



JEWISH COMMUNITY CENTER OF SCRANTON

FEBRUARY 2015



# Scranton JCC Renovation Project

WALLOVER

Brawershite

#### FIRST LOOK AT THE JCC SWIMMING POOL RENOVATION

We are excited about the upcoming renovations to our swimming pool. In planning for a project like this, there are many details that must be in place before we can begin construction. Our pool project has been delayed as we await arrival of materials ordered by our contractor. We are working with the contractor to better determine when the pool will close for construction. Every effort is being made to ensure that the shutdown period of the pool is as brief as possible. We will continue to provide you with further scheduling information as it becomes available. In the meantime the current swimming pool will remain open until construction begins. The current pool schedule can be found on page 10 of this guide. Above is a first hand look at what our new pool will look like. These renderings were designed by Brawer/Hauptman Architects of Philadelphia, PA. The pool was designed by Wallover Aquatics based in Lancaster, PA.







# 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 or call (570)346-6595

Name	Title/Position	E-Mail	<b>Extension</b>
Dan Cardonick	Executive Director	danc@scrantonjcc.org	119
Linda Hemmler	Business Manager	linda@scrantonjcc.org	110
Mindy Van Fleet	Bookkeeper/Business Asst.	mindy@scrantonjcc.org	111
Gary Beckhorn	Membership Registrar	garyb@scrantonjcc.org	101
Ashley Woodruff	Early Learning Center Director	ashley@scrantonjcc.org	120
Vince Kalinoski	Program Director	vkal3@scrantonjcc.org	115
Louise McNabb	Dir. of Adult Services/Comm. Outreach	louise@scrantonjcc.org	135
Joseph Granza	Health & Wellness Coordinator	joseph@scrantonjcc.org	118
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Timothy Frank	Director of Youth Services & Recreation	timothy@scrantonjcc.org	116
Hannah Martin	Client Service Associate/Admin Asst.	info@scrantonjcc.org	121
Elaine Kingsley	Client Service Associate -Nights	elainek@scrantonjcc.org	100
Kathy Pinto	Client Service Associate -Nights/Sun	kathyp@scrantonjcc.org	100
Pat Hanis	Daytime client Service Associate/Admin Asst	pat@scrantonjcc.org	102
Prudence Akindo	Daytime client Service Associate/ Admin Asst	prudence@scrantonjcc.org	102
Kathleen Belak	Daytime client Service Associate/Admin Asst	kathy@scrantonjcc.org	102
	Donations/Contributions	contributions@scrantonjcc.org	100

### **JCC HOLIDAY HOURS**

February 4 Tu'Bshevat JCC open regular hours February 19 President's Day JCC open regular hours

### **JCC HOURS OF OPERATION**

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

The JCC will be open on Saturday nights starting November 8th 2014-March 2015.



# ALBERT AND ANN MARGOLIES FITNESS CENTER

	F	itness Schedule February 2015
	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 – 10:30am	Movement Monday's w/Mindy V Koppelman
	10:15am – 11:15am	Cancer Wellness Program (pre-registration required)
Monday	12:00pm - 1:00pm	Women's Yoga w/Mindy H Multipurpose Room
-	1:00pm-2:00pm	Beginner's Yoga w/ Mindy H Activities Room
	5:00pm - 5:45pm	Kids Yoga w/Mindy H Goodman Lounge
	6:00pm-6:45pm	**Coming Soon - INTENSITY**
	6:00pm - 7:00pm	H.I.I.T.(High Intensity Interval Training) w/Joe G-Multipurpose Rm
	7:00pm - 8:00pm	Fusion W/Jessica-Multipurpose Room
	7:30am – 8:30am	20-20-20 w/ Jo - Multipurpose Room
	8:30am – 9:00am	Yoga w/Jo - Multipurpose Room
	12:00pm – 12:45pm	Woman's Cardio 45 Mnutes of Total Mix - Multipurpose Room
Tuesday		Kids Yoga w/Mindy H Goodman Lounge
Ĭ	5:00pm - 5:45pm	Spin & Weights w/Mindy & Mindy - Multipurpose
	6:00pm – 7:00pm	Yoga w/ Mindy H Multipurpose Room
	7:00pm – 8:00pm	Punk Rope w/Jessica (Auditorium) - 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)
	11:15am-12:00pm	Beginner's Yoga w/ Mindy H Activities Room
Wednesday	11:15am - 12:00pm	Healthy Steps for seniors w/Rick - Goodman Lounge
	12:00pm – 1:00pm	Woman's Yoga w/ Mindy H Multipurpose Room
	4:00pm – 5:00pm	Cardio Body Sculpt w/ Jo - Multipurpose Room
	5:00pm – 6:00pm	Yoga with Weights w/Mindy H Multpurpose Room
	6:00pm – 6:45pm	Kids Yoga w/Mindy H Goodman Lounge
	7:00pm-8:00pm	Yoga for Grief w/Mindy H Multipurpose Room
	7:30am – 8:30am	Cardio Choice w/ Jo - Multipurpose Room
	8:30am – 9:15am	Spinning w/Jo - Multi-Purpose Room
	12:00pm – 12:45pm	Woman's Cardio 45 Mnutes of Total Mix - Multipurpose Room
Thursday	5:00pm – 6:00pm	Yoga w/weights w/Mindy H Multipurpose Room
	6:00pm – 7:00pm	Yoga w/ Mindy H Multipurpose Room
	7:00pm – 8:00pm	Fusion w/Jessica (Auditorium) -Multipurpose Room
	7:15am – 8:30am	Aerobics w/Jess or Mindy - Multipurpose Room
	8:30am – 9:30am	Yoga w/ Mindy H Multipurpose Room
	8:45am - 9:30am	Senior Yoga w/Mindy V- Auditorium
Friday		Silver & Fit Cardio w/Mindy V (Auditorium) - Auditorium
Filday	10:15am – 11:15am	Cancer Wellness Program (pre-registration required)
	10:30am – 11:15am	Zumba Gold (Auditorium) - Koppelman Auditorium
Caturday	12:00pm – 1:00pm	Body Blast Yoga w/ Mindy H Multipurpose Room
Saturday	7:00am – 7:00pm	CLOSED  Bilates and by Multipurpose Poors
	8:30am – 9:00am	Pilates w/Jo - Multipurpose Room
	9:00am – 10:00am	Boot Camp w/Jo - Multipurpose Room
Sunday	10:00am – 11:00am	Yoga w/ Mindy or Mindy - Multipurpose Room
	11:00am - 11:45am	Mommy & Me Yoga (Feb 8th &22nd)
	3:00pm - 4:00pm 4:00pm – 5:00pm	Yoga Posturing w/Mindy H - Multipurpose Room (Feb 22nd) Restorative Yoga w/Mindy H - Multipurpose Room (Feb 22nd)

# HIGH NOON PACKAGE

Don't stop working out just because the pool is closing!! We are offering you a special deal to help you continue exercising through the renovations!!

JANUARY, FEBRUARY, & MARCH 2015

ONLY \$60.00!!

Or \$8.00 drop in fee per class

# (FREE for members)

# Classes Included in Package for *February:*

#### In the POOL:

#### Mondays:

Noon—Hydrocise 1:15-2PM—Women's Only Watercise

#### Wednesdays:

Noon—Hydrocise 1:15-2PM—Women's Only Watercise

#### Fridays:

Noon—Hydrocise 1:15-2PM—Women's Only Watercise

#### In the Multipurpose Room:

#### Mondays:

Noon—Women's Yoga

#### Tuesdays:

Noon—Women's Cardio

#### Wednesdays:

Noon—Women's Yoga

#### Thursdays:

Noon—Women's Cardio

#### Fridavs:

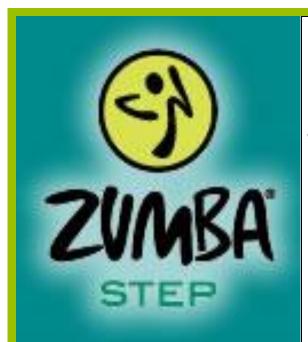
Noon—Body Blast Yoqa







### **FITNESS AND WELLNESS**



Take lower body workouts and calorie burning to new heights with Zumba Step, the newest Zumba program! Tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics!!

WHEN: Mondays @ 7:00PM LOCATION: Multipurpose Room COST: \$8 drop in fee per class JCC Members: FREE





WHEN: Tuesdays and Thursdays 7:00PM-8:00PM LOCATION: Koppelman Auditorium

COST: \$8 Drop -In fee per class



# CARDIO CLASSES



Monday Cardio Mix 9:15am-10:00am
Tuesday Women's Cardio 12:00pm-12:45pm
Wednesday Cardio Body Sculpt 4:00pm-5:00pm
Thursday Women's Cardio 12:00pm-12:45pm
Where: Multi-Purpose Room

JCC Members: FREE Fee: \$8 drop in



# **Spinning Classes**

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

Where: Multi-Purpose Room

JCC Members: FREE Fee: \$8.drop in

# 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

We are happy to announce Joe Borgia as the WINNER of the December



2014 WINTER
"TRY"ATHLON!!!
MEMBER MOTIVATION
PROGRAM



Great Job, Joe!!!

# **Group Exercise Classes**

20-20-20 w/Jo Tuesday's 8:30am Low Impact w/Jo or Mindy Wednesday 8:30am Aerobics w/Jess or Mindy V. Friday 7:15am Pilates w/Jo Sunday 8:30am

Where: Multi purpose room

Free to JCC Members Or \$8.00 drop in fee

#### AEROBIC INSTRUCTOR TRAINING COURSE STARTING FEBRUARY 22nd \* SUNDAYS 11AM-12PM\* 5 WEEK PROGRAM

Learn to teach exercise classes! Our 5 week program includes the following skill training:

\*fitness class formatting and breakdown \*choreography

\*music knowledge

\*motivational skills

\*resistance training

\*simple muscle groups...and more!!
Also provided will be information to guide you to national certification if so desired.

COST: \$100.00 MEMBERS: \$75.00

#### **FITNESS AND WELLNESS**

# Tai Chi w/Rick

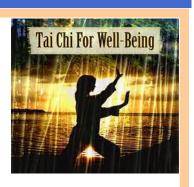
When: Monday's

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

Location: Koppelman Auditorium

**Instructor:** Rick Schmoyer

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

Where: Multi-Purpose Room

TUESDAY NITE CYCLE
IS BACK
EFFECTIVE JANUARY
13TH!!

TUESDAYS @ 5PM in the Multipurpose Room
Spin & Weights w/Mindy and Joe
\$8 drop-in fee
Free for Members



#### FITNESS AND WELLNESS 60+

# Movement Monda

When: Mondays Time: 10:00am—10:30am Location: Koppelman

# 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-9:30am

Location: Koppelman Auditorium Instructor: Mindy V.

JCC Members: *Free* 

\$8.00 Drop in Fee



# When: Friday's Time: 9:30am (45 min.)

#### **SILVER & FIT CARDIO**

**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





# JCC AQUATICS

		scion from the inettretor	8:30 PM  8:30 PM  Saim become are hold throughout the day. A lane may be open during class times however please ask permission from the instructor.	the open during class time	oughout the day. A lane may	8:30 PM
	OPEN SWIM		7:30 to 8:30	7:00 to 8:30	7:00 to 8:30	8:00 PM
	7 pm to 8:45pm		Male Swim			7:30 PM
	SATURDAYS		6.30 to 7.30	Female Swim	Male Swim	7:00 PM
		12:00 to 8:30	Female Swim		6:00 to 7:00	6:30 PM
			5:00 to 6:30		OPEN SWIM	6:00 PM
			Swim	12:00 to 7:00		
			Lap and Open			5:00 PM
4:00 to 5:00	4:00 to 5:00				2:00 to 6:00	
Female Swim	OPEN SWIM	OPEN SWIM		OPEN SWIM		4:00 PM
3:00 to 4:00	3:00 to 4:00		2:00 to 5:00			
Male Swim						3:00 PM
2:00 to 3:00	Lap Swim		Lap Swim		Lap Swim	2:00 PM
Lap Swim	WATERCISE	and	WATERCISE	and	WATERCISE	2:00 PM
	ONLY		ONLY		ONLY	
12:00 to 2:00			WOMEN"S		WOMEN"S	1:15 PM
	CANCER WELLNESS		CANCER WELLNESS		CANCER WELLNESS	1:00 PM
	and		and		and	
MIMS NAGO	HYDROCISE	Lap Swim	HYDROCISE	Lap Swim	HYDROCISE	12 NOON
11.00 to 12.00	11:00 to 11:45	11:00 to 11:45	11:00 to 11:45	11:00 to 11:45	11:00 to 11:45	11:45 AM
	USE IT	USE IT	USE IT	USE IT	USE IT	
Family swim	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	
10:00 to 11:00	MOVE IT	MOVE IT	MOVEIT	MOVE IT	MOVEIT	11:00 AM
	9:30 то 10:30	9:30 w 10:30	7:00 to 11:00	9:30 to 10:30	9:30 w 10:30	10:30 AM
MIMS NADO				MIMS		10:00 AM
8:00 to 10:00	DAY CARE SWIM	Female Swim		PRE SCHOOL	Female Swim	9:30 AM
	7:00 to 9:30	7:00 to 9:30		7:00 to 9:30	7:00 to 9:30	9:00 AM
Lap Swim						8:00 AM
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	7:00 AM
AVONOS	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY	TIME
2015	FEBRUARY 2015	JANUARY		İΠ	SCHEDUL	POOL S

# LEARN TO SWIM AT THE JCC

Book your lessons for when the pool re-opens!!



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

No other exercise is as enjoyable and beneficial as swimming.

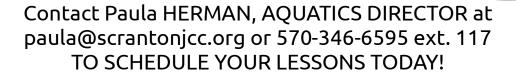
Students are taught water safety, stroke development and aquatic independence.

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

Our certified lifeguards give 1/2 hour private lessons.

Cost: 4 lessons \$60.00

Members: 4 lessons \$50.00



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





# **JCC Pre-School**

For children 3-5 years Class Schedule

Monday through Friday

Morning Class: 9:15am-11:45am

Lunch Plus Enrichment/Wellness Classes 11:45am-1:00pm



At the JCC Pre-School we view each child as unique, with an individual growth and developmental pattern. Different levels of ability and learning styles are expected, accepted and used to design age appropriate activities. Our goal is to meet each child's needs and

propriate activities. Our goal is to meet each child's needs an stimulate learning in all developmental areas:

- ~ Social give and take in a group environment
- ~ Intellectual cognitive & language skills
- ~ **Emotional** developing a positive self-image
- ~ Physical large, small and perceptual motor skills
- Spiritual foster awareness & respect for all religions & for Judaism through Sabbath & holiday celebrations

Our developmentally based curriculum supports and encourages a young child's natural way of learning, while fostering an understanding of basic concepts on which future learning depends.

Weekly gym classes and swimming are also part of the overall program.



#### **Our Pre-School Assets**

A developmentally based, two-year, multi-age pre-school program which is play centered. Play is considered to be a central focus in the development of young children. College-educated, experienced early childhood educators who love children, their warm concern will come through as they provide feedback about your child's progress.

	Fees	Member Discount Fees
3 days 4 days	\$690/semester \$820/semester	\$560/semester \$690/semester
5 days	\$950/semester	\$820/semester

Call today to schedule your Pre-School tour, Monday-Friday 8:30am-5:00pm or contact Early Childhood Director: Ashley Woodruff 570-346-6595 ext. 120 or email ahsley@scrantonjcc.org

#### **EARLY LEARNING**

# Children's Wellness & Enrichment Classes

# Ages 3-5

Semester I: September—Mid January Semester II: Mid January—Early June Daily 12:15pm—1:00pm

#### **Fun Fitness Mondays**

Learn tumbling and large muscle motor skills as well as other creative games that will help your child exercise & have fun!

Fee: \$110.00 per semester JCC Member Discount: \$95.00 per semester

### Mix-It Tuesdays

Class teaches preparation of basic and healthy snacks, photography or surprise activity.

Fee: \$110.00 per semester

JCC Member Discount: \$95.00 per semester

### Whys and Wonders Wednesday's

Learn about the weather, measurement, textures and other topics that intrigue the imagination!

You'll conduct simple science experiments.

Fee: \$110.00 per semester JCC Member Discount \$95.00 per semester

# Basketball with Coach Little Thursday's

Learn the fundamentals of basketball, importance of sportsmanship & teamwork and most of all.. ...have fun!

**Fee:** \$115.00 per semester **JCC Member Discount**: \$110.00 per semester

# Kiddy Kinetics/Arts & Crafts Fridays

Enjoy group games and activities in the Little Gym that promote teamwork as well as make your favorite arts and crafts.

Fee: \$110.00 per semester JCC Member Discount: \$95.00 per semester

Additional payment options:

Fee: \$525.00 for all five classes per semester

JCC Member Discount: \$460.00 for all five classes per semester

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

Fee: \$12 per class

#### **EARLY LEARNING**



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

quality early learning

~ Welcome CCIS participating families

~ Separate, bright & sunny classrooms for each age group

~ Our tenured staff holds a commitment to education and helping to develop young children ~We Provide age-appropriate programs and activities, that nurture the whole child

~Outdoor Playground time, Swimming, and Gym

~Reasonable rates and flexible schedules with full and part-time availability ~We invite you and your child to spend some time with us

**INFANT PROGRAM** Age: 6 weeks-13 months

Weekly Fees \*Daily Fees
Fees: \$185 \$40/day
Member Discount Fees: \$170 \$37/day

**TODDLER I PROGRAM** Age: 13 months-25 months

Weekly Fees \*Daily Fees
Fees: \$185 \$40/day
Member Discount Fees: \$170 \$37/day

TODDLER II PROGRAM Age: 25 months-3 years

Weekly Fees \*Daily Fees
Fees: \$175 \$39/day
Member Discount Fees: \$160 \$36/day

PRE-K PROGRAM Age: 3-5years

Weekly Fees \*Daily Fees
Fees: \$165 \$38/day
Member Discount Fees: \$150 \$35/day

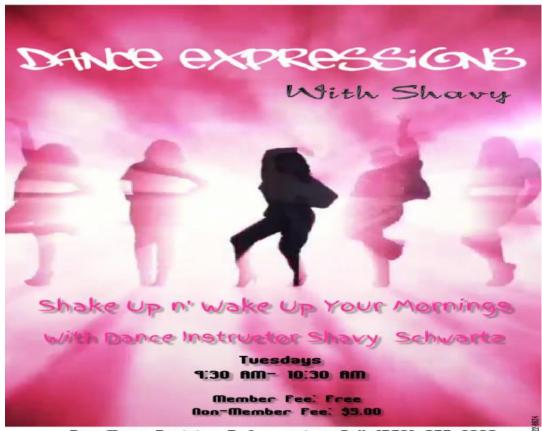
#### \*Daily Fee's / 3 day minimum for enrollment

~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

#### **WINTER SCHEDULE 2014**

	0.00 5.00	
Monday	8:00am - 5:00pm	Open Gym
monday	5:30pm – 8:00pm	Rentals
Tuesday	8:00am - 10:00am	Open Gym
	10:00am - 12:00pm	Day Care Gym w/Bounce House
	12:00pm - 6:00pm	Open Gym
	6:00pm – 9:00pm	Volleyball (Nov. 25-Jan 13th)
	8:00am - 11:30am	Open Gym
	9:30am-10:30am	Preschool Gym
	11:30am - 12:00pm	Day Care Gym
Wednesday	12:00pm – 2:00pm	Adult Pick Up Games
	2:00pm - 9:00pm	Open Gym
	6:00pm - 9:00pm	Adult Co-Ed Basketball League
		(Nov 12-March 2015)
	9:30am - 10:00am	Open Gym
	9:30am - 11:00am	MoM's of Munchkins Open Gym
		w/Bounce House (Every other Thurs. Starts
Thursday		10/23)
Illuisuay	12:15pm -1:00pm	Preschool Basketball
	11:30am - 6:00pm	Open Gym
	6:00pm – 9:00pm	Adult Co-Ed Dodgeball League
		(Oct 30-Dec 18)
Friday 8:00am - 2:00pm O		Open Gym
Tilday	2:00pm – 6:00pm	Pick up Games
Saturday	8:00am - 7:00pm	CLOSED until November
	7:00am – 9:00am	Men's over 30 pick up games
0	9:00am - 11:00am	Adult Pick up Games
Sunday	11:00 am-12:00 pm	Open Gym
	12:30 pm-5:00 pm	Leagues
	•	_



For More Exciting Information, Call (570) 677-8006



All games on Sunday Youth League 12:30 and 1:30PM Biddy League practice times: 3PM



### **CURRENT STANDINGS:**

	W	L	GE
WHITE	3	1	0
BLUE	1	3	2
GREEN	2	2	1
ORANGE	2	2	1

Volunteer coaches instruct young basketball players in the JCC's Sunday afternoon Biddy Basketball program!





Contact Vince Kalinoski @ (570) 346-6595 ex.115 for details!

JCC ADULT BASKETBALL LEAGUE STANDINGS				
Sparky's	W 4	L 3	GB 0	
Oliver, Price, & Rhodes	4	3	0	
No Namer's	4	3	0	
Kal's Crew	3	4	1	
Brucelli Advertising	2	5	2	
Atty. Michael Roth	2	5	2	





# **VOLLEYBALL**



The JCC and Scranton Sports and Social Club have once again teamed up to provide one of the best Volleyball leagues in the area!! League play takes place on Tuesday evenings from 6-9PM.

Stop down and watch the action!!

For more information Contact JCC Program Director, Vince Kalinoski, @ (570) 346-6595 ex.115

#### **CURRENT STANDINGS:**

TEAM	COLOR	WINS	LOSSES	TIES	GAMES WON	GAMES LOST	WI	IN %
WBO	NAVY		4	0	0	14	2	88
US	TEAL		2	0	2	12	4	75
DS	BLACK		2	1	2	13	7	65
BBB	BROWN		3	1	0	9	5	64
PS	LIME GREEN		2	1	1	10	7	59
ND	YELLOW		1	1	2	7	8	47
MS	PINK		1	1	3	7	9	44
BM	SKY BLUE		2	2	1	9	11	42
SE	KELLY GREEN		0	1	3	6	10	38
SOTB	TURQUOISE		1	2	1	8	7	53
BULH	LIGHT GRAY		1	2	1	7	9	47
IBT	CHARCOAL		0	2	3	7	13	35
PV	TIE DYE		2	3	0	9	10	47
TKBN	PURPLE		0	4	0	0	16	0



# COMMUNITY BANK NA COMMITS AS THE PLAYER SPONSOR FOR 2015

Golf Tournament Director, Vince Kalinoski is pleased to announce that Community Bank NA has agreed to be a Player Gift Sponsor for the 2015 Eugene and Dorothy Rosenstein Children's Benefit Golf Tournament. Every player that registers for the event will receive a high quality prize with Community Bank NA's name on it. Thank You, Mary Beth D'Andrea and Community Bank NA!

# PUTT THEM STRAIGHT IN AT THE EUGENE AND DOROTHY ROSENSTEIN MEMORIAL CHILDREN'S BENEFIT GOLF TOURNAMENT

Monday, June 1, 2015

at Glen Oak Country Club in Clarks Summit, PA.

Proceeds are to help fund children's scholarships for Day Camp, Day Care and Pre-School

#### **TOURNAMENT INFORMATION:**

#### 

#### Team & Individual Players:

You may enter as an individual, couple or with a team. For those who register with less than four players, teams will be formed by the tournament committee.

#### Format:

Play will be in a Captain & Crew format with a Shotgun Start.

#### FEES:

#### Special Sponsors & Patron Fees:

(Those sponsors listed below are tax deductible contributions and do not include tournament players)

#### Player Gift Sponsor \$2.500

Dinner Sponsor: \$800

Cocktail Reception & Grand prize Sponsors: \$800

Luncheon Sponsor: \$800

Basket of Cheer Sponsor: \$800

Tournament Patron: \$100

#### **Hole Sponsor Fees:**

Option #1: \$595 (includes 2-players & a \$325 tax deductible contribution)

Option # 2: \$300 (a tax deductible contribution)

#### Player Fees:

Individual Player: \$225 (includes a \$90 tax deductible contribution)

Dinner & Reception Fee (only): \$75

Fabulous Prizes: A great prize for each player, prizes for Hole-in-Ones, Longest Drive and Closest to the Pin, plus Free Raffle Drawings.

# GOLF TOURNAMENT REGISTRATION FORM

For Sponsors:
Company Name:
Address:
City/State/Zip:
Contact Person:
Phone:

Sponsor Players: (\$595 Hole Sponsor includes 2-players)
Player # 1:
Player # 2:
Address (if different then company name listed above):
City/State/Zip:
Phone:

# TEAM DYNASTY WINS THE WINTER 2014-2015 DODGEBALL LEAGUE AT THE JCC!!

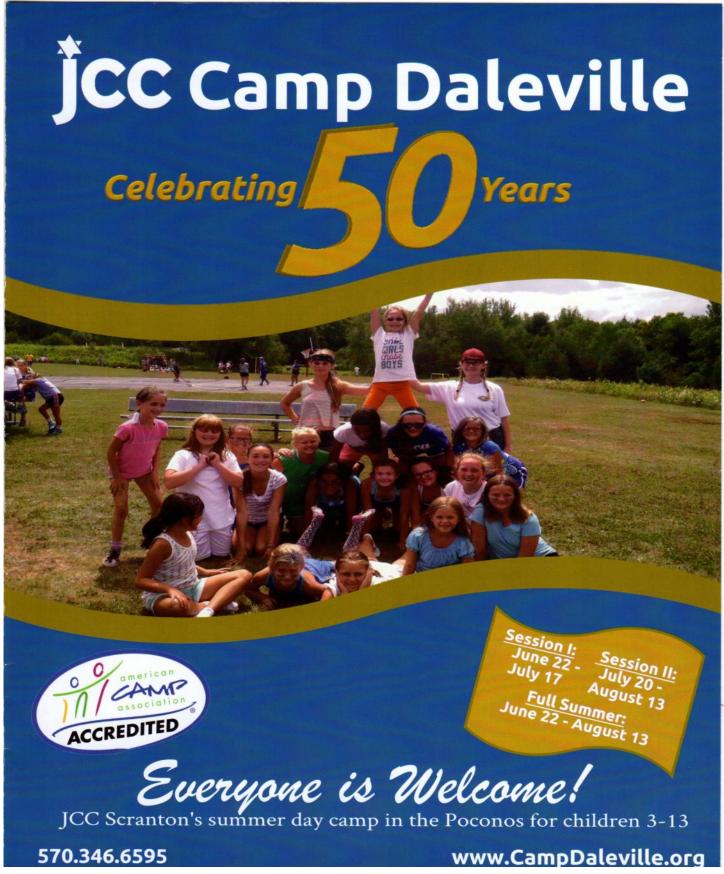


#### YOUTH AND ADULT RACQUETBALL LESSONS SUNDAYS FROM 11:00am-1:00PM WEDNESDAYS 7:00PM—9:00PM

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 570-346-6595 ext. 115 for more details or to register.



# Schools out Program



When School is Closed, We're Here!!!

The JCC offers Schools Out Program for all national holidays!!

# **★PRESIDENT'S DAY**★ February 16th 8:30am-5:30pm

Who-1st through 8th grade

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

Registration: Please call or stop in to register!

Cost: \$40/day

Members: \$30/day

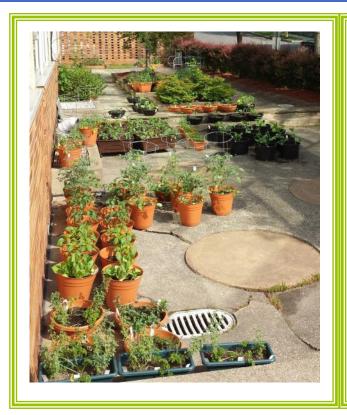
**Contact:** Tim Frank- Director of Youth Services

570-346-6595

extension 116

Email: timothy@scrantonjcc.org





# COMING SOON!! WARM WEATHER AND FRESH VEGGIES!!

Spring is just around the corner and we will be starting our vegetable garden here at the Scranton JCC!!

#### Meet World Percussionist Jacob Cole!

I'm a Berklee School of Music graduate, drummer / world percussionist. I've studied and learned from some of the best musicians in the world. I have acquired many exotic drums over the years. I play locally with Rogue Chimp, The Bog Swing Group, Free Music Orchestra, and various yoga classes with my handpans. I also do drum-circles, drum workshops, and private lessons.



Join us at the Scranton JCC Thursdays @ 4PM For drum circles/ lessons with Jacob! Contact Tim Frank @ (570)346-6595 ex. 116 for details



Youth Lounge is Open Monday —Thursday 3:30pm-6:00pm

Arts & Crafts, Wii Gaming, Board Games & a whole lot more!

Elementary JCC Membership \$130 for the year



# SCIENCE SUNDAYSIIII

**SUNDAYS** 

1:00 PM-2:30PM

**\$5 FEE** 

**ALL AGES** 

FAMILIES WELCOME

FUN AND EASY SCIENCE EXPERIMENTS FOR EVERYONE!!!





Contact Tim Frank @ (570) 346-6595 ext. 116 or <u>Timothy@scrantonjcc.org</u> for details.







# 2015 Teen Leadership Seminar in Israel



The JCC is proud to announce its 2015 Teen Leadership Seminar in Israel. The opportunity to experience Israel is an exciting, enriching and transformative adventure. Participants will explore all of the major sites and points of historic, spiritual and archaeological significance. This program will immerse you in the rich culture of Israel as you explore the ins and outs of the land of Israel, Israeli society and culture, and gain a deeper understanding of the life of an Israeli.

The JCC hopes to offer a highly subsidized rate for this 12 day program which will take place December  $19^{th} - 31^{st}$ , 2015, and is open to teens entering  $9^{th}$ - $12^{th}$  in the fall of 2015. After subsidies, we estimate the cost of the program to be in the range of \$2,500-\$2,800. Requirements for participation are as follows:

- 1) Participant must be a member of the JCC. One year high school memberships are \$130.00 (participants residing in Pike, Monroe, Luzerne or Wayne Counties are excluded).
- 2) Participant's family must make a contribution to the Jewish Federation of Northeast PA's annual campaign.
- 3) Participant must affiliate and participate in BBYO the JCC's Jewish teen youth group (participants residing in Pike, Monroe, Luzerne or Wayne Counties excluded).
- 4) Participants must attend a four part Israel Experience Program which will be held at the JCC within four months prior to the trip and will be designed to help participants have a better understanding and appreciation of Israel.
- 5) After returning from Israel, the participant must be willing to share their experience while in Israel via a brief written report, and be available to attend local functions, if needed, to talk about their experience on the program.

JCC staff members, Rika Schaffer & Tim Frank will be leading the program. Additionally, there will be two Israeli staff (a tour guide and an army medic). We currently have space for 15 participants, but if demand is high, more spaces may become available. Contact Tim Frank @ (570) 346-6595 ex. 116 for any questions or to register.

In order for the JCC to run the program, we need to ensure we have a commitment from at least 10 teens. Interested participants are asked to submit a "Commitment Registration" Form along with a \$300 non-refundable deposit (\*If the program is cancelled due to lack of registration, then the deposit will be returned).

Mondays 5:00pm Tuesday's

5:15pm **Wednes-**

days

# Kids Yoga

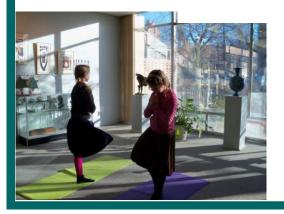
Ages 4-12

6:00pm

Lid 5 Location: The Goodman

Lounge

Instructor: Mindy Hill



FREE FOR JCC MEMBERS!
Or \$5 Drop In Fee

# MOMMY & ME YOGA

ages newborn to 3yrs old

When: Sunday

February 8th and 22nd

**Time: 11:00am** 

**Where: Goodman Lounge** 

**Instructor: Mindy Hill** 

FREE for Members or \$8.00 drop in





# Dance Expressions!

# Dance your heart out

Mondays & Wednesdays 5:15pm-6:15pm All Ages!

Contact: Tim Frank, timothy@scrantonjcc.org, ext. 116



# 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, February 23<sup>rd</sup>
Monday, March 30<sup>th</sup>

10:00am-12:00pm



#### **SENIOR ADULT**

Monday 2/9–10:15 Advisory Council Meeting

Reminder..

Payment for 2015 Senior Adult Membership of \$90.00 is due.



### Monday 2/2- 12:45

Bone Density Screening—12:30-1:15 Mariellen Philbin/Osteo Strong Center

## Wednesday 2/4— 12:00

Please join us for our

Tu B'shevat Celebration—See Flyer for details



## Monday 2/9 – 12:30

Functional Fitness & Balance Assessment Joe Granza, Wellness Coordinator, JCC

# WEDNESDAYS IN February— COMEDY CLASSICS!!

Come join us each Wednesday at 12:45 (except 2/4)in the Auditorium for a different comedy TV show or movie each

week!!
Light
Refreshments
will be
served



#### Monday-2/16

Celebrate Presidents Day with a special Dessert!!

Share your Picture Day-12:30

Do you have family pictures, vacation pictures, or other Important photos that you would like to share?
Bring your photos and share with your friends!



# Monday 2/23 Film Classic To Be Announced

#### <u>Monday 2/23 - 10-12</u>

Free Blood Pressure Screening





# Senior Adult Exercise!

5 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** 

Friday - 8:30-9:15

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" 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

\*\*\*\*\*\*\*\*\*\*\*



For more information contact Louise McNabb at 346-6595 ext 135

#### **SENIOR ADULT**



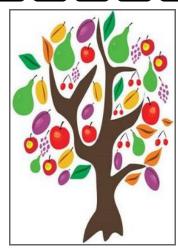


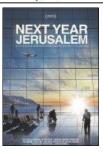




11:45 in the Koppelman Auditorium Reservations for lunch Required By Monday Feb. 2





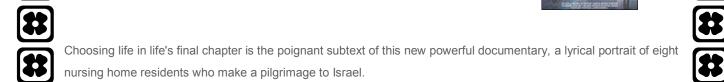


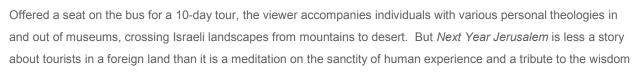
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**33** 

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acquired in the course of a lifetime. Earnest and nuanced, it is a true exploration of living and dying, hope and fear, travel and memory. A celebration of and a reverent tribute to life's eldest travelers.





### **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!

### The Senior Café AT THE 'J'...

Mondays and Wednesdays 9:30am to 11:00am

Adults age 60+ are Invited to come relax, Socialize And discuss current events at the New Cafe ...

Bring your Friends! Meet new friends! REFRESHMENTS!!



# Pool Arthritis Classes M/T/W/Th/F 11-11:45 am





# Exercise Classes

### **Monday**

Movement 10:00am

#### Wednesday

Senior Yoga

**Healthy Steps** 

9:30am 11:15am

**Friday** 

Senior Yoga 8:45 Silver & Fit Zumba Gold 9:30am 10:30am 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.

#### **SENIOR ADULT**

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

# 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
- o A free-will donation of \$2.00 for each meal is suggested.
- o Bingo and Dinner free-will donation of \$2.00 is suggested

#### Programs and Activities

- o 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

#### 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: \$1.50 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 Mah Jongg, Bridge, Rummikub and Canasta
- 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 FEBRUARY 2015**

MONDAY 2/2 **BEEF NOODLE SOUP ROAST BEEF W/GRAVY POTATO WEDGES CARROT TZIMMES** 

**WEDNESDAY 2/4** TU B'SHVAT CELEBRATION **CREAM OF MUSHROOM** SOUP 2 OZ. EGG SALAD 2 OZ. TUNA SALAD **POTATO PANCAKES** LETTUCE/TOMATO/ONION

THURSDAY 2/5 **BEEF NOODLE SOUP BEEF AND CABBAGE** CASSEROLE **MASHED POTATOES GREEN BEANS** 

**ALT: EGG SALAD** 

**ALT: CHEF SALAD** 

**ALT: EGG SALAD** 

MONDAY 2/9 **TOMATO SOUP BAGELS & LOX CREAM CHEESE TOMATO SLICES LETTUCE/ONION** 

**WEDNESDAY 2/11 GARDEN BARLEY SOUP BAKED FISH W/LEMON BAKED POTATO ZUCCHINI** 

THURSDAY 2/12 **CHICKEN NOODLE SOUP** CHICKEN DIJONNAISE RICE **BROCCOLI** 

**ALT: TUNA SALAD** 

**ALT: CHEF SALAD** 

**ALT: EGG SALAD** 

**MONDAY 2/16 CREAM OF MUSHROOM** SOUP MANICOTTI W/SAUCE TOSSED SALAD W/ **DRESSING** PRESIDENT'S DAY DESSERT

**WEDNESDAY 2/18 CHICKEN BREAST** TOSSED SALAD W/ **DRESSING CRANBERRY SAUCE CARROTS** 

THURSDAY 2/19 **CREAM OF TOMATO** SOUP **TUNA SALAD** LETTUCE/TOMATO **BEAN SALAD** 

**ALT: TUNA SALAD** 

**ALT: CHEF SALAD** 

NO ALT

**MONDAY 2/23 NAVY BEAN SOUP VEAL CUBES W/** MUSHROOM GRAVY NOODLES FRENCH GREEN BEANS

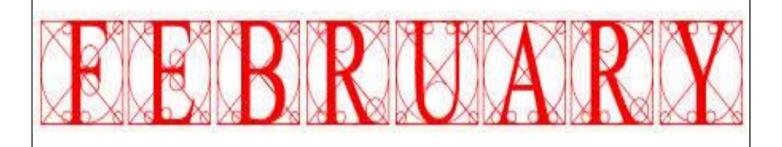
**WEDNESDAY 2/25 HONEY MUSTARD** CHICKEN **SWEET POTATO** CASSEROLE SPINACH

THURSDAY 2/26 CHICKEN KREPLACH SOUP **MEATLOAF W/GRAVY MASHED POTATOES CANDIED CARROTS** 

ALT:EGG SALAD

**ALT: CHEF SALAD** 

ALT: EGG SALAD



### CONTRIBUTIONS

The minimum price for a contribution card is \$10. This change was effective October 1, 2012. 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.

# BRUCE LEWIS GELB ENDOWMENT FUND

IN MEMORY OF SALLY WEISS (TO: THE SALLY WEISS FAMILY) RUTH GELB

> GET WELL WISHES (TO: NATALIE GELB) RUTH & ROB GELB

IN MEMORY OF YOUR SON SIMON (TO: MRS. MARIAN BECKHORN & FAMILY) RUTH & ROB GELB

# EDWARD JACOBS MEMORIAL FUND

IN MEMORY OF HARRIS (TO: MRS CAROL JACOBS) SUSAN CHARNET

# RONALD WILLENSKY FITNESS CENTER FUND

IN MEMORY OF NANCY JACKMAN (TO: JODY JACKMAN) PHYLLIS & ED BRANDES

# GUS AND LENA WEINBERGER ACADEMIC SCHOLARSHIP FUND

IN MEMORY OF JUDITH (TO: THE WEINBERGER FAMILY) JOHN KEELER

IN MEMORY OF EGIDIA OTTAVIANO (TO: COSETTA OTTAVIANO) PAOLA & ANDREW WEINBERGER

IN MEMORY OF EGIDIA OTTAVIANO (TO: JOSEPH GIANGIACOMO) PAOLA & ANDREW WEINBERGER

# GUS AND LENA WEINBERGER ACADEMIC SCHOLARSHIP FUND

IN MEMORY OF EGIDIA OTTAVIANO (TO: JOSEPH GIANGIACOMO) JERRY WEINBERGER

#### STEVEN BRUCE ARENBERG JEWISH CULTURAL YOUTH TRAVELS MEMORIAL FUND

IN MEMORY OF YOUR BELOVED SON SIMON (TO: MARIAN BECKHORN) HARLENE ARENBERG

FOR A COMPLETE RECOVERY (TO: RABBI BRUCE WARSHAL) HARLENE ARENBERG

IN MEMORY OF SIMON
(TO: MR & MRS GARY BECKHORN)
PAT HANIS

#### **BUILDING FUND**

IN MEMORY OF YOUR MOTHER (TO: MR BOB GALDIERI & FAMILY) DONNA & BOB FIEGLEMAN

IN MEMORY OF SIMON (TO: GARY & MARIAN BECKHORN MICHAEL ROTH

IN MEMORY OF SIMON
(TO: DR ERROLL GOLDSTEIN &
FAMILY)
DONNA & BOB FIEGLEMAN

IN MEMORY OF NANCY JACKMAN (TO: JODY JACKMAN) CAROL & DON DEMBERT

#### **BUILDING FUND**

IN MEMORY OF YOUR MOTHER

MILLIE

(TO: THE FAMILY OF MILDRED

O'HARA)

GAYLE & MICHAEL GREENSTEIN

# LEON KAPLAN PARENTING CENTER FUND

IN MEMORY OF ENID FRIEDMAN
(TO: BILL FRIEDMAN)
MARGERY & PAUL ROSENBERG

IN MEMORY OF DEBRA ALTIER (TO: MR & MRS FRED JACOBS) MARGERY & PAUL ROSENBERG

GET WELL WISHES
(TO: NATALIE GELB)
MARGERY & PAUL ROSENBERG

IN HONOR OF YOUR BIRTHDAY (TO: BRUCE LEVY) PAUL & MARGERY ROSENBERG

IN MEMORY OF YOUR BROTHER
(TO: JEAN FAINBERG)
PAUL & MARGERY ROSENBERG
CAMP DALEVILLE
ENDOWMENT FUND

IN MEMORY OF SIMON (TO: GARY & MARIAN BECKHORN) JULIA GORETSKY FAMILY

# SCOTT & STEVEN TEPPER EDUCATION FUND

IN MEMORY OF JUDY
(TO: MR & MRS
JELLSON &

FAMILY) LENORE RHOADES







Non-Profit Organization U. S. Postage PAID Scranton, PA Permit # 546

601 Jefferson Avenue Scranton, PA 18510

ADDRESS SERVICE REQUESTED



# TRADITIONS LED BY THE CADER FAMILY CONTINUE TO BRING JOY TO THE JCC

For four generations the Cader family has brought joy to the JCC Early Learning Center (Pre-School, Child Care). They bring sweet treats to the children on Sukkot, and celebrate with the children in the Sukkah. The tradition was started by Nettie Cader in the 1960's and she passed the custom on to her son Irving and his wife Helene who passed it down to their son Jimmy and his wife Carol. We also get visits from Jimmy's daughter Andrea Cader-Fine and her two sons Judah and Ezra. The Cader family supports the JCC in so many ways, and we are appreciative of their dedication and commitment to our organization and its mission. The JCC sends a special thank you to the entire Cader family for their continued support.