Community

Making a difference ... together.

PeoplesBank is proud to support the Springfield Jewish Community Center – enriching the lives of our community.

413.538.9500  bankatpeoples.com
Welcome to the J

Look through our Program Guide to view the programs available. In our advertiser pages, check out the fabulous businesses who support the critical work of the JCC. In addition, the J hosts various cultural arts programs through the year, including the Pioneer Valley Jewish Film Festival. In the spring, be sure to watch for our online auction, OYBAY!

The JCC is home to many programs, including the JCC Health & Wellness Center; Kehillah: JCC Special Needs Department; Life Lessons: The William & Margery Sadowsky Center for Adult Learning; JCC Summer Camps; The Plotkin/Grinspoon Early Learning Center; Kids Space out-of-school programs (for elementary-aged children); and more. This Program Guide is your overview to programs for all ages. Want to stay up to date? Visit SpringfieldJCC.org for pool and gym schedules, fitness classes, family activities, holiday celebrations, upcoming events, hours of operation and much more! Be sure to sign up to receive e-chai lights, the JCC’s official monthly e-newsletter, via our website, SpringfieldJCC.org.

Our Mission:
The Springfield Jewish Community Center enriches community and nurtures wellness through physical, intellectual, social and spiritual programs and services. The JCC is guided by Jewish values, welcoming and respecting people of all abilities, ages, backgrounds, identities and faiths.

The Springfield JCC is a beneficiary agency of the Jewish Federation of Western Massachusetts. Please support JFWM’s annual appeal, which also benefits the programs of the Springfield JCC.
From the Executive Director...

Welcome to the Springfield JCC. Whether you are a lifelong member or learning about the programs and services offered for the first time, we want to make each visit to your J something special. Try a new group exercise class, learn from your child’s teacher about a special discovery made, find a new friend or reconnect with one you haven’t seen in years, hear your child with special needs utter his first words, share a story with a staff member, accomplish a new fitness goal, or gain the confidence to belt out a tune on stage. At the J, it is the combination of seeking excellence in programs and the creation of community that drives us. As we go to press, contractors are installing new electric charging stations for the convenience of our members and staff funded through a special program with Eversource. The J recently received a new van to continue its transportation program for seniors and community programming for those with special needs. The van's purchase was funded through a state grant and from the Jewish Endowment Foundation of Western Massachusetts.

Orders have been placed for new playground equipment for our preschoolers and swim blocks in the natatorium. We thank the preschool families who generously donated funds for the playground and thank swim team alumni and current families who helped us meet a matching grant. Special thanks to Dean Kavanagh for his generosity to make this long-standing project come to fruition.

In its continuing effort to keep the J safe, orders have been submitted for the installation of security planters to be placed strategically around the exterior of the building. The Center will launch a new website this fall to make it easier for you to know all that is going on at the J.

The new year comes with the introduction of many new and returning programs from overseas travel to Bogafit; from Project Zug to Chavurah; infant care to senior meals and so much more. This fall we will send out our biannual survey as part of a benchmarking study to improve our J. We hope you will complete the survey and we look forward to your feedback and suggestions that are critical to this effort.

In closing, I want to thank the many businesses who advertise in this book, with a special thanks to our J Community Partners* who provide critical support to the J (see inside cover). When making a purchase, please consider supporting one of the businesses listed and mention that you appreciate their support of the J.

Thank you also for your continuing support and involvement.
Best regards for a great new year.

Michael L. Paysnick
Executive Director

2019-2020 Hours of Operation:
Monday-Thursday          year round          5:30 am - 9:30 pm
Friday                    year round          5:30 am - 6:00 pm
Saturday/Sunday           year round          7:00 am - 5:00 pm

Holiday Hours 2019:
Thanksgiving              November 28        8:00 am - noon
Christmas                 December 25        9:00 am - 3:00 pm
New Year’s Eve            December 31        5:30 am - 6:00 pm

Holiday Hours 2020:
New Year’s Eve            December 31        5:30 am - 6:00 pm
New Year’s Day            January 1          9:00 am - 3:00 pm
Memorial Day              May 25             8:00 am - 4:00 pm
Independence Day          July 3             8:00 am - 12:00 pm
Labor Day                September 7        8:00 am - 4:00 pm

INCLEMENT WEATHER:
In case of inclement weather, unexpected closing, delays, or early dismissals, watch for the emergency alert at www.SpringfieldJCC.org; monitor our facebook page (facebook.com/JCCSpringfield), or call 413.739.4715. Inclement weather announcements are also posted through local news mediums (WWLP and Western Mass News).

Jewish Holiday Closings (Fall 2019 - Spring 2020):
Rosh Hashanah:
Sunday, September 29     Closed at 5:00 pm
Monday, September 30     CLOSED
Tuesday, October 1        CLOSED

Yom Kippur:
Tuesday, October 8        Closed at 3:00 pm
Wednesday, October 9     CLOSED

Sukkot:
Sunday, October 13        Closed at 5:00 pm
Monday, October 14        CLOSED

Shemini Atzeret:
Sunday, October 20        Closed at 5:00 pm
Monday, October 21        CLOSED

Pesach:
Wednesday, April 8        Closed at 3:00 pm
Thursday, April 9         CLOSED
Tuesday, April 14         Closed at 6:00 pm
Wednesday, April 15       CLOSED

Shavuot:
Thursday, May 28          Closed at 6:00 pm
Friday, May 29            CLOSED

*J Community Partner supporters listed on previous page.
### Staff Directory

**Springfield JCC**  
Neal Webber Building  
1160 Dickinson Street  
Springfield, MA 01108  
413.739.4715 | 413.739.4747 (F)  
www.SpringfieldJCC.org

#### Executive & Administrative
- **MICHAEL PAYSNICK**  
  Executive Director  
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mpaysnick@springfieldjcc.org
- **JAMES GREENE**  
  Assistant Executive Director  
x307  
jgreene@springfieldjcc.org
- **IZZY GESIN**  
  Director of Finance  
x310  
izzy@springfieldjcc.org
- **MALYA VOGEL**  
  Finance Administrator  
x323  
mvogel@springfieldjcc.org
- **ELLEN PERELL**  
  Special Projects Coordinator/Executive Assistant  
x309  
eperell@springfieldjcc.org
- **DAWN FRAZER-MALONE**  
  Interim Office Manager  
x305  
dmalone@springfieldjcc.org
- **FRAN EISENBERG**  
  KidsSpace/Arts & Culture Administrative Assistant  
x328  
feisenberg@springfieldjcc.org
- **DEBRA JUDSON**  
  A.R. & Camp Registrar  
x304  
djudson@springfieldjcc.org
- **J. RECEPTIONIST**  
  Receptionist  
x301  
receptionist@springfieldjcc.org

#### Health & Wellness
- **SUSAN WHIRTY**  
  General Manager, Health, Wellness & Membership  
x333  
swirty@springfieldjcc.org
- **KIM O’NEILL**  
  Director of Recreation and Youth Athletics  
x314  
koneill@springfieldjcc.org
- **ERIKA FRIEDMAN**  
  Director of Aquatics & JCC Maccabi  
x382  
elfriedman@springfieldjcc.org
- **DOUG ALLEN**  
  Personal Trainer  
x326  
dallen@springfieldjcc.org
- **BARBARA ORSZULAK**  
  Personal Trainer  
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borszulak@springfieldjcc.org
- **KELLY PERLA**  
  Personal Trainer  
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kperla@springfieldjcc.org
- **MARY ELIZABETH ST. GERMAIN**  
  Health & Wellness Secretary  
413.372.9751
- **EMELENE ST. AMAND**  
  Meal Site Manager  
413.372.9751

#### Development, Membership, Marketing
- **MITCH KUPPERMAN**  
  Development Director  
x303  
mkupperman@springfieldjcc.org
- **EMILY ARON**  
  Membership Director  
x327  
earon@springfieldjcc.org
- **DEBBIE WHITEHEAD**  
  Director of Communications & Marketing  
x344  
dwhitehead@springfieldjcc.org
- **ELAINE GEHA**  
  Membership Assistant  
x356  
egaha@springfieldjcc.org

#### Youth Services
- **SETH STUTMAN**  
  Director, Camping Services  
x322  
sstutman@springfieldjcc.org
- **SONIA WILK**  
  Director of Youth & Family Programs  
x332  
swilk@springfieldjcc.org
- **MAUREEN MARCHACOS**  
  Director of KidsSpace/CAP  
x350  
marchacos@springfieldjcc.org
- **NICOLE BERNARD**  
  Birthday Party Coordinator  
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#### Early Childhood
- **DEBBIE COHEN**  
  Director, Early Childhood Services  
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dcohen@springfieldjcc.org
- **JENN MCGOWAN**  
  Assistant Director, Early Childhood Services  
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jmcgowan@springfieldjcc.org
- **DONNA IMELIO**  
  Early Childhood Secretary  
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dimelio@springfieldjcc.org

#### Kehillah (Special Needs)
- **BETHANY YOUNG**  
  Director, Individuals with Special Needs Program  
x325  
byoung@springfieldjcc.org
- **TINA EDWARDS**  
  Kehillah Program Manager  
x315  
tedwards@springfieldjcc.org

#### Adult Life & Cultural Arts
- **DEB KRIVOY**  
  Director, Cultural Arts and Education  
x329  
dkri沃@springfieldjcc.org
- **BEVERLY NADLER**  
  Director, Sadowsky Center for Adult Learning  
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bnadler@springfieldjcc.org
- **NICOLE LONCHI**  
  Program Associate, Adult Life & Cultural Arts  
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nlonghi@springfieldjcc.org
- **EMELENE ST. AMAND**  
  Meal Site Manager  
413.372.9751

#### Maintenance
- **TODD FRAZER**  
  Facility Manager  
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tfrazier@springfieldjcc.org

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[www.SpringfieldJCC.org](http://www.SpringfieldJCC.org)
Welcome to YOUR J!

Funding
The JCC cannot not exist on membership dues and activity fees alone. Each year we rely on the generous support of members and friends of the J whose gifts to Chai Society, JCC INFund Endowment and our wide range of special interest funds make many of our most important programs and services possible. The Springfield JCC is a beneficiary agency of the Jewish Federation of Western Massachusetts. Please support JFWM’s annual appeal, which also benefits the programs of the Springfield JCC.

Membership/Key Cards
Membership/key cards are important for the safety and security of our members. Yours must be swiped at the welcome desk upon entrance into the J Health & Wellness Center. Your card is also your “deposit” with the appropriate staff member when using game room equipment. Membership cards will be issued to those ages 6 and above. If you lose your card, please obtain a new one at the front desk ($5 charge). A temporary card is given on a limited basis only, and is subject to a penalty fee.

Clean Air Campus
Thank you for not smoking in the JCC or on the JCC campus.

Guest Policy
We encourage you to bring guests to the JCC. Guests must register at the welcome desk and may come to the Center for a maximum of 5 times during the fiscal year (if living in the Center’s service area). The guest fee is $5 for ages 12 years and younger; and $10 for ages 13 and older. Guests must be accompanied by a member. A maximum of 3 guests may be brought in at any one visit. Out-of-town guest passes are available. Inquire at the front desk for details. Guest passes for Saturday must be purchased in advance, as no money is exchanged on Saturdays.

General Guest Pass: $15 per day for non-accompanied, non-members.

Policy of Unsupervised Children
The Springfield JCC policy for unsupervised children provides guidelines to help maintain a safe and pleasant environment for the entire JCC membership. Children 12 years or younger may not be in the JCC unsupervised. If the child is 12 years or younger and the parent/guardian is in the JCC, the child may be in the game room or gymnasium when available. If the child is enrolled in an after school class/program, the child may be in the game room for up to a maximum of 30 minutes before and after the class. Children 13 years and older may use the facility without parental supervision. Parents or guardians must be aware of JCC hours of operation for the area of the facility the child will be using. The pool, gym, fitness center and game room have hours posted for open use.

Supervision: The person supervising the children must be at least 15 years old. 15-17 year-olds may supervise up to two children. People ages 18+ may supervise more children. Parents will be contacted if their child violates rules of the JCC and/or exhibits behavior which is harmful to the facility, other members or staff. Children under 13 found at the JCC unsupervised will be subject to a disciplinary action up to and including temporary suspension of membership and/or access to the JCC.

Volunteer Opportunities
When you donate your time, knowledge and experience to make the JCC a better place, you always get something bigger in return - a tremendous sense of accomplishment. Available volunteer opportunities: Committee Membership; Coach Sports Teams; Fund Raising Events, including our Annual Auction (Oybay); Adult Department; Teaching/ Tutoring; Office Assistant; JCC Ambassadors; and many more! If you would like to volunteer or share additional expertise, please contact the JCC at 739.4715.

JCC Music School
Come join Albert (Alex) Avadyayev, the Musical Coordinator of the JCC School of Music. Music lessons are available for JCC members of ALL AGES and ABILITIES! Call 413.739.4715 for more information.

JCC Food & Catering Services, Rentals & Birthday Parties
413.739.4715
info@springfieldjcc.org

Birthday Parties
The JCC is pleased to host a variety of birthday party options including pool parties, arts and crafts parties and ice cream sundae parties. Work with our party coordinator to make the day the happiest of the year! Call 413.739.4715 ext. 316

Room Rentals
10 to 200+ people
Looking for a place to hold a meeting, class, or special function? We have the answer... A variety of room sizes are available to meet your needs. Looking for a classroom setting? We have it. Looking for an auditorium? We have it. Or how about an outdoor pavilion and picnic grove? We have that too! Catering services are also available. Call the J for room sizes, availability and rates, 739.4715, x 305.

Catering Services
Catering is available through the Springfield JCC. Contact the J to learn more, 413.739.4715

Aroma Cafe @ Vi’s Coffee Corner
Open Monday through Friday (call for hours). Under strict supervision of the Massachusetts Kosher Commission (Cholov Yisroel, Pas Yisroel). From coffee, specialty teas and smoothies, to breakfast, lunch, and paninis, come see our expansive menu.
Your Springfield JCC membership is an investment in your community as well as in yourself. Some of the benefits of membership include use of the fitness center, gymnasium, aquatics center, racquetball courts, tennis courts, game room, swim lessons, group exercise classes, and substantially reduced rates for JCC Summer Camps and preschool. Most classes and clubs in the youth department are open only to members. When open to the general public, the cost can be as much as 50% higher. All members receive Chai Lights, the Center’s publication which provides the latest information about the JCC and activities, as well as the annual Program Guide. (Members can also receive e-chai lights, the JCC’s official monthly e-newsletter. Visit SpringfieldJCC.org to sign up.)

Payment Plans
As an agency dedicated to providing service to the total community, we will not deny membership to anyone for financial reasons. Extended payment plans or fee adjustments are available through a confidential interview with a member of the administrative staff. Partial payment indicates a commitment for the full year and obligates the member for the balance of the fee.

Membership Code of Conduct
The Springfield JCC reserves the right to suspend or revoke membership privileges of members whose behavior is deemed inappropriate or detrimental to the well being of the Center, its members or its staff. Boisterous and/or profane language or gestures will not be permitted anywhere on Center property. Abusive treatment to a staff member or any other Center member will not be tolerated under any condition. Such conduct will be reported to the Executive Director and disciplinary action will be taken. Should you have concern about the conduct of a staff member, contact Michael Paysnick, Executive Director, immediately.

Registration
Material or registration fees are required for some activities at the J. Fees are necessary because membership dues often cover only a portion of the total cost of serving you. Center membership is required for many activities, however, the general public may sign up for some classes. Members will be given advance registration opportunities. Full refunds (less a $10 processing fee) can be requested prior to the beginning of a class; pro-rated refunds up to the second session. No refunds may be made after the second session. The J reserves the right to cancel a class in advance if there is insufficient enrollment or if a qualified instructor is not available. To provide the fullest benefits to participants, it is necessary to limit the size of most classes.

Become A Member
We meet your health and wellness needs. Join us today! Membership rate structure reflects individual, family, or household needs. Take a tour, or contact Emily Aron, Membership Director, for more information:
413.739.4715 x327, earon@springfieldjcc.org.

3-Day Membership Pass
Redeem this coupon at the Springfield JCC welcome desk to sample our facility for 3 consecutive days*.

Springfield JCC
Health & Wellness Center

Daily Guest Pass Rates (accompanied by J Member):
Youth Guest Pass (12 years and younger): $5
Adult Guest Pass (13 years and older): $10

Daily Guest Pass Rates (General Public, without a J Member):
$15 per person

*expires 3 weeks from initiation
The Kehillah Department at the J offers social, recreational, and enrichment programs for children, teens, and adults with special needs. We are committed to fostering a fun and welcoming environment where participants can develop skills and independence, build self-esteem, and cultivate meaningful relationships. Kehillah is supported in part by the Sadye Silver Fund, the Harold Grinspoon Foundation, the Korn Family, and the JCC INFund.

All recreation and enrichment programming is designed to foster social, emotional and physical skills of participants. Our goal is to create a feeling of community at the JCC for individuals of all abilities. The Kehillah Program, like all programs at the JCC, is open to people of all faiths, ethnicities and beliefs.

We will work with you and your loved ones developmental level to ensure a good experience for all participants.

Volunteer Opportunities: We can always benefit from more helping hands. In the past, high school and college students have assisted in our programs. We are also looking for class teachers. If you have a hobby or talent you would like to share, please contact Bethany Young at 413.739.4715, ext. 325.

Camp Kehillah is a substantially separate camp which runs the week prior to the new school year. This camp is for all campers with special needs. This half-day camp reinforces social skills and prepares your child for a successful transition back to school. The J offers two camps for individuals with special needs:

- 8-week Inclusion Camp (part of the JCC Summer Camps Program) see page 13 for additional information

- 1-week Camp Kehillah: Camp Kehillah (for ages 4 to Adulthood)

Adaptive Aquatics:
One instructor for each participant: Adaptive Aquatics is one of the longest running Special Needs Programs at the J. Our outstanding aquatics facility at the Springfield JCC is ranked at the top for indoor swimming venues in Western Massachusetts. Our facility offers a heated, six lane pool. Entry to the pool includes stairs, ladder, and accessible lift access. The pool area also includes a mid-sized wading pool. We have specially designed accessible family changing rooms with showers and toilets to comfortably accommodate participants and caregivers.
**Project RIDE:**

Remember the first time you pedaled all by yourself? We take for granted that one day our children will ride a bike independently. Unfortunately, not every child can reach that milestone so easily. Project RIDE (Recreation, Independence, Development & Equipment) provides modified tricycles to children with special needs. It is designed for children 43” or taller who would not normally have an opportunity to ride a bicycle. Project RIDE will provide a tricycle, a helmet, and, if needed, a back support, safety belt and toe grips. Participating families are responsible for the tricycle and it is considered on loan until the child grows out of it. An annual $25 fee is requested to help defray some of our expenses. This fee may be waived if a family is experiencing financial hardship. If you are interested in a trike for your child, please call 413.739.4715 for a Project RIDE application and to be approved for the wait list.

Contact Tina Edwards, tedwards@springfieldjcc.org / 413.739.4715 ext. 315.

who have sensory challenges. The OT-R and OT students use sensory strategies to promote regulation and to further gross and fine motor skill development.

**Kehillah Special Events**

**New Years Eve’s Eve:**
A dinner and dance party for teens through adults celebrating the New Year with themed decorations, a fun DJ, snacks and desserts all ending with a replicated count down and group singing of “Auld Lang Syne.”

**Pioneer Valley Jewish Film Festival**
The annual PVJFF will include a special film that raises awareness for the lives of individuals with different abilities. Visit www.pvjff.org for details.

**Authors, Speakers and more:**
Immerse yourself in arts and culture with special needs themes. Watch for relevant speakers covering topics that relate to your child.

**Fitness Buddies**
Fitness Buddies is a program aiming to address the physical fitness and social isolation challenges many teens and adults with special needs face. Buddies with intellectual, social or developmental disabilities are paired with fitness peers without disabilities. Peers and Buddies are given an orientation by our awesome J Health & Wellness Center staff. Once through the training process, buddies workout together 1-2 times per week at a scheduled time.

The Best Buddies Kehillah Chapter matches teens without disabilities to teens with developmental, social or physical challenges. We tell our teens “friendship can’t be forced no matter how good-hearted you are, but if you open yourself up to the possibility, you never know what you may experience”. Our program offers monthly events held at the J, or in the local community, for all buddy pairs. These events can be anything from bowling to kickball, from making your own pizzas to making food for the local soup kitchen, from having a holiday party to singing karaoke. Most of our group events are held Sunday afternoons. In addition, buddy pairs are encouraged to talk, text or email throughout the month to find a time to get together individually or with other buddy pairs for activities in between our monthly events. These activities can be meeting at the J to swim or play basketball or in the community to meet for a meal, a movie or at each other’s home to hang out.

**BEST BUDDIES CONTACT:**
Tina Edwards / tedwards@springfieldjcc.org
Our Principles
We believe you and your children deserve the best in Early Childhood Education. That sounds wonderful but what does that really mean? It means that we believe your children are competent and capable learners, we believe that our families want to be engaged in building a strong school community, and we KNOW that our faculty is dedicated to staying current in the field of Early Childhood Education bringing their passion for teaching and learning to our children. We are so pleased you have chosen to share your children with us on this adventure of learning.

How We Learn
We all know children learn best when being fully involved in their learning. This means that children, with teacher’s guidance, construct their own paths to discovery. We encourage the children to ask “Why?” We encourage the teachers to ask why too. It is only through questions that we learn. We listen to what the children know and help them fill in the gaps when they are not sure. We do that by providing the children with hands on opportunities to explore their environment, play with letters and sounds, build constructions (and knock them down), count and measure their surroundings, as well as learn to be kind, caring individuals.

Part of the Early Learning experience is learning how to be responsible in a group. Sharing is hard work and we appreciate the skill it takes to negotiate through the day. Through gentle guidance and redirection we help shape our children into strong, thoughtful, determined unique individuals who understand that each person makes an important contribution to the group.

Department Features
- Weekly physical education and swim enrichment with specialists
- Indoor Pool
- Large air-conditioned gymnasium
- Three outdoor playgrounds and an indoor playscape
- Enrichment Classes including swimming, yoga, cooking, and more
- Special Family Events including holiday celebrations and a once a month School Wide Shabbat Party

SJCC Early Learning Center
The SJCC Early Learning Center Provides full and half day school programming for children 6 weeks to 5 years old. We are licensed by the Massachusetts Department of Early Education and Care and follow the MA State Education Frameworks assuring that your children are gaining the academic and social skills they need in their educational experience.

S. Prestley Blake Full Day Preschool/
Nirenberg Preschool Programs

A Day at a Glance

Infants: Careful, Baby Crossing! Take your shoes off and enter the world of Infants. These little people are all about cuddles, but don’t be fooled, there is a lot of learning going on. Our infants and “Wobblers” are exploring their classroom that is rich in language and discovery. Make sure you stop to say hello when you see us in our buggies, our smiles will make your day!

Toddlers: Stand clear! The toddlers are in perpetual motion as they explore and experience everything the JCC ELC has to offer. We are learning so much while we fill and dump, push and pull, and create with a myriad of art materials. Join us for our morning meetings, I promise you will be singing all day long.

Three Year Olds: What is the three year old’s mantra? Who? What? Where? When? and How? The children are ready to learn from everyone. Don’t be surprised when we stop you in the hallway to ask you a question? Why is it raining? What is your favorite color?, and their favorite question, How old are you? Be sure to ask them questions too, these three year olds know a great deal!

Four Year Olds: Before you open the door to our four year old’s classroom, pause a minute to listen to the chatter coming from inside. The four year old has learned the power of words and is more than ready to put those words into action. We are also learning to be great negotiators. I think we all could learn about sharing and being kind from these four year olds.

Five Year Olds: Five Year Olds: Let’s give a high 5 to our very lively five year olds. We are exploding with new confidence not only in our physical abilities but our mental ones too. This year is all about preparing for our big jump into Kindergarten. There is great focus on both our independent and academic skills. But don’t worry we still have plenty of time for adventures at the ELC.
Springfield JCC Early Learning Center
Weekly Tuition
2019-2020

Prices are weekly and billed monthly, September - June

### Infants 6 Weeks to 15 Months

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<th>Day</th>
<th>Times</th>
<th>Member Weekly</th>
<th>Gen. Public Weekly</th>
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<tr>
<td>Two Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
<td>$219</td>
<td>$276</td>
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<td>Three Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
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<tr>
<td>Four Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
<td>$340</td>
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<td>Five Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
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### Toddler Half Day 15 months to 3 years

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<th>Member Weekly</th>
<th>Gen. Public Weekly</th>
<th>Add On</th>
<th>Price</th>
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<tr>
<td>Two Days</td>
<td>9:00 a.m.-12:30 p.m.</td>
<td>$129</td>
<td>$155</td>
<td>7:30-9:00</td>
<td>$30</td>
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<tr>
<td>Three Days</td>
<td>9:00 a.m.-12:30 p.m.</td>
<td>$165</td>
<td>$190</td>
<td>12:30-3:30</td>
<td>$50</td>
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<tr>
<td>Four Days</td>
<td>9:00 a.m.-12:30 p.m.</td>
<td>$197</td>
<td>$227</td>
<td>12:30-3:30</td>
<td>$75</td>
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<td>Five Days</td>
<td>9:00 a.m.-12:30 p.m.</td>
<td>$225</td>
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<td>Extra Day</td>
<td>9:00 a.m.-12:30 p.m.</td>
<td>$70</td>
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### Toddler Full Day 15 months to 3 years

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<tbody>
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<td>Two Days</td>
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<td>Three Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
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<td>$228</td>
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<tr>
<td>Four Days</td>
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<td>$259</td>
<td>$300</td>
</tr>
<tr>
<td>Five Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
<td>$307</td>
<td>$355</td>
</tr>
<tr>
<td>Extra Day</td>
<td>7:30 a.m.-5:30 p.m.</td>
<td>$83</td>
<td>$95</td>
</tr>
</tbody>
</table>

### Pre-School Half Day 3's, 4's, 5's

<table>
<thead>
<tr>
<th>Day</th>
<th>Times</th>
<th>Member Weekly</th>
<th>Gen. Public Weekly</th>
<th>Add On</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two Days</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>$131</td>
<td>$155</td>
<td>7:30-9:00</td>
<td>$26</td>
</tr>
<tr>
<td>Three Days</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>$149</td>
<td>$175</td>
<td>1:00-3:30</td>
<td>$36</td>
</tr>
<tr>
<td>Four Days</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>$173</td>
<td>$200</td>
<td>1:00-3:30</td>
<td>$58</td>
</tr>
<tr>
<td>Five Days</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>$194</td>
<td>$223</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extra Day</td>
<td>9:00 a.m.-1:00 p.m.</td>
<td>$66</td>
<td>$78</td>
<td></td>
<td></td>
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</tbody>
</table>

### Pre-School Full Day 3's, 4's, 5's

<table>
<thead>
<tr>
<th>Day</th>
<th>Times</th>
<th>Member Weekly</th>
<th>Gen. Public Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
<td>$140</td>
<td>$165</td>
</tr>
<tr>
<td>Three Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
<td>$178</td>
<td>$205</td>
</tr>
<tr>
<td>Four Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
<td>$230</td>
<td>$265</td>
</tr>
<tr>
<td>Five Days</td>
<td>7:30 a.m.-5:30 p.m.</td>
<td>$267</td>
<td>$305</td>
</tr>
<tr>
<td>Extra Day</td>
<td>7:30 a.m.-5:30 p.m.</td>
<td>$73</td>
<td>$85</td>
</tr>
</tbody>
</table>
For parents who work out in the J's Health & Wellness Center, we offer babysitting hours for your convenience. (Please note: this is separate from the J's preschool.)

The J's Health & Wellness Center offers a fun, active and engaging babysitting service for your children in the JCC Health & Wellness Center. Children ages 3 months and older are welcome in the babysitting room, which is open every day.

$4 per hour per child | $5 per hour for two or more children in the same family.

Monday-Friday: 9 am-12:30 pm | Monday and Wednesday, 5:00 - 7:30 pm | Saturday & Sunday: 8 am-noon

PLEASE NOTE: Saturday babysitting tickets MUST be purchased in advance. We will offer evening babysitting if there is high volume of requests. For additional information, call 413.739.4715.

**Family Fun**

**Simchat Torah Parade**  
*Tuesday, October 22, 2019, 10 am*  
Join us for our Simchat Torah Parade celebrating the holiday and the love of books and reading.

**Hanukkah First Light**  
*Sunday, December 22, 2019*  
Join the community in celebrating the first night of Hanukkah. Help light the largest menorah in Western MA. Enjoy latkes and other treats.

**Mitzvah Fair**  
*Wednesday, January 29, 2020, 5:30-6:30 pm*  
Each classroom researches a local non-profit agency to support through mitzvot (acts of generosity and good deeds). The children have become entrepreneurs making items to sell. Join us to help the children with their good deeds.

**Purim Costume Parade**  
*Thursday, March 10, 2020, 10 am*  
Parents! Come cheer on the mighty marchers.

**Purim Carnival @ the J Family Event**  
*Sunday, March 8, 2020, 12:30 pm*

**Spring Concert**  
*Wednesday, May 20, 2020, 5:30-6:30 pm*

**Touch A Truck @ the J Family Event**  
*TO BE ANNOUNCED*

**Family End of Year Picnic**  
*Wednesday, June 10, 5:30 - 6:30 pm*  
Join us for bounce houses, field games, and fun! Bring a dairy dinner and then enjoy a treat from the ice cream truck for dessert.

Watch for details at www.SpringfieldJCC.org
Youth and Family

Maureen Marchacos, Elementary Director
413.739.4715, ext. 350
mmarchacos@springfieldjcc.org

Fran Eisenberg, Kids Space Administrative Assistant
413.739.4715, ext. 328
feisenberg@springfieldjcc.org

The J has a long history of providing quality care for youth. We seek opportunities to participate in the latest trends, helping our enrichment-based programs lead the way in out-of-school care. In addition, your child will experience Jewish values and culture because, when you join the J, you join our family. We embrace families of all faiths.

Kids Space (K-4th Grade)
Looking for a safe and exciting after-school program that will challenge your child to make his/her own choices and create long-lasting friendships? Join the Kids Space family. Each day, children arrive to a snack, after which they have the opportunity to engage in four activities of their choosing. Kids Space children can enroll in enrichment classes, as well as participate in games, sports, crafts and activities led by experienced Kids Space staff and specialists. Additionally, staff is available for homework help and mentoring. Computers may be available for homework.

CAP (Children At Play - East Longmeadow) (K-5th Grade)
Children at Play brings all the after-school fun of Kids Space to East Longmeadow schools. Each day, children will have the opportunity to join enrichment classes, play sports, make arts and crafts, or complete homework. Enthusiastic staff strive to create an exciting and safe after school environment.

J-Team (5th-7th* Graders - *age limit: 12 years old)
J-Team is a staff facilitated 5th-7th* grade program designed to help create our next generation of community leaders. Activities include community service, homework help, mentor development and leadership training.

Enrichment Classes
Looking for a new hobby to spice up your life after school? Our enrichment classes are a fun and exciting way to open your eyes to fantastic opportunities while meeting new friends. Enrichment classes are available to everyone and are included in the Kids Space program. Enrichment classes are led by Kids Space staff and specialists.

No School? No Worries!
School Vacation Days, Snow Days, and Half Days are covered! Enroll in any JCC sponsored after school program and become eligible to attend our programs on half days, full days and snow days. Looking for programs during school vacation weeks? Your child can join us for fun days and field trips at the JCC. Visit our website to download a brochure, SpringfieldJCC.org. Not enrolled in a program? Call us for more info at 413.739.4715.

2019-2020 J-ART Youth Theater
Grades 1 - 10

Upcoming shows:
Fall 2019: FROZEN JR. | Spring 2020: ALADDIN JR.

Please contact Sonia Wilk for audition and performance details:
swilk@springfieldjcc.org | 413.739.4715 x332
The J's Game Room is open to J members. Equipped with air hockey, billiards tables, vending machines, couches, and television, this is an ideal space for socializing or collaborating with friends. Youth in grade 4 or younger are welcome when supervised by an adult.

**Game Room**
The J’s Game Room is open to J members. Equipped with air hockey, billiards tables, vending machines, couches, and television, this is an ideal space for socializing or collaborating with friends. Youth in grade 4 or younger are welcome when supervised by an adult.

**March of the Living (MOTL)**
**Teen Trip to Poland & Israel**
Spring 2020| Generous Scholarships Available! MOTL has been inspiring participants to become knowledgeable, active community leaders. “MOTL strengthens Jewish identity, builds ties with their heritage and Israel, teaches about prejudice and how to combat it.” - N.E. Chair Irv Kempner

*Contact Sonia Wilk to register.*

**Weekend Trips and Travel Programs**
(9th - 12th grade)
Snow shoeing, hiking, camping, international travel, JCC Maccabi Games, tubing, and more! *Contact Sonia Wilk for details.*

**Adopt A Village** (5th-12th grade)
Tweens and teens are welcome to participate in the annual Adopt A Village program. Every year, the J adopts a section of the community to help families acquire resources they would otherwise not have.

**BBYO - B’nai B’rith Youth Organization**
(9th-12th grade)
BBYO is a pluralistic teen youth group. Designed for teens and led by teens, BBYO aspires to involve all Jewish teens in more meaningful Jewish experiences.
The 2020 J Summer Camps brochure will be available in the Spring. In the meantime, you can view the 2019 brochure online: www.Springfieldjcc.org.

Like us on facebook.com/JCCSummerCamp

June - August - Monday through Friday, 9 am - 4 pm, for children ages 6 weeks - 15 years. Pre camp is offered each day beginning at 7 am and post camp is offered until 6 pm. Located on a beautiful campus, JCC Summer Camps specialize in age-appropriate programming in a fun, safe, and creative atmosphere.

Talented Specialists: Our staff is from the local region, as well as overseas. Each year, Israeli shlichim (counselors) join our staff to immerse campers in Israeli cultural activities such as rowing, STEM education, sports, and arts.

Swimming: Campers enjoy swimming twice each day. In the morning, they are given lessons from certified instructors, and in the afternoon they enjoy free swim.

Ethical Values: Weekly values are introduced to campers such as Yosher (honesty) and Tikkun Olam (repairing the world). The value of the week is woven into daily activities and parents are encouraged to discuss them at home.

Inclusive Environment: Campers are provided with a welcoming environment. Our melting pot welcomes people of every meet physical, developmental, or financial ability.

Summer Inclusion Camp: This is our traditional JCC Summer Camps program with extra support of additional staffing. It provides all the fun, traditions and energy of a traditional camp to the camper who does well in an inclusive setting.

J Summer CAMPus: Located on the edge of Forest Park on the Longmeadow/Springfield line, J Camp is easily accessible for Connecticut and Massachusetts residents. Outdoor facilities include basketball and tennis courts, playgrounds, athletic fields, trails, high/low challenge ropes course, and zip line. Indoor facilities (air conditioned) include a rock wall, auditorium, art studio, gymnasium, racquetball courts, lap pool, and little pool.
JCC Health & Wellness Center

Susan Whirty, General Manager, Health, Wellness & Membership
413.739.4715  x333  swhirty@springfieldjcc.org

Kim O’Neill, Director of Recreation and Youth Athletics
413.739.4715  x314  koneill@springfieldjcc.org

Erika Friedman, Aquatics Director
413.739.4715  x382  efriedman@springfieldjcc.org

Exercise, Fitness & Wellness

This is your J! Come enjoy our Health and Wellness offerings:

Our beautiful Katz Fitness Center is available to JCC members. The fitness center includes a cutting-edge mixture of free weights, strength training and cardiovascular machines. Need some assistance? New members are strongly encouraged to participate in a complimentary Fitness orientation (by appointment only). Want an extra push or an individualized program? Any one of our certified Personal Trainers will design an individual fitness plan according to your needs and goals. Your trainer will coach you through each workout to ensure maximum results. To get started or to schedule your free orientation call 413.739-4715 ext. 326

If you prefer exercising with other like minded individuals, try Partners in Training or Small Group Training, such as TRX or BOGAFiT. Partners in Training allows you to reap the benefits of personal training while splitting the cost with a friend or family member. Small Group Trainings are led by certified Personal Trainers and focus on strengths, goals and fitness levels of all participants.

Your membership includes a wide variety of Group Exercise Classes at no additional charge. Workout in the Lawrence B. Wernick Studio, our dance studio, our yoga/pilates mezzanine area or our Functional Fitness Room. Please pick up a current schedule (includes days, times and class description) at the JCC or visit our website, www.SpringfieldJCC.org. Guests are welcome at a rate of $15 per day. This fee includes full use of the facility and participation in group exercise classes.

Policies

Cell Phone Policy: Due to privacy and respect for fellow members, cell phone use is prohibited in the Katz Fitness Center, group exercise classes and the JCC locker rooms.

Membership Card: In order for us to ensure your safety, maintain the value of your membership and assist us in providing the best service possible, we ask all members to swipe their membership card and ask guests to hand in guest passes at the Springfield JCC front desk. If you have misplaced your membership card, we will issue you a replacement for a $5 fee.

Personal Belongings: The Center does not assume any responsibility for personal belongings.

Cancellation Policy for Private Appointments: The Center requires 24-hour notice to cancel private appointments without penalty. Members who, on a recurring basis, miss appointments will be charged the full contracted amount.

Facilities: Your general membership includes the use of the finest indoor aquatics facility in the New England area, our large gymnasium, racquetball/squash courts, outdoor tennis and basketball courts. You will also have access to the Katz Fitness Center, the Functional Fitness Room, the Dance Studio, mezzanine and Lawrence B. Wernick Studio along with all the classes offered within those rooms. We offer a family changing room, girls’ locker room, boys’ locker room, men’s and women’s adult locker room areas that each include showers, steam rooms, saunas and Jacuzzis.

Babysitting

The JCC offers a fun, active and engaging baby sitting service for your children in the Springfield JCC Health & Wellness Center. Children ages 3 months and older are welcome in the baby sitting room, which is open every day.

$4 up to one hour per child
$5 up to one hour for two or more children in the same family.
FOR COMPLETE FEE SCHEDULE, PLEASE VISIT SPRINGFIELDJCC.ORG

Monday-Friday: 9 am - 12:30 pm | Saturday & Sunday: 8 am-noon
Monday and Wednesday evenings: 5 - 7:30 pm
For additional information, contact the JCC Health & Wellness Center welcome desk at 739.4715, ext. 331.
Wellness:
Your well being is important to us. The Springfield JCC Health & Wellness Center offers a wide variety of programs to improve and maintain your overall well being. Try an active adult class, low-impact water aerobics class or work with one of our certified personal trainers. You deserve to feel your best! Here are some additional health services offered:

JCC Medical Stock Exchange | 413.739.4715 | Need the temporary use of a walker, cane or wheelchair? We may have it. You can trade and exchange gently used medical equipment and appliances.

Parkinson’s Support Group | 3rd Tuesday of each month, 10:30 am | To be added to the mailing list, call the J, 413.739.4715, ext. 305. You may also contact Joyce Dupont at 413.323.4274. Additional information may be obtained at APDAMA.org.

Annual Fall Flu Clinic | Thursday, October 17, 2019, 11 am - 1 pm
Join us as Walgreens provides flu, pneumonia, TDap (whooping cough), and shingles shots in preparation for the winter season. There is a $0 copay with most insurance plans and vouchers are available for the under/ uninsured. Hosted by Walgreens, these clinics are free and open to Springfield adults. No appointment is necessary. (Present your insurance card at the flu clinic.) Please call 413.739-4715 if you have questions.

Personal Training
Our certified JCC Personal Trainers will design an individual fitness plan according to your needs and goals. Your trainer will coach you through each workout to ensure maximum results. To get started on your path to health and well being, just call 413.739.4715, ext. 326.

PLEASE NOTE: We require a 24-hour cancellation notice for all training sessions in order to avoid a charge for a missed session.

Group Fitness Classes
If you are a J member, you can participate in ALL group exercise classes at no additional charge. Pick up a current schedule (includes days and times and class descriptions) at the J, or visit SpringfieldJCC.org. Group Fitness Classes (land and aquatics) are free for JCC members. Guests pay a $15 day rate.

We also offer small group training such as BOGAFIT and TRX. Visit SpringfieldJCC.org for details. J Member - $10 | General Public - $18

Spa Membership:
Spa service is available to men and women using our adult locker rooms for an additional monthly fee. Locker room availability is on a first come first served basis with approximately 80 lockers available in each adult locker room. Spa service is available to adult members age 18 and over. Youth locker rooms are for ages 17 and younger.

Spa Service Fees
- Spa Service (per month): $25
- Towel Service (per month): $20

Massage Fees
30-minute massage
Spa Member $30
JCC Member $35
General Public $45

60-minute massage
Spa Member $55
JCC Member $60
General Public $70

To schedule a massage, contact the J: 739.4715, ext. 331 | massage@springfieldjcc.org

42nd Annual Father’s Day Road Race & Kids’ Fun Run
June 21, 2020

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General Public $45

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JCC Member $60
General Public $70

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42nd Annual Father’s Day Road Race & Kids’ Fun Run
June 21, 2020
JCC Maccabi Games & Artsfest®
For Jewish Teens ages 12-17 years
The JCC Maccabi Games® have been offering a life-and personality-shaping experience to Jewish teenagers ages 12-17 since 1982. Each athlete participates in one of numerous team and individual sports throughout a week-long experience, creating memories that will last a lifetime. Beyond athletic competition, the Games also promote community involvement, teamwork, and pride in being Jewish. This is the largest Jewish teen event in the world – each summer thousands of Jewish teens participate. The energy and excitement make it a unique and unforgettable experience for every participant, from athletes to volunteers, from coaches to host families. JCC Maccabi ArtsFest® is a week-long arts experience for Jewish teens ages 12-17. Artists join the athletes for opening ceremonies, evening events, and community involvement activities. Throughout the week artists participate in workshops with professionals and showcase skills in a culminating performance.

Contact:
Kim O’Neill, Director of Recreation and Youth Athletics 413.739.4715 x314 koneill@springfieldjcc.org

Outdoor Adventures
Featuring: Outdoor Pavilion Seating 100+ | Picnic Grove Seating 150+ | Full Size Soccer Field | Baseball Diamond | Outdoor Tennis Courts | Outdoor Basketball Courts | Archery Range | Full Size Soccer Field | Gaga Pit
JCC Challenge Course: Our trained staff will design a fun packed day to fit your group’s needs. Work together through physical and intellectual challenges while gaining the important skills of team building, trust, communication, positive risk taking, and goal oriented growth. Take your program to new heights by climbing our vertical playpen, soaring through the air on our state of the art zipline, and so much more.
Family Friendly Rock Climbing: Come conquer our indoor climbing wall with the whole family! Our trained staff will keep you safe and supervised as you try one of the best ways to stay in shape in this challenging but fun sport.
J Members - FREE | General Public with J Member - $10 | General Public - $15

Youth Sports
Gym & Swim This class serves the best of both worlds. Each session consists of 45 minutes of physical education play, followed by swim instruction and supervised play in the pool. Space is limited to 10 participants per class.
Lil Sports Sports classes designed specifically for little athletes - PreK - Kindergarten. Experienced coaches help our little athletes find success and have fun! At least one Lil Sport is offered every season. Includes: Lil Kicks (Soccer) | Lil Dribblers (Basketball) | Lil Mitts (T-ball) | Lil Hits (Tennis).

Adult Athletics
Pickleball
Mondays/Wednesdays: 8:30-11:30 (open)
Fridays: 8:30-9:30 (Instructional)
Fridays: 9:30-12:30 (open)
Saturdays: 8:00-11:00 am (open)

5th Annual Mark Kofman Memorial Basketball Tournament
June 28, 2020

Basketball Leagues:
High School Basketball League (Grades 9-12)
Winter
Young Adult Basketball League (Ages 18+)
Winter and Summer
Adult 5v5 Basketball League (Ages 30+)
Fall, Winter, and Spring

JCC Maccabi Games & Artsfest®
For Jewish Teens ages 12-17 years
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CUDAS Winter Swim Team: A competitive swim team open to all interested boys and girls ages 5 to 18. Swimmers must be able to swim 25 yards safely without assistance. Practice is held four days a week and team members are expected to attend at least two practices each week. The team swims in the Central Connecticut Winter Swim League. The CCWSL is a twelve team league made up of the best teams from the greater Hartford area. This gives our team a great mix of competition. Competition is based on age groups divided between girls and boys. There is a one week trial period with no obligation to see if swim team is right for you.

Spring Swim Team: This program is very similar to our winter team, however there are no meets. Swimmers work to improve their stroke mechanics and technique with the help of experienced swim coaches. To join you must be able to swim 25 yards safely without assistance. Practice is held four days each week. You choose preferred practice days (no minimum). Juniors and Seniors have one practice time as a team.

Aquatics are beneficial to adults, from relieving stress to strengthening muscles, or for the purpose of rehabilitation, this low impact exercise is valuable for all ages. We offer a variety of aqua fit classes including Adult Active Pool, Aqua Jogging, Swimnastics, Water Aerobics, and Water Tabata. A list of offerings is available online at SpringfieldJCC.org.

Erika Friedman, Director of Aquatics and JCC Maccabi
413.739.4715 x382 efriedman@springfieldjcc.org

American Red Cross Life Guarding Classes
The American Red Cross Life Guarding program offers participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course includes the latest science in First Aid, CPR/AED, for the professional rescuer, emergency cardiac care, as well as the latest life guarding rescue skills and safety protocols.

American Red Cross Swim Lessons
Preschool: Levels 1 - 3 (ages 3 - 5 years)
Progressive Swim Lessons: Levels 1 - 6 (6 - 12 years)
A list of offerings is available online, SpringfieldJCC.org, or call 413. 739.4715 to register.

Youth Water Polo
For ages 5 - 12
Through the USA Water Polo Association, the Springfield JCC is offering Splashball™, a game designed to teach children the skill set and game of water polo.
**Kick Off Event:**  
Thursday, September 19, 2019, 7:30 pm @ the J  
**FREE** for J Members and Chai Society Members | $7 General Public  
Madeleine Kunin, Former Governor of Vermont  
*Coming of Age: My Journey to the Eighties*

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**Life Lesson Trips**

“A Flair for Eclairs” Day Trip to King Arthur  
Thursday, October 3

“Ain’t Too Proud: The Life and Times of The Temptations” on Broadway  
Sunday, October 6

“To Kill a Mockingbird” on Broadway  
Sunday, October 6

New York City Round Trip Transportation  
Sunday, October 6

“Billy Elliot: The Musical” at Goodspeed Opera House  
Thursday, October 17

Springfield Symphony Presents “Love on Broadway” with Maestro Rhodes  
Saturday, February 22

“TINA: The Tina Turner Musical” on Broadway  
Sunday, April 26

New York City Round Trip Transportation  
Sunday, April 26

**J Travel**

Exotic Trip to Morocco  
Wednesday, October 23 – Sunday, November 3, 2019

Oceania Greek Cruise and Athens Land Package  
Monday, May 4 – Sunday, May 17, 2020

Mediterranean Cooking Experience on the Amalfi Coast  
Sunday, October 25 – Sunday, November 1, 2020

**Day Programs**

JCC Adult Book Club Reconvenes  
Monday, September 9

Knitting: Beginners and Beyond Session I  
Tuesdays, September 10 – 24 (3 weeks)

Beginner Bridge  
Wednesdays, September 25 – November 13 (7 weeks)

Watercolor Painting and Other Water-Based Mediums  
Thursdays, October 3 – December 12 (10 weeks)

Knitting: Beginners and Beyond Session II  
Tuesdays, October 8 – November 12 (6 weeks)

La France: Another Cultural Road Trip  
Wednesdays, October 16 – November 20 (6 weeks)

SHINE Counseling Services  
Thursdays, October 17 – December 5

Clash of Civilizations  
Thursdays, October 17 – November 21 (5 weeks)

Flu Clinic and More  
Thursday, October 17

Back in Balance  
Friday, October 18

Weak Two Bids for Advanced Beginner Bridge Players  
Wednesdays, October 23 – November 13 (4 weeks)

Parkinson’s Disease Community Wellness Program  
Wednesdays & Fridays, October 23 – December 18 (6 weeks)

The U.S. Supreme Court and the Decisions that Shaped American History II  
Mondays, October 28 – November 18 (4 weeks)

Telling Your Story Through Writing  
Mondays, October 28 – December 16 (8 weeks)

Good Stock Farm Lunch Cooking Class  
Wednesday, November 6

Knitting: Beginners and Beyond Session III  
Tuesdays, November 19 – December 17 (5 weeks)

**Evening Programs**

Mixed Media Mosaics Session I  
Thursdays, October 3 – October 24 (4 weeks)

Clash of Civilizations  
Thursdays, October 17 – November 21 (5 weeks)

The Extraordinary Life and Times of Benjamin Franklin  
Wednesdays, October 23 – November 6 (3 weeks)

Zentangle: Celtic Knot Flower  
Wednesday, October 23

Sing Out Chorus  
Mondays, October 28 – December 16 (8 weeks)

Mixed Media Mosaics Session II  
Thursdays, November 7 – 21, December 12 (4 weeks)

Less is More: Using KonMari to Clear Your Home and Mind  
Wednesday, November 13

Riding the Underground Railroad  
Wednesdays, December 4 – 11 (2 weeks)

Create Your Own Beaded Bracelet  
Thursday, December 5

**Life Lessons Speakers Series (FREE)**

Recovery & Resilience: Boston Marathon Survivor Amy O’Neill  
Wednesday, October 2

HPV Vaccine – Should My Child Be Vaccinated?  
Thursday, October 10

“A Match Made in Heaven: Uncovering A Jewish Immigrant’s Love Story”  
Sunday, October 13

Author Andrew Lam presents “Repentance”  
Wednesday, October 16
Literatour is the JCC’s festival of Jewish books and authors, featuring year-round presentations, book signings and special events, hosted at the JCC and throughout the community. Reservations are strongly recommended. Email arts@springfieldjcc.org, call (413) 739-4715 or sign up in person at the JCC front desk. Books will be available for purchase and autograph at all events.

**FALL KICK-OFF EVENT:**
Thursday, September 19, 7:30 pm @ the J  
**FREE for J Members and Chai Society Members | $7 General Public**
Madeleine May Kunin
COMING OF AGE: MY JOURNEY TO THE EIGHTIES  
Co-sponsored by Life Lessons, the JCC’s Adult Life Department

Sunday, October 6, 2 pm @ the Yiddish Book Center  
**Sue Macy**
THE BOOK RESCUER: HOW A MENSCH FROM MASSACHUSETTS SAVED YIDDISH LITERATURE FOR GENERATIONS TO COME  
Co-sponsored by the Yiddish Book Center

Tuesday, October 29, 7 pm @ the J  
**Karen Zilberstein**
PARENTS UNDER PRESSURE: STRUGGLING TO RAISE CHILDREN IN AN UNEQUAL AMERICA  
Co-sponsored by Kehillah, the J’s Special Needs Department

Thursday, November 7, 7:00 pm @ Temple Beth El  
**Karen Treiger**
MY SOUL IS FILLED WITH JOY: A HOLOCAUST STORY  
Co-sponsored by Temple Beth El

Tuesday, December 10, 7:00 pm @ the J  
**Kirsten Fermaglich**
A ROSENBERG BY ANY OTHER NAME: A HISTORY OF JEWISH NAME CHANGING IN AMERICA

Winter/Spring Kick-off  
Thursday, February 13, 7:00 pm @ the J  
**Jenna Blum**
THE LOST FAMILY

Thursday, March 5, 7 pm @ the Yiddish Book Center  
**Alana Newhouse**
THE 100 MOST JEWISH FOODS: A HIGHLY DEBATABLE LIST  
Co-sponsored by the Yiddish Book Center

Thursday, April 30, 7:00 PM @ the J  
**David Dow**
CONFESSIONS OF AN INNOCENT MAN

March 25 - April 5, 2020

Pioneer Valley Jewish Film Festival | PVJFF.org

Now in its 15th year, the Pioneer Valley Jewish Film Festival presents two weeks of award-winning films that explore the best of independent cinema through a Jewish lens. Filmmaker talkbacks, panel discussions, and other special events provide unique opportunities for community dialogue. PVJFF films are screened throughout Hampden, Hampshire and Franklin Counties. Visit pvjff.org to learn more. See you at the movies!
Kosher Meals Program: If you are aged 60 or older, join us for a kosher meal Monday through Friday when the JCC is open. This program also includes home-delivered meals to the homebound. Made possible by the cooperation of the Greater Springfield Senior Services, the Jewish Community Center, the Jewish Nursing Home, the Springfield Jewish Federation and our many volunteers who pack lunches, make home deliveries, and serve food. A donation ($2) is requested and reservations are necessary by 11 am the day before you want the meal. Call the Meal Site Manager at 413.384-0363 for reservations.

INCLEMENT WEATHER: If Springfield schools are closed, the meal program is cancelled for that day.

Transportation Program: The JCC mini-bus is available Tuesday - Friday, 9 am - 2 pm. The mini-bus schedule includes trips to the X, downtown Springfield, Big Y and Longmeadow Shops, to name a few. Individualized trips for medical appointments and errands can also be arranged, as well as transportation to and from the Center for activities and lunch. Please call the JCC office, 739.4715, for reservations. Mini-bus tickets are required and may be purchased at the J or from the driver ($2 per ride, or 12 rides for $18.)

SHINE Health Insurance Program: Neil Epstein Offers SHINE Services during Open Enrollment Period | The SHINE Program is the Massachusetts State Health Insurance Counseling Program which provides free and unbiased health information, counseling and assistance to Medicare beneficiaries of all ages and their caregivers. Neil, an extensively trained community volunteer, is available Thursdays, October 17, 24, 31, November 7, 14, 21, and December 5, from 9:00 a.m. to 12:00 p.m., during the Open Enrollment Period (October 15 - December 7, 2019) by appointment only. If you need help understanding your Medicare benefits and other health insurance options, call the JCC at 739-4715 to schedule an appointment.

Annual Fall Flu Clinic: Thursday, October 17, 2019, 11 am - 1 pm | Join us as Walgreens provides flu, pneumonia, TDap (whooping cough), and shingles shots in preparation for the winter season. There is a $0 co-pay with most insurance plans and vouchers are available for the under/uninsured. Hosted by Walgreens, these clinics are free and open to Springfield adults. No appointment is necessary. (Present your insurance card at the flu clinic.) Please call 413.739-4715 if you have questions.

Parkinson’s Support Group: 3rd Tuesday of each month, 10:30 am | To be added to the mailing list, call the J, 413.739.4715, ext. 305. You may also contact Joyce Dupont at 413.323.4274. Additional information may be obtained at APDAMA.org.

JCC Medical Stock Exchange: 413.739.4715 | Need the temporary use of a walker, cane or wheelchair? We may have it. You can trade and exchange gently used medical equipment and appliances. Donations of equipment are appreciated - please call before donating.

J Services are open to J Members as well as to the General Public

J Services
413.739.4715

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Jewish Life, Holidays, and Celebrations

Hanukkah
First Light Community-wide celebration: December 22, 2019 @ the J
Join us for a puppeteer and activities for the whole family. Funding for this program is provided by the Springfield JCC INFund. First Light is sponsored by the Springfield JCC and the Jewish Federation of Western Massachusetts; and supported by the Sklar Family. In partnership with PJ Library, Temple Beth El, Sinai Temple, B’nai Torah, and LYA.

Purim
The J’s Early Learning Center Purim Carnival: March 8, 2020 @ the J. Fun and games for families with young children. Come dressed in costume.

Passover
Wine Tasting & Sale: March 10, 2020 @ the J. Order from a selection of hundreds of wines in time for Passover.

Passover Programming: Be on the lookout for engaging Passover programs. View details at SpringfieldJCC.org.

State of Israel Holidays - Spring 2020
Since the establishment of the State of Israel, four new holidays have been added to the Jewish calendar: Yom HaShoah (Holocaust Remembrance Day), Yom HaZikaron (Memorial Day for soldiers who lost their lives fighting in the War of Independence and subsequent battles), Yom HaAtzmaut (Independence Day), and Yom Yerushalayim (Jerusalem Day). In Israel, these holidays are observed as National Holidays.

Yom HaShoah - Holocaust Remembrance Day: Tuesday, April 28, 2020
Yom HaShoah is the day designated by Jewish communities around the world to memorialize the Jews who were murdered by the Nazis and their collaborators. Every year on the yahrzeit (anniversary of a person’s death), Jewish tradition requires that Kaddish be recited in the synagogue. The actual dates of death for most of those who perished under the Nazi regime are unknown. Yom HaShoah, therefore, is actually a Yom Kaddish K’lalli, a day established by the Jewish community to recite the traditional Kaddish for those whose deaths occurred during the Holocaust and whose actual yahrzeits will never be known.

Yom HaAtzmaut - Israeli Independence Day: Community event to be announced
Israeli Independence Day marks the establishment of the modern State of Israel (1948). It is observed on or near the 5th of Iyar.

Springfield Alliance for Jewish Education
A collective approach to adult Jewish learning
Project Zug (“Zug” means “pair”) connects you to a partner, tradition, and people for the purpose of learning Judaism in pairs. This regional project will kick off this Fall featuring Ruth Calderon who will help us understand what learning looks like.

For more information, visit SpringfieldJCC.org.
Contact: Rabbi James Greene | jgreene@springfieldjcc.org | 413.739.4715

With appreciation to Bill and Susan Firestone for their generous support of Project Zug.
The Springfield Alliance for Jewish Education is a new venture launched by the Springfield JCC, B’nai Torah, LVA, Sinai Temple, Temple Beth El, the Jewish Federation of Western Massachusetts (including the Jewish Endowment Foundation), to bring a collective approach to adult Jewish learning opportunities.

“Find yourself a community”
The Springfield JCC is hosting a new and exciting endeavor called “The Havurah Initiative.” Havurah is the Hebrew word for friendship. The purpose of this initiative is to cultivate local, peer-led Jewish groups in the Springfield/Longmeadow area. This initiative will provide support to those who are interested in building friendships, meaning, and community.

For more information, please contact the Havurah Initiative Coordinator, Rabbi Alana Wasserman, awasserman@springfieldjcc.org.

The Havurah Initiative (HI) receives major funding from the Harold Grinspoon Foundation. HI encourages and provides funding for the formation of ongoing, intimate, peer-led communities that share and explore a Jewish focus of their own choosing. Each group consists of seven or more people meeting at least nine times per year. With a Jewish focus, groups are broadly defined and share leadership among its members.
Chai Society

Did you know that membership dues and program fees do not provide enough for us to meet our mission to the community? To help meet those needs, we rely on Chai Society, an annual giving effort that supports our mission-driven programs. You can join Chai Society for as little as $15 per month. 100% of your gift will go directly toward helping those who rely on the JCC most. Please consider making a Chai Society gift today—information is available at the Front Desk or by contacting Michael Paysnick, mpaysnick@springfieldjcc.org, 413.739.4715, x306.

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We apologize if your name has been inadvertently omitted from this list. Please contact Ellen Perell with any corrections, 413.739.4715, x309.

Chai Society members as of July 2019

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To register for lessons, call 413.739.4715

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- Make a lasting contribution to our mission driven programs.
- Help provide for future generations.
- Perpetuate something meaningful and worthwhile.

Contact Michael Paysnick, x306, for more information about becoming a member of the Dor L’Dor Society.

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Dor L’Dor: generation to generation
I plant for my children, just as my parents planted for me.
-Talmud

The Springfield Jewish Community Center is a participating agency of the Create a Jewish Legacy Program. Create a Jewish Legacy is a collaboration of the Jewish Federation of Western Mass., the Jewish Endowment Foundation, the Jewish Federation of the Berkshires and the Harold Grinspool Foundation.

Thank you to the following Funders:
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JCC Endowment Funds

The JCC INFund is the Center’s primary endowment fund. Established to ensure the future of the JCC’s mission-driven programs, the INFund enables the JCC to meet our mission to the community around us. Contributing to a JCC endowment fund is a great way to honor a special occasion, memorialize a departed loved one or recognize noteworthy accomplishments. We have funds that support every area of Center life—your gift can be made to any fund that corresponds with your interests. Please see the list of funds below. Want to establish a fund? You can create a personal endowment fund to support a specific program, special interest, or general needs at the Center. Want to contribute to a fund? Contribute to an existing fund and a personalized note will be sent to the person or family being honored. For more information, contact Michael Paysnick at x306.

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