



Memphis Jewish Community Center

October–December 2026 / Tishrei–Tevet 5787



Scene

there's something about this place®



a message from our board chair

Dear Members,

Summer at the MJCC was full of energy and connection. From another successful camp season to our teens competing at the JCC Maccabi Games, it was a reminder of the lasting experiences we create together. As we look ahead to fall, we're excited to build on that momentum with meaningful programs and events for the whole community.

Congratulations to our summer camp team for another incredible year. More than 600 unique campers joined us across nine weeks of camp, making memorable experiences while learning and meeting new friends. A heartfelt thank you to our staff for making it a successful summer.

We also applaud our MJCC Maccabi delegations, who traveled to Kansas City and Toronto in August and returned with 17 medals and, more importantly, lifelong friendships and memories shared with Jewish teens from around the world. We're already looking ahead with excitement to the 2027 JCC Maccabi Games in Austin.

Our Early Childhood Center opened its doors in August to welcome back familiar faces and greet new ones. Thanks to our dedicated teachers and staff for their tireless work preparing for another successful school year. We wish all of our ECC families a wonderful year ahead.

As you flip through the pages of this issue of *The SCENE*, I encourage you to mark your calendars and join us this fall. Highlights include the Play It Forward Palooza October 14–18, the return of Community Theatre to the MJCC with performances of *The Last Night of Ballyhoo* November 12–15, our Pre-Chanukah Event featuring Lioz on Saturday, December 5, and more.

As we progress through the High Holidays, I wish you L'Shanah Tova. I hope the season is off to a meaningful start for each of us, and I look forward to seeing you here at the J soon.

B' Shalom,

Jacob Samuels
Board Chair

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Facility Hours

UPCOMING HOLIDAY HOURS:

Shemini Atzeret	Fri, Oct 2	Regular Hours
	Sat, Oct 3	Closed
Simchat Torah	Sun, Oct 4	Closed
Thanksgiving	Wed, Nov 25	Close at 7:45pm
	Thu, Nov 26	Closed
	Fri, Nov 27	8am–5:45pm
Christmas	Fri, Dec 25	8am–5:45pm
New Year's Eve	Thu, Dec 31	Close at 6:00pm
New Year's Day 2027	Fri, Jan 1	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

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 | 10/5–10/28 | \$90 fee/\$72m

MonWed 3:15–3:45pm | 11/2–11/18 | \$68 fee/\$54m

MonWed 3:15–3:45pm | 11/30–12/16 | \$68 fee/\$54m

Math Lab

Ages 3–5

Our Math Lab is a hands-on, play-based class where children ages 3–5 will discover that math is all around them! Through fun games, puzzles, building activities, and interactive challenges, students will explore early math concepts while developing confidence and a love of learning. Every lesson is designed to spark curiosity, encourage problem-solving, and make math exciting!

TueThu 2:15–2:45pm | 10/6–10/29 | \$90 fee/\$72m

TueThu 2:15–2:45pm | 11/3–11/19 | \$68 fee/\$54m

TueThu 2:15–2:45pm | 12/1–12/17 | \$68 fee/\$54m



J-Club After-School Program

August 5, 2026–May 21, 2027
Grades K–6 • Mon–Fri • 3:30–6:00pm
Must be 5 by August 15, 2026

Your child will have supervised homework time or independent quiet time, structured free time in the Game Room, daily counselor-led activities, and a chance to make new friends! A snack is served each day, and J Club staff will escort your child to other MJCC extracurricular classes.

For pricing, bus availability, or to register please email Juliana Kaitibi at jkaitibi@jccmemphis.org. Transportation only includes Riverdale and Bornblum Jewish Community School.

Sign up for breaks!

Must be 5 by August 15, 2026 • Grades K–6

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, bathing suit, and towel. A snack will be provided.

Fall Break

October 12–16 • Grades K–6

Sign up for each day!

Mon 8:00am–6:00pm | 10/12 | \$110 fee/\$90m

Tue 8:00am–6:00pm | 10/13 | \$110 fee/\$90m

Wed 8:00am–6:00pm | 10/14 | \$110 fee/\$90m

Thu 8:00am–6:00pm | 10/15 | \$110 fee/\$90m

Fri 8:00am–6:00pm | 10/16 | \$110 fee/\$90m

Thanksgiving Break

November 23 & 24 • Grades K–6

Sign up for each day!

Mon 8:00am–6:00pm | 11/23 | \$110 fee/\$90m

Tue 8:00am–6:00pm | 11/24 | \$110 fee/\$90m

Veterans Day

November 11 • Grades K–6

Mon 8:00am–6:00pm | 11/11 | \$110 fee/\$90m



Winter Break

**December 21–24, 28–31, 2026
& January 4, 2027 • Grades K–6**

Sign up for each day!

Mon 8:00am–6:00pm | 12/21 | \$110 fee/\$90m

Tue 8:00am–6:00pm | 12/22 | \$110 fee/\$90m

Wed 8:00am–6:00pm | 12/23 | \$110 fee/\$90m

Thu 8:00am–6:00pm | 12/24 | \$110 fee/\$90m

Mon 8:00am–6:00pm | 12/28 | \$110 fee/\$90m

Tue 8:00am–6:00pm | 12/29 | \$110 fee/\$90m

Wed 8:00am–6:00pm | 12/30 | \$110 fee/\$90m

Thu 8:00am–6:00pm | 12/31 | \$110 fee/\$90m

Mon 8:00am–6:00pm 1/4 | \$110 fee/\$90m

J Teen Outing

Ages 12–15

Join JTeen for an afternoon at **Topgolf**, where we'll enjoy great vibes, friendly competition, and plenty of laughs—no golf experience required! Bring your friends and get ready to hang out, connect, and have an awesome time together. Transportation not provided.



Sunday, October 11

1:00–3:00pm | \$50 fee/\$30m

Kids Night Out at the J

Forget the babysitter and enjoy a few hours off from your children. Drop them off at the J for a fun-filled night of activities and snacks! Children will have the opportunity to choose between an arts and crafts projects or a sports activity, and enjoy free time with their friends!

Ages 5–11

Must be 5 by August 15, 2026

Sat 6:00–9:00pm | 11/7 | \$65 fee/\$45m

Sat 6:00–9:00pm | 12/5 | \$65 fee/\$45m

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.

October

Mon 4:00–4:30pm | 10/5–10/26 | \$100 fee/\$80m
 Mon 4:30–5:00pm | 10/5–10/26 | \$100 fee/\$80m
 Tue 4:00–4:30pm | 10/6–10/27 | \$100 fee/\$80m
 Tue 4:30–5:00pm | 10/6–10/27 | \$100 fee/\$80m
 Wed 4:00–4:30pm | 10/7–10/28 | \$100 fee/\$80m
 Wed 4:30–5:00pm | 10/7–10/28 | \$100 fee/\$80m
 Sun 10:00–10:30am | 10/11–10/25 | \$75 fee/\$60m
 Sun 10:30–11:00am | 10/11–10/25 | \$75 fee/\$60m
 Sun 11:00–11:30am | 10/11–10/25 | \$75 fee/\$60m
 Sun 11:30am–12:00pm | 10/11–10/25 | \$75 fee/\$60m

November–December

Mon 4:00–4:30pm | 11/2–12/14 | \$175 fee/\$140m
 Mon 4:30–5:00pm | 11/2–12/14 | \$175 fee/\$140m
 Tue 4:00–4:30pm | 11/3–12/15 | \$150 fee/\$120m
No class 12/8.
 Tue 4:30–5:00pm | 11/3–12/15 | \$150 fee/\$120m
No class 12/8.
 Wed 4:00–4:30pm | 11/4–12/16 | \$150 fee/\$120m
No class 11/25.
 Wed 4:00–4:30pm | 11/4–12/16 | \$150 fee/\$120m
No class 11/25.
 Sun 10:00–10:30am | 11/8–12/20 | \$175 fee/\$140m
 Sun 10:30–11:00am | 11/8–12/20 | \$175 fee/\$140m
 Sun 11:00–11:30am | 11/8–12/20 | \$175 fee/\$140m
 Sun 11:30am–12:00pm | 11/8–12/20 | \$175 fee/\$140m

MJCC Kids' Intermediate Group Swim Lessons

Ages 3–12

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

Mon 5:00–5:30pm | 10/5–10/26 | \$100 fee/\$80m
 Tue 5:00–5:30pm | 10/6–10/27 | \$100 fee/\$80m
 Wed 5:00–5:30pm | 10/7–10/28 | \$100 fee/\$80m
 Mon 5:00–5:30pm | 11/2–12/14 | \$175 fee/\$140m
 Tue 5:00–5:30pm | 11/3–12/15 | \$150 fee/\$120m
No class 12/8.
 Wed 5:00–5:30pm | 11/4–12/16 | \$150 fee/\$120m
No class 11/25.

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 | 10/1–10/29 | \$165 fee/\$140m
 Mon–Thu 4:30–5:00pm | 11/2–11/24 | \$135 fee/\$115m
 Mon–Thu 4:30–5:00pm | 11/30–12/17 | \$115 fee/\$100m

Blue Dolphin Silver Group: Ages 6–15

Mon–Thu 4:15–5:00pm | 10/1–10/29 | \$212 fee/\$170m
 Mon–Thu 4:15–5:00pm | 11/2–11/24 | \$175 fee/\$140m
 Mon–Thu 4:15–5:00pm | 11/30–12/17 | \$180 fee/\$150m

Blue Dolphin Gold Group: Ages 8–18

Mon–Thu 4:15–5:15pm | 10/1–10/29 | \$255 fee/\$212m
 Mon–Thu 4:15–5:15pm | 11/2–11/24 | \$210 fee/\$175m
 Mon–Thu 4:15–5:15pm | 11/30–12/17 | \$210 fee/\$180m

Private Swim Lessons

1:1 lessons fully catered to your individual needs 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.

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 | 10/6–10/27 | \$100 fee/\$80m
 Tue 5:30–5:55pm | 11/3–12/15 | \$150 fee/\$120m
No class 12/28.
 Sun 9:30–10:00am | 10/11–10/25 | \$75 fee/\$60m
 Sun 9:30–10:00am | 11/8–12/20 | \$175 fee/\$140m

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 | 10/5–10/28 | \$40 fee/\$32m
 MonWed 10:00–11:00am | 11/2–11/30 | \$45 fee/\$35m
 MonWed 10:00–11:00am | 12/2–12/16 | \$25 fee/\$20m

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 | 10/1–10/29 | \$45 fee/\$35m
 TueThu 10:00–11:00am | 11/3–11/24 | \$35 fee/\$28m
 TueThu 10:00–11:00am | 12/1–12/17 | \$30 fee/\$25m

Adult Beginner Group Swim 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 | 10/5–10/26 | \$100 fee/\$80m
 Wed 5:30–6:00pm | 10/7–10/28 | \$100 fee/\$80m
 Sun 12:00–12:30pm | 10/11–10/25 | \$75 fee/\$60m
 Sun 12:30–1:00pm | 10/11–10/25 | \$75 fee/\$60m
 Mon 5:30–6:00pm | 11/2–12/14 | \$175 fee/\$140m
 Wed 5:30–6:00pm | 11/4–12/16 | \$150 fee/\$120m
 No class 11/25.
 Sun 12:00–12:30pm | 11/8–12/20 | \$175 fee/\$140m
 Sun 12:30–1:00pm | 11/8–12/20 | \$175 fee/\$140m

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 | 10/6 | \$15 fee/\$10m
 Tue 6:00–8:00pm | 10/13 | \$15 fee/\$10m
 Tue 6:00–8:00pm | 10/20 | \$15 fee/\$10m
 Tue 6:00–8:00pm | 10/27 | \$15 fee/\$10m
 Tue 6:00–8:00pm | 11/3 | \$15 fee/\$10m
 Tue 6:00–8:00pm | 11/10 | \$15 fee/\$10m
 Tue 6:00–8:00pm | 11/17 | \$15 fee/\$10m

Tue 6:00–8:00pm | 12/1 | \$15 fee/\$10m
 Tue 6:00–8:00pm | 12/8 | \$15 fee/\$10m
 Tue 6:00–8:00pm | 12/15 | \$15 fee/\$10m
 Tue 6:00–8:00pm | 12/22 | \$15 fee/\$10m

Lifeguard Blended Learning Certification

Ages 15+

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.

MonWed 9:00am–4:00pm | 10/5–10/7 | \$290 fee/\$270m
 MonWed 9:00am–4:00pm | 10/12–10/14 | \$290 fee/\$270m

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.

Wed 9:00am–4:00pm | 10/7 | \$170 fee/\$150m
 Wed 9:00am–4:00pm | 10/14 | \$170 fee/\$150m

Swimming in Gelt

Ages 3–12

Come to the pool for a Chanukah celebration! There will be games and fun for the whole family. We'll end the party with our third annual dive for gelt!

Tue 4:00–5:30pm | 12/8 | \$25 fee/\$20m



Youth Fitness Classes

All participants must be potty trained.

Active Indoor Recess (AIR)

Ages 3–5 • 3 by 8/15/26

AIR is a great way to get kids moving and helps support them in getting the recommended 60 minutes of physical activity per day. 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!

Mon 3:30–4:00pm | 10/19–12/7 | \$90 fee/\$70m

No class 11/23.

Skills & 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 4:15–4:45pm | 10/2–12/11 | \$120 fee/\$100m

No class 11/27.

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 | 10/7–12/9 | \$110 fee/\$90m

No class 11/25.

Ninja Warrior: Ages 3–5 • 3 by 8/15/26

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 | 10/1–12/10 | \$150 fee/\$120m

No class 11/26.

Kidding Around Yoga: Ages 3–5 • 3 by 8/15/26

Children taking Yoga will see benefits in impulse control, confidence, focus, empathy, self-regulation and resilience. Strength, flexibility, and relaxation are added benefits of this class.

Fri 3:30–4:00pm | 10/2–12/11 | \$150 fee/\$120m

No class 11/27.

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.

Mon 4:00–5:00pm | 10/5–12/7 | \$170 fee/\$150m

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 at any time for a pro-rated fee! Additional Wings waiver required.

Beginning Ballet: Ages 3–5 • 3 by 8/15/26

A blend of ballet techniques and acrobatics designed to build grace, strength, flexibility and confidence. Attire: Black leotard, skin tone tights/Black t-shirt & black shorts. Shoes: Skin-toned split-soled or ballet shoes.

Tue 3:30–4:15pm | 8/11–12/15 | \$340 fee/\$289m

Wed 4:30–5:15pm | 8/12–12/16 | \$340 fee/\$289m

No class 11/25.

Ballet Fundamentals: Ages 6–12

Learn ballet positions, posture and alignment along with barre work, leaps and turns. Attire: Black leotard, skin tone tights/Black t-shirt & black shorts. Shoes: Skin-toned split-soled or ballet shoes.

Wed 5:30–6:25pm | 8/12–12/16 | \$357 fee/\$323m

No class 11/25.

Lyrical/Contemporary Dance I & II

This class is a wonderful way for children to explore a blend of dance styles through music and storytelling. Attire: Black leotard, skin tone tights/Black t-shirt & black shorts. Shoes: Skin-toned split-soled shoes.

Ages 5–7

Mon 4:30–5:25pm | 8/10–12/14 | \$315 fee/\$285m

No class 9/7, 9/21.

Ages 8–12

Mon 5:30–6:25pm | 8/10–12/14 | \$315 fee/\$285m
No class 9/7, 9/21.

Hip-Hop Dance I & II

This class is perfect for kids who love to move & groove! Dancers will learn high-energy & age-appropriate dance choreography to fun, up-beat modern music. Attire: Royal Blue Hoodie sweatsuit & Shoes: white sneakers.

Ages 5–7

Tue 4:30–5:25pm | 8/11–12/15 | \$357 fee/\$323m

Ages 8–12

Tue 5:30–6:25pm | 8/11–12/15 | \$357 fee/\$323m

Creative Movement: Ages 3–5 • 3 by 8/15/26

Discover what your body can do! Explore expression & body awareness through guided movement, creative musical games and rhythmic dance. This class promotes confidence and physical development. Attire: Black leotard, skin tone tights or Black t-shirt & black shorts.

Mon 3:30–4:15pm | 8/10–12/14 | \$300 fee/\$255m
No class 9/7, 9/21.

Wed 3:30–4:15pm | 8/12–12/16 | \$340 fee/\$289m
No class 11/25.

Explore with Me Gym FUN

Ages 12–36 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 5:45–6:15pm | 8/11–12/15 | \$272 fee/\$221m

Gymnastics FUN: Pre-K–K

Ages 3–5 • 3 by 8/15/26

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 | 8/10–12/14 | \$300 fee/\$255m
No class 9/7, 9/21.

Tue 3:30–4:15pm | 8/11–12/15 | \$340 fee/\$289m

Wed 5:30–6:15pm | 8/12–12/16 | \$340 fee/\$289m
No class 11/25.

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 4:30–5:25pm | 8/11–12/15 | \$357 fee/\$323m

NEW! Advanced Gymnastics

Ages 7–14

Build on the prerequisite skills from Intermediate Gymnastics and focus on routine building, form and presentation. Increased difficulty level on all 4 events including bar skills, beam tumbling dismounts/round-off back/front handsprings, back tucks and more. Skill check required before joining. Awesome 5:1 student:teacher ratio. Attire: Leotard or T-shirt & shorts.

Wed 5:30–6:55pm | 8/12–12/16 | \$408 fee/\$374m
No class 11/25.

NEW! Drop-In Family Time Gymnastics

Workout: Ages 3–12 • 3 by 8/15/26

Go enjoy your work-out while we work-out the kids. Sign up for the discounted semester or enjoy dropping in when it's convenient! This class is designed to teach fun gymnastics and tumbling skills to all ages between 3-12 years old in simultaneous, age-appropriate groups so parents can send the whole crew. Attire: Leotard or T-shirt & shorts.

Tue 6:30–7:25pm | 8/11–12/15 | \$255 Members Only

Pre-Team Cheerleading FUN!

Pre-K–K+ • Ages 3–5 • 3 by 8/15/26

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 | 8/10–12/14 | \$300 fee/\$255m
No class 9/7, 9/21.

Registration for 2027–2028 JCC Wings Cheer Team Opens July 2027!

Tumbling FUN: Ages 3–5 • 3 by 8/15/26

Learn beginning tumbling skills along with mini-tramp & hurdles. Class starts with stretching games and aerobic warm-ups. Our tiny Tumblers will learn to use power & control as they learn the basic building block front, side and backwards tumbling! This class promotes flexibility, strength, coordination, and confidence which promote focus and healthy habits for the future. Awesome 7:1 student: teacher ratio. Attire: Leotard or T-shirt & shorts.

Wed 3:30–4:15pm | 8/12–12/16 | \$340 fee/\$289m
No class 11/25.

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 | 8/12–12/16 | \$357 fee/\$323m
No class 11/25.

Adult Fitness Classes

TRX Fire

GET RESULTS FAST with this fun and challenging total body workout. Squat, Lunge, Push, Pull, and Rotate AT YOUR LEVEL! The TRX Suspension Trainers equal the field so ALL LEVELS ARE WELCOME and pushed to your unique limits. Build strength, mobility, and your metabolism with this effective system.

Times: TueThu • 9:30–10:30am or 5:15–6:15pm
10/6–10/29 | \$80 fee/\$60m
11/3–11/24 | \$80 fee/\$60m
12/1–12/29 | \$80 fee/\$60m
No class 12/24.

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
10/2–10/30 | \$20 fee / Free for Members
11/2–11/30 | \$20 fee / Free for Members
12/2–12/30 | \$20 fee / Free for Members
10/2–12/30 | \$60 fee / Free for Members
(ALL 3 MONTHS)

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
10/1–12/31 | \$150 fee / \$120m
No class 11/26.

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 | 10/6–11/12 | \$90 fee/\$70m
TueThu 12:15–12:45pm | 11/17–12/31 | \$90 fee/\$70m
No class 11/26, 12/24.

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 | 10/1–12/31 | \$80 fee/\$60m
No class 11/26, 12/24.

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 | 10/1–12/31 | \$80 fee/\$60m
No class 11/26, 12/24.

6-Week Women's Weight Training Program

A 6-week strength training program designed specifically for women who want to build confidence in the weight room, increase muscular strength, and improve overall fitness and movement. This is a progressive program which 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's Weight Training offers a supportive, non-intimidating environment to help you feel strong, empowered, and in control of your fitness journey.

Tue 6:15–7:15pm | 10/6–11/10 | \$150 fee/\$125m

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 | 11/3–11/24 | \$100 fee/\$80m

NEW! Pilates for Rotational Sports: Pickleball, Tennis, Baseball/Softball

Whether you love pickleball, golf, tennis, baseball, or softball; we have the perfect program to increase your power and balance, while reducing risk of injury to your low back and shoulders...it's PILATES! Pilates will improve your performance on the court and the field. Pilates targets the hip and core muscles responsible for creating torque and power in your swing. Build stamina and agility so you can bend, twist, and get to those hard-to-reach shots/hits like never before and hit the winning shot!

Mon 6:00–7:00pm | 9/14–10/5 | \$125 fee/\$100m

NEW! 'Taming Your Mind' Meditation Series

Explore how this self-care practice will help you experience benefits of meditation such as renewed focus, calmness in the face of emotional stress or anger, improved productivity, and improved sleep. Meditation is NOT just stillness or sitting in silence. In this series, we experiment with multiple methods and approaches to settle the mind and body. Learn useful focus techniques which can help at work and home.

Tue 7:00–7:30pm | 11/3–11/24 | \$60 fee/\$40m

LIOZ

**STOP LAUGHING.
I'M A SERIOUS MAGICIAN.**

BEST OF LAS VEGAS!

AS SEEN ON:

AGT **BGT** **AGT**
AMERICA'S GOT TALENT BRITAIN'S GOT TALENT AUSTRALIA'S GOT TALENT

SAVE THE DATE **Saturday, December 5**
7:15pm Dessert Reception • 8:00pm Doors Open • 8:30pm Show

Developmental Sports

Sports Bonanza: Ages 3–5 • 3 by 8/15/26

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 | 10/6–12/15 | \$140 fee/\$120m

J-Stars: Sports and Agility

Ages 4–6 • 4 by 8/15/26

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

Tue 4:30–5:00pm | 10/6–12/15 | \$140 fee/\$120m

Youth Basketball

Lil Dribblers: Ages 3–6 • 3 by 8/15/26

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 | 10/1–12/10 | \$125 fee/\$100m

No class 11/26.

Lil Ballers: Ages 6–9 • 5 by 8/15/26

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

Thu 4:30–5:00pm | 10/1–12/10 | \$125 fee/\$100m

No class 11/26.

JK-SK • Ages 4–5 (Co-ed)

Instructional practices on Wednesdays. League games on Sundays.

Sun 12:15–1:00pm • Wed 5:30–6:15pm

11/15–1/27 | \$135 fee/\$115m

No programming 11/25.

Grades 1–2 • Ages 6–7

League play basketball for grades 1–2. Practices on Sundays, Tuesday game times TBD.

Girls

Sun 1:30–2:30pm • Tue 5:30–6:30pm

11/15–2/9 | \$140 fee/\$120m

(Co-ed)

Sun 1:30–2:30pm • Tue 5:30–6:30pm

11/15–2/9 | \$140 fee/\$120m

Grades 3–4 • Ages 8–9

League play basketball for grades 3–4. Practices on Sundays, Tuesday game times TBD.

Girls

Sun 2:30–3:30pm • Tue 6:30–7:30pm

11/15–2/9 | \$140 fee/\$120m

(Co-ed)

Sun 2:30–3:30pm • Tue 6:30–7:30pm

11/15–2/9 | \$140 fee/\$120m

Grades 5–6 • Ages 10–11

League play basketball for grades 5–6. Practices on Sundays, Monday game times TBD.

Girls

Sun 3:30–4:30pm • Mon 5:30–6:30pm

11/15–2/8 | \$140 fee/\$120m

(Co-ed)

Sun 3:30–4:30pm • Mon 5:30–6:30pm

11/15–2/8 | \$140 fee/\$120m

Varsity League Basketball: Ages 14–18

Registration Deadline: November 22

Bring your own team league for High School age players! Top 4 teams make the playoffs. Teams are responsible for their own jerseys. Thursday games if necessary.

Wed 6:00–9:00pm • Thu TBD

12/2–2/10 | \$650 team

Youth Tennis

Mini Champs Tennis (Co-ed)

Ages 4–5 • 4 by 8/15/26

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

Mon 4:00–4:30pm | 10/5–11/30 | \$105 fee/\$80m

No class 11/23.

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 | 10/6–11/17 | \$135 fee/\$115m

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 | 10/6–11/17 | \$135 fee/\$115m

Youth Pickleball

Little Lobbers: Ages 3–5 • 3 by 8/15/26

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 | 10/19–12/7 | \$75 fee/\$50m

Adult Tennis

Beginner Tennis: Ages 18+

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

Tue 6:00–7:00pm | 10/6–10/27 | \$80 fee/\$60m

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 | 10/8–10/29 | \$145 fee/\$120m

Adult Pickleball

Beginner Pickleball: Ages 18+

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

Mon 12:00–1:00pm | 10/5–10/26 | \$85 fee/\$60m

Wed 6:00–7:00pm | 10/7–10/28 | \$105 fee/\$80m

Mon 12:00–1:00pm | 11/2–11/30 | \$105 fee/\$80m

Wed 6:00–7:00pm | 11/4–11/25 | \$105 fee/\$80m

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.

Thu 6:00–7:00pm | 10/8–10/29 | \$105 fee/\$80m

Tue 6:00pm–7:00pm | 11/3–11/24 | \$105 fee/\$80m

Adult Basketball

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

Men's 35+ League

Draft: Wednesday, October 7 • 6:30pm

Registration Deadline: Monday, October 5

Sun 9:00am–12:00pm | 10/11–1/17 | \$160 fee/\$125m

No class 11/29, 12/27.



CJLL Programs

Partners Memphis

Come for an evening of good food, compelling dialogue, and fun socialization! The "Partners" program is a one-on-one learning and social program through Partners in Jewish Life, based on the teachings 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.

Tue 7:00–8:30pm | 10/20 | FREE
Discussion Topic: People of the Book

Mon 7:00–8:30pm | 12/14 | FREE
Discussion Topic: Jewish Identity

These programs are generously funded in part by a grant from Memphis Jewish Federation.

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.

Wed 4:30–5:30pm | 10/21 | FREE & Open to All

Wed 4:30–5:30pm | 12/16 | FREE & Open to All

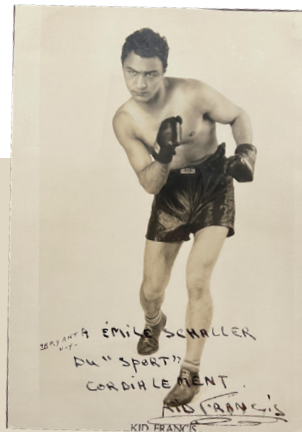
Memphis Night of Jewish Learning

Join us as we come together across the Jewish community to learn from Memphis Jewish community rabbis, leaders, and educators. Cost covers dinner and 1 drink ticket.

Sat 6:30–9:30pm | 11/7 | \$25 fee/\$18m

TRIUMPH of the SPIRIT

Jewish Athletes Before, During and After the Holocaust



In the Gallery: October 18–30

Presentation by Neil Keller and Reception: Sunday, October 18 • 2–4pm

****Registration requested for Presentation and Reception****

Triumph of the Spirit exhibit features Jewish athletes before, during & after the Holocaust. Featuring curated panels of rare memorabilia from the collection of Neil Keller, this dynamic exhibit tells the stories of the incredible resiliency and unshakable spirit of courageous Jewish athletes in the face of the atrocities of the Holocaust and the foundation established for future generations of Jewish athletes.

Join us for a conversation with Keller to learn about the deep history and inspirational stories of the remarkable athletes that are featured in his collection of Jewish sports memorabilia.

Sponsored by



Funded in part by





J Shainberg
Art
Gallery

Vera Feldman

Artist Reception: November 5 • 5:30–7pm
In the Gallery: November 3–29



Marcy Stagner

Artist Reception: December 3 • 5:30–7pm
In the Gallery: December 2–31

The Last Night *OF* BALLYHOO By Alfred Uhry

Performances
November 12–15

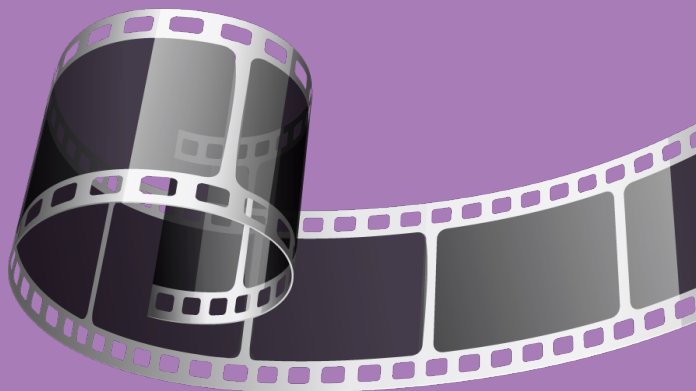
Get tickets at
jccmemphis.org/Mainstage

THE LAST NIGHT OF BALLYHOO
is presented by arrangement with Concord Theatricals
on behalf of Dramatists Play Service.
www.concordtheatricals.com



THE MORRIS AND MOLLYE FOGELMAN
International
JEWISH
Film Festival

RETURNING
WINTER 2027



STAY CONNECTED



15



October 14–18

SCHEDULE *of* **EVENTS**

Wednesday, October 14th

8:00am–4:00pm Open Play Pickleball
6:00–9:30pm Women's Pickleball Tournament

Thursday, October 15th

1:00–4:00pm Game Day at the Lodge
6:00–9:30pm Men's Pickleball Tournament
6:30–7:30pm 3-Point Shootout Contest

Friday, October 16th

9:00–10:00am Beginner Pickleball Clinic
9:15–10:15am Tennis Intermediate Drills
10:00–11:30am Intermediate Pickleball Clinic
10:30–11:30am Tennis 101 Beginner Clinic
11:30am–1:00pm Advanced Pickleball Clinic

Sunday, October 18th

9:30am–3:00pm Mixed Doubles:
Upper Intermediate Pickleball Tournament
10:30am–4:00pm Mixed Doubles:
Topflight Pickleball Tournament
12:00–1:00pm Flag Football Clinic
12:30–4:30pm 3-on-3 Basketball Tournaments
1:30–5:30pm 7v7 Flag Football Tournament
3:30–5:30pm Youth Pickleball Clinics

All dates and activities are subject to change.

For more information and to register, **scan the QR Code** or go to
jccmemphis.org/PlayItForward



**BUDDY
NOT BULLY**

**STOP
BULLYING**

**STAND UP TO
BULLYING**

Youth Art Contest & Exhibition

Grades K–12 • Shainberg Art Gallery

Artist Reception: October 8 • 5:30–7:00pm

In the Gallery: September 29–October 14

Youth Original Speech and Monologue Competition

Grades 6–12 • Belz Theater

Entries Deadline: October 16

Competition: October 25 • 1:30pm

Sit and Stitch

Drop-In Knitting, Crocheting, & Conversation

at the 

Cultural Arts Programs

Sit and Stitch: Drop-In Knitting, Crocheting and Conversation

Join us on the second Tuesday of the month to schmooze while you work on your latest project and make new connections. All levels/any yarn or stitching craft welcome!

August–May | Second Tuesday of the Month
2:00–3:30pm | Free

Theatre Conservatory ^{at the}

Homeschool Classes

Homeschool Theatre

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 5–11 • Grade K–5

Full Academic Year

Fri 10:00–10:45am | 10/9/26–4/30/27 | \$200 fee/\$174m
No class 11/27, 12/25–2/5, 3/26, 4/23.

Fall Semester

Fri 10:00–10:45am | 10/9–12/18 | \$110 fee/\$95m
No class 11/27.

Spring Semester

Fri 10:00–10:45am | 2/12–4/30 | \$110 fee/\$95m
No class 4/23.

Ages 11–18 • Grade 6–12

Full Academic Year

Fri 11:00–11:45am | 10/9/26–4/30/27 | \$200 fee/\$174m
No class 10/13, 11/24, 12.15–2/2, 3/23.

Fall Semester

Fri 11:00–11:45am | 10/9–12/18 | \$110 fee/\$95m
No class 11/27.

Spring Semester

Fri 11:00–11:45am | 2/12–4/30 | \$110 fee/\$95m
No class 3/26, 4/23.

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 Fogelman JFS at (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 Family Coffee & Play: Ages 2-4

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 | 8/30-12/20 | \$15 fee/\$10m
No class 9/13, 9/27, 10/4, 11/29, 12/27.

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.

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 | 10/14 | \$55 fee

Wed 5:00–9:00pm | 11/11 | \$55 fee

Wed 5:00–9:00pm | 12/16 | \$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

Learn more at jccmemphis.org/BeWell



Wendy and Avron B. Fogelman



Jewish
Family
Service

at the  Memphis Jewish
Community Center

STAY CONNECTED



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

10/5 Mid-South Hobbies / Special: Art Project

10/12 Field Trip to TCBY for frozen treats!

10/19 Speaker: Kelly Nelson
Topic: "Leaving Your Legacy"

10/26 SPECIAL Event! Frank Shaffer,
Drum Circle!

11/2 Mid-South Hobbies / Special: Art Project

11/9 Speaker: Josh Goldin
Topic: "Decluttering Know How"

11/16 Speaker: Rabbi Ian Lichter
Topic: "Deception for the Sake of Peace"

11/23 Speaker: Rabbi Yosef Braha
Topic: "Ask The Rabbi"

11/30 Speaker: Stephanie O'Dell
Topic: "Keeping your Brain Fit"

12/7 Speaker: Harry Samuels
Topic: "10 Questions Every Senior Should
Know Before Moving"

12/14 Speaker: Mike Stein
Topic: "Moses, Maimonides and Money
The Torah view on Investing"

12/21 Speaker: Lynn Doyle
Topic: "Goals for the New Year"

12/28 SPECIAL! Team Trivial Pursuit!
End of Year Special

Wednesdays

10/7 Speaker: Rabbi 'Sammy' Rosenbaum
Topic: "Memory and Resilience after Oct 7th"

10/14 Speaker: Sherry Harbur
Topic: "Planning Ahead Without Feeling
Overwhelmed"

10/21 Big Monthly Luncheon featuring Gene Micofsky!

10/28 Speaker: Lynn Doyle
Topic: "Conquering the Holiday Blues!"

11/4 Speaker: Rabbi Leah Sternberg
Topic: "Everyday Holiness"

11/11 Speaker: Rabbi Joel Finkelstein
Topic: "Mystical vs. Normative Judaism"

11/18 Speaker: Sherry Harbur
Topic: "Smart Living Choices for Seniors"

11/25 BINGO! Holiday Edition

12/2 Speaker: Ann Hobart, Dietician
Topic: "Nutrition Optimization for Senior Adults"

12/9 Speaker: Rabbi Ross Levy
Topic: "Chanukah the American Way"

12/16 Big Monthly Luncheon featuring Wyndie Oh!

12/23 Speaker: Ann Hobart, Dietician
Topic: "Ask The Dietician"

12/30 SPECIAL! End of Year BINGO

This program is generously funded in part by a grant from Memphis Jewish Federation.

SPECIAL: Team Trivial Pursuit

Starts Thursday, October 1, on the 1st and 3rd Thursday of every month. Call the MJCC member services desk to make your reservations for the Daily Lunch and Trivial Pursuit or just Trivial Pursuit.

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 | 10/6–11/3 | \$80 fee/ \$72m

Thu 6:00–8:00pm | 10/8–11/5 | \$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 | 10/8–11/5 | \$80 fee/ \$72m

Ukelele Lesons 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 classes, for beginners that enroll. Class is limited in size so please sign up early.

Thu 6:00–8:00pm | 10/6–10/27 | \$80 fee/ \$72m

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 | 10/6–10/27 | \$80 fee/ \$72m

FREE TN Medicare Part D Insurance Help

Aging Commission of the Mid-South (ACMS) is coming to the MJCC to offer the public their services as Medicare beneficiaries. Get ready for the Annual Enrollment Period (AEP) for the Medicare State Health Insurance Program (SHIP) assistance for January 2027 benefits. Please bring current prescriptions with you.

Thu 9:00am–2:30pm | 10/22 | Free



Drum Circle with Frank Shaffer

The healing power of the drum gives anyone the opportunity to experience the transforming power of music. No previous musical experience needed to be a member of a drum circle, just have an open mind and an open heart. Come join the fun and experience the many benefits that group drumming has to offer. To reserve your spot, call the Member Services Desk at (901) 761-0810.

Mon 12:00–1:00pm | 10/26 | 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, October 21 Gene Micofsky

GUITARS AND VOCALS
Sponsored by Humana and Reliance

Wednesday, December 16 Wyndie Oh & Accompanist

VOCALS
Sponsored by The Advisor Group



Audrey J. May

Fogelman JFS Intake,
Referral, and Volunteer
Coordinator
(901) 767-8511
amay@jccmemphis.org

Caleb Baker

Membership Specialist
(901) 259-9225
cbaker@jccmemphis.org

Diane Noel

Member Services
Representative
(901) 761-0810
dnoel@jccmemphis.org

Hannah Roberts

Fogelman JFS Therapist
(901) 767-8511
cmerwin@jccmemphis.org

Herbert Kahn

Fogelman JFS Senior
Transportation Driver
(901) 767-8511
hkahn@jccmemphis.org

Harold Rayford

Sports & Leagues Director
(901) 259-9222
hrayford@jccmemphis.org

Idesha Reese

Marketing & Public
Relations Director
(901) 259-9226
ireese@jccmemphis.org

Jamison Knox

Assistant Sports & Leagues
Director
(901) 259-9247
jknox@jccmemphis.org

Jasmine Paige

Early Childhood Office
Manager
(901) 259-9207
jpaige@jccmemphis.org

Jeremy Weiser

President/ CEO
(901) 259-9235
jweiser@jccmemphis.org

Jill Steele

CFO and Senior Vice
President for Finance
and Human Resources
(901) 259-9233
jsteele@jccmemphis.org

Jonathan McCarter

Cultural Arts Director
and Conservatory Artistic
Director
(901) 259-9248
jmccarter@jccmemphis.org

Judy Goldberg

Development Director
(901) 259-9243
jgoldberg@jccmemphis.org

Juliana H. Kaitibi

Director of Programming
(901) 259-9215
jkaitibi@jccmemphis.org

Karen Bertrand

Senior Accounting Specialist
(901) 259-9202
kbertrand@jccmemphis.org

Kimberly Napier

Graphic Designer
Communications Manager
(901) 259-9221
knapier@jccmemphis.org

Laura Kurcfeld

Director of the Center for
Jewish Life and Learning
(901) 259-9227
lkurcfeld@jccmemphis.org

Lawrence Burnett

Maintenance

Lindsey Chase

Assistant Director of the
MJCC & Director of ECC
(901) 259-9205
lchase@jccmemphis.org

Mandy Jenkins

Program Director for Sports,
Fitness, and Aquatics
(901) 259-9212
mjenkins@jccmemphis.org

Miriam Cauley-Crisp

Fogelman JFS
Administrative Assistant
(901) 767-8511
mcrisp@jccmemphis.org

MJCC Community Shlich

(901) 259-9245
israel@jccmemphis.org

Neva Tuzzolino

Assistant Director of the
Early Childhood Center
(901) 259-9201
ntuzzolino@jccmemphis.org

Nicole Francis

Assistant Aquatics Director
(901) 259-9208
nfrancis@jccmemphis.org

Olivia Roman

Program Assistant
(901) 259-9236
oroman@jccmemphis.org

Rashki Osina

Fogelman JFS Director
of Social Services
(901) 767-8511
rosina@jccmemphis.org

Rosalyn Knox

Chief Experience Officer
(901) 259-9210
rknox@jccmemphis.org

Sharon Kaplan

Executive Assistant and
Internal Operations Manager
(901) 259-9224
skaplan@jccmemphis.org

Steve Kaplan

Adult Services Coordinator
(901) 259-9220
stevekaplan@jccmemphis.org

Tarus Bounds

Facilities Director
(901) 259-9223
tbounds@jccmemphis.org

Teresa Hughes

Fogelman JFS Senior
Services Manager
(901) 767-8511
thughes@jccmemphis.org

Tommy Hart

Assistant Fitness Director
(901) 259-9241
thart@jccmemphis.org

Unique Artison

Account Payable/Payroll
(901) 259-9204
uartison@jccmemphis.org

Wesley Williams

Aquatics Director
(901) 259-9244
wwilliams@jccmemphis.org

MJCC Main Phone

(901) 761-0810

Sports & Fitness Desk

(901) 259-9229

ECC Main Phone

(902) 259-9207

Jewish Federation

(901) 767-7100

Wendy and Avron B. Fogelman Jewish Family Service

(901) 767-8511

Jewish Foundation

(901) 374-0400

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**Memphis
Jewish
Community
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6560 Poplar Avenue, Memphis, TN 38138
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