

J

Memphis Jewish Community Center

April–June 2026 / Nissan–Tammuz 5786



Scene

there's something about this place®



a message from our board chair

Dear Members,

The past few months have given us much to celebrate. At the start of the year, the Board appointed a familiar face, Jeremy Weiser, as the fifth President and CEO of the Memphis Jewish Community Center. Jeremy has been part of the MJCC for more than a decade, and we look forward to his leadership as we build on the J's strong foundation.

We also celebrated another successful Morris and Mollye Fogelman International Jewish Film Festival, featuring films from around the world. Our youth basketball players spent the winter developing their skills on the court while the MJCC cheer team cheered them on—an exciting addition made possible through our youth gymnastics partnership.

You are all invited to the **MJCC's 2026 Annual Meeting on Sunday, May 31 at 10:30 a.m.** Please watch for your invitation in the mail and make plans to join us as we reflect on the accomplishments of the past year and share our vision for the future.

Morris and Mollye Fogelman Israel Week will take place **April 19th–26th** with events that are both meaningful and fun. From fitness and aquatics to athletics and cultural programs, the MJCC continues to bring people together in many different ways.

Looking ahead to late spring, the Outdoor Water Park opens for the season on Sunday, May 24, with our poolside party on Memorial Day, Monday, May 25. Our staff is also preparing for another exciting summer of MJCC Day Camp beginning Monday, June 1. We look forward to the laughter, joy, and energy that make camp such a special part of the MJCC each summer. If you have not registered your kids for MJCC Day Camp yet, there is still time.

Someone recently told me, "It's a great day at the J." When you see the activity and energy across the building, it is easy to understand why. Thank you to the members, volunteers, and staff who make the MJCC such a special place for our community.

I look forward to seeing you soon.

B' Shalom,

Jacob Samuels
Board Chair

Save The Date!
2026 **Annual Meeting**
Sunday, May 31st • 10:30am
Continental breakfast • 10:00am

P.S. If you know someone who would enjoy being part of the J, I hope you will connect them with our membership team. We are always excited to welcome new members into the MJCC community.

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Facility Hours

UPCOMING HOLIDAY HOURS:

Passover	Wed, Apr 1	Close at 5:45pm
	Thu, Apr 2	Closed
	Fri, Apr 3	Closed
	Tue, Apr 7	Close at 5:45pm
	Wed, Apr 8	Closed
	Thu, Apr 9	Closed
Shavuot	Thu, May 21	Close at 5:45pm
	Fri, May 22	Closed
	Sat, May 23	Closed
Memorial Day	Mon, May 25	8:00am-5:45pm

HOURS OF OPERATION:

Sunday 8:00am–5:45pm
Monday–Thursday 5:30am–9:00pm
Friday 5:30am–5:45pm
Saturday 12:00pm–6:45pm

Memphis Jewish Community Center
6560 Poplar Avenue • Memphis, TN 38138
(901) 761-0810 • www.jccmemphis.org

Join us for our
**Outdoor
Pool
Opening**
at the 

Sunday, May 24 & Monday, May 25
from 8:00am–5:30pm



Toddler Sports

Older Toddler and Transition • 2 by 8/15/25

Introduce your child to basic soccer, basketball, football, and baseball skills as well as fun, interactive, games during this stimulating class. In a group setting, your child will practice gross motor skills such as kicking, catching, and throwing as well as fine motor skills such as grasping and hand-eye coordination. Positive social skills are encouraged by teaching children to wait patiently and take turns.

MonWed 3:15–3:45pm | 3/30–4/29 | \$90 fee/\$72m

No class 4/1, 4/8.

MonWed 3:15–3:45pm | 5/4–5/20 | \$68 fee/\$54m



When You Give, They Gain
Access to Maccabi Dreams

THE JCC MACCABI GAMES® & ACCESS

August 2–7 | jccmemphis.org/JCCMaccabi

\$3 Maccabi Pins will display our Memphis spirit.

\$20 T-Shirts will create unity and sportsmanship.

\$25 Hats will remind athletes of their mission.

\$30 Pullovers will inspire athletes to keep going.

\$800 Flight Sponsor get an athlete to the Maccabi Games.

\$2,300 Coach Sponsor will provide all the guidance needed.

\$40 Backpacks will carry everything important to our athletes.

\$60 Swag Sponsor will provide memories of home.

\$100 Jerseys will turn an athlete into a teammate.

\$150 Warmups will prepare an athlete for greatness.

\$2,300 Athlete Sponsor will take an athlete through it all.



DONATE NOW

J-Club

After-School Program

August 5, 2026–May 21, 2027

Grades K–6 • Mon–Fri • 3:30–6:00pm

Must be 5 by 8/15/26

Your child will have supervised homework or quiet time, free time in our game room, counselor-led activities, and a chance to run around and make new friends. A snack is served each day, and staff will escort your child to and from MJCC afterschool activities.

For more information, please email jkaitibi@jccmemphis.org.

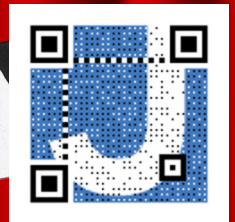
MJCC

SUMMER CAMP 2026

June 1–July 31 • Ages 3–10th Grade

Learn more and register at
www.jccmemphis.org/Camp

SCAN FOR
BROCHURE



Lights, Camera, Camp!
**Apply to work at
Summer Camp 2026!**
Staff applications are available!

A summer at MJCC Day Camp is a life-changing experience not only for our campers, but our staff as well. More than just a summer job, employment at MJCC Day Camp means being a part of our family. Just as we challenge our campers to take risks and grow, we have the same expectations for our staff. MJCC Day Camp staff members are driven, compassionate, and professional - and they certainly know how to have a good time.

APPLY NOW: www.jccmemphis.org/campstaff



STAY CONNECTED    |

MJCC Kids' Beginner Group Swim Lessons

Ages 3–12

At Level I, we cover everything from putting their face in the water to floating and swimming on their own for approximately 10 feet on both their stomach and back under the supervision of the instructor. At that point they will be ready to go on to Intermediate Swim, where the swimmers become more independent, swim greater distances, learn dives and are introduced to other strokes.

April

Mon 4:00–4:30pm | 4/13–4/27 | \$75 fee/\$60m
 Mon 4:30–5:00pm | 4/13–4/27 | \$75 fee/\$60m
 Tue 4:00–4:30pm | 4/14–4/28 | \$75 fee/\$60m
 Tue 4:30–5:00pm | 4/14–4/28 | \$75 fee/\$60m
 Wed 4:00–4:30pm | 4/15–4/29 | \$75 fee/\$60m
 Wed 4:30–5:00pm | 4/15–4/29 | \$75 fee/\$60m
 Sun 10:00–10:30am | 4/12–4/26 | \$75 fee/\$60m
 Sun 10:30–11:00am | 4/12–4/26 | \$75 fee/\$60m
 Sun 11:00–11:30am | 4/12–4/26 | \$75 fee/\$60m
 Sun 11:30am–12:00pm | 4/12–4/26 | \$75 fee/\$60m

May

Mon 4:00–4:30pm | 5/4–5/18 | \$75 fee/\$60m
 Mon 4:30–5:00pm | 5/4–5/18 | \$75 fee/\$60m
 Tue 4:00–4:30pm | 5/5–5/19 | \$75 fee/\$60m
 Tue 4:30–5:00pm | 5/5–5/19 | \$75 fee/\$60m
 Wed 4:00–4:30pm | 5/6–5/20 | \$75 fee/\$60m
 Wed 4:30–5:00pm | 5/6–5/20 | \$75 fee/\$60m
 Sun 10:00–10:30am | 5/3–5/17 | \$75 fee/\$60m
 Sun 10:30–11:00am | 5/3–5/17 | \$75 fee/\$60m
 Sun 11:00–11:30am | 5/3–5/17 | \$75 fee/\$60m
 Sun 11:30am–12:00pm | 5/3–5/17 | \$75 fee/\$60m

MJCC Kids' Intermediate Group Swim Lessons

Ages 3–12

At Level III, the swimmers become more independent, swim greater distances, learn dives and are introduced to other strokes.

April

Mon 5:00–5:30pm | 4/13–4/27 | \$75 fee/\$60m
 Tue 5:00–5:30pm | 4/14–4/28 | \$75 fee/\$60m
 Wed 5:00–5:30pm | 4/15–4/29 | \$75 fee/\$60m

May

Mon 5:00–5:30pm | 5/4–5/18 | \$75 fee/\$60m
 Tue 5:00–5:30pm | 5/5–5/19 | \$75 fee/\$60m
 Wed 5:00–5:30pm | 5/6–5/20 | \$75 fee/\$60m

Blue Dolphin Swim Team (Co-Ed)

The MJCC Blue Dolphin Swim Team is an excellent introduction to competitive swimming. The Blue Dolphins compete in the Mid-South Swimming Conference and will participate in swim meets.

Swimmers must be able to swim the length of the pool by themselves and without stopping for both backstroke and freestyle prior to participating with the team. Join at any time during the session.

Blue Dolphin Bronze Group: Ages 5–10

Mon–Thu 4:30–5:00pm | 4/13–5/20 | \$225 fee/\$190m
 Mon–Thu 4:30–5:00pm | 6/1–7/30 | \$350 fee/\$300m

Blue Dolphin Silver Group: Ages 6–15

Mon–Thu 4:15–5:00pm | 4/13–5/20 | \$290 fee/\$230m
 Mon–Thu 5:00–5:45pm | 6/1–7/30 | \$450 fee/\$360m

Blue Dolphin Gold Group: Ages 8–18

Mon–Thu 4:15–5:15pm | 4/13–5/20 | \$340 fee/\$285m
 Mon–Thu 5:00–6:00pm | 6/1–7/30 | \$540 fee/\$450m

NEW! Blue Dolphin Summer Swim Social

Ages 4–18

Join us as we celebrate the accomplishments of our Fall/Spring Blue Dolphin Swim Team and plan ahead for a fantastic summer swim season. This will also be a great opportunity to meet our staff and ask any questions you may have about our Summer Swim Team.

Fri 3:30–5:00pm | 5/29 | \$5 fee/ Free for members

NEW! Summer Swim Team Pre-fin

Ages 4–12

This is for the swimmers who want experience being on a team, but haven't quite gotten to the point where they are swimming a full 25 yards yet. In our Pre-fin Blue Dolphin Swim Team swimmers will work on reading a workout and a more technique focused swim practice. Once your swimmer is able to consistently swim 25 yards either freestyle or back stroke they will be able to compete at swim meets with our Blue Dolphin Swim Team. Participation in swim meets is optional, but encouraged.

Mon–Thu 4:00–4:30pm | 6/1–7/30 | \$350 fee/\$300m

Private Swim Lessons

1:1 lessons fully catered to your individual need whether it be beginner to advanced we can help you reach your swimming goal. To schedule private swim lessons, please contact:

Wesley Williams at wwilliams@jccmemphis.org / (901) 259-9244 / Nicole Francis at nfrancis@jccmemphis.org / (901) 259-9208.

NEW! Swim Into Summer Swim Clinics

All swim levels welcome! Swimmers will be sorted by skill level and water comfort on the first day of class and will work on a variety of skills in a fun and safe group setting! Classes meet at the same time Monday-Thursday. Any swimmers who are not potty trained will be required to wear a swim diaper.

Ages 2-3

Mon-Thu 3:30-4:00pm | 6/1-6/4 | \$125 fee/\$100m
 Mon-Thu 3:30-4:00pm | 6/8-6/11 | \$125 fee/\$100m

Ages 4-8

Mon-Thu 4:00-4:30pm | 6/1-6/4 | \$125 fee/\$100m
 Mon-Thu 4:30-5:00pm | 6/1-6/4 | \$125 fee/\$100m
 Mon-Thu 4:00-4:30pm | 6/8-6/11 | \$125 fee/\$100m
 Mon-Thu 4:30-5:00pm | 6/8-6/11 | \$125 fee/\$100m

Ages 3-12

Mon-Thu 5:30-6:00pm | 6/8-6/11 | \$125 fee/\$100m
 Mon-Thu 5:30-6:00pm | 6/1-6/4 | \$125 fee/\$100m

Water Babies

Ages 6 months-3 years

Introduce your little one to the joys of swimming with our "Water Babies" class! Designed for infants and toddlers, this class focuses on building water confidence and foundational swimming skills in a fun and safe environment. Parents join their babies in the water, engaging in interactive activities that foster a strong bond and make the learning experience enjoyable for both of you. Join at any time during the session.

Tue 5:30-5:55pm | 4/14-4/28 | \$75 fee/\$60m
 Sun 9:30-10:00am | 4/12-4/26 | \$75 fee/\$60m
 Tue 5:30-5:55pm | 5/5-5/19 | \$75 fee/\$60m
 Sun 9:30-10:00am | 5/3-5/17 | \$75 fee/\$60m
 Tue 5:00-5:30pm | 6/2-6/30 | \$125 fee/\$100m

Arthritis Water Aerobics

Arthritis Water Aerobics is an excellent way for people with arthritis or those in recovery to build strength, ease stiff joints and relax sore muscles. Performed in chest deep water, the buoyancy and support of the warm water eases painful joints, helping you to increase the range of movement. Plus it is fun!

MonWed 10:00-11:00am | 4/1-4/29 | \$40 fee/\$30m

No class 4/8.

MonWed 10:00-11:00am | 5/4-5/27 | \$40 fee/\$30m

No class 5/25.

MonWed 10:00-11:00am | 6/1-6/29 | \$45 fee/\$35m

Aqua Fit Water Aerobics

Performed while standing in chest deep water, Aqua Fit provides a great cardiovascular workout. It increases pulse and breathing rate and improves heart health. The gentle resistance of the water strengthens and tones muscles as you push and pull against it.

TueThu 10:00-11:00am | 4/7-4/30 | \$35 fee/\$30m

No class 4/9.

TueThu 10:00-11:00am | 5/5-5/28 | \$40 fee/\$30m

TueThu 10:00-11:00am | 6/2-6/30 | \$45 fee/\$35m

Adult Beginner Group Lessons

Ages 18+

Learn how to swim with like-minded peers in a judgement free swimming class. In this class, we will work on floating, glides, and the fundamentals of freestyle and backstroke.

Mon 5:30-6:00pm | 4/13-4/27 | \$75 fee/\$60m

Wed 5:30-6:00pm | 4/15-4/29 | \$75 fee/\$60m

Sun 12:00-12:30pm | 4/12-4/26 | \$75 fee/\$60m

Mon 5:30-6:00pm | 5/4-5/18 | \$75 fee/\$60m

Wed 5:30-6:00pm | 5/6-5/20 | \$75 fee/\$60m

Adult Intermediate Group Lessons

Ages 18+

This class is for swimmers who are comfortable in the water, but want to learn more about different swim strokes and techniques. Swimmers must be able to swim with face in the water for ten feet to register for this class.

Sun 12:30-1:00pm | 4/12-4/26 | \$75 fee/\$60m

Lifeguard Blended Learning Certification

Ages 18+

The American Red Cross Lifeguard training class includes Lifeguard training, CPR for the professional rescuer, Automated External Defibrillator, and First Aid.

See www.jccmemphis.org/lifeguard for other requirements.

Sun 12:00–5:00pm | 5/3–5/17 | \$320 fee/\$290m

Wed 12–4pm • Thu 8am–5pm • Fri 8am–4pm
5/27–5/29 | \$320 fee/\$290m

NEW! Splashball: Intro to Water Polo

Ages 5–12

Join us for a small sample of Splashball- a modified version of water polo for young swimmers. During this session our coach will guide each participant through drills and activities that will introduce the fundamentals of this growing sport.

Tue 4:30–5:15pm | 5/26 | \$10 fee/\$5m

Thu 4:30–5:15pm | 5/28 | \$10 fee/\$5m

NEW! 2026 Kids' Triathlon

Ages 4–14

Swim! Bike! Run! Sign-up for our kids' triathlon as we set a course for fun!

Sun 11:00am–finish | 5/31 | \$30 fee/\$20m

Master's Swim Clinic

Ages 12+

Whether you're a beginner at swimming or training for your first triathlon, our clinics focus on refining technique, enhancing efficiency, and boosting confidence in the water.

MonWed 5:30–6:15pm | 4/13–4/29 | \$210 fee/\$180m

Tri-Swim Clinic

Ages 12+

Whether you're training for your first sprint or your tenth Ironman, our clinics focus on refining technique, enhancing efficiency, and boosting confidence in the water.

MonWed 5:30–6:15pm | 5/4–5/20 | \$210 fee/\$180m

Shevatim Showdown

Ages 3–13

Come to the indoor pool for some friendly competition while celebrating Jewish values. Build your team or play as an individual while we compete in various relays and events.

Sun 2:00–3:00pm | 4/19 | \$20 fee/\$10m

Fitness Fiesta Membership Event

Sunday, May 3

9:15am–12:45pm

Refreshments and light snacks will be provided.

Come join us for **Friends, Fun, and Fitness!**

Come and go as you wish. Take your favorite class or try something new. Join us for 1, 2, or ALL the classes if you choose.

Experience our talented team of group fitness instructors and fitness leaders. Participate and receive raffle tickets for exciting fitness/health-related prizes. Receive one extra ticket for each guest you bring.

Youth Fitness Classes

All participants must be potty trained.

NEW! Active Indoor Recess (AIR): Ages 3–5

Are your kids restless from being cooped up inside due to rain or cold? Active Indoor Recess (AIR) is a great way to get kids moving and helps support students in getting the recommended 60 minutes of physical activity per day. Recess is a crucial part of a child's development, providing opportunities for physical activity and social interaction. For children aged 3-5, AIR introduces new activities, sports, games and experiences so kids develop and build confidence while having fun in a positive environment full of physical challenges. Let's catch some AIR at the J this Spring!
 Mon 4:30–5:00pm | 4/6–5/11 | \$60 fee/\$40m

Superhero Training: Ages 3–5

Unleash your inner hero! This action-packed class builds strength, agility, and fun through challenges and games based on your favorite superhero!
 Wed 4:10–4:40pm | 4/15–5/13 | \$80 fee/\$60m
 No class 4/8.

Ninja Warrior: Ages 3–5

This is a fun filled action packed class that focuses on functional movements for kids. Your child will learn to navigate through obstacles, while learning how to control their body through awareness, balance, and coordination activities.
 Thu 4:00–4:30pm | 4/16–5/14 | \$80 fee/\$60m
 No class 4/2, 4/9.

Teen Fit: Ages 11–15

Get your teen started properly with the basics of strength, cardio, and flexibility training. Participants will be coached on fundamental and foundational movement patterns such as squatting, lunging, pushing, pulling, and hinging both with weights and without as appropriate. They will learn proper starting weights, how often and how intensely to exercise, and receive recommendations on how to make fitness part of their lifestyle.
 Sun 2:00–3:00pm | 4/12–5/17 | \$95 fee/\$75m
 No class 5/10.

Gymnastics classes in partnership with Wings Gymnastics



All Wings Gymnastics classes include awesome 8:1 student: teacher ratio with a parent observation & awards day on the last day of class. Registration is by session dates, but students may join the class at any point in the season. Additional Wings waiver required. [Join in at any time for a pro-rated fee!](#)

Family Time Classes (Gym Fun to Intermediate)

Wings offers simultaneous class times for all levels for family convenience. Go enjoy your workout while we work out the kids! Remember...Gymnastics FUN! (3–5 years) classes are 45 min, Fundamentals (5–12 years) & Intermediate (7–12 years) are 55 min. You must be ready to pick up all gymnasts on time.

Explore with Me Gym FUN Ages 18–36 months

Join your little one for the FUN! Enjoy bonding time with your toddler in our parent-led learning experience. Move through activity stations designed to encourage confidence, coordination and exploration.
 Tue 5:30–6:00pm | 1/13–5/19 | \$270 fee/\$216m
 No class 4/7.

Gymnastics FUN: Pre-K–K: Ages 3–5

Where it all starts! Wings Gymnastics offers boys & girls a warm and encouraging environment while helping to develop body awareness, motor coordination, and social skills. Our little gymnasts learn age-appropriate beginning curricula through games and individual instruction on all 4 events (Vault, Bars, Beam, Floor), along with aerobic movement and stretching.
 Mon 3:30–4:15pm | 1/12–5/18 | \$304 fee/\$256m
 No class 1/19, 2/16, 4/6.
 Tue 3:30–4:15pm | 1/13–5/19 | \$342 fee/\$288m
 No class 4/7.
 Tue 4:30–5:15pm | 1/13–5/19 | \$342 fee/\$288m
 No class 4/7.
 Wed 3:30–4:15pm | 1/14–5/20 | \$323 fee/\$272m
 No class 4/1, 4/8.
 Wed 5:30–6:15pm | 1/14–5/20 | \$323 fee/\$272m
 No class 4/1, 4/8.

Gymnastics Fundamentals and Intermediate: K+ • Ages 6–12

Gymnasts will focus on beginning & intermediate skills on floor, bars, balance beam, and vault. With a little more focus on form and execution, gymnasts will learn at their level on each of the events.

Tue 3:30–4:25pm | 1/13–5/19 | \$378 fee/\$324m
No class 4/7.

Tue 4:30–5:25pm | 1/13–5/19 | \$378 fee/\$324m
No class 4/7.

Wed 3:30–4:25pm | 1/14–5/20 | \$357 fee/\$306m
No class 4/1, 4/8.

Wed 5:30–6:25pm | 1/14–5/20 | \$357 fee/\$306m
No class 4/1, 4/8.

Ballet/ Acro: Ages 3–5

A blend of ballet technique and acrobatics, building grace, strength, flexibility, and confidence. Parent Observation Day is the last 30 minutes of the last class.

Thu 4:30–5:15pm | 1/15–5/14 | \$304 fee/\$256m
No class 4/2, 4/9.

NEW! Pre-Team Cheerleading FUN!

Pre-K–K+ • Ages 3–5

Our pre-team program will focus on beginning cheers, pom dance, jumps & kicks, tumbling & stunts. Build confidence, teamwork & showmanship! Parent Observation Day is the last 30 minutes of the last class.

No Uniform required for this intro class! Students should wear Form-fitting shorts & T-shirt, athletic shoes (rubber soled), hair pulled from eyes, no jewelry.

Mon 4:30–5:15pm | 1/12–5/18 | \$304 fee/\$256m
No class 1/19, 2/16, 4/6.

JCC WINGS Cheer Team: K+ • Ages 5–12

Spring semester is open to current team members only. Registration for new team members opens in Fall 2026!

The J-Wings Cheer Team is a wonderful way to introduce the sport of cheerleading to younger girls in a fun, low-pressure environment. During the Spring semester, we will perfect & perform cheers, sidelines, jumps & kicks, building stunts and a short dance. Build confidence, teamwork & showmanship! Parent Observation Day is the last 30 minutes of the last class. Students should wear their uniform, white athletic shoes (rubber-soled), hair pulled from eyes, no jewelry. Performance schedule TBA.

Mon 5:30–6:25pm | 1/12–5/18 | \$336 fee/\$288m
No class 1/19, 2/16, 4/6.

Power Tumbling: K+ • Ages 6–12

Learn beginning & Intermediate tumbling skills along with mini-tramp and hurdles. Our Tumblers will learn to use power & control as they learn the basic building block front, back and side tumbling! This class promotes flexibility, strength, coordination, and confidence.

Wed 4:30–5:25pm | 1/14–5/20 | \$357 fee/\$306m
No class 4/1, 4/8.

Adult Fitness Classes

NEW! TRX Fire

Coach Tommy Hart, M.A. will use his 35 years of personal and sports training expertise to help you GET RESULTS FAST! With this no-nonsense, results-oriented program, you will feel the burn, incinerate calories, fire up your metabolism, bulletproof your body to forge a stronger, more resilient YOU, experience how TRX is ALL CORE, ALL THE TIME, have fun and GET RESULTS! In each session, you will utilize the TRX Suspension Trainers to develop total body and core strength and stability. These will be alternated with high intensity metabolic conditioning blasts using medicine balls, kettlebells, cables, body weight, and other tools. Workouts are suitable for most levels.

TueThu 9:30–10:30am | 5/5–5/28 | \$80 fee/\$60m
No class 5/21.

TueThu 5:15–6:15pm | 5/5–5/28 | \$80 fee/\$60m
No class 5/21.

TueThu 9:30–10:30am | 6/2–6/25 | \$80 fee/\$60m
TueThu 5:15–6:15pm | 6/2–6/25 | \$80 fee/\$60m

Strong Seniors

Increase flexibility, joint stability, balance, coordination, agility, muscular strength, & cardiovascular endurance. This workout is a combination of aerobics, flexibility, & resistance training in a fun environment with some exercises utilizing a chair. All fitness levels.

MonWedFri 10:00–11:00am
4/6–6/29 | \$60 fee / Free for Members
No class 4/8, 5/22, 5/25.

4/6–4/29 | \$20 fee / Free for Members
No class 4/8.

5/1–5/29 | \$20 fee / Free for Members
No class 5/22, 5/25.

6/1–6/29 | \$20 fee / Free for Members

RockSteady Boxing

At RockSteady, the opponent is Parkinson's disease. Parkinson's causes a loss in many of the same elements that boxers experience. Together, let's beat Parkinson's!

MonWedThu 1:00–2:00pm

April 1–June 29 | \$150 fee /\$120m

No class 4/2, 4/8, 4/9, 5/21, 5/25.

Fall Prevention: Balance and Mobility

David Spellings, Physical Therapist, teaches a program designed to improve balance, mobility, and confidence to reduce fall risk. This class includes stability training and safety tips to enhance mobility and independence.

Tue 10:10–10:50am | 5/5–5/26 | \$120 fee/\$100m

Barbell Blitz

This class is designed to build strength and improve endurance in 30 minutes! You will use a variety of weight machines, dumbbells, barbells, and body weight to get results!

TueThu 12:15–12:45pm | 5/5–5/28 | \$55 fee/\$35m

TueThu 12:15–12:45pm | 6/2–6/30 | \$55 fee/\$35m

Boxing for Boomers

This fun and empowering class blends gentle boxing techniques with imagination to create a workout that's safe, social, and energizing. Designed specifically for seniors, Boxing for Boomers focuses on improving balance, coordination, strength, and reaction time—while keeping joints protected and movements adaptable for all fitness levels. No contact and no experience required—just a willingness to move, laugh, and feel strong.

TueThu 11:00–11:30am | 5/5–6/30 | \$60 fee/\$40m

Boxing Bootcamp

Stressed? Come knock it out at our exclusive Boxing Bootcamp! This fast-paced 30-minute workout will make you sweat, shed pounds, and find your inner boxer. From body weight exercises to boxing techniques, you're sure to get an explosive workout.

MonThu 8:30–9:00am | 5/4–6/30 | \$60 fee/\$40m

No class 5/21, 5/25.

NEW! Yoga 101

Need help with your downward dog? Ever wondered what a Vinyasa really is? Whether you are new to Yoga or already practice, but need some refinement or tips, then this course is for you. Under the keen eye of yoga expert Amy Hutcheson, you will be taught how to execute poses properly, avoid common mistakes, breathe properly, meditate, and how to work within your body's unique strengths and limitations.

Tue 5:00–5:50pm | 4/14–5/19 | \$120 fee/\$90m

Mat Pilates

Strengthen your core, improve flexibility, and enhance posture with our Instructor, Natalie Woods. This program is suitable for all fitness levels and each session will focus on mindful movement, balance, and body alignment.

Mon 6:00–7:00pm | 4/13–5/18 | \$150 fee/\$125m

6-Week Women's Weight Training Program

This progressive program introduces proper lifting technique, resistance training principles, and structured workouts that target all major muscle groups. Whether you're new or looking to refine your form, Women on Weights offers a supportive, non-intimidating environment to help you feel strong, empowered, and in control of your fitness journey.

Tue 6:15–7:15pm | 4/14–5/19 | \$150 fee/\$125m

NEW! The Reformer Lab

Reformer Lab is a 5-week small-group Pilates program focused on building strength, stability, and core control on the reformer. Each week the focus will be proper form, controlled movement, and progressive sequencing, with individualized attention from our instructor, Kelly, who is also a physical therapist.

Tue 4:00–5:00pm | 6/2–6/30 | \$120 fee/\$100m

Aqua Bootcamp with Kate

Join Kate for a high-energy workout in the water that combines cardio, strength, and core training. Challenge yourself and make a splash all while building endurance!

Fri 5:45–6:45pm | 6/5–7/31 | \$60 fee/\$40m

No class 7/3.

Developmental Sports

Sports Bonanza: Ages 3–5 • 3 by 8/15/25

Let's go bananas! Sports Bonanza is an innovative step-by-step approach that builds confidence and self-esteem in a fun and safe sports environment. Programs include baseball, basketball, soccer, and general skill development for sports.

Tue 4:00–4:30pm | 4/14–5/19 | \$80 fee/\$60m

J-Stars: Sports and Agility

Ages 4–6 • 4 by 8/15/25

This class offers children to exposure to agility fundamentals and introduction to a variety of sports.

Tue 4:30–5:00pm | 4/14–5/19 | \$80 fee/\$60m

Youth Basketball

Lil Dribblers: Ages 3–5 • 3 by 8/15/2025

This class serves as an introduction of basketball. Boys and girls will learn about basketball fundamentals in a fun environment!

Thu 4:00–4:30pm | 4/16–5/14 | \$75 fee/\$60m

Lil Ballers: Ages 6–9 • 6 by 8/15/25

This is a step up from the introduction of basketball. Learn more about spacing, dribbling, and shooting the ball, while fine-tuning those basketball skills.

Thu 4:30–5:00pm | 4/16–5/14 | \$75 fee/\$60m

Next Level Basketball

Ages 10–18 • 10 by 8/15/25

Basketball skills development clinic that focuses on basic basketball fundamentals and techniques. Conducted by Rhynia Henry, certified personal trainer and basketball skills expert. Participants will also focus on strength and speed development as it pertains to basketball skills. Missed sessions during the month can NOT roll over to the next session. **This class is not for beginners. Some basketball skill is required.**

Sun 1:00–2:00pm • TueThu 4:30–5:30pm

4/5–4/30 | \$330 fee/\$290m

No class 4/7, 4/9.

5/3–5/30 | \$330 fee/\$290m

No class 5/21.

6/2–6/28 | \$330 fee/\$290m

Youth T-ball

Ages 4 & 5 • 4 by 8/15/2025

This program is a terrific and fun introduction to baseball for the youngest of players.

MonWed 6:00–6:45pm | 5/4–6/17 | \$130 fee/\$120m
No class 5/25.

Youth Tennis

Mini Champs Tennis (Co-ed)

Ages 4 & 5

Introduce your child to the fundamentals of tennis in this fun and interactive class!

Mon 4:00–4:30pm | 4/13–5/11 | \$80 fee/\$60m

8U Red Tennis (Co-ed): Ages 6–8

Players will learn the fundamentals of tennis. Activities will be focused around the ABCs of tennis – agility, balance, and coordination.

TueThu 4:00–5:00pm | 4/14–5/14 | \$115 fee/\$100m

10U Orange Tennis (Co-ed): Ages 8–10

For the serious junior tennis player who wants to train hard and focus on fitness, strokes, strategy, and competition – this class is perfect.

TueThu 5:00–6:00pm | 4/14–5/14 | \$115 fee/\$100m

Youth Pickleball

Youth Beginner Pickleball

Learn game fundamentals including serving, scoring, game play, and player development in this group clinic.

Ages 7–11

Mon 5:00–6:00pm | 4/27–5/18 | \$80 fee/\$70m

Wed 5:00–6:00pm | 4/29–5/20 | \$80 fee/\$70m

Ages 12–14

Mon 6:00–7:00pm | 4/27–5/18 | \$80 fee/\$70m

Wed 6:00–7:00pm | 4/29–5/20 | \$80 fee/\$70m

Adult Basketball

The MJCC offers some of the best Women's and Men's basketball leagues within the Mid-South. For members and non-members of any experience level.

Men's draft leagues are for members and non-members of the MJCC. Per MJCC policy, non-members may only play one season per calendar year. Non-members must submit proof of identification upon registering.

Men's 18+ League

Draft: Wednesday, June 3 • 6pm

Registration Deadline: Sunday, May 31

Thu 6:00–9:00pm | 6/11–8/13 | \$200 fee/\$160m

Men's 35+ League

Draft: Wednesday, June 3 • 7pm

Registration Deadline: Sunday, May 31

Sun 9:00am–12:00pm | 6/7–8/16 | \$200 fee/\$160m

Adult Tennis

Adult Beginner Tennis: Ages 18+

Introductory clinic for players with little to no experience. This clinic places emphasis on serve, backhand, and forhand ground strokes.

Mon 6:00–7:00pm | 5/4–6/22 | \$140 fee/\$120m

No class 5/25.

Wed 6:00–7:00pm | 5/6–6/24 | \$140 fee/\$120m

Intermediate Tennis: Ages 18+

This clinic is for players that have prior tennis instruction and playing experience. Participants will gain experience on the serve and ground strokes, with introduction of the volley and game strategy.

Thu 6:00–7:00pm | 5/7–6/11 | \$150 fee/\$135m

No class 5/21.

Adult Pickleball

Beginner Pickleball: Ages 18+

Learn game fundamentals including serving, scoring, game play and overall player development.

Mon 11:00am–12:00pm | 4/20–5/18 | \$150 fee/\$135m

Mon 12:00–1:00pm | 4/20–5/18 | \$150 fee/\$135m

Intermediate Pickleball: Ages 18+

Led by pickleball pro, Mike Bilger, this program is for players who want to continue to advance their skills. Experience in pickleball is recommended.

Wed 10:30am–12:00pm | 4/1 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 4/8 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 4/15 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 4/22 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 4/29 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 5/7 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 5/13 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 5/20 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 5/27 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 6/3 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 6/10 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 6/17 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 6/24 | \$50 fee/\$40m

Advanced Beginner Pickleball: Ages 18+

For players who have advanced beyond a beginner class and want to continue to develop their skill level. This class is led by pickleball pro Mike Bilger and will involve instruction, drills and strategy.

Wed 9:00–10:00am | 4/1 | \$50 fee/\$40m

Wed 9:00–10:00am | 4/8 | \$50 fee/\$40m

Wed 9:00–10:00am | 4/15 | \$50 fee/\$40m

Wed 9:00–10:00am | 4/29 | \$50 fee/\$40m

Wed 9:00–10:00am | 5/6 | \$50 fee/\$40m

Wed 9:00–10:00am | 5/13 | \$50 fee/\$40m

Wed 9:00–10:00am | 5/20 | \$50 fee/\$40m

Wed 9:00–10:00am | 5/27 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 6/3 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 6/10 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 6/17 | \$50 fee/\$40m

Wed 10:30am–12:00pm | 6/24 | \$50 fee/\$40m



CJLL Programs

Author Talk | Children of The Shoah: Resistance, Refuge & Resilience | Two Amazing Stories – One Inspiring Event: Ages 10+

Rebecca Brenner Graham,
author of *Dear Miss Perkins*

Frances Perkins was the first woman to serve in a presidential cabinet, the longest-serving Labor Secretary, and an architect of the New Deal. As Secretary of Labor, she wrestled widespread antisemitism and isolationism, finding creative ways to work around quotas and restrictive immigration laws. Diligent, resilient, empathetic, yet steadfast, she persisted on behalf of the desperate when others refused to act.

Janet Bond Brill,
author of *Little Edna's War*

A Harrowing memoir that traces the survival of Edna Szurek, a young Jewish girl born at Mila 18. Disguised as a Catholic child after escaping the Warsaw Ghetto, Edna became the youngest known member of the Polish Home Army at age 9. By 12, Pope Pius XII decorated her for bravery assisting the Polish Resistance, never knowing his "Catholic war hero" was actually a Jewish child in hiding.

Sun 2:00–3:30pm | 4/12 | \$5 fee/FREE for members

Gems of Judaism: Ages 18+

Judaism has many beautiful facets that can be explored in myriad ways. This 6-week series of classes will highlight a different core, enduring treasure of Jewish Life that is meaningful across backgrounds and levels of observance.

- Week 1: Jewish Identity
- Week 2: Torah: A Living Conversation
- Week 3: Shabbat & Sacred Time
- Week 4: Ethics & Jewish Values
- Week 5: Community, Ritual & Lifestyle
- Week 6: Jewish Resilience, Hope & the Future

Tue 10:30am–12:00pm | 4/14–5/19

All 6 weeks: \$60 fee/\$50m

Each week: \$10 fee/\$8m

Snack & Story at the J

Children with their family and friends are invited for a monthly story hour and kid-friendly snack, presented by the Memphis Jewish Community Center in partnership with PJ Library of Memphis, a program of Memphis Jewish Federation.

Featuring Rabbi Akiva Males
Wed 4:30–5:30pm | 4/15 | Free

Featuring Rayna Rose Exelbierd
Wed 4:30–5:30pm | 5/18 | Free

Community Challah Bake: Ages 10+

Men, women, and children (ages 10+) are invited to prepare and learn about making challah together. Pre-Registration required to ensure supplies for everyone.

Sponsorships available. For details, please email: LKurcfeld@jccmemphis.org

****Please Register by Wednesday, May 6****

Mon 6:30–8:00pm | 5/11 | \$25 fee/\$18m





The Morris and Mollye Fogelman **ISRAEL WEEK**²⁰²⁶ April 19–May 3

Israel Pride in the Lobby

Feel the festivity throughout the week on our campus!
4/19–4/26

Israel Flavor added to Fitness Classes

Popular contemporary Israeli music all week!
4/19–4/26

Shevatim Showdown

Come to the indoor pool for some friendly competition while celebrating Jewish values. Build your team or play as an individual while we compete in various relays and events.
Sun 2:00–3:00pm | 4/19 | \$20 fee/\$10m

Tekes Yom HaZikaron

Join us as we gather to commemorate Israel's fallen soldiers and victims of terror, honoring their bravery and sacrifice. Ceremony will be in Hebrew with English handouts.
Mon 6:30pm | 4/20 | Free

Taste of Memory (Matkon Im Zikaron)

Join us for a home-hosted heartfelt cooking class where we will cook a favorite recipe of a fallen soldier to honor their memory. The address will be emailed.
Tue 6:00–8:00pm | 4/21 | FREE

Member Appreciation Coffee in the Lobby

Wed 8:00–10:00am | 4/22

Heartstrings For Israel

Create a unique piece of string art with your choice of a heart or Magen David inside the State of Israel to proudly display or give as a gift. Limited spots available.
Wed 6:30–8:30pm | 4/22 | \$25 fee/\$18m

Yom Ha'atzmaut Community Celebration (Israel Independence Day)

Join us in celebrating Israel's Independence and explore all the country has to offer!
Sun 10:00am–12:00pm | 5/3 | Free

Funded by Memphis Jewish Federation's Lemsky Endowment Fund.

Fogelman JFS at the MJCC provides an array of compassionate social services and a connection to any additional services needed. We help form collaborative relationships with you, our clients, to enhance your well-being and help you thrive.

Kay & Allen Iskiwitz Shalom Shuttle

Our experienced driver provides transportation to members of our Jewish community who are at least 60 years old as well as those adults of any age with special needs. Transportation is provided with door-to-door assistance for just \$5 one-way to locations within Shelby County. Please note we are unable to accommodate those individuals in wheel chairs. Pre-registration and reservations are required, and can be made by contacting Fogelman JFS at (901) 767-8511.

Inclusion and Diverse Abilities

Fogelman JFS Inclusion and Diverse Abilities program offers a variety of services to those living with developmental and acquired disabilities and their caregivers. Fogelman JFS has a longstanding social group that is designed to enhance independence and quality of life through activities including: painting classes with Chany, Everyday Super Heroes torah study, Pickleball, yoga class with Colleen, movies, bowling, professional sporting events, community service activities, fine arts events, as well as advocacy support to those with legal or social difficulties. In addition, Fogelman JFS provides case management services to help families 'navigate the system'. For more information about our programs, contact Emily Davis at edavis@jccmemphis.org or (901) 767-8511.

Counseling

The counseling program at Fogelman JFS provides individual, couples, and family therapy for adults and adolescents. Counseling is provided on a sliding-fee scale based on the client's ability to pay. For more information or to schedule an appointment, contact Fogelman JFS at (901) 767-8511.

Volunteering

Fogelman JFS volunteers have several opportunities to work with home bound Jewish seniors: Volunteer Driver for medical appointments/shopping, Kosher Meals delivery, Friendly Visitor, Stay in Touch telephone assurance, and Handy Helper for home chores. We also need volunteers to serve as Drivers with our Special Needs activities, engage seniors in our monthly Shabbat Shalom programs, work on various special projects/MJCC programs and services. Contact Audrey May at (901) 767-8511 or amay@jccmemphis.org.

Finestone Family Home Delivered Meals

Fogelman JFS offers food to seniors and persons with disabilities through the Kosher Frozen Meal Program. This is a collaborative effort between Memphis Jewish Federation and Fogelman JFS. Through this program, recipients receive five frozen meals each week. For more information, contact Fogelman JFS at (901) 767-8511.

J Family Program

J Baby: Ages 0-3

Come together for a weekly parent and me series filled with music and movement, child-led play, a child-friendly mini Shabbat or Havdalah experience, and snack for those eating solids. Each class will nurture friendship, curiosity, respect, and Jewish identity for young children and their parents. Led by Sara Kaplan.

Sun 10:00-10:45am | 4/12-5/17 | Free

Peggy E. & L.R. Jalenak, Jr. Food and Baby Pantry

The Peggy E. & L.R. Jalenak, Jr. Food and Baby Pantry at Fogelman JFS, is open to all who qualify. The Kosher food pantry provides shelf-stable food to serve those who are food insecure. The baby pantry serves children, newborns to 2 years. Inventory is based on community donations and includes baby essentials such as diapers, baby wipes, bottles, and pacifiers. We do not provide clothes or toys.

Donated items needed in the pantry include: kosher food such as canned tuna in water, vegetables, pasta sauce, soup, canned fruit, peanut butter, and paper products.

For more information or to make a donation, contact Fogelman JFS at (901) 767-8511.

Judy and Larry Moss Senior Services

Fogelman JFS at the MJCC enhances the lives of seniors and helps older adults maintain the highest level of independence by providing case management and comprehensive support to them and their loved ones. For more information, contact Fogelman JFS at (901) 767-8511.

Support Groups

Support groups are a time to come together to provide comfort, hope, encouragement and strength. Our current support groups focus on bereavement, chrons/colitis disease, dementia, and living with Parkinsons disease

For more information on our support groups or programming, visit:

www.jccmemphis.org/FogelmanJFSprograms or call (901) 767-8511.

Classes and Workshops

Parenting through Divorce (virtual)

A state mandated co-parenting class for couples going through divorce and have minor children. Reservations are required. Cost is \$55. Spouses may not attend this class on the same date. For more information about this class, contact Fogelman JFS at (901) 767-8511. Please note that at this time these classes are being held virtually.

Wed 5:00-9:00pm | 4/15 | \$55 fee
Wed 5:00-9:00pm | 5/13 | \$55 fee
Wed 5:00-9:00pm | 6/17 | \$55 fee

Mah Ani 2.0

In this year-round program, 6th-12th grade teens will have the opportunity to complete a community service project and learn about individual well-being, social justice, and connection through charitable work. 'Mah Ani 2.0' provides a platform for improving our community and caring for the most vulnerable members of our society. Limited spots available. Each participant will receive a certificate with community service hours.

6th-12th Graders • Ages 11-17
Sun 1:00-3:00pm | 4/12 | Free
Sun 1:00-3:00pm | 5/17 | Free



MIFA Scheidt–Hohenberg Meal Program

Provided by the Memphis Jewish Federation

Mon–Fri Lunch at 11:30am | Programs at 12:00pm

For meal reservations, visit the Member Services Desk or call (901) 761–0810 by the preceding morning before noon. On Mondays, reservations must be made BEFORE noon on preceding Friday. No names will be added after 12 noon. Minimum age to eat is 60. Round–trip bus fare to and from the MJCC is \$2 – available Monday–Friday.

Please contact Steve Kaplan at (901) 259–9220 or stevekaplan@jccmemphis.org for details.

Programs days have changed to Monday–Wednesday!

Mondays

Wednesdays

4/6	Passover! No Lunch or Program.	4/8	MJCC Closed for Passover
4/13	Speaker: Rabbi Yosef Braha Topic: "Ask The Rabbi"	4/15	Team Trivial Pursuit!
4/20	Speaker: Lynn Doyle, M.S. Topic: "How to Center Yourself"	4/22	Big Monthly Luncheon: Entertainment: Double D Band
4/27	Team Trivial Pursuit!	4/29	Speaker: Sherry Harbur Topic: "Supporting Seniors with Knowledge and Care"
5/4	Speaker: Rabbi Ian Lichter Topic: "Secrets of lag BaOmer"	5/6	Speaker: Kevin Page Topic: "Brain and Cognitive Help"
5/11	Speaker: Rabbi Akiva Males Topic: "Yom Yerushalayim & the Eternal Call of Jerusalem"	5/13	Mid-South Hobbies Project
5/18	Speaker: Special Speaker Topic: "40 Years Volunteering at Suicide and Crisis Centers"	5/20	Big Monthly Luncheon: Entertainment:
5/25	Memorial Day! No lunch.	5/27	Speaker: Rabbi Levi Klein Topic: "Ask The Rabbi"
6/1	Speaker: Lynn Doyle Topic: "Stress Management"	6/3	Speaker: Patrick Twele, TBI Topic: "Safe Seniors; Scam Avoidance"
6/8	Speaker: Jacob Woloshin Topic: "MJCC special program for Seniors"	6/10	Speaker: Rabbi Ross Levy Topic: "Yiddush in America"
6/15	Mid-South Hobbies Project!	6/17	Speaker: Sherry Harbur Topic: "Planning Ahead: The Legal Papers Every Adult Should Have"
6/22	Team Trivial Pursuit!	6/24	BINGO! Mah Ani joining the seniors.
6/29	Speaker: Rabbi Mayer Kurcfeld Topic: "Who am I? The Challenge of Me"		

Adult Classes

Mah Jongg Lessons with Melanie Mann

Want to learn to play Mah Jongg? Come join other beginners and learn this popular game. Mah Jongg card included in class fee.

Tue 6:00–8:00pm | 4/14–5/12 | \$80 fee/ \$72m
 Thu 6:00–8:00pm | 4/16–5/14 | \$80 fee/ \$72m

Beginning Bridge Lessons with Debbie Jackson

Beginning Bridge Lessons taught by Debbie Jackson. Learn to play the world's greatest game! This class will teach you all the basics you need to start playing Bridge like a pro!

Thu 10:00am–12:00pm | 4/23–5/28 | \$80 fee/ \$72m

Special Senior Game Room Thursdays

In Room 2, there are 2–3 card tables set up with 4–6 chairs to be used for Mah Jongg, Bridge, Canasta, & whatever. First come first served. No cost for members and \$5 for non-members. You must bring your own supplies (Mah Jongg sets, cards, etc.). Space is limited. For more information and to make a reservation, call Steve Kaplan at (901) 259-9220.

Thu 10:00am–1:00pm | 4/16–5/28 | \$5 fee/ \$0m

Ukelele Lesons with Vicki Campbell

Come learn an exciting new skill! Vicki has been teaching ukelele for years. This will be an exciting new instrument that is easy to learn. Instruments will be provided for the first few classes, for beginners that enroll. Class is limited in size so please sign up early.



Tue 6:00–8:00pm | 4/21–5/12 | \$80 fee/ \$72m

NEW! Advanced Mah Jongg Lessons with Vicki Campbell

An advanced class for those that have basic Mah Jongg skills and want to learn more. Improve your Charleston and defensive play skills, plus, receive a deep dive into the new 2026 NMJL card.

Tue 2:00–4:00pm | 4/21–5/12 | \$80 fee/ \$72m

MJCC Larisa and Ben Baer Senior Adult Club Monthly Luncheons

12pm in the Belz Social Hall | \$5 per lunch

In partnership with Creative Aging, we bring you artists and musicians from around the Mid-South!

Lunch reservation are required by Monday before the luncheon date. To make a reservation or cancel, call the MJCC at (901) 761-0810.



Wednesday, April 18 Double D Band

GUITARS AND VOCALS

Wednesday, May 20 Earlice Taylor Charles

DUO WITH VOCALS AND ACCOMPANIMENT



Hadassah Book Club

Group meets the second Tuesday of each month.

Tue 1:30–3:00pm | 10/8/25–10/13/26 | \$12 fee/\$8m

Tuesday, Apr 14
Let's Call her Barbie
by Renee Rosen

Tuesday, May 12
The Lion Women of Tehran
by Marian Kamali

Theatre Conservatory ^{at the}

proudly presents

THE SHOWcase

May 3, 2026 • 2:30pm

Join The Show & The Conservatory Singers ensembles as they perform THE SHOWcase!



Dramatic Play

Ages 3–4 • 3 by 8/15/25

In this class, we will play games that introduce acting by exploring using our bodies, facial expressions, and emotions. We will also build skills around projecting our voices and confidently speaking!

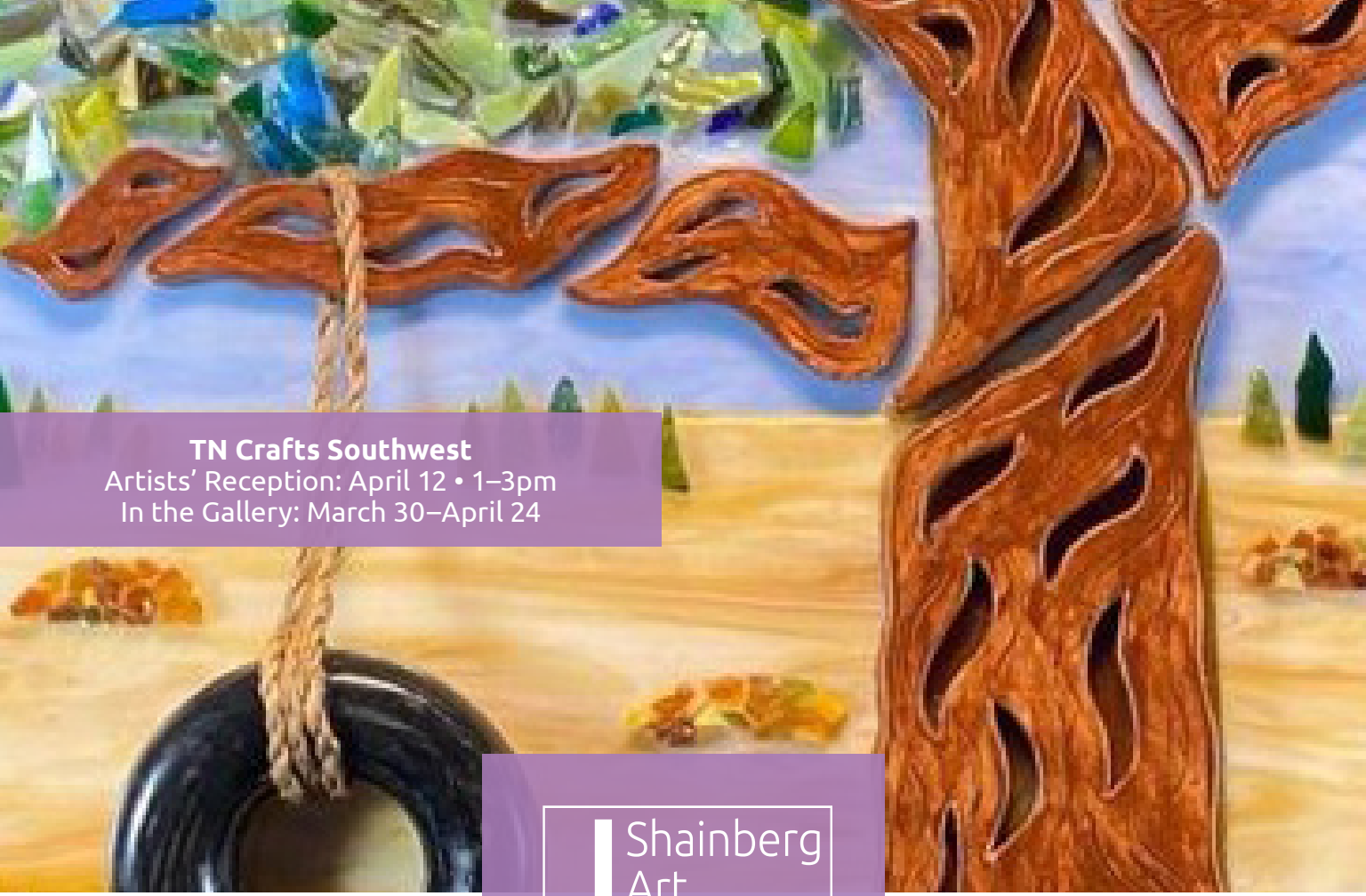
Tuesday, April 14–May 12

3:15–3:45pm • \$70 Community / \$50 Member



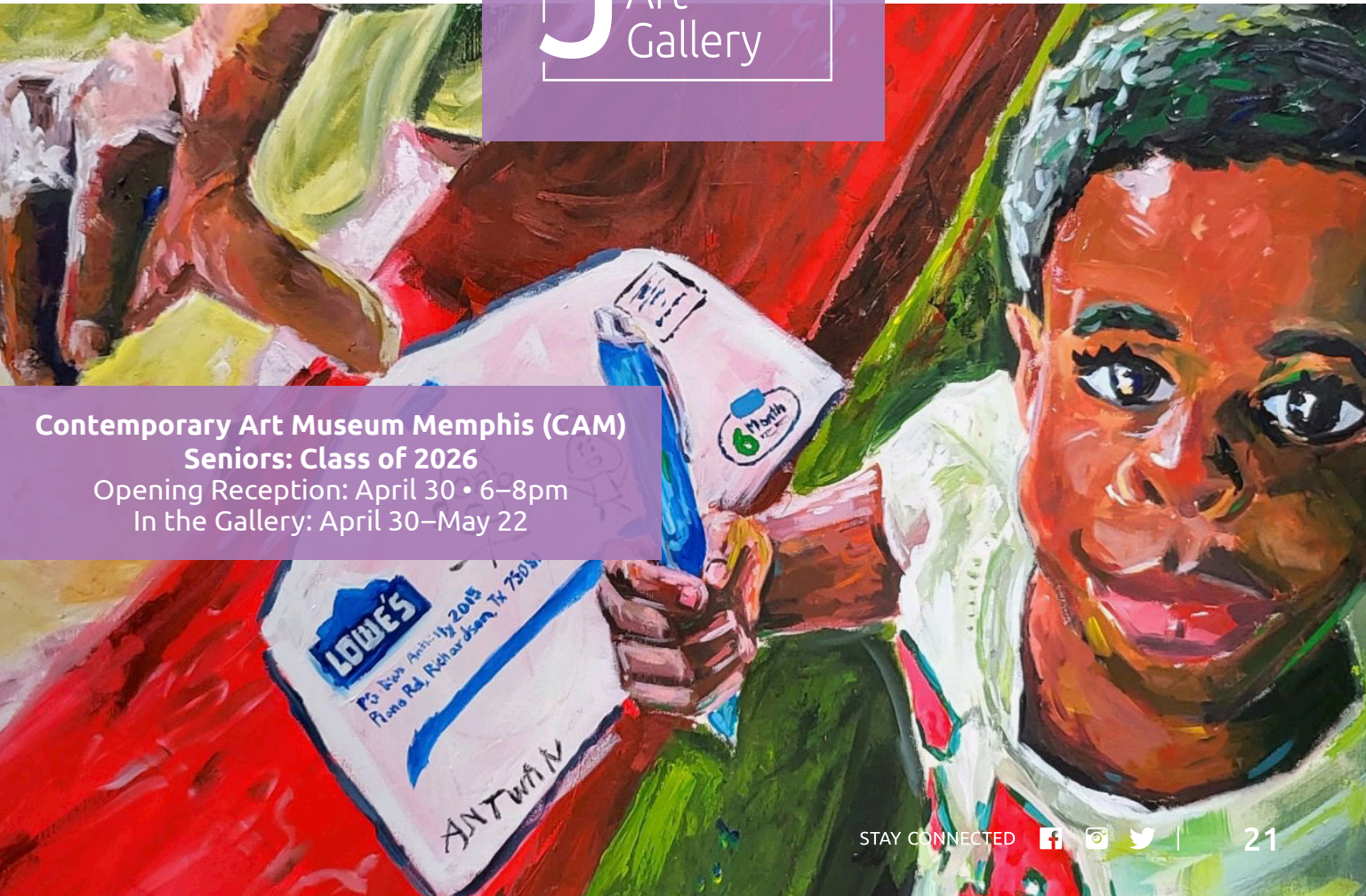
Theatre in the fall!

We've had so much fun this year and are so excited about all to come in the fall @ The Theatre Conservatory!



TN Crafts Southwest
Artists' Reception: April 12 • 1–3pm
In the Gallery: March 30–April 24

J Shainberg
Art
Gallery



Contemporary Art Museum Memphis (CAM)
Seniors: Class of 2026
Opening Reception: April 30 • 6–8pm
In the Gallery: April 30–May 22

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Sports & Fitness Desk

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ECC Main Phone

(902) 259-9207

Jewish Federation

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Wendy and Avron B. Fogelman Jewish Family Service

(901) 767-8511

Jewish Foundation

(901) 374-0400

mjcc & fogelman jewish family service tributes

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