



## JCC RE-OPENS NEWLY RENOVATED SWIMMING POOL



We have re-opened our swimming pool after an extensive \$1.4 million improvement project. The pool opened on October 11<sup>th</sup>, and all members are invited to our grand re-opening party and ribbon cutting ceremony on November 15<sup>th</sup> at 12:30pm. We thank everyone for their patience as the seven-month project revitalized our 60 year old aquatic facility. The renovation included new mechanical, filtration and dehumidification systems, new surface in the pool, on the pool deck and walls, enhanced lighting, better handicap accessibility and a state of the art sound system for water exercise classes. New windows were also installed, and we now have an expanded seating capacity. Operating hours of the pool have been extended which will be from 6:30am-8:30pm. In keeping with the JCC mission, a continual emphasis is being placed on achieving excellence in service and instilling positive values. We encourage members of the community to enjoy our new pool, and take advantage of the many swim programs we have to offer such as swim lessons, Aqua Zumba, Arthritis Exercise, Deep Water Exercise and more! For information regarding our aquatics programs please contact Paula Herman, JCC Aquatics Director at [paula@scrantonjcc.org](mailto:paula@scrantonjcc.org) or ext. 129.

### Tuesday, December 8th, 2015 JCC's Chanukah Extravaganza!

Featuring MUTTS GONE NUTS! COMEDY DOG THRILL SHOW!

Glatt Kosher Chinese Food

Face Painting \* Spin Art \* Chanukah Bingo

And much more!!

See page 5 for details



## JCC NEWS BRIEFS

### HOW TO CONTACT THE JCC STAFF

Now it's easier than ever to contact the JCC staff to share your suggestions, have questions answered or get the information you're looking for. We're waiting to hear from you! Email: [info@scrantonjcc.org](mailto:info@scrantonjcc.org) or call (570)346-6595

Name	Title/Position	E-Mail	Extension
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Mindy Van Fleet	Bookkeeper/Business Asst.	<a href="mailto:mindy@scrantonjcc.org">mindy@scrantonjcc.org</a>	111
Gary Beckhorn	Membership Registrar	<a href="mailto:garyb@scrantonjcc.org">garyb@scrantonjcc.org</a>	101
Ashley Woodruff	Early Learning Center Director	<a href="mailto:ashley@scrantonjcc.org">ashley@scrantonjcc.org</a>	120
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Elaine Kingsley	Client Service Associate -Nights	<a href="mailto:elainek@scrantonjcc.org">elainek@scrantonjcc.org</a>	100
Kathy Pinto	Client Service Associate -Nights/Sun	<a href="mailto:kathyp@scrantonjcc.org">kathyp@scrantonjcc.org</a>	100
Pat Hanis	Daytime client Service Associate/Admin Asst	<a href="mailto:pat@scrantonjcc.org">pat@scrantonjcc.org</a>	102
	Donations/Contributions	<a href="mailto:contributions@scrantonjcc.org">contributions@scrantonjcc.org</a>	100

### JCC YOUTH, COLLEGE & SENIOR ADULT MEMBERSHIP FEES TO INCREASE SLIGHTLY IN 2016

Membership dues for the youth, college and senior adult categories will be increased minimally beginning January 1, 2016, pending approval from the JCC Board of Directors at their November Board meeting. Youth memberships will be \$180 per year, college memberships will be \$192 per year and senior adult memberships will be \$100 per year. \$40 discount still applies for full/early pay for Youth & College. There will be no increases for Family, Husband/Wife or Single Adult categories.

## JCC HOLIDAY HOURS

November 3rd  
November 11th  
November 26th

Election Day  
Veteran's Day  
Thanksgiving

JCC Open  
JCC Open  
JCC Open 8am-1pm

## JCC SATURDAY NIGHT HOURS RETURN

The JCC will be open Saturday nights from 7pm-9pm beginning November 7th!

## JCC HOURS OF OPERATION

	<u>Sunday</u>	<u>Monday–Thursday</u>	<u>Friday</u>	<u>Saturday</u>
OFFICE	9:00 am – 5:00pm	7:30 am – 9:00 pm	8:30 am–4:30 pm	CLOSED
HEALTH CLUBS	5:30 am – 5:00 pm	5:30 am – 9:00 pm	5:30 am–6:00 pm	7:00 pm-9:00 pm
MARGOLIES FITNESS CENTER	5:30 am – 5:00 pm	5:30 am – 9:00 pm	5:30 am – 6:00 pm	7:00 pm-9:00 pm
POOL	8:00 am – 5:00 pm	6:30 am – 8:30 pm	6:30 am – 5:00pm	7:00 pm-9:00 pm
GYM & COURTS	5:30 am – 5:00pm	5:30 am – 9:00 pm	5:30 am – 6:00 pm	7:00 pm-9:00 pm

# MEMBERSHIP

Membership in the JCC gives you 12 months of exciting and varied activities: heated indoor pool, gymnasium, Margolies fitness & wellness center, handball & racquetball courts and exercise classes - all included at no extra fee.

<b>MEMBERSHIP CATEGORIES</b> (all categories include the Margolies fitness & wellness center, pool, courts & gym)	<b>*Annual Dues</b>	<b>Monthly Dues</b>
<b>SUSTAINING (Family Membership plus \$50 donation)</b>	<b>\$672</b>	<b>N/A</b>
<b>FAMILY (Includes all children who are full time students up to age 23)</b>	<b>\$620</b>	<b>\$55</b>
<b>HUSBAND &amp; WIFE</b>	<b>\$572</b>	<b>\$51</b>
<b>SINGLE ADULT</b>	<b>\$425</b>	<b>\$38.75</b>
<b>FAMILY WITH HEALTH CLUB (children up to age 23)</b>	<b>\$920</b>	<b>\$80</b>
<b>HUSBAND &amp; WIFE WITH HEALTH CLUB</b>	<b>\$860</b>	<b>\$75</b>
<b>MEN WITH HEALTH CLUB</b>	<b>\$668</b>	<b>\$59</b>
<b>WOMEN WITH HEALTH CLUB</b>	<b>\$572</b>	<b>\$51</b>
<b>SENIOR ADULT (60 &amp; over with limited facility use)</b>	<b>\$90</b>	<b>N/A</b>
<b>COLLEGE STUDENT (full-time – up to age 23 – college ID required)</b>	<b>\$140</b>	<b>N/A</b>
<b>YOUTH (up to age 18)</b>	<b>\$130</b>	<b>N/A</b>
<b>ALL FEES SUBJECT TO CHANGE</b> <b>*reflects a \$40 discount for payment in full</b>		

## BENEFACTORS

Annual Family Health Club membership and a partial tax deductible contribution (includes children that are full-time students up to the age of 23)

\$1,800 CHAI Benefactor  
 \$1,300 PLATINUM Benefactor  
 \$1,200 GOLD Benefactor  
 \$1,100 SILVER Benefactor  
 \$1,000 BRONZE Benefactor

## MEMBERSHIP IN PERPETUITY

Lifetime Family Health Club membership and a tax deductible contribution (includes children that are full-time students up to the age of 23)

\$10,000

## MEMBERSHIP FEE ADJUSTMENTS

If you are unable to pay the full membership fee, you may make arrangements for an equitable reduced rate by calling for a confidential interview. The JCC is committed to maintaining the health and stability of the community, and we deny no one use of our agency because of inability to pay.

## FOR YOUR CONVENIENCE

Master Card, Visa and Discover as well as cash or check are accepted forms of payment of membership and class activity fees. Please note: There is a \$20 charge for returned checks.

## MEMBERSHIP TAGS

Membership tags are issued to new members upon joining. Members can pick up their tags at the front service desk. It must be scanned when you enter the JCC. There is a service charge of \$5 to replace a lost tag. Your membership is NOT TRANSFERABLE. The JCC reserves the right to revoke or suspend a membership for misuse of tag.

## GUEST PASS POLICY

All guests must be accompanied by a member in good standing. A guest residing in the area may use the JCC no more than two times each year. Use of the facilities by guests will be determined by the JCC on the basis of availability. Fees for guest passes are \$8 per visit per youth under 18 and \$15 per visit per adult.

## OUT OF TOWN GUESTS

When sponsored by a member in good standing, out-of-town guests may receive guest privileges for a period not to exceed 15 days. Call the membership office for fee information. Members of JCC's outside the Scranton area will be extended privileges of the use of the JCC for up to two weeks when visiting our area. They must present a current membership card.

## GOING OUT OF TOWN?

As a courtesy, your JCC membership is honored at most Jewish Community Centers across the country. Policies vary at each JCC. It is recommended you call ahead of time to verify.

## PERSONAL RESPONSIBILITIES

The JCC expects its members and guests to behave and use our facilities in an appropriate manner. Inappropriate behaviors such as foul language, dangerous play, and fighting or property damage may result in suspension or loss of membership.

## PERSONAL ASSUMPTION OF RISK

The nature of activities participated in at the JCC involves inherent risks such as bruises, scrapes and muscle pulls, along with the risk of more serious occurrences such as heart attacks. Each participant assumes personal responsibility in the event of an injury sustained in the normal course of events or in the use of the JCC parking lot.

Children less than 13 years of age should not be left unattended. Youth under age 13 cannot use weight training facilities, unless under the direct supervision of their parents and behaving in an appropriate manner.

## **MEMBERSHIP FEES ARE NOT REFUNDABLE OR TRANSFERABLE**

# ALBERT AND ANN MARGOLIES FITNESS CENTER

## Fitness Schedule November 2015

Monday	7:15am – 8:00am	Zumba w/Jessica - Multi-Purposes Room
	8:15am – 9:00am	Spinning w/Jo - Multipurpose Room
	9:00am – 9:45am	Cardio Mix w/Jo - Multipurpose Room
	10:00am – 10:45am	Movement Monday's w/Mindy V. - Koppelman
	11:00am-11:45am	Cancer Wellness Program (pre-registration required)
	12:00pm – 1:00pm	Women's Yoga w/Mindy H. - Multipurpose Room
	4:00pm – 5:00pm	Gentle Yoga w/Mindy H. - Multipurpose Room
	5:00pm-6:00pm	Tai Chi w/Rick - Koppelman Auditorium
	5:00pm - 5:45pm	Kids Yoga w/Mindy H. - Goodman Lounge
	6:00pm - 7:00pm	H.I.I.T.(High Intensity Interval Training) w/Joe G-Multipurpose Rm
Tuesday	6:00pm-7:00pm	Aerobitone W/Jessica-Linder Room
	7:30am – 8:30am	20-20-20 w/ Jo - Multipurpose Room
	8:30am – 9:00am	Yoga w/Jo - Multipurpose Room
	10:00am-11:00am	Dance Expressions w/Shavy
	11:15am-11:45am	Senior Strength w/Mindy V - Auditorium
	12:00pm – 12:45pm	Woman's Cardio 45 Mminutes of Total Mix - Multipurpose Room
	5:15pm - 6:00pm	Kids Yoga w/Mindy H. - Goodman Lounge
	5:00pm - 5:45pm	Spin w/Jo - Multipurpose
	6:00pm-6:45pm	Aqua Zumba w/Jessica - JCC Pool
	6:00pm – 7:00pm	Yoga w/ Mindy H. - Multipurpose Room
Wednesday	7:00pm – 8:00pm	Punk Rope w/Jessica - Koppelman Auditorium
	7:30am – 8:15am	Fusion w/ Jessica - Multipurpose Room
	8:30am – 9:30am	Low Impact w/ Jo or Mindy - Multipurpose Room
	9:30am-10:15 am	Senior Yoga w/Mindy V- Auditorium
	10:15am – 11:15am	Cancer Wellness Program (pre-registration required)
	11:00am-12:00pm	Gentle Yoga w/Mindy H. - Multipurpose Room
	11:15am-12:00pm	Beginner's Yoga w/ Mindy H.- Activities Room
	11:15am - 12:00pm	Healthy Steps for seniors w/Rick - Goodman Lounge
	12:00pm – 1:00pm	Woman's Yoga w/ Mindy H. - Multipurpose Room
	1:00pm-2:00pm	Dance Expressions w/Shavy
	4:00pm – 5:00pm	Cardio Body Sculpt w/ Jo - Multipurpose Room
	4:15pm-5:15pm	Dance Expressions w/Shavy ages 4-9
	5:00pm – 6:00pm	Yoga with Weights w/Mindy H. - Multipurpose Room
	5:15pm-6:15pm	Dance Expressions w/Shavy age 10+
	6:00pm – 6:45pm	Kids Yoga w/Mindy H. - Goodman Lounge
Thursday	6:15pm-7:15pm	Dance Expressions w/Shavy Boy's Hip Hop all ages
	7:00pm-8:00pm	Yoga for Grief w/Mindy H. - Multipurpose Room
	7:30am – 8:30am	Cardio Choice w/ Jo - Multipurpose Room
	8:30am – 9:00am	Spinning w/Jo - Multi-Purpose Room
	12:00pm – 12:45pm	Woman's Cardio 45 Mminutes of Total Mix - Multipurpose Room
	5:00pm – 6:00pm	Yoga w/weights w/Mindy H. - Multipurpose Room
	6:00pm-6:45pm	Aqua Zumba w/Jessica - JCC Pool
Friday	6:00pm – 7:00pm	Yoga w/ Mindy H. - Multipurpose Room
	7:00pm – 8:00pm	Fusion w/Jessica -Multipurpose Room
	7:15am – 8:30am	Aerobitone w/Jess - Multipurpose Room
	8:30am – 9:30am	Yoga w/ Mindy H. - Multipurpose Room
	8:45am - 9:30am	Senior Yoga w/Mindy V- Auditorium
	9:30am – 10:15am	Silver & Fit Cardio w/Mindy V - Auditorium
	11:00am-11:45am	Cancer Wellness Program (pre-registration required)
Saturday	10:30am – 11:15am	Zumba Gold - Koppelman Auditorium
	12:00pm – 1:00pm	Body Blast Yoga w/ Mindy H. - Multipurpose Room
	7:00am – 7:00pm	CLOSED
Sunday	8:30am – 9:00am	Pilates w/Jo - Multipurpose Room
	9:00am – 10:00am	Boot Camp w/Jo - Multipurpose Room
	10:00am – 11:00am	Yoga w/ Mindy or Mindy - Multipurpose Room





# Chanukah Extravaganza

Tuesday December 8<sup>th</sup>, 2015

Featuring



Dreidle  
-A-  
Thon

Photo  
Booth

Glatt  
Kosher

Spin  
Art

CHINESE  
FOOD

Face Painting  
By



Chanukah  
Bingo



Fun for adults, children and families!  
Event 5:30pm Showtime 6:30pm



Jewish Community Center of Scranton  
601 Jefferson Avenue  
Scranton, PA

Adults: \$6.00 Children 12 & Under: \$3.00  
Adults 60 & over: \$3.00

Tickets can be purchased at the JCC  
570-346-6595

[www.scrantonjcc.org](http://www.scrantonjcc.org)

Thanks to our sponsors: Foundation for the Jewish Elderly of Eastern PA & Pennsylvania Paper & Supply Co.



# JCC AQUATICS



## A NOTE FROM THE JCC AQUATICS DIRECTOR

Pool opening time is at 6:30 AM. for lap swim. Several new classes will be starting the first week of November and we will still have all of our favorite classes as well. Another plus is the permanent lane line for lap swimmers. This lane will be available for most of the day for all members, except during male and female swims (lane will be open for gender specific swim). Starting Saturday November 7, the pool will be open from 7:00 PM to 9:00 PM for Adults only lap and open swim. We will be having a Grand re-opening party and ribbon cutting ceremony on Sunday, November 15th from 12:30PM-3:00PM. Come in and enjoy

the newest, finest, most beautiful pool in Northeast Pennsylvania!

## Pool Rules:

- The lifeguard has complete authority at the pool at all times.
- Lifeguards will ask any member or guest who is not following the pool rules to leave the pool.
- Parents or guardians are responsible for children at all times.
- Children 8 years of age and under or a child using a must be accompanied in the pool by someone at least 18 years of age at all times.
- A lifeguard will administer swim tests when deemed appropriate.
- 20 patrons allowed in the pool per authorized lifeguard.
- Horseplay, running, pushing, rough play or any inappropriate behavior is not allowed.
- No breath holding contests are allowed.
- No jumping or diving without permission from the guard. No exceptions.
- Trick jumps (flips, twirls, cannonballs, etc.) are not allowed.
- All exercise equipment, kickboards, and barbells are for adults and learn to swim students only. They are not toys and may not be used for play.
- Toys are allowed with permission from the lifeguard.
- No gum. Ever.
- No food or drinks (except water in non-glass containers) allowed in the pool area.
- Children who are not completely toilet trained always must wear swim diapers under their bathing suits when in the water.
- If an accident does occur in the pool, the pool will be closed for a minimum of 1 hour and up to a maximum of 12 hours.
- Appropriate swimwear is mandatory. No street clothing, undergarments, cut-off shorts, basketball shorts, gym shorts, jeans, or jean shorts are not allowed in the pool.
- Patrons are required to shower before entering the pool.
- Patrons with a communicable disease or having open sores on their bodies should not enter the water.
- Designated lanes are for lap swimmers only.
- During peak hours, please limit your swim to 45 minutes.
- Lifeguards have the authority to regulate lap lane use, equipment use, the number of people in the pool, and the behavior of all patrons.
- Do not hang on the lane lines.
- Do not distract the lifeguards.





JCC is making a **BIG** splash!

Announcing the **GRAND**  
re-opening of our **POOL!**

Sunday, November 15th  
12:30pm-3:00pm

Party & Ribbon Cutting Ceremony  
Celebratory refreshments  
& food and it's **FREE!**



Jewish Community Center of Scranton • 601 Jefferson Avenue • Scranton, PA 18510 • 570-346-6595 • [www.ScrantonJCC.org](http://www.ScrantonJCC.org)

# JCC AQUATICS—FALL/WINTER 2015 POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	LAP SWIM*	LAP SWIM*	LAP SWIM*	LAP SWIM*	LAP SWIM*	CLOSED	CLOSED
7:00AM	6:30 to 9:00	6:30 to 9:30	6:30 to 9:00	6:30 to 9:30	6:30 to 9:00	CLOSED	CLOSED
7:30AM						CLOSED	LAP SWIM*
8:00AM						CLOSED	
8:30AM						CLOSED	
9:00AM	Deep Watercise*		Deep Watercise*		Deep Watercise*	CLOSED	8:00-10:30
9:30AM	FEMALE SWIM	Preschool Swim*	LAP SWIM*	FEMALE SWIM	Daycare Swim*	CLOSED	
10:00AM	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30	CLOSED	Kids Gym Swim*
10:30AM	Open Swim*	Zumba H2O*	Arthritis*	Zumba H2O*	Open Swim*	CLOSED	10:30-11:15
11:00AM	Arthritis*	Workout*	10:30 to 11:15	Workout*	Arthritis*	CLOSED	
11:30AM	11:00-11:45	Walk About	LAP SWIM*	Walk About	11:00-11:45	CLOSED	Family Fun
12:00PM	Hydro-Wellness*	Easy Swim	Hydro-Wellness*	Easy Swim	Hydro-Wellness*	CLOSED	Open Swim**
12:30PM	12:00-1:00	11:00 to 2:00	12:00-1:00	11:00 to 2:00	12:00-1:00	CLOSED	
1:00PM	Women's Only Watercise		Women's Only Watercise			CLOSED	
1:30PM	1:00-2:00		1:00-2:00		Open Swim*	CLOSED	11:15-3:00
2:00PM					1:00-3:00	CLOSED	
2:30PM	Open swim*	Open swim*	Open swim*	Open swim*	MALE SWIM	CLOSED	MALE SWIM
3:00PM	2:00 to 5:00	2:00 to 5:00	2:00 to 5:00	2:00 to 5:00	3:00-4:00	CLOSED	3:00-4:00
3:30PM					Open Swim*	CLOSED	FEMALE SWIM
4:00PM					4:00-5:00	CLOSED	4:00-5:00
4:30PM					CLOSING TIME	CLOSED	
5:00PM	Whatever-cise*	Kids Gym Swim*	Whatever-cise*	Whatever-cise*	CLOSING TIME	CLOSED	CLOSING TIME
5:30PM	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	CLOSED	CLOSED	CLOSED
6:00PM	Open Swim*	Aqua Zumba*	Open Swim*	Aqua Zumba*	CLOSED	CLOSED	CLOSED
6:30PM	6:00-7:00	6:00-6:45	FEMALE SWIM	6:00-6:45	CLOSED	CLOSED	CLOSED
7:00PM	MALE SWIM	FEMALE SWIM	6:30-7:30	Open Swim*	CLOSED	CLOSED	CLOSED
7:30PM	7:00 to 8:30	7:00 to 8:30	MALE SWIM	7:00 to 8:30	CLOSED	CLOSED	CLOSED
8:00PM	8:30		7:30-8:30	8:30	CLOSED	CLOSED	CLOSED
8:30PM	CLOSING TIME	CLOSING TIME	CLOSING TIME	CLOSING TIME	CLOSED	CLOSED	CLOSED
* During indicated times, at least one lap lane will be open for lap or open swim.							
** Pool may be closed on occasion for birthday parties on Sundays from 1-2pm. Members are urged to call ahead and check.							
Swim lessons will be held periodically throughout the day.							
Schedule subject to change.							



# LEARN TO SWIM AT THE JCC!

Few life skills are as necessary as knowing how to swim.

No other exercise is as enjoyable and beneficial as swimming.



Students are taught water safety, stroke development and aquatic independence.

Lessons are available For AGES 3 years and OLDER AND FOR all abilities.

Our certified lifeguards give 1/2 hour private lessons.

Members: 4 lessons \$50.00

Non-Members: 4 lessons \$60.00

Sibling discount: \$10.00 after first child

Contact Paula HERMAN, AQUATICS DIRECTOR at [paula@scrantonjcc.org](mailto:paula@scrantonjcc.org) or 570-346-6595 ext. 117 TO SCHEDULE YOUR LESSONS TODAY!

Classes must be paid for prior to the first lesson at the JCC SERVICE desk.



# Arthritis Water Exercise

Work through a wide range of exercises designed to increase flexibility, range of motion, and strength.

Led by a Certified Arthritis Instructor.



You **must pre-register** with the Aquatics Director, Paula at 570-346-6595, ext. 117, or [Paula@scrantonjcc.org](mailto:Paula@scrantonjcc.org)

**When: Monday & Friday from 11:00am-11:45am**  
**Wednesdays from 10:30am-11:15am**

***Fee:*** \$2.00 donation per class.

***\*Must be 60+***

## Hydro-Wellness

A high intensity workout, using buoyancy and resistance equipment. Shallow and deep water exercises are used. You do not have to know to swim, but you will get wet!

**When: Monday, Wednesday & Friday**

**Time: Noon-1:00 pm**

**Cost: \$60.00 for 3 months or  
\$8.00 drop in per class, FREE for JCC Members**

# Deep Watercise

**GO DEEP!**



Start your day with a high intensity workout in the deep end of the pool using buoyancy equipment.

**MONDAY, WEDNESDAY, AND FRIDAY**

**9:00AM-9:30AM**

**\$8.00 drop in fee per class (FREE for members)**

## Womens Only Watercise

A high intensity workout, using buoyancy and resistance equipment. Shallow and deep water exercises are used.

You do not have to know to swim, but you will get wet!

**When: Monday, Wednesday & Friday**

**Time: 1:15pm to 2:00pm**

**Cost: \$50.00 for November/December or**

**\$8.00 drop in per class**

**\*after December the class will run in 3 month sessions for \$60 per session, FREE for JCC members**



## **ZUMBA** H<sub>2</sub>O

A fun Zumba workout in the water!

**Tuesdays and Thursdays from 10:30AM-11:00AM**

Instructor: Mindy Van Fleet

Cost: \$5.00 drop in fee

FREE for members

## **whatever-cise**

We workout at whatever pace we want! Every week try something new! Deep water, resistance weights, new trends, old favorites, walking, running, jumping, **WHATEVER!!**

**Mondays, Wednesdays, and Thursdays from 5:00PM-5:45PM**

Instructor: Paula Herman

Cost: \$8.00 drop in fee

FREE for members



**Tuesday and Thursday nights  
6pm-6:45pm**

**w/Jessica  
at the JCC pool**



# HIGH NOON PLUS!

NOVEMBER and DECEMBER 2015

ONLY \$50.00!!

(FREE for members)

\*The High Noon Plus Program will run every 3 months after December for \$60.00 per session.

## Classes Included in Package for November/December:

### Deep Watercise:

Start your day with a high intensity workout in the deep end of the pool using buoyancy equipment.

MONDAY, WEDNESDAY, AND FRIDAY

9:00AM-9:30AM

### Hydro –Wellness:

A high intensity workout, using buoyancy and resistance equipment. Shallow and deep water exercises are used. You do not have to know to swim, but you will get wet!

MONDAY, WEDNESDAY, AND FRIDAY

12:00PM-1:00PM

### Zumba H2O:

A fun Zumba workout in the water.

TUESDAY AND THURSDAY

10:30AM-11:00AM

### Whatever-cise:

We workout at whatever pace we want! Every week we try something new.

Deep water, resistance weights, cuffs and belts, new trends, old favorites, balls and bands, walking, running, jumping, WHATEVER!!

MONDAY, WEDNESDAY, AND THURSDAY

5:00PM-5:45PM

### Aqua Zumba:

Zumba in the pool with Jessica.

TUESDAY AND THURSDAY

6:00PM-6:45PM



**WHEN: WEDNESDAYS from  
7:30-8:15AM  
AND THURSDAYS from  
7-8PM**

**LOCATION: Multipurpose  
Room**

**COST: \$8 drop in fee per  
class**

**JCC Members: FREE**



**WHEN: Tuesdays  
7:00PM-8:00PM**

**LOCATION: Koppelman  
Auditorium**

**COST: \$8 Drop-In fee per class**

**JCC Members: FREE**



**ENDORSED BY  
WNEP 16's Sharla  
McBride**





# CARDIO CLASSES



**Monday Cardio Mix 9:00am-9:45am**

**Tuesday Women's Cardio 12:00pm-12:45pm**

**Wednesday Cardio Body Sculpt 4:00pm-5:00pm**

**Wednesday Low Impact Cardio 8:30am-9:30am**

**Thursday Women's Cardio 12:00pm-12:45pm**

**Where: Multi-Purpose Room**

**JCC Members: FREE**

**Fee: \$8 drop in**



## Spinning Classes

**Monday 8:15am - 9:00am**

**Tuesday 5:00 pm-5:45 pm**

**Thursday 8:30am - 9:15am**

**Multi-Purpose Room, FREE for JCC members**

## HARD CORE EXERCISE

**Punk Rope Tuesday & Thursday 7:00pm**

**High Intensity Interval Training - Monday's 6:00pm**

**Body Blast Yoga—Friday Noon**

**Boot Camp w/Jo—Sunday 9:00am**

**Where: Multi-Purpose Room**

**JCC Members: FREE**

**Fee: \$8.drop in**

## FITNESS AND WELLNESS

### Tai Chi w/Rick

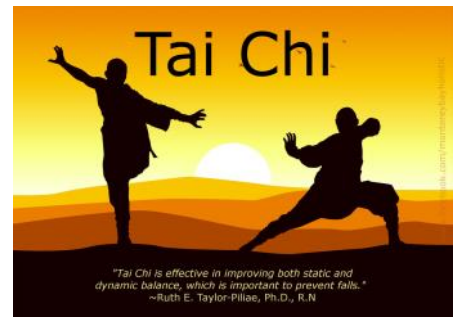
**When:** Monday's

**Time:** 5:00pm-6:00pm

**Location:** Koppelman Auditorium

**Instructor:** Rick Schmoyer, Free for members

**Fee:** \$40 for 8 Consecutive Sessions or \$8 drop in fee



### Yoga Mixes

**Yoga w/weights Wednesday 5:00pm-6:00pm**

**Yoga w/weights Thursday 5:00pm-6:00p**

**Body Blast Yoga Friday 12:00pm-1:00pm**

**Where:** Multi-Purpose Room

**JCC Members: FREE \$8 Drop in**

### Yoga

**Sundays 10:00am-11:00am**

**Tuesdays 8:30-9:00am**

**6:00pm-7:00pm**

**7:15pm-8:15pm**

**Women's Only Yoga Monday 12:00pm-1:00pm**

**Women's Only Yoga Wednesday**

**12:00pm-1:00pm**

**Thursdays 6:00pm-7:00pm**

**Fridays 8:30am-9:30am**

**JCC Members: FREE \$8 Drop in**



### Spin w/Jo

**TUESDAYS @ 5PM**

**Multipurpose Room**

**\$8 drop-in fee**

**Free for Members**

## FITNESS AND WELLNESS

### SENIOR ARTHRITIS CLASSES!

Mondays, Tuesdays, Thursdays, and Fridays

from 11-11:45AM and

Wednesdays from 10:30-11:15

In the Activities Room

*Must be 60+*

*\$2.00 donation per class*

Classes will involve chair exercises and strengthening exercises to oldies music.

Contact Paula Herman @ (570)346-6595 e. 117 or paula@scrantonjcc.org



### Group Exercise Classes

20-20-20 w/Jo:

**Tuesday's 8:30am**

Low Impact w/Jo or Mindy:

**Wednesday 8:30am**

Aerobics wJo:

**Sunday 8:30am**

**Where: Multipurpose room**

**Free to JCC Members**

**Or \$8.00 drop in fee**

A poster for 'Dance Expressions' featuring silhouettes of dancers in various poses against a pink and purple background. The text on the poster includes the title, the instructor's name, the class description, the schedule, and the fees.

**DANCE EXPRESSIONS**  
With Shavy

Shake Up n' Wake Up Your Days  
With Dance Instructor Shavy Schwartz

<b>Tuesdays</b> 10:00 AM - 11:00 AM	<b>Wednesdays</b> 1:00 P.M - 2:00 P.M
--	--

Member Fee: Free  
Non-Member Fee: \$8.00

For More Exciting Information, Call (570) 671-8006



# Movement Mondays

When: Mondays Time: 10:00am—10:45am Location: Koppelman  
Instructor: Mindy V. JCC Members: *Free* ~ \$8.00 Drop in Fee

## Healthy Steps

When: Wednesday's Time: 11:15am Location: Goodman Lounge  
Instructor: Rick Schmoyer JCC Members: *Free* ~ \$8.00 Drop in Fee

## Senior Yoga

When: Wednesday's 9:30am & Friday's 8:45am-9:15am  
Location: Koppelman Auditorium Instructor: Mindy V.  
JCC Members: *Free*  
\$8.00 Drop in Fee



## SILVER & FIT CARDIO

When: Friday's Time: 9:30am (45 min.)  
Location: Koppelman Auditorium  
Instructor: Mindy Van Fleet  
JCC Members: *Free* ~ \$8.00 Drop in Fee

## Zumba Gold

When: Friday's Time: 10:30am –11:15am  
Location: Koppelman Auditorium  
Instructor: Mindy Van Fleet  
JCC Members: *Free* ~ \$8.00 Drop in Fee



### ROBA FAMILY FARMS

The Preschool, and Pre-K Classes from the Early Learning Department visited Roba Family Farms, in early October. We had lots of farm and fall fun! The kids participated in a hayride, fed the animals, and jumped on the big pumpkin pillow! It was a great time!!



# Children's Wellness & Enrichment Classes

Ages 3-5

Semester 1: September- Mid-January

Semester 2: Mid-January-Early June

Daily 12:00pm-1:00pm (until 1:30pm on Thursdays)

In each class, children will enjoy a packed lunch from home followed by the special activity of the day.



### **Mondays: Fun Fitness**

Children will engage in a fun gym class, led by our Youth Director, Tim Frank. These classes are held in our gymnasium and will help each child foster their large motor skills while learning about teamwork.

Rate: \$135.00 per semester

JCC Member Discount: \$125.00 per semester

### **Tuesdays: Mix-It**

This is a hands-on cooking class that will introduce children to the pleasures of preparing and enjoying food that is both nutritious and delicious. Children will learn basic cooking skills, like pouring, mixing, measuring, and following a recipe.

Rate: \$135.00 per semester

JCC Member Discount: \$125.00 per semester

### **Wednesdays: Creative Arts**

Drawn to Art Studios, Linda Vachino DuBorgel will offer hands-on instruction to the children in different forms of art. Her classes are fun, and designed to teach basic art skills while building self-esteem, courage, and creativity!

Rate: \$135.00 per semester

JCC Member Discount: \$125.00 per semester

### **Thursdays: Basketball with Coach Herm Little**

Coach Herman Little will lead the class in a fun and exciting basketball class! They will learn the importance of sportsmanship, and teamwork while learning basic basketball skills.

Rate: \$135.00 per semester

JCC Member Discount: \$125.00 per semester

### **Fridays: Kiddy Kinetics**

Children will enjoy time in our little gym, promoting growth of large motor skills.

Rate: \$135.00 per semester

JCC Member Discount: \$125.00 per semester

Drop-ins are available, space permitting. You must reserve a spot 24 hours in advance.

Fee: \$12.00 per class





## Child Care at the JCC Early Learning Center

Hours of Operation  
Monday through Friday  
6:30am-5:30pm  
52 weeks a year

**Every Child Welcome!**  
**Safety Is our Priority**



- ~ Welcome CCIS participating families
- ~ Separate, bright & sunny classrooms for each age group
- ~ Our tenured and educated staff holds a commitment to education and helping to develop young children
- ~ Outdoor Playground time, Swimming, and Gym
- ~ Reasonable rates and flexible schedules with full and part-time availability
- ~ Curriculum crosswalked with the PA Learning Standards

<u><b>INFANT PROGRAM</b></u>		Age: 6 weeks-13 months
Fees:	Weekly Fees	*Daily Fees
	\$185	\$40/day
Member Discount Fees:	\$170	\$37/day
<u><b>TODDLER I PROGRAM</b></u>		Age: 13 months-25 months
Fees:	Weekly Fees	*Daily Fees
	\$185	\$40/day
Member Discount Fees:	\$170	\$37/day
<u><b>TODDLER II PROGRAM</b></u>		Age: 25 months-3 years
Fees:	Weekly Fees	*Daily Fees
	\$175	\$39/day
Member Discount Fees:	\$160	\$36/day
<u><b>PRE-K PROGRAM</b></u>		Age: 3-5 years
Fees:	Weekly Fees	*Daily Fees
	\$165	\$38/day
Member Discount Fees:	\$150	\$35/day

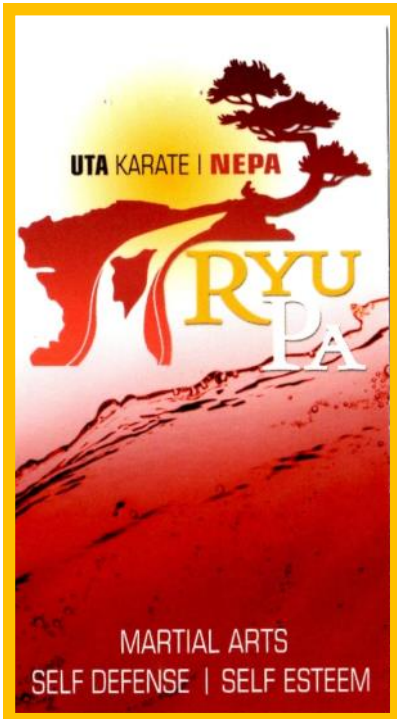
**\*Daily Fee's / 3 day minimum for enrollment**

~Drop-in rate: \$9 per hour (requires 24 hour notice)

~There is no charge for child care on dates it is closed, i.e., national and Jewish holidays

For more information contact our Early Learning Center Director, Ashley Woodruff at (570) 346-6595 ext. 120

## SPORTS & RECREATION



### UTA KARATE AT THE JCC

Come Join Masters Bob Straub and Lorrie Raemsch as they teach the basics and advanced levels of Tang Soo Do at the JCC.

#### ***Mondays & Wednesdays***

Children's (age 7-15) classes 6:15pm-7:15 pm

Adult (age 15 to adult & Black Belts) classes 7:15pm-8:15pm

#### ***Wednesdays***

Lil Dragons (age 4-7) 5:30pm-6:15pm

**Where:** The Koppleman Auditorium

**JCC members \$50 four week session**

**Non-members \$60 four week session**



***Mondays 5:00pm***

***Tuesday's 5:15pm***

***Wednesdays 6:00pm***

***Location:** The Goodman Lounge*

***Instructor:** Mindy Hill*

***FREE FOR JCC MEMBERS!***

***Or \$5 Drop In Fee***

## SPORTS & RECREATION

### Fall Gym Schedule 2015

<b>Monday</b>	5:30am – 5:30pm	<b>Open Gym</b>
	6:30pm – 9:00pm	<b>Rentals</b>
<b>Tuesday</b>	5:30am – 10:00am	<b>Open Gym</b>
	10:00am – 12:00pm	<b>Day Care Gym w/Bounce House</b>
	12:00pm – 5:30pm	<b>Open Gym</b>
	6:00pm-9:00pm	<b>Open Gym (dodgeball league 10/20-12/8)</b>
<b>Wednesday</b>	5:30am – 11:30am	<b>Open Gym</b>
	9:30am-10:30am	<b>Preschool Gym</b>
	11:30am – 12:00pm	<b>Day Care Gym</b>
	12:00pm – 2:00pm	<b>Adult Pick Up Games</b>
	2:00pm – 6:00pm	<b>Open Gym</b>
	6:00pm-9:00pm	<b>Adult Pick Up Games</b>
<b>Thursday</b>	5:30am – 10:00am	<b>Open Gym</b>
	9:30am - 11:00am	<b>MoM's of Munchkins Open Gym w/Bounce House (Every other Thursday)</b>
	12:15pm -1:00pm	<b>Preschool Basketball</b>
	1.30pm – 9:00pm	<b>Open Gym</b>
<b>Friday</b>	5:30am – 2:00pm	<b>Open Gym</b>
	2:00pm – 6:00pm	<b>Pick up Games</b>
<b>Sunday</b>	7:00am – 9:00am	<b>Men's over 30 pick up games</b>
	9:00am – 11:00am	<b>Adult Pick up Games</b>
	11:00am – 4:00pm	<b>Open Gym</b>
	4:00pm-5:00pm	<b>TCMC Soccer Group</b>

### YOUTH AND ADULT RACQUETBALL LESSONS SUNDAYS FROM 11:00am-1:00PM WEDNESDAYS 7:00PM—9:00PM



#### FREE FOR MEMBERS!

If you are interested in learning the game of racquetball; we offer lessons on Sunday's & Wednesday's during the Fall for both Youth and Adults. During these 30 minute lessons you will learn the fundamentals and strategies of the game.

These lessons are *Free to JCC members* & only \$20 per lesson for non-members.

Contact Program Director, Vince Kalinoski at  
346-6595 ext. 115 for more details or to register.

### **DODGEBALL LEAGUE AT THE JCC!**

The JCC and the Scranton Social Club have once again teamed up to offer an eight week co-ed dodgeball league !!

Games will be played between 6pm and 9pm weekly in the JCC gymnasium.

Fee: \$50.00

Member Discount Fee: \$40.00

You may sign up individually or by team.

For more information or to register, call Vince at  
570-346-6595 ext 115

### **JCC ADULT CO-ED BASKETBALL LEAGUE FORMING**

The JCC's Annual Adult Co-Ed Basketball league will "tip-off" on Wednesday, November 11th, and will run through March of 2016. The league is open to adults 18 & over, and games are officiated by PIAA certified referees. Games are full of fun and friendly competition, and all participants receive a team t-shirt. League games will be on Wednesday evenings at 6, 7, and 8pm. Registration fee is \$75 & only \$60 for members. For registration information, please contact Vince Kalinoski, JCC Program Director at ext. 115 or email [vkal3@scrantonjcc.org](mailto:vkal3@scrantonjcc.org). Team captains are also being sought.





# “Schools out!” Program



**When Schools Closed, We're Here!!!**

*All National Holiday's the JCC offers  
Schools Out Program!*

**Who**– 1st through 8th grade

**What:** Arts and Crafts, Gym, Pool, Games, and more!

**Tuesday November 3th Election Day**  
**Wednesday November 11th Veterans Day**  
**Thanksgiving Break! ( 24th,25th, 27th)**

**Registration:** Please call or stop in to register !

**Contact:** Tim Frank– Director of Youth Services  
570-346-6595 extension 116 or  
Email: [Timothy@scrantonjcc.org](mailto:Timothy@scrantonjcc.org)





**Join us for our 2nd annual Fall Craft Fair!!**

**Sunday, November 22rd, 2015 10AM-3:30PM**

**601 Jefferson Ave  
Scranton, PA  
(570)346-6595**

### **Craft Registration:**

Register over the phone or stop at the Scranton JCC to register.

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Email \_\_\_\_\_

Type of craft/vendor: \_\_\_\_\_

Chinese Auction gift: \_\_\_\_\_

**Paid:** cash check credit **Date:** \_\_\_\_\_ **Power Outlet needed:** Yes/No

**Contact: Tim Frank, Director of Youth Programming  
(570)346-6595 ex 116 or [timothy@scrantonjcc.org](mailto:timothy@scrantonjcc.org)**

# Dance Expressions!

with Shavy Schwartz

## Dance your heart out!



WEDNESDAYS  
DANCE EXPRESSIONS

Ages 4-9

4:15PM-5:15PM

Ages 10+

5:15PM-6:15PM

Boys Hip Hop (all ages)

6:15PM-7:15PM

## SCIENCE SUNDAYS

Science Sunday is open  
to kids in  
1st grade and up.

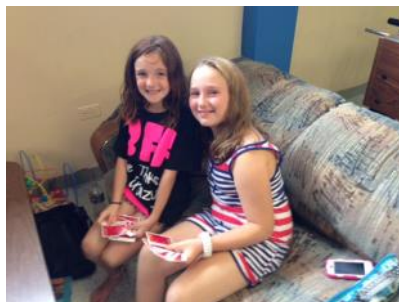
Sessions will be held  
11/1 & 11/8 from  
4pm-5pm



## JCC Youth Lounge is open Monday-Thursday 3:30-6PM

Arts & Crafts, Video gaming, board  
games, and a whole lot more!!

JCC Youth  
Membership  
\$130 per year





## 2015-16 Sign - Ups

Come join us on Tuesday, November 10, 2015 at the Jewish Community Center for Troop #50638 sign-ups. Our troop is open to all girls in 4<sup>th</sup> and 5<sup>th</sup> grade. We will be meeting on Tuesdays starting at 6:00PM and ending at 7:30PM. We will meet twice a month with a tentative schedule of:

November 10

November 24

December 8

December 22

At this meeting, get information about The Girl Scout Junior Program, sign-up for the year, order uniforms, complete a craft, meet your leaders and make new friends.

Margaretta Gilhooley



We hope to see you Tuesday at 6:00:

Scranton JCC  
601 Jefferson Avenue  
Scranton, PA 18510





# Birthday Parties at the JCC!

## Swim, Sports or Themed Parties!

Book your child's next birthday party at the JCC!

Parties are for 2 hours, first hour is the activity and the second hour is in a party room.

### WE DO ALL THE WORK!

The JCC will provide a party coordinator and lifeguards for pool parties. Party includes pizza, beverages, snacks and a birthday cake!

### Rates:

Up to 12 children: \$180

Up to 15 children: \$210

Up to 20 children: \$240

More than 20 children: \$260

\*Deposit is required; balance due at beginning of party

\*Additional hour may be added to the party for \$25

### Bounce House Party

Can be combined with a Swim or Sports Party Additional fee: \$40

### Swim Party

1 hour of pool time can be scheduled Sundays 11am-1pm or 1pm-3pm

### Sports Party

Basketball, Flag Football, Zumba, Amazing Games & more! Sundays 11am-1pm or 1pm-3pm



JCC of Scranton 601 Jefferson Avenue Scranton, PA 18510

Phone (570) 346-6595 ext. 116

## YOUTH PROGRAMS

### School's out!

During the Scranton teachers strike the kid's enjoy making a little mess and learning about bouncy elasticity and more!

The next school's out program will be November 3rd and 11th!



### Wednesday!

Starting in November every Wednesday after school you can build and participate in Wipe-out Wednesday! Based on the TV show Wipe-Out and similar to the America Ninja Warrior!

Ages 5-10 Time- 3-5pm Cost: \$2

FREE for JCC Members

### Gym with Tim!

Mondays and Wednesdays are fun days at the JCC for the Pre-School and Child Care participants learn team work, gain confidence and most importantly have fun in gym class! Contact Ashley Woodruff to learn more about our Early Learning programs.



## SENIOR ADULT - NOVEMBER 2015

**No Lunch-November 26-Thanksgiving Day**

### **SENIOR CAFÉ**

Monday, Wednesday &  
Friday  
9:30-11:00



**WE ARE ADDING A COMPUTER  
TO OUR SENIOR CAFÉ!!**

Lessons in basics will be scheduled



### **WEDNESDAY 11/4—12:15**

**Medication Disposal Presentation—What you should know.**

Sponsored by the Lackawanna/Susquehanna Office of Drug and  
Alcohol Programs & the Voluntary Action Center



### **THURSDAY 11/5 - 9:00am-12:00pm**

**Oil Painting Classes Begin!! Cost: 60+:\$4.00-JCC Members 60+: \$2.00**

### **WEDNESDAY 11/11 - 12:00**

**VETERANS DAY CELEBRATION!**

**PLEASE THANK A VETERAN FOR THEIR SERVICE!!!**



### **WEDNESDAY 11/18 - 12:15**

**Presentation-Proposed Lackawanna Cty. Budget for FY 2016 &  
Informational Update—Gerard Hetman-Community Relations Coord.  
Lackawanna County Dept. of Community Relations**

### **Monday 11/30 - 10-12**

**Free Blood Pressure Screening**



### **Monday 11/30 at 12:00**

**Senior's Giving Thanks &  
Chanukah Party!**



See flyer for details





## SENIOR ADULT



Join the JCC for  
The Sands Casino Trip  
Monday, November 9, 2015  
"Your Road to Riches"

The Day Includes:  
\$20.00 Slot Play + \$5.00 Food Voucher  
For the restaurant of your choice

Bus departs from the JCC at 8:30a.m. and  
from the Sands at 3:00p.m.

*Must be 21 years or older and show a*

***VALID GOVERNMENT-ISSUED PHOTO ID.***

Price: 60+ \$36.00

JCC Members 60+ \$26.00

Includes Driver Tip

*Tickets on sale October 28*

***Reservation by Payment only!!***

See Louise McNabb or Carole Fishbein for more information





# **FREE BLOOD PRESSURE SCREENING(S)**

**The Visiting Nurse Association (VNA)  
will be onsite offering blood pressure  
checks for anyone who would like to  
participate. See below schedule.**

## **Schedule**

**Monday November 30  
Monday December 28  
10:00am–12:00pm**



**Visiting Nurse Association of Lackawanna  
County**



**THE SENIOR CAFÉ AT THE 'J'...**  
**MONDAY, WEDNESDAY & FRIDAY**  
**9:30AM TO 11:00AM.**

**ADULTS AGE 60+ ARE INVITED TO COME RELAX,  
SOCIALIZE AND DISCUSS CURRENT EVENTS AT  
OUR SENIOR CAFE ...**

**BRING YOUR FRIENDS! MEET NEW FRIENDS!  
REFRESHMENTS !!**

WE ARE ADDING A COMPUTER  
TO OUR SENIOR CAFÉ!!  
Lessons in basics will be scheduled



# Senior Adult Exercise!

7 Ways to Stay Healthy and Have Fun!

Free to JCC and Senior Adult members

\$8.00 general public (age 60+)

Monday 10:00-10:30

## Movement

With Mindy Van Fleet

Wednesday at 9:30-10:15

## Senior Yoga

with  
Mindy Van Fleet

Wednesday at 11:15-11:45

## Healthy Steps for Older Adults

Helps Adults stay active, mobile and Healthy!  
with  
Rick Schmoyer, Certified Trainer

Friday - 8:45-9:15

Friday - 9:30-10:15

## Senior Yoga

## Silver & Fit

with  
Mindy Van Fleet

Friday - 10:30-11:15

## ZUMBA GOLD

Workout to the songs of the 40's & 50's and swing.  
Lots of fun for any fitness level.

Class can be taken seated or standing whatever works for **YOU!**

Taught by certified aerobics  
Instructor & personal trainer  
Mindy Van Fleet

Tuesday 11:15-11:45

## SENIOR STRENGTH

With Mindy Van Fleet



For more information  
contact Louise McNabb at  
346-6595 ext 135  
louise@scrantonjcc.org

## SENIOR ADULT WEEKLY ACTIVITIES



**Bridge**—Tuesday at 1:00pm

**Mah Jongg**—Monday at 1:00pm –Thursday at 1:00pm

**Rummikub**—Wednesday at 1:00pm

*Game Days! Game Days! Come Join the Fun!*

### Exercise Classes

#### Monday

Movement 10:00am

#### Tuesday

Senior Strength 11:15am-11:45am

#### Wednesday

Senior Yoga  
9:30am

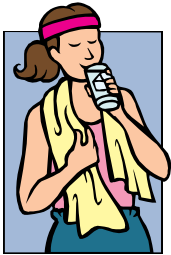
Healthy Steps  
11:15am

#### Friday

Senior Yoga  
8:45am

Silver & Fit  
9:30am

Zumba Gold  
10:30am



### Land Arthritis Classes

until our pool re-opens

Mon, Tues, Thurs, Fri  
11-11:45 am

Wednesdays  
10:30-11:15am

### PARSHA with RABBI SAKS Monday



11:00-11:30am

Programs and Meals are funded, in part, under a contract with the PA Department of aging and the Lackawanna County Board of Commissioners through the Lackawanna County Area Agency on Aging.



### What does the JCC have to offer Age 60+?

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#### **The Jewish Community Center Senior Center \*\***

***Open to all Lackawanna County Residents 60+***

#### **Congregate meals**

- Kosher lunches are served weekly on Mondays, Wednesdays, and Thursdays at noon offering a hot meal or Salad/ Sandwich alternate
- A free-will donation of \$2.00 for each meal is suggested.
- Bingo and Dinner - free-will donation of \$2.00 is suggested

#### **Programs and Activities**

- Interesting topics presented weekly by knowledgeable speakers
- The Senior Café at the "J" Mondays and Wednesdays, 9:30 – 11:00
- Healthcare tips –Weekly Parsha
- Arts & Crafts
- Trips
- Holiday Celebrations and Special Events
- Instruction and friendly games of Mah Jongg and Rummikub

#### **Arthritis Water Exercise Classes**

- Work through a wide variety of exercises designed to increase flexibility, range of motion, and strength. Led by a Certified Arthritis Instructor.
- Must pre-register with the JCC Aquatics Director at 346-6595 ext. 117  
Days: M-T-W-TH-F 11:00-11:45am Fee: \$2.00 donation per class

**\*\*Funded under a contract with the Pennsylvania Dept. of Aging and the Lackawanna County Board of Commissioners through the Lackawanna County Area Agency on Aging**

#### **The JCC Senior Adult Membership**

**Membership is only \$90 per year and includes:**

- Limited membership to the JCC which includes—  
Use of Fitness center & pool-10-12 Wednesdays
- Discounts on trips such as Mt. Airy Casino, Shawnee Playhouse and Dinner, Villa Roma Resort in the Catskill Mts., Broadway, McDade Park and Camp Daleville.
- Instruction and friendly games of Bridge
- Book Group and Discussion

#### **Exercise classes**

- Zumba Gold, Healthy Steps, Movement, Silver & Fit and Senior Chair Yoga
- All classes Free to Senior Adult members -\$8.00 drop-in fee per class for non-members

## SENIOR LUNCHEONS –NOVEMBER 2015

<b><u>MONDAY 11/2</u></b> <b>CORNER BEEF</b> <b>BOILED POTATOES</b> <b>PICKLES</b> <b>LETTUCE/TOMATO</b>  <b>ALT: EGG SALAD</b>	<b><u>WEDNESDAY 11/4</u></b> <b>CREAM OF CAULIFLOWER</b> <b>BAKED SALMON</b> <b>ROASTED RED POTATOES</b> <b>LIMA BEANS</b>  <b>ALT: CHEF SALAD</b>	<b><u>THURSDAY 11/5</u></b> <b>CHILI CON CARNE</b> <b>ELBOW MACARONI</b> <b>GREEN BEANS ALMONDINE</b> <b>TOSSED SALAD W/</b> <b>DRESSINGS</b>  <b>ALT: EGG SALAD</b>
<b><u>MONDAY 11/9</u></b> <b>BEEF BRISKET W/GRAVY</b> <b>NOODLE KUGEL</b> <b>CARROTS</b>  <b>ALT: EGG SALAD</b>	<b><u>WEDNESDAY 11/11</u></b> <b>FRIED CHICKEN</b> <b>SEASONED WILD RICE</b> <b>CORN</b>  <b>ALT: CHEF SALAD</b>	<b><u>THURSDAY 11/12</u></b> <b>CREAM OF SPINACH SOUP</b> <b>TUNA NOODLE CASSEROLE</b> <b>SQUASH</b> <b>TOSSED SALAD W/</b> <b>DRESSINGS</b>  <b>ALT: TUNA SALAD</b>
<b><u>MONDAY 11/16</u></b> <b>NAVY BEAN SOUP</b> <b>BAGELS AND LOX</b> <b>CREAM CHEESE</b> <b>TOMATO SLICES</b> <b>LETTUCE/ONION</b>  <b>ALT: TUNA SALAD</b>	<b><u>WEDNESDAY 11/18</u></b> <b>STUFFED CABBAGE</b> <b>MASHED POTATOES</b> <b>TOSSED SALAD W/</b> <b>DRESSINGS</b>  <b>ALT: CHEF SALAD</b>	<b><u>THURSDAY 11/19</u></b> <b>CHICKEN VEGETABLE SOUP</b> <b>TURKEY SALAD</b> <b>PASTA VEGETABLE SALAD</b>  <b>ALT: EGG SALAD</b>
<b><u>MONDAY 11/23</u></b> <b>FRENCH DIPPED CHICKEN</b> <b>BEKED SWEET POTATO</b> <b>PEAS</b>  <b>ALT: EGG SALAD</b>	<b><u>WEDNESDAY 11/25</u></b> <b>ZITI &amp; MEATBALLS</b> <b>TOSSED SALAD W/</b> <b>DRESSINGS</b> <b>BROCCOLI</b>  <b>ALT: CHEF SALAD</b>	<b><u>THURSDAY 11/26</u></b>  <p style="text-align: center;"><b>NO MEAL</b> <b>THANKSGIVING</b></p>
<b><u>MONDAY 11/30</u></b> <b>APRICOT CHICKEN</b> <b>SWEET POTATO</b> <b>TOSSED SALAD W/</b> <b>DRESSINGS</b>  <b>ALT: EGG SALAD</b>	<div style="text-align: center;">  </div>	

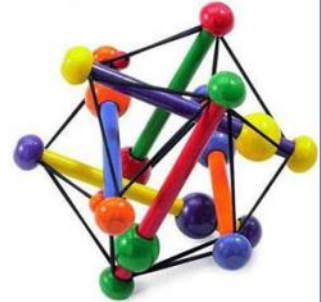
## Project Joy 2015



Dear Friend:

PROJECT JOY, through the Scranton Jewish Community Center, was the “brainchild” of a very special woman, RoseBud Leventhal. Although RoseBud has passed on, the project continues in her memory. The monies come solely from private donations. The goal is a simple one. We want every child to experience a special Holiday season. Through your generosity, we can do this. This year in our area the economic situation has worsened. Our gift might be the only one a child receives.

Last year, over 100 children benefited with wonderful gifts we purchased from wish lists that we received from Jewish Family Services, the Catherine McCauley Center and Saint Joseph’s Center. In this northeast Pennsylvania region, one out of every three children lives at or below the poverty level.



In 2009 we added Children and Youth Services and Children’s Advocacy to our list of needy children and we were thrilled to be able to help even more kids. And, as always, we still visited the pediatric departments of our local Scranton hospitals to give their patients gifts of cheer over the holidays. Once we were made aware of specific needy families in the area, we were fortunate to have the funds to assist them too.



We hope this year to give even more gifts with your help. Each year we receive so many “thank you letters and notes,” which just confirms how extremely vital and special this project has become.

***This all depends on you!***

Please send a donation to “**PROJECT JOY**” in care of the Scranton JCC, 601 Jefferson Avenue, Scranton, PA 18510. Or you can just drop off a new unwrapped toy at the JCC’s office.

We will be wrapping the gifts on Thursday, December 10th at the JCC starting at 9:00 am.  
**All volunteers are welcome!**

Please call Carol Leventhal at 570-587-2931 or 570-586-0241 or email [jeff@graphicsart.net](mailto:jeff@graphicsart.net) if you will be able to help us wrap gifts this year. **It’s fun and worthwhile!!**

Thank You!

**Carol Leventhal, Chairperson Project Joy**



# CONTRIBUTIONS

The minimum price for a contribution card is \$10. Contributions may still be made by calling (570)346-6595, ext. 100. May the days ahead bring you and your loved ones occasions of joy, honor, and celebration.

## **STEVEN BRUCE ARENBERG JEWISH CULTURAL YOUTH TRAVELS ME- MEMORIAL FUND**

IN MEMORY OF YOUR  
BROTHER IN LAW  
(HARLENE ARENBERG)  
IRIS LIEBMAN & MIKE MARDO

IN MEMORY OF SUE SELIG  
(ALANA SELIG)  
HARELENE ARENBERG

IN MEMORY OF YOUR  
HUSBAND  
(MRS LEN SILBERT)  
EILEEN & DAVID FEIBUS

IN MEMORY OF LEONARD FILBERT  
(SANDY FILBERT)  
MELVIN WARSHAL

IN HONOR OF THE  
MARRIAGE OF YOUR SON  
(MR & MRS PHILIP ROSENSTEIN)  
EILEEN & DAVID FEIBUS

IN MEMORY OF YOUR  
HUSBAND LENNY  
(SANDY FILBERT)  
FAYE & RICHARD BISHOP

IN MEMORY OF LEONARD FILBERT  
(SANDY FILBERT)  
MARGERY & PAUL ROSENBERG

## **STEVEN BRUCE ARENBERG JEWISH CULTURAL YOUTH TRAVELS ME- MEMORIAL FUND**

IN HONOR OF YOUR  
AWARD  
(MR RICHARD BISHOP)  
EILEEN & DAVID FEIBUS

IN MEMORY OF  
YOUR FATHER  
(MRS BRUCE SCHOENBERG)  
EILEEN & DAVID FEIBUS

## **EUGENE AND DOROTHY ROSENSTEIN MEMORIAL CHILDREN'S BENEFIT GOLF TOURNAMENT ENDOWMENT FUND**

IN HONOR OF YOUR  
SON DOUG'S MARRIAGE  
(BONNIE & PHIL  
ROSENSTEIN)  
BEV MEIL & FAMILY

## **EUGENE AND DOROTHY ROSENSTEIN MEMORIAL CHILDREN'S BENEFIT GOLF TOURNAMENT ENDOWMENT FUND**

IN HONOR OF YOUR  
SPECIAL BIRTHDAY  
(MR SCOTT SCHOENBERG)  
BONNIE & PHILIP  
ROSENSTEIN

IN MEMORY OF YOUR FATHER  
(MRS CINDY SCHOENBERG)  
BONNIE & PHILIP ROSENSTEIN

## **LEON KAPLAN PARENTING CENTER FUND**

IN MEMORY OF MARVIN GASSMAN  
(BETTE ANN LEIDER)  
MARGERY & PAUL  
ROSENBERG

GET WELL WISHES  
(SCOTT HERLANDS)  
MARGERY & PAUL ROSENBERG

## **BRUCE SCHOENBERG FUND**

IN MEMORY OF YOUR HUSBAND  
RON  
(MRS MARILYN TULLY)  
RENEE & ELLIOT SCHOENBERG

IN MEMORY OF YOUR  
MOTHER  
(MRS TOM MCHUGH)  
RENEE & ELLIOT  
SCHOENBERG

## **SCOTT AND STEVEN TEPPER EDU- CATIONAL FUND**

IN MEMORY OF YOUR  
FATHER  
(THE ZAMORA FAMILY)  
YAYI ALBERTO &  
ANDREA SELGAS





PROUD TO SPONSOR



We are pleased to offer members of the JCC of Scranton the exclusive opportunity to purchase a new Toyota or Scion at our manufacturer's invoice price. Just reference this ad at the time of purchase.



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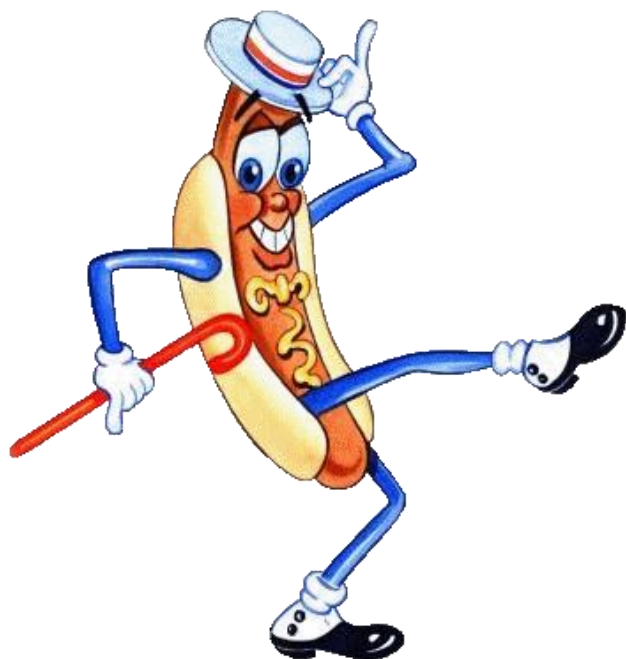
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## Hot Dog Tuesdays!

Join us once a month at the JCC  
for Hot Dog Tuesday!

Our next Hot Dog Tuesdays are  
November 10th AND 24th !!  
from 12:00-2:00PM

**\*\*supervised kosher\*\***

**\$2.00**