you and your little one can move and have fun together. These sessions are not just about yoga; they're about creating beautiful moments and memories with your child while promoting a sense of well-being for both of you. Let's flow and grow together on the mat! Contact fitness@sbgjcc.com for more details.

Free with membership

AUTUMN EQUINOX YIN YOGA

F 6:00 – 7:15 PM | September 19

J-Studio

Join us as we relish the last of the summer light and embrace letting go for the new season. Yin Yoga offers us an opportunity for reflection while creating space in the body with longer holds in more gentle poses. This session supports yogis of all skill levels with options and adaptations. Please bring your favorite blanket. Contact fitness@sbgjcc.com for more information.

Free with membership



JUMP INTO THE WEEKEND- PILATES REFORMER JUMPBOARD

★JCC F 5:30 – 6:20 PM | Sept 26

★JCC F 5:30 – 6:20 PM | Oct 24

Did you know that you could jump while lying down? The Pilates Reformer Jumpboard delivers fun cardio while building bone density in the legs, hips and spine with less joint stress. On top of that, you'll get all the usual reformer perks - think increased strength, mobility, flexibility, and coordination. Plus, bonus points for supporting your body's natural detox process in promoting lymphatic drainage!

Member: Contact pilates@sbgjcc.com to purchase a session or package;

Guest: \$27

LINE DANCING ★JCC

F 5:30 – 6:20 PM | November 7

Bust a move to the J-Studio for some Friday night fun! We'll stomp, pivot, shake and shuffle our way through our favorite line dance songs. Contact fitness@sbgjcc.com for more information.

Free with membership

GOBBLE WOBBLE ★JCC

Th | November 27

Step into your fitness studio for a sampling of movement and mindfulness sessions designed to keep your wellness goals intact! Check out the group exercise schedule for classes and times.

Free with membership

DECEMBER WINTER WELLNESS WEEK ★JCC

M-F | December 22 - 26

Short on time? We're mixing in more express sessions this week to accommodate your calendar and keep your wellness goals on track! Check out the group exercise schedule for classes and times.

Free with membership

NEW YEAR'S EVE CARDIO COUNTDOWN ★JCC

W | December 31

Finish the year stronger with more opportunities to Burn, Build & Breathe! Check out the group exercise schedule for classes and times.

Free with membership

FITNESS

PERSONAL TRAINING

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 system of classical exercises lying face down, face up and standing. The variation of exercises using the Pilates Reformer machines is endless, keeping you challenged and excited.

To schedule your complimentary orientation or to purchase a package email pilates@sbgjcc.com.

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 are available.





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





JEWISH BOOK FESTIVAL

TAMPA

2025

Opening Sunday, October 12

Event Tickets at
JewishTampa.com/JBF

OPENING NIGHT!



Shattered Morning, Shared Stories:

10/7: 100 Human Stories
by Lee Yaron

Sunday, Oct. 12 | 6:00 p.m.
Shanna & Bryan Glazer JCC
\$20 - Wine & Hors d'Oeuvres

Lee Yaron, winner of the National Jewish Book Award and the 2025 Natan Notable Books Award.



A Story Rediscovered

One in Six Million
By Amy Fish

Wednesday, Oct. 29
JCC on the Cohn Campus
7:00 p.m.

The true tale of a baby left by the road in World War II Poland.

\$10 - Dessert & Coffee



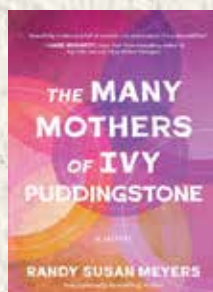
Tales & Tastes: The Jewish Flavors of Mexico

Sabor Judío
By Margaret E. Boyle

Sunday, Oct. 19
Shanna & Bryan Glazer JCC
6:00 p.m.

Where challah meets cajeta - Sabor Judío serves a rich fusion of Jewish roots and Mexican soul.

\$36 - Fiesta Dinner & Spirits



Life in the Commune

The Many Mothers of Ivy Puddingstone
By Randy Susan Meyers

Friday, Oct. 31 | BRIO Italian Grill
International Plaza Bay Street
12:00 p.m.

A novel about a child of the 60s, growing up with many mothers in a radical commune.

\$36 - Author Luncheon at Brio Restaurant



Lies That Save Lives

Paris Undercover
by Matthew Goodman

Wednesday, Oct. 22
JCC on the Cohn Campus
7:00 p.m.

Two unlikely heroines, one Nazi-occupied city, and a secret rescue network, reveals a hidden true story of courage, deception, and the cost of truth.

\$10 - Coffee & Dessert



A Hanukkah Dinner of Love & Lit

Eight Heartbreaks of Hanukkah
By Jean Meltzer

Sunday, Dec. 7
Shanna & Bryan Glazer JCC
5:30 p.m.

Eight nights, one ex, and a second chance-will this Hanukkah rewrite their love story?

\$36 - Festive Hanukkah Dinner Party

Radiant, Real & Reckless:

Florida Authors Showcase | Sunday, November 2

Shanna & Bryan Glazer JCC



**Finding Love After Walking Down
Everyone Else's Aisle**

Finally the Bride:

by Jen Glantz



From bridesmaid-for-hire to bride herself, Jen Glantz serves up a hilarious, heartfelt tale of love, chaos, and ditching perfection on the way to "I do."

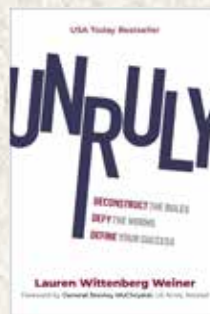
11:00 a.m.

\$25 - Champagne Brunch

**Deconstruct the Rules, Defy the
Norms, and Define Your Success**

Unruly:

by Lauren Wittenberg Weiner



A bold, distinctly Jewish roadmap for bending the rules without breaking them—and finding success on your own terms.

1:00 p.m.

\$10 - Engaging Discussion

NOVEL-TEA AUTHOR PANEL



Fine, I'm a Terrible Person

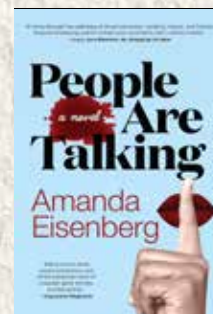
by Lisa Rosenberg

A wild weekend in L.A. reunites a chaotic mother and her perfectionist daughter.

People Are Talking

by Amanda Eisenberg

Old secrets, broken trust, and a deadly reunion—can two ex-best friends survive?



3:00 p.m.

\$15 - Tea, Coffee & Lite Bites

Author programs will conclude with a book sale and signing.



Barbara & Richard Manners
and Family



Sponsors as of 8.25.25

ARTS + CULTURE

THE ART OF JEWISH JOY

CANVAS PAINTING, WINE SIPPING AND SHOPPING WITH DESIGNER ARIELLE ZORGER

ARIELLE
ZORGER
designs

Monday, September 8
6:00 - 8:00 p.m.

Shanna & Bryan Glazer JCC • 522 N. Howard Ave., Tampa

\$50 per guest Please register at JewishTampa.com/designs



Event Includes:

- ♥ Hands-on canvas art class for attendees.
- ♥ Unique art design created by Arielle specifically for this event.
- ♥ Conversation with Arielle.
- ♥ Arielle Zorger Designs pop-up shop!
- ♥ Wine & Cheese • Coffee & Dessert

SUBMISSIONS ACCEPTED - NOVEMBER 1, 2025 Student Visual Arts and Playwrights Contests

Our student visual arts and playwrights contests celebrate creativity, promote understanding and empower individuals to stand for what's right.

For more information - JewishTampa.com/ShineALight

SHINE
A LIGHT
on Antisemitism



Hillsborough
County Florida

OPENING NOVEMBER 5, 2025
at the JCC on the Cohn Campus

A MIDSUMMER NIGHT'S DREAM



ThinkTankTYA.org

SAVE THE DATE 30TH ANNIVERSARY CELEBRATION

OPENING FEBRUARY 12, 2026



Hillsborough
County Florida



Sara and David Scher



GROOVE & GLOW A Chanukah Dance Party

SAVE THE DATE
December 14, 2025

*Inviting Neurodivergent & Learning-Strong Friends
to an all inclusive Chanukah celebration.*

Suggested age: 12+

Sensory Friendly Space
Wheelchair Accessibility
Supportive Party Mentors



YOUTH PROGRAMS



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 locations start with our infant program (3 months minimum) and go through Pre-K. JCC Pre-K graduates consistently perform in the highest tiers of kindergarten readiness, as measured by VPK Composite Program Assessment scores across the State of Florida.** Rolling admissions throughout the year are 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, helping them connect to the world around them and build a deeper understanding 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 #C13HI0001

JCC PRESCHOOL, SOUTH BRANCH

2710 South Ysabella Avenue
Irving Cohen Center at Congregation Rodeph Sholom
813.835.6614
JCCSouth@JewishTampa.com
License #C13HI0169



PJ Library & PJ OUR WAY.



**'Bee' My Honey
Tea Party**

Honoring Grandparents
(and Grand-friends)

*Entertainment provided by
"Mr. Tommy Presents"*

**Sunday, September 14
1:00 – 3:00 PM**

Shanna and Bryan Glazer JCC – Ballroom
522 N. Howard Ave., Tampa



\$18 per adult:
PJ Library and PJOW Friends FREE
Register at:
Jewishtampa.com/PJLibrary

For more information email **Laura.
Kaufmann@JewishTampa.com**



YOUTH PROGRAMS

CLUB J AFTERSCHOOL

Club J, a high quality afterschool program offered at both Shanna & Bryan Glazer JCC and the JCC on the Cohn Campus, provides children from kindergarten through 5th grade the opportunity to have fun, build new skills and grow in a supportive and engaging environment.

We maintain excellent staff to child ratios, and every team member completes a thorough background check. Our professional and experienced staff members value the unique background and needs of each child.

Transportation is available from select area schools (pending minimum enrollment), and parent drop off is also an option. Each afternoon includes supervised homework time and enrichment activities such as arts, sports and games.

At the Shanna & Bryan Glazer JCC, children benefit from access to the state of the art gymnasium and aquatic center, offering unique opportunities for swimming, sports and active indoor fun.

At the JCC on the Cohn Campus, Club J takes advantage of the beautiful, expansive outdoor spaces, allowing children to enjoy fresh air and participate in camp style activities like nature play, group games, and creative outdoor exploration.

Additional enrichment programs are also available at the Shanna & Bryan Glazer JCC for children, whether or not they are enrolled in Club J.

Pricing starts at:

\$185/mo (JCC on the Cohn Campus)

\$385/mo (Shanna & Bryan Glazer JCC)

For more information:

Shanna & Bryan Glazer JCC

Alyssa Cole | 813.291.2254

alyssa.cole@jewishtampa.com

JCC on the Cohn Campus

Elliot Schnabl | 813.769.4748

elliott.schnabl@jewishtampa.com

YOUTH ENRICHMENTS AND EVENTS

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
alyssa.cole@jewishtampa.com.

Playgroup

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.

Science Club

Join Miss Amanda, Camp J favorite and certified engineering and technology teacher, for a hands-on science adventure! In Science Club, kids will dive into wacky experiments, build robots, create and crack codes and explore the exciting world of drones. This engaging enrichment program sparks curiosity and creativity through fun, interactive scientific activities every week.

For more information contact
alyssa.cole@jewishtampa.com.

COMING SOON: Sports Enrichment

Get ready to move, play, and build skills! Exciting sports enrichment programs are coming soon to the Shanna & Bryan Glazer JCC. Whether it's basketball or another fun, active sport, participants will have the chance to develop teamwork, coordination, and

confidence in a positive and energetic environment.

For updates and more information, contact **alyssa.cole@jewishtampa.com**.

CLUB SWIM

M 2:00 - 2:50 PM

Club Swim at the JCC on the Cohn Campus will start with a brief group swim lesson led by a Camp J lifeguard followed by a fun, free swim session! This club will help children develop their swimming techniques and form all while getting lots of energy out in our heated pool!

For more information, please contact
elliott.schnabl@jewishtampa.com.

Prices start at \$20 per class

CLUB ADVENTURE

F 4:00 - 5:30 PM

Club Adventure will offer a variety of activities including zipline, rock climbing, obstacle course, fishing, archery, and/or organized sports soccer, flag football, pickleball, kickball, basketball and more. Children will experience exciting camp-like outdoor adventures and also learn the fundamentals of sports while developing their overall athletic ability, coordination and confidence. If weather does not allow us to be outside we will continue our activities indoors.

For more information, please contact
elliott.schnabl@jewishtampa.com.

Prices start at \$25 per class

CRAFTY CREATIONS

Sa 10:00 AM - 12:30 PM | September 6
November 15 | December 6

Join us in Crafty Creations where creativity meets delicious fun! Make awesome crafts, then whip up and enjoy your own delicious creations. Perfect for kids who love to be creative in more ways than one!

For more information or to register,

YOUTH PROGRAMS



please contact Elena at
elena.martinez@jewishtampa.com.

**Member: \$25 for the first child,
\$15 per additional child**

**Guest: \$35 for the first child,
\$15 per additional child**

KIDS DAY OUT

Su 12:00 - 4:00 PM

September 7, 28 | October 19

November 2 | December 7, 28

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 elena.martinez@jewishtampa.com.

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

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

STEM SATURDAYS

Sa 10:00 AM - 12:00 PM | September 13

November 8 | December 13

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**

BOTS AND BONDS!

Su 11:00 AM - 12:00 PM | September 14

Experience the ultimate family bonding activity with Bots & Bonds! This exciting event invites parents and kids to come together and explore the fascinating world of robotics. Families can build and program their own robots and tackle exciting and creative challenges together through fun activities! For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.
**Member: \$15 for the first child,
\$10 per additional child**
**Guest: \$20 for the first child,
\$10 per additional child**
Free for parents

PAINT LIKE PICASSO

Sa 10:00 - 11:00 AM

September 20 - October 25

Unlock your child's inner artist and watch them paint like Picasso in our 6-week 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

FILM FRIDAYS

F 6:00 - 7:30 PM | September 26

October 24 | December 26

Join us on the 4th Friday of every month for a cinematic adventure like no other! The movie will begin to play at 6:00 PM. Popcorn and refreshments will be provided. Max age 12 years old. Kids are encouraged to attend in pajamas and bring their own pillow/blankets.

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

Free with family membership

**Parents must remain on-site
during the film**

PANCAKES AND PAJAMAS

Su 9:00 - 11:00 AM | November 16

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



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 **Elliot Schnabl** at elliott.schnabl@jewishtampa.com.
Any teen that registers to become a member of BBYO will receive a FREE 3 month membership to SBGJCC!

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



Something for Every Child

Youth Activities at the J

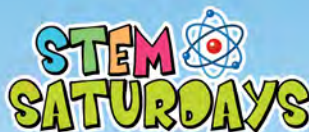
Where Fun Meets Learning!

Unlock your child's potential with our diverse range of programs designed to foster creativity, critical thinking and a lifelong love of learning.

From hands-on STEM projects to artistic explorations, we've got something to spark every interest.



CLUB J
after school program



For more information, contact Elena at
elena.martinez@jewishtampa.com
or call 813.575.5900.



NAVIGATING PARKINSON'S

WINTER SYPOSIUM 2026

*An essential event for education, support, and
advancements in Parkinson's care.*

OPEN AND FREE TO THE PUBLIC



January 11, 2026

12 PM - 5 PM

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

For more information:

JewishTampa.com/Parkinsons

RSVP
NOW



Virtual attendance on Zoom also available



Keynote Speaker:
Robert Hauser, M.D.
Director of USF Health
Department of
Neurology, Division of
Parkinson's Disease &
Movement Disorders



Keynote Speaker:
Anat Mirelman, PhD
Director, APPD
Professor, Sackler
School of Medicine and
Sagol School of
Neuroscience at Tel Aviv
University

SYMPOSIUM PARTNERS



Aufzien Family Center for
Prevention and Treatment
of Parkinson's Disease
Tel Aviv University





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.

MAH JONGG OPEN PLAY*

 Tu 1:00 – 3:00 PM
 F 1:00 – 3:00 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

***Free lessons for beginners available**

MAH JONGG BEGINNER CLASS

Su 9:00 – 11:00 AM | September 7 – 28
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

NEWS TALK

First and third Wednesday
4:00 – 5:00 PM
September 12 – December 26
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

BRIDGE LESSONS

Th 1:00 - 2:30 PM
Series of four lessons beginning September 18

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. Four 90-minute sessions will cover the fundamentals of bridge, including bidding and the play of hand.

Member: \$40/Guest: \$50 for four classes (pro-rating option available)

JCC MEN'S CLUB +

Meets the second & fourth Tuesday
5:30 – 6:30 PM
September 9 – December 30

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 and refreshments, the Men's Club also schedules a variety of activities such as Rays baseball games, chartered fishing trips, brunch get-togethers and community volunteering.

NEW YORK TIMES CROSSWORD: LET'S DO THE PUZZLE

W 5:00 – 6:00 PM | September 10
October 8 | November 12 | December 10
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

JCC WOMEN'S CLUB +

Meets the third Wednesday of the month
6:30 – 7:30 PM | September 17
October 15 | November 19 | December 17
The Women's Club is a welcoming space for women to come together to enjoy social events, stimulating conversations, new crafts and fun activities.

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

Su 11:00 AM - 12:00 PM | September 21
October 19 | November 16 | December 21

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

INTERGENERATIONAL DRUM CIRCLE

W 3:00 PM | November 5

Led by a professional Drum Circle facilitator

Connect with the collective heartbeat and awaken your internal rhythm! Drumming is therapeutic; no experience required.

Free

THE TAMPA JCCs & FEDERATION PARKINSON'S PROGRAM

From exercise to education, support groups to social events, the Tampa JCCs & Federation Parkinson's Program provides opportunities to improve the quality of life for individuals living with Parkinson's disease and their families. The 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. It is run in collaboration with the Parkinson's Foundation and the Michael J. Fox Foundation. Currently, more than 900 Parkinson's disease patients, caregivers and families in the Tampa Bay area engage with the Program each year.

The Parkinson's Program offers a wide variety of activities 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 board-certified speech & swallowing 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 Parkinson's Program activities virtually as well as in person.

To learn more or register for the Tampa JCCs & Federation Parkinson's Program, please contact Pnina Levermore, Director of Parkinson's and Active Adults Programs, at **813.291.2253** or **pnina.levermore@jewishtampa.com**.

Free with membership, otherwise \$20/month or \$100/6 months

TURKEY BOWL

Su 10:00 AM – 12:00 PM | November 9

Pin Chasers – Veterans

5555 W Hillsborough Ave. Tampa

Join us at Pin Chasers - Veterans for our annual bowling social. Whether you come to bowl or just watch and schmooze, it's guaranteed to be a fun time.!

RSVP required to Pnina by phone (813.291.2253) or email (pnina.levermore@jewishtampa.com).

Free (includes games, shoes & pizza)

PARKINSON'S COMMUNITY WINTER HOLIDAY CELEBRATION

M 12:00 – 2:00 PM | December 22

We invite you to join us at our annual Parkinson's community winter holiday party. Enjoy a festive lunch and entertainment, including music and games led by DJ Mike Sean. Friends and family are welcome to attend – the more, the merrier! **RSVP in advance.**

Free

PARKINSON'S SYMPOSIUM: NAVIGATING PARKINSON'S – EVERY STEP OF THE WAY

Save the Date

Su 12:00 – 5:00 PM | January 11, 2026

An essential event for education, support, and advancements in Parkinson's care. **Open and free to the public; advance registration required.**

Free



ACTIVE ADULTS

EDUCATIONAL EVENTS

Monthly Philip Shayman Lunch & Learn events and Annual Community Educational Forum opportunities to learn from specialists about a variety of topics of interest to the Parkinson's community. Free event, lunch included. **RSVP in advance.**

Free

This is Us: Peer-Led Open Forum (lunch provided)


W 12:00 PM | October 8

A supportive and empowering space for anyone who has been diagnosed with Parkinson's disease, where you can talk freely and openly about anything related to living with Parkinson's disease. Free event; lunch included.

Free

FITNESS CLASSES


Let's Move

 +  M 11:00 - 11:50 AM

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

Rock Steady Boxing*

 M/Tu/F 1:30 - 2:15 PM

 Tu 1:00 - 1:45 PM
W 11:00 - 11:45 AM

 W 10:00 - 10:45 AM

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.

Power Hour - Evening Strength and Agility Class

 M 6:00 - 6:50 PM

Power Hour is a higher-intensity exercise class designed specifically for individuals with Parkinson's who are ready to challenge their physical limits. This energetic, athletic workout combines strength training, cardiovascular exercises, and agility drills to improve mobility,



endurance, and overall fitness. Led by our incredible volunteer instructor and doctor of physical therapy, Stephanie Archambault, this class will help you build strength and rebuild functionality.

Mindful Breathing and Meditation

 +  Tu 2:30 - 3:15 PM

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

NEW CLASS PD Wave: Parkinson's Water Aerobics for Vitality and Energy

 W 2:30 - 3:15 PM

This gentle, low-impact aquatic fitness class is designed to enhance mobility, balance, and flexibility while reducing stress on the joints. The buoyancy and resistance of the water provide an encouraging environment to move with confidence—no swimming experience needed!

Dance & Stretch

 +  Th 12:00 - 12:50 PM

This upbeat class will have you dancing your way to improved gait and balance while building functional fitness in a fun and engaging way.

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.

Parkinson's Cycling

 +  Th 1:00 - 1:45 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.

Tai Chi

 +  F 2:30 - 3:15 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.

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.

Patient Support Group #1

Every other Monday 10:00 AM

Care Partner Support Group

Every other Monday 11:15 AM

Patient Support Group #2

Every other Monday 12:30 PM

Growth Group

Every other Friday 10:00 AM

Patient Support Group - Newly Diagnosed # 1

Every other Friday 11:30 AM

Patient Support Group - Newly Diagnosed # 2

Every other Friday 1:00 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 others 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 | September 2
October 7 | November 4 | December 2

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. 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.

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.

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

 +  M/W 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 in any of the Active Adults programming, contact Pnina Levermore, Active Adults Program Manager, at 813.291.2253 or pnina.levermore@jewishtampa.com.

COMMUNITY + VOLUNTEER OPPORTUNITIES



CONNECT provides opportunities for the community to make meaningful connections to people, resources and Jewish experiences in the Tampa area. Open to people of all faiths and backgrounds.

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

CONNECT Bagel Brunch

Su 10:30 AM – 12:30 PM | September 14
Location and address to be shared upon RSVP one week before event
Whether you're new to the Jewish community or a longtime Tampanian, we look forward to meeting you and helping you get connected. All ages welcome. Please register by Monday, September 8.

Early Bird Price: \$15 until August 29; \$20 until September 8. Children ages 12 and under are free.

CONNECT Coffee Hour

Su 10:30 AM – 12:30 PM | November 16
Address will be provided upon RSVP one week before the event
Come meet your Jewish community! Join us for a morning of coffee and conversation. All ages welcome. Food and beverage at your own cost.

Free to attend



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. Experiences open to people of all faiths and backgrounds. **Space is limited. Registration required for all experiences.**

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.

Reverse Tashlich

Su 9:30 – 11:00 AM | September 28
Address will be provided upon RSVP one week before the event

Join the Tampa JCCs and Federation's iVolunteer team for a beach cleanup. We will spend the morning together cleaning up debris and doing some good. Bring a picnic lunch to enjoy after we clean up. This experience is open to people of all ages, faiths and backgrounds. *This month's iVolunteer experience is part of the 8th Annual Reverse Tashlich, a global Jewish movement dedicated to repairing the sea and safeguarding the water that sustain life on Earth.* For more information contact Noa Friedman at noa.friedman@jewishtampa.com or call **813.291.2302**.

Call for volunteer projects!

Since 2019, we have been bringing our community together for ongoing



meaningful volunteer service in the coming year.

If you know of an organization that has a project that needs extra hands to get it done, we'd love to hear from you. Examples of projects include beautification projects, packing supplies, painting projects, supply drives- anything that requires a group of dedicated volunteers to accomplish the task.

To submit a project proposal idea, please visit JewishTampa.com/iVolunteer.

SAVE THE DATE:

Vodka Latke

W 8:00 PM – 12:00 AM | December 24
Aloft Tampa Downtown - Remix Lounge
100 West Kennedy Boulevard
Tampa, FL 33602

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

Alyssa Cole 

Camp & Club J

alyssa.cole@jewishtampa.com

Andrea Banovic 

Event Center

andrea@sbgjcc.com

Angela Rhodes 

Preschool, South Branch

jccsouth@jewishtampa.com

Ari Rothman 

Marketing

ari.rothman@jewishtampa.com

Brandy Gold 

Festivals, Arts & Culture/PJ Library

brandy.gold@jewishtampa.com

Briana Oglesby 

Fitness

fitness@sbgjcc.com

Elena Martinez 

Youth Recreation

elena.martinez@jewishtampa.com

Elliot Schnabl 

Camp & Club J/BBYO Teen Program

elliott.schnabl@jewishtampa.com

Jodi Rothman 

Preschool, North Branch

yasmeen.rayani@jewishtampa.com

Lisa Robbins 

Young Adult Programs/
PCC/CONNECT

lisa.robbins@jewishtampa.com

Margaret Schmidt 

General Fitness/Wellness

margaret.schmidt@jewishtampa.com

Pnina Levermore 

Active Adult and Parkinson's Programs

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Rachel Milhoan 

Membership




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membership@sbgjcc.com

Yurly Nazarko 

Aquatics Manager

aquatics@sbgjcc.com

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

22nd Annual President's Dinner

Save the Date

Sunday, March 29, 2026



Featuring **Douglas Murray**

- Bestselling author of 8 books including "On Democracies and Death Cults: Israel and the Future of Civilization"
- Journalist and Associate Editor at *The Spectator*
- Founder of the Centre for Social Cohesion, the first think-tank in Britain to study extremism and terrorism
- Fearless advocate for Israel and the Jewish people



TAMPA JEWISH COMMUNITY CENTERS & FEDERATION 2026 CAMPAIGN KICKOFF

featuring

Shabbos Kestenbaum

Fighting Against Antisemitism on College Campuses

Tuesday, September 16, 2025



522 N. Howard Avenue | Tampa, FL 33606

5:30 PM - Major Donor Appreciation Dinner

Open to all donors who made a \$5,000 minimum gift to the 2025 Annual Campaign.

5:30 PM - Young Adult Dinner

7:00 PM - Program and Dessert Reception

Open to the community.

\$36 per person

\$18 Young Adults (ages 21-35)

Please register online at JewishTampa.com/Kickoff or contact Alissa Fischel at **813.769.4726**.

This event is sponsored in part by Harvey Mackler.



Tampa
JEWISH COMMUNITY CENTERS
& FEDERATION
BETTER TOGETHER