

J

# Memphis Jewish Community Center

January–March 2026 / Tevet–Nissan 5786



there's something about this place®



## a message from our board chair

Dear Members,

I want to start by expressing my sincere appreciation for our incredible staff and the many volunteers who give their time and energy to the MJCC. They're the reason the J feels friendly, safe, and welcoming every day. And thank you to you, our members, for choosing the J as your home for fitness, community, culture, and connection.

Looking back on 2025, we have a lot to be proud of:

- A fantastic Chanukah celebration with stand-up comedian Modi
- Our 5th annual Pickleball Palooza, benefitting the Wendy and Avron B. Fogelman Jewish Family Service
- Team Memphis bringing home medals from the JCC Maccabi and Maccabi Access Games in Tucson
- A fourth straight summer of record-breaking day-camp attendance
- Renovation of the pool house
- The ribbon cutting and opening of the Sandy and Jerome Goldstein Lodge

And we're just getting started. 2026 is shaping up to be a big year at the J. Camp registration for Summer 2026 opens in January, and we're already reviewing applications for camp staff. The Morris and Mollye Fogelman International Jewish Film Festival kicks off Thursday, January 22, with a strong lineup our committee is excited about. And mark your calendars for a brand-new one-day music festival—Jamin' at the J: Party Behind the Pavilion—on Sunday, March 22.

I hope you'll take some time to browse this issue of The Scene to see the full range of programs we have coming up. Whether it's fitness, sports, cultural arts, or simply connecting with friends, there's truly something for every age and every stage.

Thanks again for being part of what makes the MJCC such a special community. I look forward to seeing you around the J in 2026!

B' Shalom,

**Jacob Samuels**  
Board Chair

## Table of Contents

- 4** Early Childhood Center / Camp
- 5** Camp 365 / Youth Classes / J-Club
- 6** Kids Night Out / Aquatics
- 7–8** Aquatics
- 9–11** Fitness
- 12** Center for Jewish Life & Learning
- 13** Center for Jewish Life & Learning
- 13–15** Athletics
- 16–17** Fogelman Jewish Family Service
- 18–19** Baer Senior Adult Club
- 20** Theatre Conservatory
- 21** Shainberg Art Gallery
- 22** MJCC Staff Directory
- 23** MJCC / Fogelman JFS Tributes
- 24** Partners

## How to register for a class!

Questions? Give us a call at (901) 761-0810 and we'll be glad to help!

**Fri 3:15–4:15pm | 8/3–10/1 | \$100 fee/\$85m**

class day and time      dates      price  
discount price or members

## Facility Hours

### UPCOMING HOLIDAY HOURS:

New Year's Day	Thu, Jan 1	Closed
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

### 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](http://www.jccmemphis.org)

## 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 | 1/5–1/28 | \$79 fee/\$63m

No class 1/19.

MonWed 3:15–3:45pm | 2/2–2/25 | \$79 fee/\$63m

No class 2/16.

MonWed 3:15–3:45pm | 3/2–3/25 | \$90 fee/\$72m



## Little Veterinarian School: Equine (Horse)

### Ages 3–5 • 3 by 8/15/25

Our Vet students will learn all about horses and their care from the NEWEST Little Medical School Equine program. Students will adopt and name their plush horse and learn the anatomy and maintenance of a horse. They will also learn basic horse nutrition, riding styles, gaits and role-play and basic key responsibilities of an equine veterinarian and so much more.

Wed 3:30–4:30pm | 1/14–3/4 | \$180 fee/\$150m

## *Lights, Camera, Camp!*

# 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 HERE: [www.jccmemphis.org/campstaff](http://www.jccmemphis.org/campstaff)**

# Sign up for breaks!

**Must be 5 by August 15, 2025**

It is every kid's dream – Camp during the school year! Campers play awesome camp games, choose their favorite activity during electives, swim in the indoor pool, and hang out with friends! For each Camp 365 day, campers should bring a lunch, water bottle, bathing suit, and towel. An afternoon snack will be provided.



## Martin Luther King Jr. Day

**January 19 • Grades K–6**

Mon 7:30am–6:00pm | 1/19 | \$105 fee/\$85m

## President's Day

**February 16 • Grades K–6**

Mon 7:30am–6:00pm | 2/16 | \$105 fee/\$85m

## Spring Break

**March 16–20 • Grades K–6**

**Sign up for each day!**

Mon 7:30am–6:00pm | 3/16 | \$105 fee/\$85m

Tue 7:30am–6:00pm | 3/17 | \$105 fee/\$85m

Wed 7:30am–6:00pm | 3/18 | \$105 fee/\$85m

Thu 7:30am–6:00pm | 3/19 | \$105 fee/\$85m

Fri 7:30am–6:00pm | 3/20 | \$105 fee/\$85m

## Youth Classes

### No Bake Cooking Club

**Ages 6–12 • 6 by 8/15/25**

Get ready to mix, stir, and create—no oven required! In our No-Bake Cooking Club, young chefs ages 6–12 will explore the fun side of food as they learn to make delicious, kid-friendly recipes that don't need any baking. From sweet treats to healthy snacks, each session features hands-on activities where kids build kitchen confidence, practice teamwork, and discover new flavors—all in a safe, supervised, and allergy-aware environment. Plus, they get to taste everything they make!

Tue 4:45–5:45pm | 1/13–3/3 | \$150 fee/\$125m

### JTeen B'nai Mitzvah Bash

**Ages 11–14 • 11 by 8/15/25**

You've done the hard work—now it's time to CELEBRATE! Join JTeen for an unforgettable B'nai Mitzvah Party created just for teens in grades 6–8 who've recently become (or are about to become) B'nai Mitzvah. Come connect with other Jewish teens, dance to the latest hits, enjoy delicious food, play awesome games, and take part in fun, meaningful activities that celebrate this exciting milestone in a modern, teen-friendly way. Whether you've already had your ceremony or it's coming up soon, this is your chance to mark the moment with your JCC community—no speeches, no stress, just pure celebration. All are welcome—bring your friends and get ready to party like a mensch!

Sun 6:00–9:00pm | 1/18 | \$20 fee/\$15m

## J-Club After-School Program

**August 7, 2025–May 20, 2026**

**Grades K–6 • Mon–Fri • 3:30–6:00pm**

**Must be 5 by 8/15/25**

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](mailto:jkaitibi@jccmemphis.org).**

# Kids Night Out at the J



## Kid's Night Out at the J: Elementary School Edition: Ages 5-10 • 5 by 8/15/25

The perfect chance to hang out with friends, play your favorite games, and have an awesome time while your grown-ups get a night off. Come laugh, play, enjoy snacks, and make new friends in a safe,

supervised, and super fun environment. You won't want to miss it!

Sat 6:30-9:30pm | 1/10 | \$60 fee/\$40m

## Kid's Night Out at the J: Pool Party Edition: Ages 5-12 • 5 by 8/15/25

Grab your swimsuit and get ready to make a splash! Join us for an exciting evening of swimming, games, music, and snacks with friends!

Sat 7:00-10:00pm | 3/7 | \$60 fee/\$40m

## Kid's Night Out at the J: Middle School Edition:

### Ages 11-14 • 11 by 8/15/25

Get ready for a night of non-stop fun, friends, and freedom! This is your chance to take over the J for an evening packed with awesome activities designed just for YOU. Enjoy pizza and snacks, friendly competitions, and maybe even a few surprises along the way. No parents, no schoolwork—just good vibes and great times. Grab your crew for a night to remember.

Sat 6:30-9:30pm | 2/7 | \$60 fee/\$40m

## aquatics

## 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.

### January

MonWed 4:00-4:30pm | 1/5-1/28 | \$200 fee/\$160m  
MonWed 4:30-5:00pm | 1/5-1/28 | \$200 fee/\$160m  
Tue 4:00-4:30pm | 1/6-1/27 | \$100 fee/\$80m  
Tue 4:30-5:00pm | 1/6-1/27 | \$100 fee/\$80m  
Sun 10:00-10:30am | 1/11-1/25 | \$75 fee/\$60m  
Sun 10:30-11:00am | 1/11-1/25 | \$75 fee/\$60m  
Sun 11:00-11:30am | 1/11-1/25 | \$75 fee/\$60m  
Sun 11:30am-12:00pm | 1/11-1/25 | \$75 fee/\$60m

### February

MonWed 4:00-4:30pm | 2/2-2/25 | \$200 fee/\$160m  
MonWed 4:30-5:00pm | 2/2-2/25 | \$200 fee/\$160m  
Tue 4:00-4:30pm | 2/3-2/24 | \$100 fee/\$80m  
Tue 4:30-5:00pm | 2/3-2/24 | \$100 fee/\$80m  
Tue 5:00-5:30pm | 2/3-2/24 | \$100 fee/\$80m  
Sun 10:00-10:30am | 2/1-2/22 | \$100 fee/\$75m  
Sun 10:30-11:00am | 2/1-2/22 | \$100 fee/\$75m  
Sun 11:00-11:30am | 2/1-2/22 | \$100 fee/\$75m  
Sun 11:30am-12:00pm | 2/1-2/22 | \$100 fee/\$75m

### March

MonWed 4:00-4:30pm | 3/2-3/25 | \$200 fee/\$160m  
MonWed 4:30-5:00pm | 3/2-3/25 | \$200 fee/\$160m  
Tue 4:00-4:30pm | 3/3-3/24 | \$100 fee/\$80m  
Tue 4:30-5:00pm | 3/3-3/24 | \$100 fee/\$80m  
Tue 5:00-5:30pm | 3/3-3/24 | \$100 fee/\$80m  
Sun 10:00-10:30am | 3/8-3/29 | \$100 fee/\$75m  
Sun 10:30-11:00am | 3/8-3/29 | \$100 fee/\$75m  
Sun 11:00-11:30am | 3/8-3/29 | \$100 fee/\$75m  
Sun 11:30am-12:00pm | 3/8-3/29 | \$100 fee/\$75m

## 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.

MonWed 5:00-5:30pm | 1/5-1/28 | \$200 fee/\$160m

Tue 5:00-5:30pm | 1/6-1/27 | \$100 fee/\$80m

MonWed 5:00-5:30pm | 2/2-2/25 | \$200 fee/\$160m

MonWed 5:00-5:30pm | 3/2-3/25 | \$200 fee/\$160m

## 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 | 1/5-1/29 | \$145 fee/\$130m

Mon-Thu 4:30-5:00pm | 2/2-2/26 | \$145 fee/\$130m

Mon-Thu 4:30-5:00pm | 3/2-3/26 | \$145 fee/\$130m

### Blue Dolphin Silver Group: Ages 6-12

Mon-Thu 4:15-5:00pm | 1/5-1/29 | \$175 fee/\$160m

Mon-Thu 4:15-5:00pm | 2/2-2/26 | \$175 fee/\$160m

Mon-Thu 4:15-5:00pm | 3/2-3/26 | \$175 fee/\$160m

### Blue Dolphin Gold Group: Ages 9-18

Mon-Thu 4:15-5:15pm | 1/5-1/29 | \$170 fee/\$157m

Mon-Thu 4:15-5:15pm | 2/2-2/26 | \$170 fee/\$157m

Mon-Thu 4:15-5:15pm | 3/2-3/26 | \$170 fee/\$157m

## 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](mailto:wwilliams@jccmemphis.org) /

(901) 259-9244 / Nicole Francis at

[nfrancis@jccmemphis.org](mailto:nfrancis@jccmemphis.org) / (901) 259-9208.

## ARC CPR & First Aid Class

This hands-on course teaches lifesaving skills in CPR, AED usage, and basic first aid—empowering you to respond confidently in emergencies at home, work, or out in the community.

Sun 2:00-5:00pm | 1/18 | \$120 fee/\$100m

Sun 2:00-5:00pm | 2/15 | \$120 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.

Sun 9:30-10:00am | 1/11-1/25 | \$75 fee/\$60m

Sun 9:30-10:00am | 2/1-2/22 | \$100 fee/\$75m

Sun 9:30-10:00am | 3/8-3/29 | \$100 fee/\$75m

## Swim to Israel 2026

Get ready to dive into an epic journey! Over the next few months, our swimmers will embark on an adventure across the globe — from our pool all the way to Israel! Each lap you swim brings you closer to the destination.

January 2 – May 21, 2026

## Tri-Swim Clinic

### Ages 15+

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 5:30-6:30pm | 2/2-2/25 | \$240 fee/\$200m

## Kayak Roll

### Ages 6+

Build your confidence and learn to roll! Rolling is the safest and fastest self-rescue technique available for sea and whitewater kayakers.

Tue 6:00-8:00pm | 1/6 | \$15 fee/\$10m

Tue 6:00-8:00pm | 1/13 | \$15 fee/\$10m

Tue 6:00-8:00pm | 1/20 | \$15 fee/\$10m

Tue 6:00-8:00pm | 1/27 | \$15 fee/\$10m

Tue 6:00-8:00pm | 2/3 | \$15 fee/\$10m

Tue 6:00-8:00pm | 2/10 | \$15 fee/\$10m

Tue 6:00-8:00pm | 2/17 | \$15 fee/\$10m

Tue 6:00-8:00pm | 2/24 | \$15 fee/\$10m

Tue 6:00-8:00pm | 3/3 | \$15 fee/\$10m

Tue 6:00-8:00pm | 3/10 | \$15 fee/\$10m

Tue 6:00-8:00pm | 3/17 | \$15 fee/\$10m

Tue 6:00-8:00pm | 3/24 | \$15 fee/\$10m

Tue 6:00-8:00pm | 3/31 | \$15 fee/\$10m

## 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 | 1/5–1/28 | \$45 fee/\$40m

MonWed 10:00–11:00am | 2/2–2/25 | \$45 fee/\$40m

MonWed 10:00–11:00am | 3/2–3/25 | \$45 fee/\$30m

## 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 | 1/6–1/29 | \$45 fee/\$40m

TueThu 10:00–11:00am | 2/3–2/26 | \$45 fee/\$40m

TueThu 10:00–11:00am | 3/3–3/26 | \$45 fee/\$40m

## 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.

MonWed 5:30–6:00pm | 1/5–1/28 | \$200 fee/\$160m

MonWed 5:30–6:00pm | 2/2–2/25 | \$200 fee/\$160m

MonWed 5:30–6:00pm | 3/2–3/25 | \$200 fee/\$160m

## 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](http://www.jccmemphis.org/lifeguard) for other requirements.

Sun 12:00–5:00pm • MonTue 8:00am–4:00pm

3/8–3/10 | \$320 fee/\$290m

3/15–3/17 | \$320 fee/\$290m

## Lifeguard Recertification Training

**Ages 15+**

The Review course is designed to review the lifeguarding skills and core knowledge points required to re-certify in lifeguarding. Please provide the students email, name, and phone number - not the parents' information. Details will be sent after registration.

Tue 8:00am–4:00pm | 3/10 | \$170 fee/\$150m

Tue 8:00am–4:00pm | 3/17 | \$170 fee/\$150m

## Red Cross Babysitting Training

**Ages 11–18**

The goal of this class is to empower young adults with the skills needed for childcare, leadership, and first aid skills. Upon successful completion of this course, participants will receive a certification in Babysitting Training and Pediatric First Aid/ CPR.

Sun 8:30am–5:00pm | 1/4 | \$150 fee/\$135m

Thu 9:00am–4:00pm | 3/12 | \$150 fee/\$135m

Thu 9:00am–4:00pm | 3/19 | \$150 fee/\$135m

**Masters Swimmers.**

**Fitness Swimmers.**

**Age Group Swimmers.**

**Triathletes.**

**Sunday, March 1**

**\$50 Community / \$30 Members**

**Entries must be in by February 27.**

# MEMPHIS MILE

at the 

**The Memphis Mile is a one-mile swim designed for swimmers of all levels who are looking to push themselves and celebrate their aquatic abilities!**

**For times and to register, go to  
[www.jccmemphis.org/MemphisMile](http://www.jccmemphis.org/MemphisMile)**

## Youth Fitness Classes

All participants must be potty trained.

### Creative Movement: Ballet

#### Pre-K-K+ • Ages 3–5

Students will explore creative movement exercises and learn four basic body movements: bending, stretching, turning and jumping. CM: Ballet will introduce students to French vocabulary by speaking the Ballet terms in French. Ballet is a joyful way for children to explore movement, channel energy, stimulate imagination, promote creativity and embrace discipline. Uniform Fee: \$80 includes leotard, tights, and shoes.

Mon 4:00–4:45pm | 1/12–2/23 | \$70 fee/\$50m  
No class 1/19, 2/16.

Mon 4:00–4:45pm | 3/2–5/18 | \$130 fee/\$110m  
No class 4/6.

### Creative Movement: Tap

#### Pre-K-K+ • Ages 3–5

Students of Creative Movement Tap will understand proper Tap technique through a creative and imaginative lens in a fun and nurturing environment. Students will explore the fundamentals of basic Tap steps, while also developing rhythm and coordination skills. Uniform Fee: \$40 for tap shoes.

Mon 4:45–5:30pm | 1/12–2/23 | \$70 fee/\$50m  
No class 1/19, 2/16.

Mon 4:45–5:30pm | 3/2–5/18 | \$130 fee/\$110m  
No class 4/6.

### Skills and Drills for Littles: Age 3

This class is an introductory program to help children with the basic skills needed for listening, balancing, team sports, focus, and coordination. The children will also be exposed and learn about a variety of sports.

Fri 3:45–4:15pm | 1/16–2/27 | \$90 fee/\$70m  
Fri 3:45–4:15pm | 3/6–4/24 | \$90 fee/\$70m

### 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 | 1/14–3/25 | \$130 fee/\$110m

### 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 | 1/15–3/26 | \$152 fee/\$132m

## Teen Fit: Ages 11–15

This class is perfect for those who want to introduce strength training and performance enhancement to youth ages 11+. Participants will be working on fundamental and foundational movement patterns such as squatting, lunging, pushing, pulling, and hinging both with weights and without, as appropriate.

Sun 2:00–3:00pm | 1/11–3/29 | \$200 fee/\$180m  
Mon 6:30–7:30pm | 1/13–3/30 | \$200 fee/\$180m

## Kids Yoga Club: Ages 8–12

Kids Yoga Club combines breathwork, meditation, and play to build body awareness, and adaptability. Through art, music, and mindfulness, children learn to relax, focus, and connect with others — all while having fun!

Tue 4:30–5:30pm | 1/12–2/17 | \$145 fee /\$125m  
Tue 4:30–5:30pm | 3/3–4/21 | \$145 fee /\$125m  
No class 3/17, 4/7.

## 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.

### Family Time Classes (Gym Fun to Intermediate)

Wings offers simultaneous class times for all levels for family convenience. Go enjoy your work-out 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, Dec-Feb.

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

### 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 | 3/3–3/24 | \$100 fee/\$80m

### Pilates Power Hour: Bootcamp Edition

This high-energy class blends Pilates core work with bootcamp-style cardio and strength training. Build endurance, improve posture, and challenge your full body in just one powerful hour!

Wed 6:00–7:00pm | 1/7–2/11 | \$145 fee/\$125m

### 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  
1/2–3/30 | \$60 fee / Free for Members  
1/2–1/30 | \$20 fee / Free for Members  
2/2–2/27 | \$20 fee / Free for Members  
3/2–3/30 | \$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!

MonThu 1:00–1:55pm • Wed 12:00–12:55pm  
January 12–March 30 | \$150 fee /\$120m

---

## Aqua Pilates

Improve core strength, flexibility, and posture with low-impact Pilates movements in the pool. This fun, full-body workout uses water resistance to boost control, balance, and stability. We'll also use the pool edge as a barre for added support and alignment. Great for all fitness levels!

Fri 2:00–3:00pm | 2/6–2/27 | \$100 fee/\$80m  
Fri 4:15–5:15pm | 3/6–3/27 | \$100 fee/\$80m

---

## 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 | 1/13–2/26 | \$80 fee/\$60m  
TueThu 12:15–12:45pm | 3/3–4/30 | \$80 fee/\$60m  
No class 4/2, 4/7, 4/9.

---

## Boxing for Boomers

This class is designed to improve balance, range of motion, and stability. You will perform exercises inspired by yoga and tai chi as well as modern fitness. Open to participants of any fitness level.

TueThu 11:00–11:30am | 1/13–2/26 | \$50 fee/\$30m  
TueThu 11:00–11:30am | 3/3–4/30 | \$50 fee/\$30m  
No class 4/2, 4/7, 4/9.

---

## Boxing Bootcamp

Stressed? Come knock it out at our exclusive Boxing Bootcamp! This fast pace 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.

MonFri 8:30–9:00am | 1/5–2/27 | \$50 fee/\$30m  
MonFri 8:30–9:00am | 3/2–4/27 | \$50 fee/\$30m  
No class 4/2, 4/9.

---

## New Vibrations: A Sound Healing Bath

A sound healing bath is a therapeutic practice that combines the effects of sound frequencies and deep relaxation. Experience a feeling of weightlessness as you deeply recharge and reduce stress, pain and tension in the physical and emotional bodies. Walk away with a grounded sense of ease and balance.

Mon 6:30–7:45pm | 3/2 | \$45 fee/\$35m

---

## Family Relay Race

Get ready for some friendly competition and a lot of family fun! Join us for a Family Relay Race where teamwork, laughter, and a little bit of strategy make a BIG difference. Families will work together to complete a series of challenges designed for all ages and fitness levels.

Come ready to run, cheer, and make memories that will last long after the finish line!

Sun 2:00–3:00pm | 2/8 | \$40 fee/\$20m

---

## Beginners Yoga Series

A beginner's guide to yoga will have an emphasis on the basics every week. The variety of information you will learn will include the equipment, basic poses, correct form, strengthening poses, and the practice of meditation. This workshop will build the ground work for your yoga practice.

Mon 6:00–7:00pm | 1/12–2/9 | \$110 fee/\$80m

---

## Intro to Mindfulness Course:

### Peace in the Pause

This course helps participants cultivate self-awareness, reduce stress, alleviate pain and enhance well-being. It offers a multidisciplinary approach through meditation, mindfulness, mudras, breathwork, and more. Led by Stephanie Congo — healing arts facilitator, energy medicine practitioner, and therapeutic yoga instructor.

Tue 6:30–7:45pm | 1/6–2/17 | \$200 fee/\$180m  
Tue 6:30–7:45pm | 3/3–4/21 | \$200 fee/\$180m  
No class 3/17, 4/7.

---

## CJLL Programs

### Tu B'Shevat Art Contest: Grades K-4th

**Submissions due: Friday, January 23**

Tu B'Shevat is a Jewish festival that marks the "New Year of the Trees" on the 15th day of the Hebrew month of Shevat. We invite all students in Grades K-4th to submit a piece of artwork to display in the MJCC.

Tu B'Shevat's ancient roots are as an agricultural marker for Israeli farmers; today the holiday is primarily observed as an environmental holiday focused on gratitude for nature and the responsibility to care for the Earth. The holiday often incorporates the "seven species" of plants native to the land of Israel: wheat, barley, grapes, figs, pomegranates, olives, and dates.

---

### Memphis Night of Jewish Learning

**Ages 12+**

Join us as we come together from across the Jewish community to learn from our rabbis and teachers. Dinner, dessert & 1 drink ticket included.

Sat 6:30-9:30pm | 1/24 | \$25 Community/\$18 Member

---

### Family Tu B'Shevat Program

Come celebrate Tu B'Shevat with the MJCC! We are hosting a Tree Giveaway. While you're here collecting your sapling take a guided winter nature walk along the Walking Trail and be sure to stop by the Magdovitz Wishnia Children's Fun Zone to make an edible tree!

Sun 12:00-4:00pm | 2/1 | FREE

---

### Partners Memphis: Ages 18+

Come for an evening of good food, compelling dialogue, and fun socialization! The "Partners" program is a "chavruta-style" paired learning and social program through Partners in Jewish Life, based on the essays of Rabbi Lord Jonathan Sacks. The goal is uniting Jewish communities, one pair at a time. We bring together Jews from diverse backgrounds, pairing up people from different levels of Jewish observance (even just Jew-ish identity), fostering new relationships built on friendship and respect.

Wed 7:00-8:30pm | 2/25 | FREE

## Snack and Story with PJ Library

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.

Wed 4:30-5:30pm | 1/14 | Free

Wed 4:30-5:30pm | 2/11 | Free

Wed 4:30-5:30pm | 3/18 | Free

## Pre-Passover Wine Tasting & Recipe Swap Ages 21+

Join us for an evening of wine, fun and exploration! Taste a selection of Israeli wines, learn about their unique flavors and pairing ideas, and enjoy good company. Send us your favorite Passover recipes so we can create a kitchen companion for you to take home!

Mon 7:00-8:00pm | 3/9 | \$5 fee

---

## Community Purim Carnival

Put on your most creative costume, grab your friends and family, and come enjoy a fun day filled with a bounce house, face painting, and more! Celebrate the joyous story of Purim with a costume contest and plenty of sweet treats. It's a celebration you won't want to miss! Pricing per family.

Sun 10:00am-12:00pm | 3/1

\$20 Community/\$15 Member



## 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 | 1/13–2/10 | \$80 fee/\$60m

Tue 4:00–4:30pm | 2/24–3/24 | \$80 fee/\$60m

### J-Stars: Sports and Agility

#### Ages 4 & 5

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

Tue 4:30–5:00pm | 1/13–2/10 | \$80 fee/\$60m

Tue 4:30–5:00pm | 2/24–3/24 | \$80 fee/\$60m

### Sporty Sprouts: Parent and Me Play

#### Ages 2 & 3 • 2 by 8/15/25

Get ready for a blast of fun with your little one! Join us in this developmental sports program for future athletes! There will be focus on fine motor skills, hand-eye coordination, agility and FUN!

Sun 11:00–11:30am | 1/11–2/8 | \$65 fee/\$50m

Sun 11:00–11:30am | 2/22–3/22 | \$65 fee/\$50m

### Early Goal Getters: JK-K • Ages 2 & 3

#### 2 by 8/15/25

Early Goal Getters is a joyful, parent-involved introduction to soccer designed specifically for toddlers and their parents! Over 8 weeks, children will explore movement, coordination, and basic soccer skills through imaginative games and guided activities. No prior soccer experience needed.

Wed 4:00–4:30pm | 1/7–2/25 | \$100 fee/\$80m

### Youth Bowl Bash: Ages 5–16

Join us for a family-friendly Bowling Fun Day designed to introduce kids and teens to the excitement of bowling! This event is a chance for the community to come together, enjoy some games, and learn about our vision for launching a youth bowling league.

Mon 6:00–7:00pm | 2/16 | \$20 fee

## 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 | 1/15–2/12 | \$75 fee/\$60m

Thu 4:00–4:30pm | 2/26–3/26 | \$75 fee/\$60m

### Lil Ballers: Ages 6–9

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 4:30–5:15pm | 1/15–2/12 | \$75 fee/\$60m

Thu 4:30–5:15pm | 2/26–3/26 | \$75 fee/\$60m

### Spring Break Next Level Basketball Clinic

#### Ages 10–18 • 10 by 3/15/26

A clinic that focuses on basic basketball fundamentals and techniques, such as strength and speed development. This clinic is conducted by Rhynia Henry, certified personal trainer and basketball skills expert. Any missed sessions cannot be rolled over to another session. This program is not for beginners. Some basketball skill is required.

Sun–Thu 1:00–3:00pm | 3/15–3/19 | \$180 fee/\$150m

### March Madness!: Ages 4–12

March Madness basketball fun days are lively events designed to celebrate the excitement of the NCAA tournament. This 1-day event features a mix of skills and drills sessions, along with fun games to engage participants.

Sun 12:30–1:30pm | 3/8 | \$30 fee

## 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 | 1/12–2/9 | \$80 fee/\$60m

Mon 4:00–4:30pm | 2/23–3/23 | \$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.

Tue 4:00–5:00pm | 3/10–4/14 | \$115 fee/\$100m

No class 4/7.

### 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.

Tue 5:00–6:00pm | 3/10–4/14 | \$115 fee/\$100m

No class 4/7.

## Youth Sports Agility Clinic

### Ages 4–12

Unlock your speed, power, and performance! Join us for a 1-day clinic where participants will be taken through dynamic drills and challenges beneficial for any sport.

Wed 6:00–7:00pm | 2/11 | \$20 fee

## Youth Pickleball

### Little Lobbers: Ages 4 & 5

Pickleball isn't just for grown-ups--it's time to get your little in on the fun too! In our Little Lobbers program, participants will explore movement, coordination, and easy-to-learn skills in a fun, safe and exciting way. Enter the world of pickleball today.

Mon 4:30–5:00pm | 1/12–2/9 | \$65 fee/\$50m  
Mon 4:30–5:00pm | 2/23–3/23 | \$65 fee/\$50m

### NEW! Youth Intermediate Pickleball

### Ages 12–16

A step up from the introduction of Pickleball. In this clinic, players will review game fundamentals including, serving, scoring, game play, and advance to gameplay strategy.

Wed 5:00–6:00pm | 3/4–3/18 | \$105 fee/\$90m

## Youth Flag Football

### NEW! Spring Flag Football Academy

### Ages 6–12

#### Registration Deadline: Tuesday, March 1

An 8-week Spring Flag Football Academy designed to help young athletes learn, refresh, and elevate their football skills in a fun and supportive environment!

Thu 5:30–7:30pm | 3/5–5/14 | \$115 fee/\$95m  
No class 3/19, 4/2, 4/9.

## Youth Soccer

### Pre-K–JK (Co-ed): Ages 3–5 • 3 by 8/15/25

Beginners will learn the fundamentals of the soccer and have a blast with friends on the field! Practices on Wednesdays, games on Sunday.

Sun 12:30–1:15pm • Wed 5:30–6:15pm  
3/22–5/20 | \$150 fee/\$135m  
No programming 4/1, 4/5, 4/8, 5/10.

### 1st/2nd Grade: Ages 6–8 • 6 by 8/15/25

#### Registration Deadline: April 8

Practices on Sundays; Tuesday game times TBD.

#### Girls

Sun 1:00–2:00pm • Tue TBD  
3/22–5/17 | \$200 fee/\$150m  
No programming 4/5.

#### Boys

Sun 1:30–2:30pm • Tue TBD  
3/22–5/17 | \$200 fee/\$150m  
No programming 4/5.

### 3rd/4th Grade: Ages 8–10 • 8 by 8/15/25

#### Registration Deadline: April 8

Practices on Sundays; Tuesday game times TBD.

#### Girls

Sun 2:00–3:00pm • Tue TBD  
3/22–5/17 | \$200 fee/\$150m  
No programming 4/5.

#### Boys

Sun 2:30–3:30pm • Tue TBD  
3/22–5/17 | \$200 fee/\$150m  
No programming 4/5.

### 5th/6th Grade: Ages 10–12 • 10 by 8/15/25

#### Registration Deadline: April 8

Practices on Sundays; Tuesday game times TBD.

#### Girls

Sun 3:00–4:00pm • Tue TBD  
3/22–5/17 | \$200 fee/\$150m  
No programming 4/5.

#### Boys

Sun 3:30–4:30pm • Tue TBD  
3/22–5/17 | \$200 fee/\$150m  
No programming 4/5.

## 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.

**There is a \$25 fee for a new MJCC jersey.**

### Men's Leagues

Draft leagues for members and non-members of the MJCC. \$25 for a new MJCC jersey. 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, January 14 • 6pm**

**Registration Deadline: Thursday, January 8**

Thu 6:00–9:00pm | 1/22–3/19 | \$160 fee/\$120m

## Men's 35+ League

**Draft: Wednesday, February 18 • 6pm**

**Registration Deadline: Thursday, February 12**

Sun 9:00am–12:00pm | 2/22–4/26 | \$160 fee/\$120m

No games 4/5.

## Women's Bring your own Team League

**Registration Deadline: Monday, February 16**

This league is designed for Women that will form their own teams. 9-game season, plus playoffs. Teams must provide their own jerseys.

Tue 6:00–9:00pm | 2/24–4/21 | \$650 fee

## Corporate Basketball League

**Registration Deadline: Monday, February 16**

This league is designed for corporations and businesses that will form their own teams. Teams must provide their own jerseys. Top 6 teams will make the playoffs. Tuesday games if necessary.

MonTue 6:00–9:00pm | 2/23–4/20 | \$700 fee

## Adult Tennis

### Adult Beginner Tennis: Ages 18+

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

Mon 6:00–7:00pm | 3/9–4/13 | \$140 fee/\$120m

Wed 6:00–7:00pm | 3/11–4/29 | \$135 fee/\$120m

No class 4/1, 4/8.

Mon 6:00–7:00pm | 4/27–5/11 | \$60 fee/\$45m

Tue 6:00–7:00pm | 4/28–5/12 | \$60 fee/\$45m

### 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.

Wed 7:00–8:00pm | 3/11–4/29 | \$150 fee/\$135m

No class 4/1, 4/8.

Thu 6:00–7:00pm | 3/12–4/30 | \$150 fee/\$135m

No class 4/2, 4/9.

### Adult Cardio Tennis: Ages 18+

Get ready to increase your fitness level and tennis skills in this engaging class! There will be focus on forehand ground strokes, backhand, and volleys.

Mon 7:00–8:00pm | 3/9–4/13 | \$160 fee/\$140m

Mon 7:00–8:00pm | 4/27–5/11 | \$160 fee/\$140m

## Adult Pickleball

### Beginner Pickleball: Ages 18+

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

Mon 11:00am–12:00pm | 1/12–2/9 | \$90 fee/\$75m

Thu 11:00am–12:00pm | 1/15–2/12 | \$90 fee/\$75m

Mon 11:00am–12:00pm | 2/23–3/23 | \$90 fee/\$75m

Tue 11:00am–12:00pm | 2/24–3/24 | \$90 fee/\$75m

### 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–12:30pm | 3/4–3/25 | \$140 fee/\$120m

Wed 10:30am–12:30pm | 4/1–4/29 | \$140 fee/\$120m

No class 4/8.

### NEW! Get Rated!: Pickleball Matchplay

#### Ages 18+

Ready to join a Pickleball league or tournament but don't have an official rating? This 1-day Pickleball assessment clinic is your chance to get professionally evaluated. Participants will compete in match play and receive a skill rating based on performance, all guided by a Pickleball Pro.

Wed 12:00–1:30pm | 3/25 | \$20 fee

Wed 12:00–1:30pm | 4/29 | \$20 fee

Wed 12:00–1:30pm | 5/13 | \$20 fee

### Spring Smash Pickleball League

**Registration Deadline: Monday, March 16**

Bring in the Spring season in one of our Adult Pickleball doubles leagues! Registrants must submit official ratings to participate.

### Mixed Doubles 18+

Sun 1:00–3:00pm | 3/22–5/3 | \$100 fee

### Women's 18+

Mon 5:30–8:30pm | 3/23–5/4 | \$100 fee

### Men's 18+

Tue 5:30–8:30pm | 3/24–5/12 | \$100 fee

No games 4/7.



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](mailto: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](mailto: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 | 1/4-3/29 | 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](http://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 | 1/14 | \$55 fee

Wed 5:00–9:00pm | 2/11 | \$55 fee

Wed 5:00–9:00pm | 3/11 | \$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 | 1/11 | Free

Sun 1:00–3:00pm | 2/8 | Free

Sun 1:00–3:00pm | 3/15 | Free



# MIFA Scheidt-Hohenberg Hot 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](mailto:stevekaplan@jccmemphis.org) for details.

**Programs days have changed to Monday–Wednesday!**

Mondays		Wednesdays	
1/5	Speaker: Sgt, Keisha Scott, Topic: "Safety and Security"	1/7	Speaker: Sarah Cavanaugh Topic: "Preventing falls"
1/12	FREE special art project with Mid South Hobbies!	1/14	Team Trivial Pursuit! Special Movies and Sports Edition.
1/19	Speaker: Sherry Harbur Topic: "Scams Targeting Seniors"	1/21	Big Monthly Luncheon! Entertainment: Elmo and Lester Sponsored by The Avaline
1/26	Speaker: Jason Goldstein, Attorney Topic: "Difference in Wills and Trusts"	1/28	Team Trivial Pursuit with special prizes!
2/2	Speaker: Josh Goldin Topic: "Tu B'Shevat! Why?"	2/4	Speaker: Sarah Cavanaugh Topic: "Fox Therapy/A More Healthy You"
2/9	Speaker: Kristin Miller Topic: "The Agony of De-Sleep"	2/11	Field trip to Memphis Pink Palace!
2/16	Speaker: Rabbi Cantor David Julian Topic: "Why Be Jewish"	2/18	Big Monthly Luncheon: Entertainment: Diana Stein
2/23	Speaker: Elise Meyer Topic: "Declutter 101"	2/25	Field trip to St. Jude Hospital! Special Guided Tour.
3/2	Field Trip to Mid-South Hobbies. Tour plus project!	3/4	Speaker: Rabbi Ian Lichter; Topic: "Shushan Purim"
3/9	Speaker: Laura Kurfeld Topic: "Identifying with Judaism Through memories"	3/11	Speaker: Josh Goldin, Comfort Keepers Topic: "Brain Health For Seniors"
3/16	Speaker: Sherry Harbur Topic: "Saving Money on Housing"	3/18	Big Monthly Luncheon: Entertainment: Wynde Oh! Sponsored by Comfort Keepers
3/23	Speaker: Kristin Miller Topic: "Boost Your Budget"	3/25	Field Trip to Dixon Gardens to see the tulips!
3/30	Team Trivial Pursuit with special prizes!		

## 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 | 1/13–2/10 | \$80 fee/ \$72m  
Thu 6:00–8:00pm | 1/15–2/19 | \$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 | 1/15–2/12 | \$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–3:00pm | 1/8–3/26 | \$5 fee/ \$0m

### Ukelele Lessons with Vicki Campbell

Come learn an exciting new skill! Vicki has been teaching ukulele for years. This will be an exciting new instrument that is easy to learn. Instruments will be provided for the first few lessons.

Thu 6:00–8:00pm | 1/15–2/12  
\$80 fee/ \$72m



### Declutter 1-2-3 with Elise Meyer

Whether it is a move to a new location, a scale down to a senior living community or reviving an existing home, Elise has you covered! Reservations are required. Space is limited. Call Steve Kaplan at (901) 259-9220.

Tue 7:00–9:00pm | 3/10 | Free



## 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, January 21**  
**Elmo and Lester**

50S & 60S, BLUES, CLASSIC AMERICAN SONG BOOK, HARMONICA, R&B, ROCK-N-ROLL

**Wednesday, February 18**  
**Diana Stein**

KEYBOARD & VOCALS



**Wednesday, March 18**  
**Wyndie Oh & Accompanist**

R&B, JAZZ, BLUES AND GOSPEL



## 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, Jan 13  
**The Measure**  
by Nikki Erlick

Tuesday, Feb 10  
**Atmosphere**  
by Taylor Jenkins

Tuesday, Mar 10  
**The Wedding People**  
by Alison Espach

# Theatre Conservatory at the J

## *The Show* ♦♦

Through this musical theatre triple threat class students focus on vocal training, choreography, and performance through the staging of musical numbers from Broadway and beyond. At the end of each semester, students perform in a musical showcase production.

### **Ages 5–7 • 5 by 8/15/25**

Sun 1:45–2:30pm | 1/11–5/3 | \$350 fee/\$305m  
No class 1/18, 2/1, 3/22, 4/5.

### **Ages 8–10 • 8 by 8/15/25**

Sun 2:30–3:30pm | 1/11–5/3 | \$350 fee/\$305m  
No class 1/18, 2/1, 3/22, 4/5.

### **Ages 11–18 • 11 by 8/15/25**

Sun 3:30–4:30pm | 1/11–5/3 | \$350 fee/\$305m  
No class 1/18, 2/1, 3/22, 4/5.

## *Conservatory Singers* ♦♦

### **Ages 8–18 • 8 by 8/15/25**

This vocal ensemble will teach skills surrounding vocal technique, music literacy, and ensemble singing, with a focus on musical theatre. At the end of each semester, students perform in a musical showcase production.

Sun 4:30–5:30pm | 1/11–5/3 | \$350 fee/\$305m  
No class 1/18, 2/1, 3/22, 4/5.

## *Homeschool Classes* ♦♦

### **Homeschool Theatre**

While learning the building blocks of the theatre industry students use creative drama techniques, basic acting exercises, character study, movement, language, and imagination to approach acting and character development. Terminology will be established.

### **Spring Semester • Ages 5–11**

Tue 10:00–10:45am | 1/20–3/31 | \$110 fee/\$95m  
No class 3/17.

### **Spring Semester • Ages 11–18**

Tue 11:00–11:45am | 1/20–3/31 | \$110 fee/\$95m  
No class 3/17.

## *Acting* ♦♦

Students use creative drama techniques, basic acting exercises, character study, movement, language, and imagination to approach acting and character development. Terminology will be established.

### **Ages 5–7 • 5 by 8/15/25**

Sun 1:00–1:45pm | 1/11–4/26 | \$350 fee/\$305m  
No class 1/18, 3/22, 4/5.

### **Ages 8–10 • 8 by 8/15/25**

Sun 3:30–4:30pm | 1/11–4/26 | \$350 fee/\$305m  
No class 1/18, 3/22, 4/5.

### **Ages 11–18 • 11 by 8/15/25**

Sun 2:30–3:30pm | 1/11–4/26 | \$350 fee/\$305m  
No class 1/18, 3/22, 4/5.

## *Specialty Classes* ♦♦

### **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!

Tue 3:15–3:45pm | 2/3–3/3 | \$70 fee/\$50m

### **Stage and Study • Ages 5–11**

Participants will use creative drama techniques, basic acting exercises, character study, movement, language, and imagination to approach acting and character development. Terminology will be established. This session can include transportation from Bornblum to the JCC and homework assistance!

### **With Bornblum Transportation/Homework (Bornblum students only)**

Wed 3:45–5:45pm | 1/21–5/13 | \$500 fee/\$435m  
No class 4/1, 4/8.

### **With Homework (open to all)**

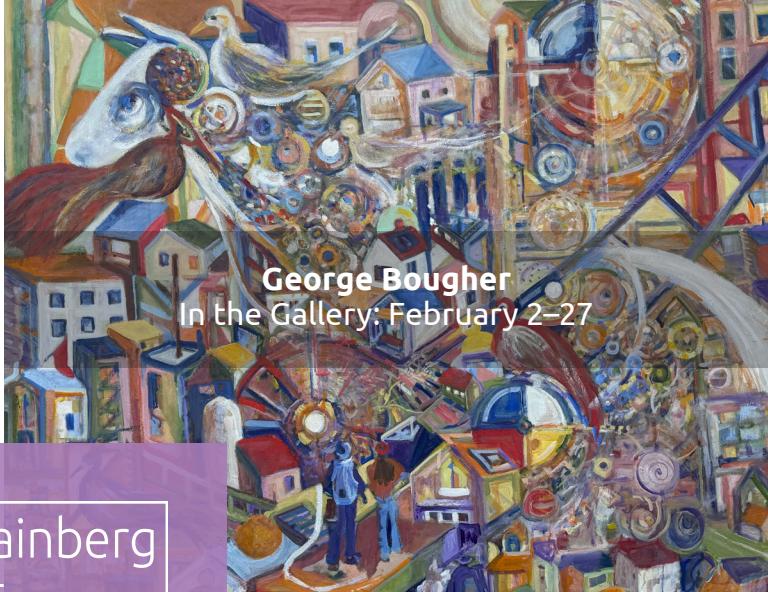
Wed 3:45–5:45pm | 1/21–5/13 | \$350 fee/\$305m  
No class 4/1, 4/8.

### **Acting Class (open to all)**

Wed 4:45–5:45pm | 1/21–5/13 | \$350 fee/\$305m  
No class 4/1, 4/8.



**Irvin Serenco & the Mid-South Cartoonists Association**  
In the Gallery: December 22–January 30



**George Bouger**  
In the Gallery: February 2–27



**Sophie Samuels**  
In the Gallery: March 2–27



**TN Crafts Southwest**  
In the Gallery: March 30–April 24



# Upcoming Events



Save the date!  
**January 22–February 17**



  
**Jamin' at the J**  
Party Behind The Pavilion

Save the date!  
**Sunday, March 22**

# mjcc staff directory

<b>Ashley Nesbit</b> Account Payable/Payroll (901) 259-9204 anesbit@jccmemphis.org	<b>Jeremy Weiser</b> Chief Operating Officer (901) 259-9235 jweiser@jccmemphis.org	<b>Mandy Jenkins</b> Program Director for Sports, Fitness, and Aquatics (901) 259-9212 mjenkins@jccmemphis.org	<b>Teresa Hughes</b> Fogelman JFS Senior Services Manager (901) 767-8511 thughes@jccmemphis.org
<b>Audrey J. May</b> Fogelman JFS Intake, Referral, and Volunteer Coordinator (901) 767-8511 amay@jccmemphis.org	<b>Jill Steele</b> CFO and Senior Vice President for Finance and Human Resources (901) 259-9233 jsteele@jccmemphis.org	<b>Miriam Cauley-Crisp</b> Fogelman JFS Administrative Assistant (901) 767-8511 mcrisp@jccmemphis.org	<b>Tommy Hart</b> Assistant Fitness Director (901) 259-9241 thart@jccmemphis.org
<b>Caleb Baker</b> Membership Specialist (901) 259-9225 cbaker@jccmemphis.org	<b>Jonathan McCarter</b> Cultural Arts Director and Conservatory Artistic Director (901) 259-9248 jmccarter@jccmemphis.org	<b>Nicole Francis</b> Assistant Aquatics Director (901) 259-9208 nfrancis@jccmemphis.org	<b>Wesley Williams</b> Aquatics Director (901) 259-9244 wwilliams@jccmemphis.org
<b>Diane Noel</b> Member Services Representative (901) 761-0810 dnoel@jccmemphis.org	<b>Judy Goldberg</b> Development Director (901) 259-9243 jgoldberg@jccmemphis.org	<b>Olivia Roman</b> Program Assistant (901) 259-9236 oroman@jccmemphis.org	<b>MJCC Main Phone</b> (901) 761-0810
<b>Emily Davis</b> Fogelman JFS Special Needs Coordinator (901) 767-8511 edavis@jccmemphis.org	<b>Juliana H. Kaitibi</b> Camp, Youth, & Family Services Director (901) 259-9215 jkaitibi@jccmemphis.org	<b>Rashki Osina</b> Fogelman JFS Director of Social Services (901) 767-8511 rosina@jccmemphis.org	<b>Sports &amp; Fitness Desk</b> (901) 259-9229
<b>Hannah Roberts</b> Fogelman JFS Therapist (901) 767-8511 cmerwin@jccmemphis.org	<b>Karen Bertrand</b> Senior Accounting Specialist (901) 259-9202 kbertrand@jccmemphis.org	<b>Rhonda White</b> Executive Assistant (901) 259-9224 rwhite@jccmemphis.org	<b>ECC Main Phone</b> (902) 259-9207
<b>Idesha Reese</b> Marketing & Public Relations Director (901) 259-9226 ireese@jccmemphis.org	<b>Kimberly Napier</b> Graphic Designer Communications Manager (901) 259-9221 knapier@jccmemphis.org	<b>Rosalyn Knox</b> Chief Experience Officer (901) 259-9210 rknox@jccmemphis.org	<b>Jewish Federation</b> (901) 767-7100
<b>Jacob Woloshin</b> Membership Director (901) 259-9214 jwoloshin@jccmemphis.org	<b>Kyndal Kirkwood</b> Sports & Leagues Director (901) 259-9222 kkirkwood@jccmemphis.org	<b>Sharon Kaplan</b> Early Childhood Assistant Director (901) 259-9201 skaplan@jccmemphis.org	<b>Wendy and Avron B. Fogelman Jewish Family Service</b> (901) 767-8511
<b>Jamison Knox</b> Assistant Sports & Leagues Director (901) 259-9247 jknox@jccmemphis.org	<b>Laura Kurcfeld</b> Director of the Center for Jewish Life and Learning (901) 259-9227 lkurcfeld@jccmemphis.org	<b>Steve Kaplan</b> Adult Services Coordinator (901) 259-9220 stevekaplan@jccmemphis.org	<b>Jewish Foundation</b> (901) 374-0400
<b>Jasmine Paige</b> Early Childhood Office Manager (901) 259-9207 jpaige@jccmemphis.org	<b>Lindsey Chase</b> Assistant Director of the MJCC & Director of ECC (901) 259-9205 lchase@jccmemphis.org	<b>Tal Nezry</b> MJCC Community Shlicha (901) 259-9245 israel@jccmemphis.org	
		<b>Tarus Bounds</b> Facilities Director (901) 259-9223 tbounds@jccmemphis.org	

# mjcc & fogelman jewish family service tributes

THE MARIETTE AND HERBERT SHAINBERG ENDOWMENT FUND RECEIVES ALL GIFTS  
NOT SPECIFICALLY DESIGNATED FOR OTHER PURPOSES.

## MJCC: IN MEMORY OF

### ANNABELLE KAPLAN

Peggy & William Adler  
Liz Simonian  
Sara & Steve Kaplan  
Paul & Leslie Lux  
Catharine Arnold & John Bozzi  
Ann & Henry Arnold  
John & Britton Laughlin  
**DEBORAH FRISCH**  
Sara & Steve Kaplan  
**RICHARD EISEMAN, SR.**  
Robin & Billy Orgel

Lyda Parker & Allan Hayden  
Mindy & Howard Wagerman  
Betsy & Steve Libby  
**LYNN GRUBER**  
Mindy & Howard Wagerman  
Robin & Billy Orgel  
Betsy & Steve Libby  
Marcia Moskovitz  
Lyda Parker & Allan Hayden  
Reed Landau & Shelley Robbins  
Roslyn Lit

### MARILYN LEE

Robin & Billy Orgel  
Mindy & Howard Wagerman  
Betsy & Steve Libby  
Reed Landau & Shelley Robbins  
Roslyn Lit  
**JOYCE LANSKY**  
Mindy & Howard Wagerman  
Robin & Billy Orgel  
Susan & Barry Chase  
Enid & Barrie Weiser  
Patricia Okeon

### RHONDA SASLAWSKY

Mindy & Howard Wagerman  
**SIDNEY FRIEDMAN**  
Ben & Larisa Baer  
**MELVIN "BUDDY" BALLIN**  
Mindy & Howard Wagerman  
Enid & Barrie Weiser  
Hallie Elliot  
**BRAD MAGDOVITZ**  
Enid & Barrie Weiser  
**DONNIE ANGEL**  
Mindy & Howard Wagerman

## MJCC: FOR RECOVERY OF

### MIKE GOLDSTEIN

Toba & Leslie Kornberg

### JUDY BOOKMAN

Sara & Steve Kaplan

## MJCC: IN HONOR OF

### GARY MAKOWSKY'S BIRTHDAY

Sarah, Naftali, Lea &  
Adam Thomas

### LARRY SKOLNICK

Mervyn & Sandra Israel  
Judy Bookman

### NAT LANDAU'S SPECIAL

BIRTHDAY  
Bert Barnett

### MR. & MRS. BERNARD

DANZIG'S ANNIVERSARY  
Rick Danzig

---

THESE GIFTS ARE DESIGNATED TO SUPPORT SOCIAL SERVICE  
PROGRAMMING AT FOGELMAN JFS AT THE MJCC.

## FOGELMAN JFS: IN MEMORY OF

### JOYCE LANSKY

Dr. A. Jay Cohen  
Leslie & Jonathan Epstein

### RICHARD EISEMAN, SR.

Leslie & Jonathan Epstein  
Dr. A. Jay Cohen

### JACK MARKS

Faye Marks

### MIKE GOLDSTEIN

Steve & Betsy Libby

### MARILYN LEE

Leslie & Jonathan Epstein  
Francine Brown

### ANNABELLE KAPLAN

Debbie Kalmeyer  
Steve Kisber  
Jennifer & Joe Roberts  
Bari & Rick Eiseman

### DEBORAH FRISCH

Steve & Betsy Libby  
Leslie & Jonathan Epstein

### BARBARA KLEINMAN

Linda Schlesinger

### LYNN GRUBER

Leslie & Jonathan Epstein

### NATHAN BLOCKMAN

Steve & Betsy Libby

### MELVIN "BUDDY" BALLIN

Leslie & Jonathan Epstein

### RHONDA SASLAWSKY

Leslie & Jonathan Epstein

## FOGELMAN JFS: FOR THE RECOVERY OF

### MARY ANNA KAPLAN

Leslie & Jonathan Epstein

## FOGELMAN JFS: IN HONOR OF

### JANET KAUFMAN

Nancy Rosenberg

### MADELYNE DANEMAN

Steve & Betsy Libby



6560 Poplar Avenue, Memphis, TN 38138  
(901) 761-0810 • [jccmemphis.org](http://jccmemphis.org)

NON-PROFIT ORG  
U.S. POSTAGE  
PAID  
MEMPHIS, TN  
PERMIT NO. 196

THANKS TO OUR COLLABORATING PARTNERS FOR THEIR SUPPORT



Connecting, Engaging, and Strengthening Jewish Memphis