SHANNA & BRYAN GLAZER JCC

PROGRAM GUIDE

SEPTEMBER – DECEMBER 2026

ARTS + CULTURE

YOUTH PROGRAMMING

COMMUNITY + VOLUNTEER EVENTS

ACTIVE ADULTS + PARKINSON'S PROGRAMMING

Meet THE BELDEN FAMILY INSIDE»

522 N. HOWARD AVENUE, TAMPA, FL 33606
813.575.5900 | MEMBERSHIP@SBGJCC.COM | SHANNAANDBRYANGLAZERJCC.COM

ON THE COVER: MEET THE BELDENS

INTRODUCING THE BELDEN FAMILY: DOUG, RACHEL AND FLYNN

Doug and Rachel are both Tampa natives who have known each other since childhood—even sharing the same Pre-K class! Life brought them back together in 2017, and the rest is history. They married in 2023 and welcomed their son, Flynn, in 2024. Doug works in logistics, while Rachel is a stay-at-home mom who enjoys balancing family life with wellness and community. They've been part of the Shanna & Bryan Glazer JCC (J) community since 2022.

Fitness at the J
Doug's favorite workouts include spin classes with instructors Martin and Alex, along with weightlifting. Rachel enjoys creating her own workouts in the J Zone and relaxing in the sauna.

Spin class was a pleasant surprise for both of them—it was something they had never tried before but now love doing together. After taking a break for a few years, they recently got back into cycling classes as a shared routine.

Fun & Favorite Things
As a family, they love spending time at the pool and splash pad, running laps on the track with Flynn, and using the basketball court.

Rachel's favorite spot is the pool, while Doug prefers the weight room.

A typical day at the J looks a little different for each of them: Rachel enjoys daytime visits where she uses J Care, works out, relaxes in the sauna, and spends time by the pool. Doug usually goes before work to lift, do cardio, and shower before heading to the office.

Summer at the J
This summer, they're most excited about the pool, splash pad, and pool parties. Outside of the J, they enjoy staying active by walking along the Riverwalk near their downtown home.

Community & Connection
For their family, the J is more than just a place to work out—it's a supportive, family-oriented community. As a stay-at-home mom, Rachel especially values it as a positive outlet, while both appreciate the focus on health, childcare, and connection. Flynn loves J Care, and they feel confident in the level of care and friendliness from both staff and members.

What stood out most when they joined was how welcoming the environment felt. It's not just a gym—it's a place where people genuinely care.

The J fits seamlessly into their lifestyle, offering a strong support system through programs like J Care and family-focused events. They recently attended "Pancakes & PJs" for the first time and loved the experience.

What keeps them coming back? Everything from the family-friendly atmosphere to the quality facility and the relationships they've built.

Light & Fun Wrap-Up
If they had to choose one activity to do forever at the J, it would be swimming—Flynn especially loves the pool!

In three words, they describe the J as: **inviting, fun, and family-oriented.**

Their advice to other families thinking about joining: *"Do it—there's no reason not to!"*

Want a chance to be our next featured member or family? Contact Elena Martinez at **elena.martinez@jewishtampa.com** to learn more.

WELCOME

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SHANNA & BRYAN GLAZER JCC
813.575.5900

Monday – Friday
5:30 AM - 9:00 PM

Saturday & Sunday
7:00 AM - 7:00 PM

MEZRAH FAMILY AQUATIC CENTER
813.575.5900

Monday – Friday
5:30 AM - 8:00 PM

Saturday & Sunday
7:00 AM - 6:00 PM

J CARE*

Monday – Thursday
8:00 AM - 12:00 PM, 4:00 - 8:00 PM

Friday | 8:00 AM - 12:00 PM,
4:00 - 7:00 PM

Saturday & Sunday
8:00 AM - 12:00 PM

J Care is available at the SBGJCC and is limited to two hours per day.

*Included in all family memberships

For J Care questions please contact **elena.martinez@jewishtampa.com.**

HOW TO REGISTER FOR PROGRAMS

In order to register for activities/programs, you must have an account set up with us through Active. Please follow the directions listed below to register for programs:

1. Visit **JewishTampa.com** using your preferred browser.
2. Click on *JCC Member Login* at the top of the page.
3. If it's your first time visiting this page, click on the *Create New Account* button and follow the steps.
4. If you already have a password for your online account, log in using the exact email you signed up with at our facility.
5. This will take you to the main menu page where you can search and register for any activity/program.

If you are unable to register online, please contact the department head. The list of contacts can be found on page 27 of this program guide.

V Throughout the program guide, you will find the virtual logo to indicate whether an event or program is offered virtually or in combination of virtual and at the Shanna & Bryan Glazer JCC or an off-site location.

WELCOME

Way More Than a Gym (And Yes, I'm the Guy Who Came Up With the Tagline!)

If you've walked into the Shanna & Bryan Glazer JCC recently, swiped your badge, or scrolled past one of our digital screens or signage around the building, chances are you've seen those five words: **"Way More Than a Gym!"**

As Marketing Director, I'll admit I have a little extra personal affection for that slogan—I thought about a few more that didn't quite fit (ex. "More Than a Workout. A Place to Belong" or "Your Hub for Fitness, Family, and Community") and partly because I came up with it, but mostly because every single day, our members prove just how true it is.

Whether you're attending a celebration or corporate gathering in our event center, stopping by the Leon Mezrah Fitness Center, shooting hoops in the gymnasium, cooling off at the Mezrah Family Aquatic Center, or grabbing a coffee at Crembo Bakery & Café or doing a grab 'n' go on a *Brew & Schmooze* morning in the Vinik Grand Entry, the Shanna & Bryan Glazer JCC is so much more than a place to squeeze in a workout. It's where our community connects, grows, and gathers.

Inside this program guide, you'll find an incredible lineup of fall and winter activities for every age and interest. As our JCC Preschool classrooms and Club J afterschool program buzz with new energy, our fall pickup basketball and pickleball schedules are back, and our Active Adults and Parkinson's programs continue to inspire and build meaningful connections. From autumn community gatherings and holiday events to fitness challenges and volunteer projects, there is truly something here for everyone—culminating in a huge milestone this December as we celebrate our **10-year anniversary!**

So, look through these pages, discover something new to try this season, and experience everything our community has to offer.

See you around the J!

Warmly,
Ari Rothman
Marketing Director, Tampa JCCs & Federation

Did you know we have a MEMBER PERKS PROGRAM?

MORE INFO

Just show your JCC Badge and receive special discounts at participating partners.

Scan to learn more or visit the Welcome Desk and speak with a Membership Team representative.

WELCOME

The Tampa Jewish Community Centers and Federation Spotlight

Standing Strong, Growing Together: The Power of Our Community

Alissa Fischel, Chief Development & Engagement Officer

Over the past year, the strength of our community has been put to the test. Amid ongoing global conflict, critical crises, and a troubling rise in antisemitism, the mission of the Tampa JCCs & Federation has never been more essential. We are more than a gathering place—we are the heartbeat, shield, and safety net for Jewish life across Tampa and around the world.

Your generosity powers our Annual Campaign and the life-changing programs we deliver every day of the year, creating extraordinary impact in the following ways:

- **Safety & Resilience:** Securing our community through the Tampa Jewish Community Security Initiative, conducting threat and risk assessments to keep our families safe.
- **Crucial Local Support:** Providing emergency financial assistance for housing, rent, food, and utilities, along with life-enriching programs like the Parkinson's Program.
- **Inspiring Next Generations:** Fostering Jewish identity through the JCC Preschool, PJ Library family engagement, youth scholarships, and leadership pathways with IMPACT.
- **Global Solidarity:** Delivering life-saving trauma counseling, emergency housing, and critical aid to families in Israel and others to rebuild after crisis.

This profound, collective impact is made possible entirely by dedicated members like you who generously invest your energy, time, and heart. As we step into our new fiscal year, please mark your calendars for these upcoming events:

September 16: Hakarat Hatov

October 15: Annual Campaign Kickoff

October 22: Sue & Jeff Schoenbaum Annual Community Leadership Awards

October 25 - November 1: Jewish Book Festival

December 1: Giving Tuesday

January 13: Bobby Karpay Women of Distinction Program

Discover everything we have to offer—from rich arts and culture to world-class wellness at the Shanna & Bryan Glazer JCC. We are so much more than a gym; we are your home away from home.

Connect with us: visit **JewishTampa.com** or contact me at **813-769-4726** or **alissa.fischel@jewishtampa.com** to learn how you can get involved.

MEMBERSHIP

MEMBERSHIP

You will find a vast array of activities, programs and events to meet all of your fitness, social, intellectual, artistic, social action and spiritual needs – regardless of your religious affiliation. Over the years, the Tampa JCCs & Federation has proudly engaged the Tampa community through programming that excites, explores and challenges the mind, body and spirit. Visit us and experience the warmth, laughter and camaraderie. Whether you're a fitness fanatic or just starting an exercise routine, a toddler taking your first steps, a young professional, an avid theatergoer, an art enthusiast or an adult on-the-go, come to the JCCs and discover your story!

MEMBERSHIP CATEGORIES

We offer a variety of membership categories and payment options to best suit your needs. Memberships range from individual to family, senior to young adult, youth and social. We have a place for you here at the JCCs.

Guest Passes

Members are always encouraged to bring guests to enjoy the J at any time! Members receive three complimentary guest passes as part of their membership.

Kaliya Burton-Akright
Customer Service Manager

MEMBERSHIP

Once the three complimentary guest passes have been used, members and guests are invited to purchase guest passes at these daily rates:

- **Guest with a member (ages 12+): $10/person**
- **Guest without a member (ages 18+): $20/person**
- **Children (under 12 years old): $5/child**

Please note that guests under the age of 16 must be accompanied by an adult. Passes may be acquired by contacting the Shanna & Bryan Glazer JCC Membership Team at membership@sbgjcc.com.

Corporate Membership Partnerships
Corporate membership partnerships are available if you would like to bring a health and wellness program to your workplace. Are you interested in a Lunch & Learn or an office fitness demo at your company, hosted by the fitness team? If you are looking for special events focused on health and wellness for your team, we have corporate wellness programs available at no cost to the employer. Multiple options are available. Contact the SBGJCC membership team at membership@sbgjcc.com or call **813.575.5900**.

Photo-ID Membership Cards
The safety of our members and guests is our top priority. When joining, each member (ages 12+) is issued a photo-ID membership card that is required to be swiped in order to gain entry at both the security gate and welcome desk. Please be sure to scan your membership card at the scanning station upon entering the building. ID cards may be requested for individuals who are authorized to regularly pick-up children from the JCC Preschool, Camp J and Club J. Adjustment to the security process will be communicated via email and our monthly e-newsletters.

Lost or Damaged Membership Cards
Membership card replacement is managed by the welcome desk. A $10 replacement fee is charged for lost/misplaced and damaged cards. Individuals who temporarily misplace their card may enter the facility by presenting their ID to the staff at the welcome desk.

Locker Rentals
If you prefer to reserve a locker for your personal use, we offer locker rentals at the Shanna & Bryan Glazer JCC. Rent a locker for $30 per month. To sign-up, stop by our welcome desk or contact our membership team at membership@sbgjcc.com or call 813.575.5900.

BREW & SCHMOOZE

W 8:30 - 10:30 AM | September 9
Tu 5:30 - 7:30 PM | September 22
W 8:30 - 10:30 AM | October 14
Tu 5:30 - 7:30 PM | October 20
W 8:30 - 10:30 AM | November 4
Tu 5:30 - 7:30 PM | November 24
W 8:30 - 10:30 AM | December 2
Tu 5:30 - 7:30 PM | December 15

We are so happy that you are a member of our community! Join us for our monthly member socials to meet new people, have great conversations and share a drink together! Coffee and grab and go breakfast items will be offered in the morning. Light bites and both alcoholic and non-alcoholic beverages will be offered in the evening.

For more information contact kaliya.burton-akright@jewishtampa.com.

Free with membership

OUR MEMBERSHIP TEAM

SBGJCC Membership Team (L-R):
Membership Representative McKinsey Glausier,
Senior Membership Manager Rachel Milhoan,
Membership Representative Hayley Harpe

OPEN HOUSE

Sa–M | September 5 - 7
M–W | October 12 - 14

OPEN HOUSE & 10TH ANNIVERSARY CELEBRATION

M–W | December 7 - 9

We're way more than a gym – we're your community destination. While you'll find state-of-the-art fitness equipment and energizing group classes, the JCC is where health, wellness, and lasting connections come together. From early childhood education and youth programs to engaging adult activities, cultural events, and a welcoming atmosphere for every generation, discover a space built around complete well-being. Come tour our facilities, take a complimentary group exercise class, and meet our community. **Plus, join us during our December Open House as we mark a major milestone: celebrating 10 years of community, culture, and care!**

Free

PINK OUT BINGO!

October 1 - 31

Challenge yourself all month long with our fitness pink out bingo cards! Sign up for bingo at our welcome desk and complete fun fitness tasks throughout the month to earn your prize! Contact **fitness@sbgjcc.com** with any questions.

Free with membership

BRING A FRIEND WEEK

M – F | November 16 - 20

Sweat is better shared! This November, celebrate gratitude by bringing your favorite workout buddy to any group exercise class for free. From yoga to cycling and more, grab a friend and let's move together. At check-in, simply let the welcome desk know which class(es) you and your guest are attending. **Questions?** Contact **fitness@sbgjcc.com**

AMERICAN RED CROSS BABYSITTER TRAINING

M 9:00 AM - 12:00 PM | December 14

The American Red Cross babysitting and childcare courses give caregivers the essential skills and confidence to provide safe, high-quality care for children of all ages. Designed for ages 11 and older and offered both online and in person, these courses cover essential childcare skills and safety topics. Contact **aquatics@sbgjcc.com** for more information and how to register.

Member: $100/Non-Member: $150

JOIN THE SBGJCC MASTERS SWIM CLUB!

The Shanna & Bryan Glazer JCC Masters is a USMS Masters Swim Team open to swimmers of all different shapes, sizes and abilities. We provide structured group workouts, motivation, stroke advice and camaraderie.

Tampa JEWISH COMMUNITY CENTERS & FEDERATION
BETTER TOGETHER

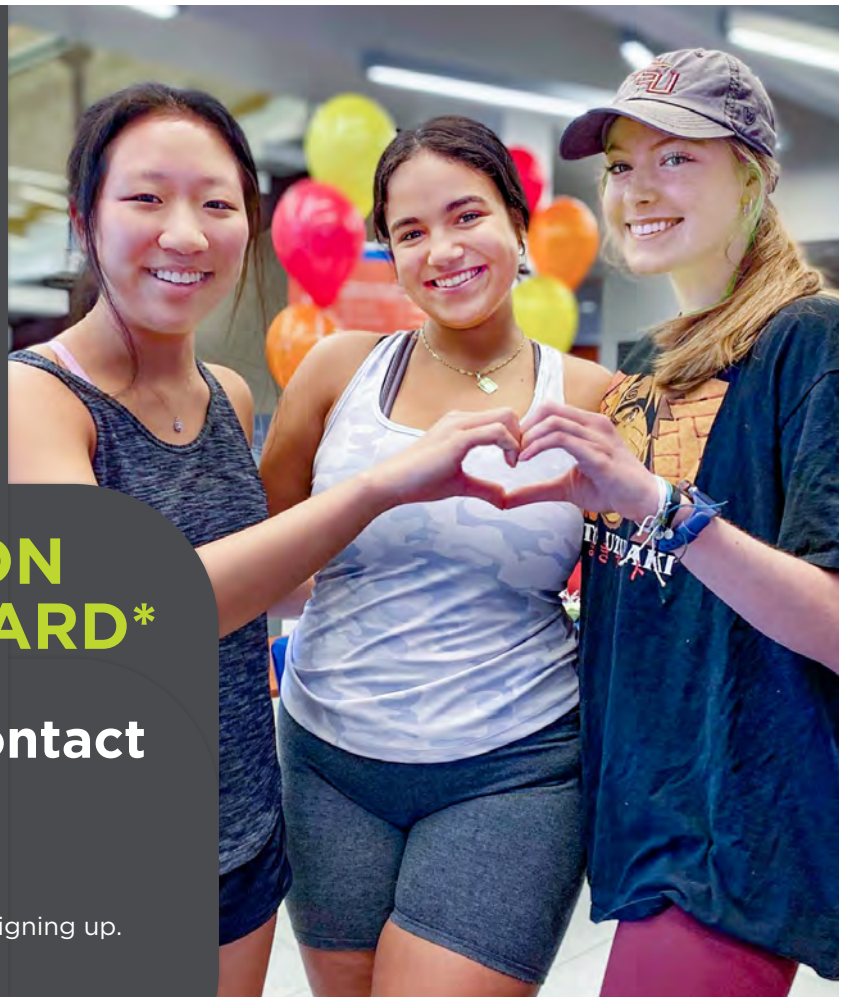
FOR MORE INFORMATION OR TO REGISTER
contact **aquatics@sbgjcc.com.**

SHANNA & BRYAN GLAZER JCC

REFER A FRIEND

AND RECEIVE A

$25 AMAZON GIFT CARD*



For more information, contact the Membership Team or visit the Welcome Desk.

* Referral must join and not cancel within 60 days of signing up.

MEZRAH FAMILY AQUATIC CENTER POOL GUIDELINES

For your safety and the safety of other members, we ask that you abide by our pool guidelines:

- **No diving**
- **U.S. Coast Guard approved flotation devices only**
- Swimsuits are required
- Children wearing built-in swimsuit flotation devices must be accompanied by an adult in the water, regardless of age
- Children ages 11 and younger must be accompanied by an adult at all times
- Swim diapers must be worn
- No changing on the pool deck
- Rough play, running and throwing swimmers is prohibited
- Use of spa by children under 15 years of age is prohibited

COOLERS AND ALCOHOL POLICY

No outside alcohol is allowed in the facility and glass is prohibited. All coolers will be checked for glass and alcohol at the welcome desk.

OUTDOOR SAUNA GUIDELINES

- Maximum use: 15 minutes
- Maximum sauna load - 4 persons
- Must be 18 years or older to use
- If you are feeling dizzy, lightheaded, or uncomfortable, exit the sauna and seek help immediately
- Pouring liquids onto rocks is strictly prohibited
- No oils or lotions should be used in the sauna

THUNDERSTORM POLICY

As a safety precaution, the pool and pool deck will close when lightning breaches an 8-mile perimeter of the JCC. We will reopen 30 minutes after the last lightning strike within that range.

SWIM TEST POLICY

All children ages 10 and younger must be swim tested to use the competition pool. Our swim test is a 25-yard swim. If the child fails the swim test, they must remain in the family pool or the splash pad (with an adult).

SBGJCC COMPETITIVE SWIM TEAM (AGES 6 – 18)

Monday – Friday
4:00 - 4:45 PM (ages 10 and under)
5:45 - 7:45 PM (ages 11 and older)

Monday/Wednesday/Thursday
7:00 - 7:30 AM Dryland Weights
(ages 15 and older)

When you are in Florida, swimming is all year round! Why choose us?

We care about every individual participant whether they are new to USA swimming or already ranked on a national level.

As a former USA Swimming/NCAA athlete himself, our coach will provide individual attention and experience to each participant as well as each parent/guardian.

No one on this team will just become some number on a piece of paper. They will become part of a family! Swim assessments are held Monday, Wednesday and Thursday at 5:45 PM.

Contact aquatics@sbgjcc.com to get more details.

Member Only: $120/month

Registration is monthly; roster size is limited.

SBGJCC DEVELOPMENTAL SWIM TEAM

Monday – Thursday
3:30 - 4:15 PM (ages 10 and under)

Monday – Friday
4:45 - 5:45 PM (ages 11 and older)

The developmental swim team provides the bridge for an avid young swimmer who has learned the basics in a swim lesson program and wants to keep developing skills to prepare for swimming on a competitive level. Techniques and drills are the primary focus. Swim assessments are held Monday, Wednesday and Thursday at 5:45 PM.

Contact aquatics@sbgjcc.com for more information and to register.

Member Only: $120/month

Registration is monthly; roster size is limited.

SBGJCC MASTERS SWIM CLUB (AGES 18+)

Shanna & Bryan Glazer JCC Masters is a USMS Masters Swim Team open to swimmers of all swim level abilities. We provide structured group workouts, motivation, stroke advice and camaraderie.

Contact aquatics@sbgjcc.com for more information and to register.

Member Only: $50/month

AQUATICS

SEPTEMBER GROUP SWIM LESSONS

Tuesday/Thursday
4:00 - 4:30 PM (ages 3-5)
4:30 - 5:00 PM (ages 6-8)
Student teacher ratio is 6:1
Class time is 30 minutes
Member: $60/Non-Member: $110

PRIVATE SWIM LESSONS

One-on-one training with instructor
Member: Single Lesson: $32
5-Pack: $150 | 10-Pack: $280

Semi-Private Swim Lessons

Semi-private lessons offer great flexibility and personal attention, plus it's more fun swimming with a friend. Swimmers are responsible for providing their own co-participation.
Member: Single Lesson: $22
5-Pack: $100 | 10-Pack: $180
Prices are per swimmer.

PARENT & TOT SWIM LESSONS (AGES 6 MONTHS - 2 YEARS)

Su 10:00 - 10:30 AM
September 6, 13, 20, 27

Spark a love for swimming early! Our Parent & Tot classes are designed for parents and their little ones to enjoy the water together in a safe, engaging environment. With songs and hands-on support, these lessons are perfect for introducing your tot to the joys of swimming while creating unforgettable memories!

For more information, please contact miranda.fisher@jewishtampa.com.
Member: $100/month
Non-Member: $125/month

ADULT TRIATHLON TEAM

Join our Adult Triathlon Team for a thrilling journey through swimming, cycling, and running. Train, compete and bond with like-minded athletes. All levels are welcome!
$50/month

YOUTH TRIATHLON TEAM

Tu/Th 6:00 - 7:30 PM

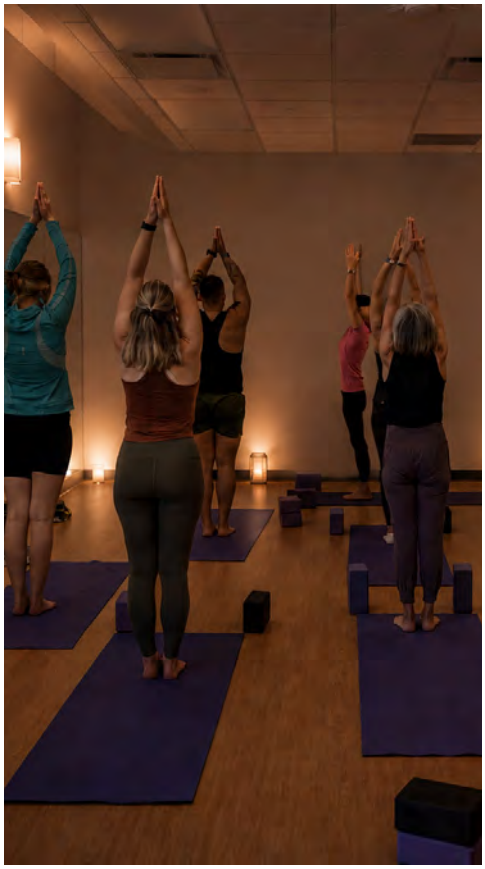
Introduce your kids, ages 7-12 years old, to this multisport and train with a world class triathlon competitor. Each child will learn to be comfortable on two wheels, and in the pool to alleviate any fears before a possible race. For more information contact aquatics@sbgjcc.com.
$50/month

AMERICAN RED CROSS ADULT & PEDIATRIC CPR/AED AND FIRST AID TRAINING

W 9:00 AM - 12:00 PM | November 16

The American Red Cross Adult & Pediatric CPR/AED and First Aid Training teaches essential lifesaving skills for responding to emergencies. Participants learn to provide CPR, use an AED, and perform basic first aid for both adults and children. Participants will be required to complete mandatory asynchronous learning, followed by in-person skills sessions. Contact aquatics@sbgjcc.com for more information and how to register.
Member: $75/Non-Member: $125

FITNESS



WORKOUT OF THE WEEK

Your Next Fitness Challenge Awaits!
Looking for a spark to ignite your routine? Swing by the fitness desk to check out our **Workout of the Week!** It's fresh, effective, and it's ready for you to take on at your own pace. Need some personalized guidance? Email fitness@sbgjcc.com to book your orientation.
Free with membership

AUTUMN EQUINOX YIN YOGA

Tu 5:30 – 6:20 PM | September 22
Mind & Body Studio
Join us as we honor the balance of day and night and cultivate a sense of balance and harmony within. This session supports yogis of all skill levels with options and adaptions. Please bring your favorite blanket. Contact fitness@sbgjcc.com for more information.
Free with membership

LINE DANCE

Th 5:30 – 6:20 PM | October 15
Mind & Body Studio
Step, slide and SLAY! Join us for a special line dance event featuring easy-to-follow dances and a mix of musical anthems.

Contact fitness@sbgjcc.com for more information.
Free with membership

BIKER BAR(RE)

Th 5:30 – 6:20 PM | November 5
Cycle Studio
Ride. Sculpt. Recover. Experience the perfect fitness blend of an invigorating cycle ride paired with a barre-inspired sculpting session. Then join us at the Biker Bar(re) for refreshing and healthy hydration to help fuel your recovery.

Contact fitness@sbgjcc.com for more information.
Free with membership

FITNESS

GRATITUDE IN MOTION

Th | November 26

Join us for bite-sized movement and mindfulness sessions to keep your wellness goals intact!

Check out the group exercise schedule for classes and times, and contact fitness@sbgjcc.com for more information.

Free with membership

WINTER WELLNESS

Th | December 24
F | December 25

Make movement fit your schedule! Whether you're squeezing in a workout or taking advantage of extra time off, our 30- and 45-minute express classes make it easy to stay active. Check out the group exercise schedule for classes and times, and contact fitness@sbgjcc.com for more information.

Free with membership

NEW YEAR'S EVE – REFLECT & RENEW

Th | December 31

Close out the year with movement, mindfulness and MOMENTUM. Join us for 30- and 45-minute express classes designed to help you reflect on the year, celebrate your progress, and step into the new year feeling refreshed. Check out the group exercise schedule for classes and times, and contact fitness@sbgjcc.com for more information.

Free with membership

PILATES REFORMER

Experience the transformative power of Pilates Reformer! Elevate your fitness journey with a complimentary Pilates Reformer session, featuring an array of core-strengthening exercises that enhance back stability and elongate your body. By engaging in movements while lying down, standing and everything in between, the Pilates Reformer offers a dynamic workout environment that will constantly challenge and motivate you. Discover endless possibilities for improving your strength and flexibility, keeping you engaged and eager for every session.

All members receive a complimentary orientation within a group session.

To schedule yours or to purchase a package, email pilates@sbgjcc.com.

See the Group Exercise Schedule for a full list of class times.

Group Session Reformer Rates:
Single Session – Member: $27
4 Sessions – Member: $104
8 Sessions – Member: $192
12 Sessions – Member: $264
16 Sessions – Member: $336
Private and duo sessions available.

YOUTH + TEEN PROGRAMS

JCC PRESCHOOL

2710 South Ysabella Avenue
Irving Cohen Center at Congregation Rodeph Sholom
813.835.6614
License #C PA 130310

JCC Preschool provides a strong academic foundation within a loving, nurturing environment. The preschool offers a wide range of part-time and full-time options in South Tampa. **Classrooms start with our infant program (3 months minimum) and go through Pre-K. JCC Pre-K graduates consistently score in the top 5% on the readiness tests administered to all children entering Kindergarten in the State of Florida.** VPK vouchers are accepted. Rolling admissions throughout the year based on availability.

Problem-solving and inquiry are the cornerstone of the JCC Preschool curriculum. There is a balance between individualized attention and learning cooperatively within a community. Children explore early literacy, math, social studies, science and fine arts in ways that are meaningful to them so that they can make connections to the world around them and form deeper understandings of concepts and relationships. Learning opportunities surround the children, from the intentional design of the classroom to the activities explored on the playground. Children learn values and character development through a Jewish lens, while embracing and welcoming the diversity of our community.

From the caring, dedicated teachers to the amazing, active parents, the JCC Preschool is a welcoming place for all families. The JCC Preschool is the place to be for a great early childhood education and long-lasting relationships!

For more information, please contact **jccsouth@jewishtampa.com.**

CLUB J AFTERSCHOOL

Club J, a high quality after school program offered at Shanna & Bryan Glazer JCC provides children from kindergarten through 5th grade the opportunity to have fun, learn new skills and to grow and develop in positive ways. Club J begins on the first day of school for Hillsborough County Public Schools.

We offer excellent staff to children ratios, with every staff member having had a complete background check. Professional and experienced staff respect and value the diversity of each child.

Transportation is available from Mitchell, Gorrie, Grady, Mabry, Roosevelt and Adum elementary (pending a minimum number of children per school.) Drop off at Club J after school is also an option. During Club J after school, our professionals supervise homework and lead fun enrichment activities, including arts and sports. Additional enrichment programs are being offered to children at the Shanna & Bryan Glazer JCC, whether the child attends the Club J program or not.

For more information about these programs, please contact **Alyssa Cole** at **813.291.2254** or **alyssa.cole@jewishtampa.com.**
Pricing starts at $397

AFTERSCHOOL ENRICHMENTS AT THE J

Our Afterschool Enrichments at the Shanna & Bryan Glazer JCC offer children in Kindergarten through 5th grade exciting opportunities to explore new interests, build skills and have fun in a safe, supportive environment. Led by experienced instructors and educators, these engaging programs encourage creativity, critical thinking, confidence and friendships beyond the school day. Children do not need to be enrolled in Club J to participate.

For more information about these programs, please contact Alyssa Cole at **813.291.2254** or **alyssa.cole@jewishtampa.com.**

Artists on a Roll
Led by Ms. Erica from Artists on a Roll, this creative after-school enrichment introduces students to the funda–mentals of visual art through engaging, hands-on projects. Children will experiment with a variety of artistic techniques and materials while developing creativity, self-expression, confidence and lasting friendships in a fun and encouraging atmosphere.

One-on-One Academic Tutoring
Give your child personalized academic support with one-on-one homework help or individualized coaching in a focused learning environment. Our experienced

JEWISH
BOOK FESTIVAL
TAMPA
2026

Meet The Authors Behind the Pages

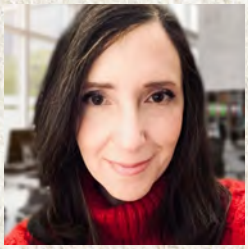
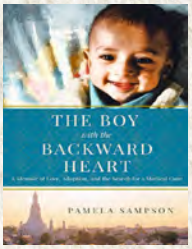
Sunday, October 25 - Sunday, November 1

Event Tickets
All Access Pass
Author/Book Details at
JewishTampa.com/JBF

Oct. 25 | 11:00 am | Shanna and Bryan Glazer JCC
NOTES THAT ENDURE
You, With Your Waiting
by Leslie Lacin
$36

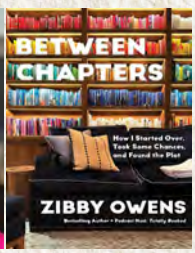
Oct. 25 | 2:00 pm | Shanna and Bryan Glazer JCC
BLOOMING INTUITION
Flower Energy: *Channeling the Healing Power of Blooms*
by Jenny Barker
$18

Oct. 25 | 4:00 pm | Shanna and Bryan Glazer JCC
PAGES AND PROSECCO
Sofa Bed Island
by Jodi Michelle Cutler
$18

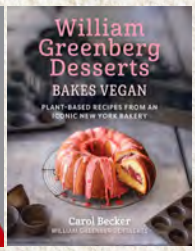
October 27 | 7:00 pm | Tampa JCCs & Federation - Carrollwood
3919 Moran Road, Tampa 33618
THE UNEXPECTED STORY
The Boy with the Backward Heart
by Pamela Sampson
FREE EVENT

October 29 | 7:00 pm | Tampa JCCs & Federation - Carrollwood
3919 Moran Road, Tampa 33618
LOVE AGAINST ALL ODDS
Meant To Be: *Two Parents, Two Wars. One Incredible Destiny.*
by Roslyn Franken
FREE EVENT



Oct. 30 | 11:30 am | Shanna and Bryan Glazer JCC
BOLD WOMAN, BRILLIANT STORIES
Between Chapters: *How I Started Over, Took Some Chances, and Found the Plot*
by Zibby Owens
$54

Nov. 1 | 9:30 am | Congregation Kol Ami
EMPOWER • CREATE • EXPLORE
The Art of Jewish Joy **by Amanda Kingloff**
Presented in partnership with Congregation Kol Ami
Supported by PJ Our Way
$10 Adult ticket kids under 12 FREE (suggested age 8+)



Nov. 1 | 2:00 pm | Shanna and Bryan Glazer JCC
DECADES OF SWEET TRADITION
William Greenberg Desserts *Bakes Vegan*
by Carol Becker
$18

Nov. 1 | 4:00 pm | Shanna and Bryan Glazer JCC
MANUFACTURING THE MAGIC
Playmakers: *The Jewish Entrepreneurs Who Created the Toy Industry in America*
by Michael Kimmel
$28

Author programs will conclude with a book sale and signing.

Generously Sponsored by

The Gemunder Family Foundation
Tampa Jewish Community Centers & Federation — Better Together
Hillsborough County Florida
Barbara & Richard Manners and Family
Jewish Book Council — www.jewishbookcouncil.org

Festival Book Seller
OE

Sponsors as of 7.22.26

PJ Library FALL fun!

SEPTEMBER-DECEMBER 2026 EVENTS:

Register for all programs at JewishTampa.com/PJLibrary.

PJ CONNECTS
Connect PLAYDATES

(for children 1-4 years old)

Tampa JCCs and Federation – Carrollwood
3919 Moran Road, Tampa

9:15 am | 10:15 am | 11:15 am
on Sundays

September 27 - October 18
November 15 - December 13

Parents, grandparents, and caregivers can slow down and connect through conversation with other Jewish families, while children of the same age enjoy guided play from a PJ Library Program Professional.

The Keurig will always be ready to dispense coffee & tea!

FREE PROGRAM
Registration required

OCTOBER

***PJ Our Way** presents*

OLD McNOAH HAD AN ARK!

Old McMicky's Farm
9612 Crescent Drive, Odessa

Sunday, Oct. 11 | 9:45 am
(tour starts at 10:00 am)

Two by two, we're heading to Old McMicky's Farm with you. Snack, craft and lots of farm animals!

$10 per person *over the age of 2*

November
Mensches and Monsters

Carrollwood Cultural Center
4537 Lowell Road, Tampa

Sunday, Nov. 8 | 11:30 am - 1:00 pm

A monstrously fun guide to being your best self with crafts, games and more. - Bring a picnic lunch.

$10 per PJ Library Family

PJ OUR WAY (ages 8.5-12) November
How to Be a Mensch: The Challenge

Tampa JCCs and Federation – Carrollwood
3919 Moran Road, Tampa

Sunday, Nov. 8 | 3:00 - 5:00 pm

2 hours of fast-paced games, silly challenges, and opportunities to practice being a mensch! Snacks and drinks provided.

$15 per PJ Our Way Friend

December
OH, MY GELT!

Shanna and Bryan Glazer JCC
522 N. Howard Ave., Tampa

Sunday, December 6 | 10:00 - 11:00 am

A fun, cozy, Hanukkah celebration for little ones (includes a Gelt scavenger hunt!)

$10 per PJ Library Familly

Some programs have limited space, please register today to save your spot at **JewishTampa.com/PJLibrary**

Tampa Jewish Community Centers & Federation — Better Together

PJ Library — Facebook.com/PJLibraryTampa

Harold Grinspoon Foundation

REGISTER

For more information call Laura Kaufmann at (813) 769-4727 or Laura.Kaufmann@JewishTampa.com

JCC Preschool

- A Strong Academic Foundation With Social-Emotional Learning
- Part-Time And Full-Time Options For Infants - Pre-K; (VPK offered)
- Nurturing Teachers
- A Small School Environment
- A Community Of Supportive Families And Meaningful Connections
- Playtime (Indoor/Outdoor)

- Low student-to-teacher ratios
- Excellent security
- Jewish values

JCCsouth@JewishTampa.com
(Located at the Irving Cohen Center at Rodeph Sholom)

Tampa Jewish Community Centers & Federation — Better Together

JCC Preschool — Where we learn to play...and play to learn!

KOL ECHAD
EVERYONE COUNTS!

Kol Echad (meaning everyone counts) is an initiative of the Tampa JCCs and Federation designed to establish a dedicated focus on inclusive Jewish programming for adults (ages 12 and up) with special needs.

AUGUST
New Year's Paint Party
Apples & Honey Adventure
Tues. Aug. 25 | 10:00 am - 12:00 pm
Tampa JCCs and Federation - North Location
3919 Moran Rd., Tampa

DECEMBER
Groove & Glow
Chanukah Dance Party
Sun. Dec. 6 | 12:00 – 2:00 pm
Shanna and Bryan Glazer JCC
522 N. Howard Ave., Tampa

MAY
Celebrating Israel
Blue & White Bowling
Sun. May 2 | 1:00 - 3:00 pm
1UP Entertainment
11778 N. Dale Mabry Hwy., Tampa

OCTOBER
Noah's Ark
Animal Encounter
Sun. Oct. 11 | 12:00 – 2:30 pm
Old McMicky's Farm
9612 Crescent Dr., Odessa

FEBRUARY
Movie Day
at the Tampa Bay Jewish Film Festival
Sunday, February 28 | 1:00 pm
Shanna and Bryan Glazer JCC
522 N. Howard Ave., Tampa

JULY
Color Wars
Jewish Day Camp Experience
Sunday, July 11 | 1:00 pm
Shanna and Bryan Glazer JCC
522 N. Howard Ave., Tampa

Proudly supported by

TIKVAH SUNCOAST
Opening Doors to Special Lives

For detailed program information and to register *(required for all programs)*
visit **JewishTampa.com/KolEchad**
For all other questions contact: Brandy.Gold@JewishTampa.com

Tampa Jewish Community Centers & Federation
BETTER TOGETHER

THE BEST PART OF THEIR DAY STARTS WHEN WE PICK THEM UP!

WE PROVIDE TRANSPORTATION FROM:
- Mitchell
- Mabry
- Grady
- Gorrie
- Roosevelt
- Adum

followed by a structured afternoon of homework support, art, sports, gym time, and weekly swim.

JOIN
CLUB J AFTER SCHOOL

REGISTRATION IS NOW OPEN!
ShannaAndBryanGlazerJCC.com/ClubJ

CLUB J after school program

Shanna & Bryan Glazer JCC

Tampa Jewish Community Centers & Federation
BETTER TOGETHER

teachers provide assistance in a variety of subject areas, helping students build confidence, strengthen academic skills, stay on track with classroom learning and prepare for tests when needed.

Science Club
Led by a certified engineering and technology teacher, Science Club inspires young innovators through exciting, hands-on STEM experiences. Children will conduct wacky science experiments, build and program robots, explore basic coding concepts and even learn with drones while developing problem-solving and teamwork skills in a fun, interactive environment.

FALL & WINTER BREAK CAMPS

When school is out, the fun continues at the J! Our Fall and Winter Break Camps provide children in Kindergarten through 5th grade with an exciting, safe, and engaging place to spend their school breaks while Hillsborough County schools are closed. Campers enjoy a variety of age-appropriate activities, including arts and crafts, STEM projects, sports, games, team-building activities, outdoor play, and special themed experiences led by our energetic and caring staff.

Whether your child joins us for one day or the entire break, they'll make new friends, stay active, and create lasting memories in a welcoming environment. Our experienced staff provide a high-quality program that keeps children learning, laughing, and having fun throughout their school holiday.

For more information about these programs, please contact Alyssa Cole at 813.291.2254 or alyssa.cole@jewishtampa.com.

KIDS DAY OUT

Su 12:00 - 4:00 PM | September 6
October 4, 18 | November 15
December 13, 27

Give your child the perfect Kid's Day Out experience filled with laughter, learning and endless fun! Our program is designed to provide a safe and engaging environment for kids to explore, play and make new friends. From different monthly themes to fun activities, games, swimming, eating pizza and more! For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: $40 for the first child, $20 per additional child

Guest: $50 for the first child, $20 per additional child

CANVAS AND CONNECT

F 6:30 - 8:00 PM | September 18

Unwind, create and connect at our Canvas & Connect painting night! Whether you're planning a date night with your partner or a fun evening with friends, this guided painting experience is the perfect way to relax and make lasting memories. Enjoy complimentary wine, beer, and light bites as you paint, laugh, and socialize in a welcoming atmosphere.

Bonus for parents: Childcare is included, so you can enjoy your evening knowing your little ones are having fun in a safe, supervised environment.

No painting experience is necessary—just bring your favorite person, and we'll provide the rest!

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: $30/Guest: $40

PARENTS NIGHT OUT

Tu 5:30 - 8:30 PM
November 24 | December 22

Need a Date Night? We've Got You Covered! Treat yourself to a night out while your little ones enjoy an evening packed with fun! Our 3-hour Parents' Night Out includes a kid-friendly movie, pizza, popcorn, creative crafts, exciting games and supervised play. Everyone wins—parents get a night off and kids get a night they'll love!

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: $25 for the first child, $10 per additional child

Guest: $35 for the first child, $10 per additional child

YOUTH + TEEN PROGRAMS

STEM SUNDAYS

Su 10:00 AM - 12:00 PM
October 25

Join us for Stem Sundays, where learning meets excitement! Children ages 4-12 will dive into the world of science, technology, engineering and math with hands-on experiments and engaging activities that are designed for young minds with a thirst for knowledge! STEM Sundays offer a fun and interactive way to explore the wonders of STEM.

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: $20 for the first child, $15 per additional child

Guest: $30 for the first child, $15 per additional child

CRAFTY CREATIONS

Sa 10:00 AM - 12:30 PM | October 24

Join us in Crafty Creations where creativity meets delicious fun! Make awesome crafts, then whip up and enjoy your own delicious creations. Perfect for kids who love to be creative in more ways than one!

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: $25 for the first child, $15 per additional child

Guest: $35 for the first child, $15 per additional child

FAMILY PAINT AND CREATE!

F 6:30 - 8:00 PM | November 6

Join us for Family Paint & Create — a fun, hands-on experience where families come together to make art and memories! Guided by our talented art instructor, Ms. Kodi, you'll create your own unique canvas masterpiece step by step. This is a wonderful opportunity to bond, get creative, and enjoy quality time together—no experience needed. Best of all, you'll leave with a finished canvas to take home!

For more information or to register, please contact Elena at elena.martinez@jewishtampa.com.

Member: $25 for the first child, $15 per additional child

Guest: $35 for the first child, $15 per additional child

PANCAKES AND PAJAMAS

Su 9:00 - 11:00 AM | November 8

Join us for a cozy fun-filled Sunday! Slip into your comfiest PJs and come join us while we decorate pancakes, do arts and crafts, and read books in our reading corner! Pajamas are encouraged. For more information, please contact Elena at elena.martinez@jewishtampa.com.

Free with Family membership

BBYO

BBYO is the leading pluralistic teen movement aspiring to involve more Jewish teens in more meaningful Jewish experiences. BBYO strongly values Jewish identity, active leadership, inclusion and tradition. The Tampa JCCs & Federation is home to the Tampa chapter of BBYO in the North Florida Region. Tampa teens gather to create programs, engage in Judaic activities and socialize with other Jewish teens across the Tampa Bay area.

For more information please contact jodi.rothman@jewishtampa.com.

Something for Every Child

Youth Activities at the J

Where Fun Meets Learning!

Unlock your child's potential with our diverse range of programs designed to foster creativity, critical thinking and a lifelong love of learning.

From hands-on STEM projects to artistic explorations, we've got something to spark every interest.

CAMP J

CLUB J
after school program

CRAFTY CREATIONS

KIDS DAY OUT
FUN-THEMED SUNDAYS

STEM SUNDAYS

For more information, contact Elena at
elena.martinez@jewishtampa.com
or call 813.575.5900.

Tampa JEWISH COMMUNITY CENTERS & FEDERATION
BETTER TOGETHER

SHANNA & BRYAN GLAZER JCC

ACTIVE ADULTS

The Tampa JCCs & Federation is where active adults go to enjoy activities that are fun, interesting and satisfying. From games and workshops, to concerts and excursions, to discussion groups and lectures, you can find it here. We always welcome input from our members to enhance our offerings. For those who are not yet ready to attend in person, we are pleased to offer many of our programs virtually as well.

For more information about any of the Active Adults programming, email **pnina.levermore@jewishtampa.com.**

MAH JONGG OPEN PLAY*

Tu 11:30 AM - 2:00 PM
W 1:30 – 3:30 PM

If you're looking for a friendly place to get together and play Mah Jongg, this is it. Novices and experienced players welcome.

Free with membership.
***Free lessons for beginners available**

BRIDGE LESSONS

Th 1:00 - 2:30 PM
Series of four lessons; new series run consecutively
Next series begins September 3

Have you ever wanted to learn to play bridge? Do you know the basics, but it's been a while? Come schmooze, play and learn in a friendly environment.

Four 90-minute sessions will cover the fundamentals of bridge, including bidding and the play of hand.

Member: $40/Guest: $50 (includes four 90-minute sessions; pro-rating option available)

MAH JONGG BEGINNER CLASS

Su 9:00 AM | September 27 - October 18
M 6:30 PM | August 10 - August 31
Led by Dragons on the Green Mah Jongg

Mah Jongg is a game of skill and chance that is becoming increasingly popular in the U.S. This course will allow you to learn the rules of American Mah Jongg, basic playing skills and the etiquette of the game. Join us for this 4-week session for fun and enjoyment. The National Mah Jongg League rule card will be provided as well as other resources.

Member: $100/Guest: $120 (per four lesson series)

JCC MEN'S CLUB + V

Meets the second & fourth Tuesday
5:30 – 6:30 PM
September 8 - December 22

The Men's Club is a group for men to cultivate fellowship and camaraderie through social gatherings, interesting discussions and volunteer activities. In addition to twice-monthly meetings that include stimulating guest speakers and refreshments, the Men's Club also schedules a variety of activities such as Rays baseball games, chartered fishing trips, brunch get-togethers and community volunteering.

NEW YORK TIMES CROSSWORD: LET'S DO THE PUZZLE V

W 5:00 – 6:00 PM | September 9
October 14 | November 11 | December 9

Let's do the Puzzle! *New York Times* puzzle wizard Steve Manin reveals the keys to filling in the blanks. Ever wish you could do the crossword puzzle? Now's your chance! You know most of the words. What you may not know are little tricks and the ability to train your brain to think like an expert crossword puzzle solver. Join in the fun, interactive show. Do you think you're already pretty good at solving crosswords? Test your skills with crossword guru Steve Manin.

Zoom information available at **ShannaandBryanGlazerJCC.com/ActiveAdults**

Free with membership

NEWS TALK V

Second and Fourth Friday | 4:30 PM
September 11 – December 25

Each week, News Talk engages in a topical discussion designed to increase knowledge and understanding of world events. There is also a brief

review of current news.

For Zoom information email pnina.levermore@jewishtampa.com.
Free with membership

INTERGENERATIONAL DRUM CIRCLE

Sponsored by the Men's Club

W 5:30 PM | December 2

Led by a professional Drum Circle facilitator Connect with the collective heartbeat and awaken your internal rhythm! Drumming is therapeutic; no experience required.
Free

THE TAMPA JCCs & FEDERATION PARKINSON'S PROGRAM

From exercise to education, support groups to social events, the Tampa JCC & Federation Parkinson's Program provides opportunities to improve the quality of life for individuals living with Parkinson's disease and their families. The Parkinson's Program is a partnership between the Tampa JCC & Federation, the University of South Florida Health Parkinson's Disease and Movement Disorders Center and Tampa General Hospital. It is run in collaboration with the Parkinson's Foundation and the Michael J. Fox Foundation. Currently, more than 1,000 Parkinson's disease patients, care partners and families in the Tampa Bay area engage with the program each year.

The Parkinson's Program offers a wide variety of activities for people with Parkinson's disease and their families, including:

- Exercise classes led by Parkinson's trained fitness instructors to improve participants' physical condition through aerobic activity, strength training, balance and stretch.
- Support groups, led by a licensed clinical social worker, tailored individually to patients and care partners to enhance coping skills, reduce feelings of isolation and anxiety, and provide opportunities for participants to express themselves.
- Voice Therapy & Tremble Clefs, led by a board-certified speech & swallowing pathologist, addresses voice projection, breathing and posture.
- Fine Motor Skills & Handwriting workshop to focus on brain, facial, eye and fine motor control.
- Lunch & Learn education events provide helpful practical information from subject-matter experts.
- Weekly Brain Games to flex memory, strategy and attentiveness.
- Social events and holiday celebrations to build connection and community, relieving isolation that can lead to depression and anxiety.

For those who are not able to attend in person, we are pleased to offer most of our Parkinson's Program activities virtually as well as in person.

To learn more or register for the Tampa JCC & Federation Parkinson's Program, please contact Pnina Levermore, Director of Parkinson's and Active Adults Programs, at 813.291.2253 or pnina.levermore@jewishtampa.com.
Free with membership, otherwise $20/month or $100/6 months

EDUCATIONAL EVENTS+

Monthly Lunch & Learn events and Annual Community Educational Forum opportunities to learn from specialists about a variety of topics of interest to the Parkinson's community.

Parkinson's Symposium: Navigating Parkinson's 2027: Living Well Today – Advancing Hope For Tomorrow
Save the Date

Su 11:00 – 4:00 PM | January 10, 2027

An essential event for education, support, and advancements in Parkinson's care. **Open and free to the public; advance registration required.**
Free

Philip Shayman Lunch & Learn: PPMI - Precision Medicine and the Future of Parkinson's

W 12:00 PM | October 21

Please join us for a special Lunch & Learn featuring an expert from the Michael J. Fox Foundation for Parkinson's Research, who will introduce the Parkinson's Progression Markers Initiative (PPMI)-one of the world's leading Parkinson's research studies.

Learn how PPMI is transforming our understanding of how Parkinson's disease begins and progresses, paving the way for precision medicine and more targeted, personalized treatments. Discover why research participation is important for people living with Parkinson's, those at risk, and healthy volunteers, and how community engagement is helping accelerate discoveries that will improve lives today and for future generations.
Free

Philip Shayman Lunch & Learn: The Therapeutic Power of Creative Art

Featuring Fred Johnson, Arts & Health Program Director, Straz Center for the Performing Arts

Tu 12:00 PM | November 17

Discover how creative expression can enrich the lives of people living with Parkinson's disease. Join Fred Johnson as he explores the growing evidence that participation in the arts supports brain health, emotional well-being, self-expression, and meaningful social connection.

Learn about **THIS IS US: Celebrating the Voices and Lived Experiences of the Parkinson's Community**, an inspiring new partnership between the Tampa JCCs & Federation Parkinson's Program and the Straz Center for the Performing Arts.

NAVIGATING PARKINSON'S

Tampa JCCs & Federation

2027 ANNUAL SYMPOSIUM

Living Well Today – Advancing Hope for Tomorrow
An Interactive Community Experience

Generously supported by:

Sara Golding-Scher and David Scher
in memory of Erica Mandelbaum

REGISTER NOW

No Cost – Registration Required

Sunday, January 10, 2027
11:00 AM- 4:00 PM
Shanna & Bryan Glazer JCC
522 N. Howard Ave, Tampa, FL 33606

For more information or to register, visit JewishTampa.com/Parkinsons

Tampa Jewish Community Centers & Federation — Better Together

Aufzien Family Center for Prevention and Treatment of Parkinson's Disease, Tel Aviv University

The Michael J. Fox Foundation for Parkinson's Research

TGH Tampa General Hospital

USF Health Morsani College of Medicine

Beginning in January 2027, people living with Parkinson's disease and their care partners will collaborate in a series of creative workshops to develop an original work inspired by their reflections, thoughts, concerns, hopes, and aspirations. The completed piece will be presented as a staged reading at the Straz Center next spring, accompanied by projected images and participant-created artwork, offering a powerful celebration of the Parkinson's community through the arts.

Free; RSVP required to Pnina Levermore at 813.291.2253 or pnina.levermore@jewishtampa.com.

FITNESS CLASSES

Tampa JCCs & Federation – Carrollwood
3919 Moran Road, Tampa, FL 33618

Let's Move
M/W 11:00 – 11:50 AM
Just the right amount of challenge with weights, bands and stretching.

Rock Steady Boxing*
JCC M/Tu/F 1:30 - 2:15 PM
Carrollwood Tu 1:00 - 1:45 PM
Carrollwood W 11:00 - 11:45 AM
V W 10:00 - 10:45 AM
A fun activity that focuses on building strength in the core. Rock Steady Boxing conditions for agility, speed, endurance, hand-eye coordination.

*Rock Steady Boxing classes are an affiliate program of Rock Steady Boxing, Inc.

Chair Yoga
JCC Tu 12:30 - 1:15 PM
Introduction to chair-based yoga, breath awareness techniques, and mindful meditation to reduce stress, enhance relaxation, and support gentle movement and flexibility.

Mindful Breathing and Meditation
JCC Tu 2:30 - 3:15 PM
Introduction to breath awareness techniques and mindful meditation to reduce stress and encourage relaxation.

Pop-Up PD Ping Pong
JCC W 1:30 - 2:25 PM
Park Place Th 2:00 - 2:45 PM
Serving up therapy for your mind and body! Players of all skill levels are welcome to enjoy friendly matches in a fun, casual environment. Challenge new opponents and sharpen your skills while connecting with fellow ping pong enthusiasts. Paddles and balls provided. This class is designed for people with good balance and the ability to stand for 10 minutes at a time.

BIG for LIFE
JCC Th 12:00 - 12:50 PM
Open to Parkinson's program participants deemed safe by the instructor to participate after a trial is completed.
Each class is taught by a BIG for LIFE certified physical or occupational therapist from Tampa General Hospital. BIG for LIFE is a group exercise class for people with Parkinson's disease. The program includes 7 BIG Maximal Daily Exercises, practice of functional movements & activities, walking BIG! and other fun exercises with focus on amplitude of movements.

Parkinson's Cycling
JCC + Carrollwood Th 1:00 - 1:45 PM
Riding an indoor, stationary bicycle has been shown to reduce Parkinson's motor symptoms by as much as 35%. That's a good reason to hop on a bike and go for a spin.

Tai Chi
Carrollwood F 2:30 – 3:15 PM
Tai Chi has been shown to be one of the most effective exercises for improving balance in patients with Parkinson's disease by using gentle, flowing movements with the breath to improve balance, strength, flexibility, coordination and motor control. Tai Chi calms all the systems of the body, targeting the nervous system, which helps relieve stress, anxiety and depression.

SOCIAL MIXERS

As participants have come to feel increasingly at ease and at home in the program, they realized the added benefit of mutual support through social interaction and we are continually providing more opportunities to socialize.

SUPPORT GROUPS

Facilitated by Licensed Clinical Social Worker Mindy Bursten.

New Patient Support Group
Every other Monday 10:00 AM

Care Partner Support Group
Every other Monday 11:15 AM

Patient Support Group
Every other Monday 12:30 PM

Grief Group
Every other Friday 10:15 AM

Support groups are led by a licensed clinical social worker. They allow participants to develop peer support and exchange information with others struggling with similar challenges. In group meetings, participants confront difficulties, share thoughts and feelings, as well as resources. In our Parkinson's support groups, we aim to develop self-efficacy and provide the opportunities for emotional adaptation. We provide a safe space where peers may express themselves,

their struggles and triumphs, and have the opportunity to help others by sharing their own experiences. Joining a support group is a great way to obtain further resources by hearing the experiences of others. **Support Groups are held virtually on Zoom.**

OTHER PARKINSON'S RESOURCES AT THE JCC

Art Looking: The Cognitive Power of Art led by facilitators from the Tampa Museum of Art V

Tu 12:00 – 1:00 PM | September 1
October 6 | November 3 | December 1

Art looking can affect brain wave patterns and the nervous system, raise serotonin levels, and enhance brain function. Tampa Museum of Art educators lead participants through the exhibit and discuss the artwork. Docents utilize guided looking techniques to inspire conversation and reflection amongst the participants. Participants will enjoy the therapeutic benefits of having conversations about art and learn from each other.

Brain Games: Jeopardy, Word Find, etc. V

Th 10:15 - 11:15 AM

A fun morning of games and puzzles to engage the brain and sharpen the mind.

Fine Motor Skills & Handwriting Workshop with Cathy Daumen V

F 11:30 AM

Helps reinforce the brain signals to improve eye and hand coordination. This is a 3-step approach: exercising the large arm/hand muscles, working with the fine motor skills and exercises to improve handwriting. All 3 areas need to work together for success.

Voice Therapy for Parkinson's (VTP) & Tremble Clefs™ Singing Group

Carrollwood + V M/W 3:00 - 4:00 PM
3919 Moran Road Tampa, FL 33618
New 7-week series begins October 19

Targets improving the strength of the vocal mechanism to allow for a strong, clear voice. VTP is based on vocal exercises that have proven to be effective for those experiencing voice/speech changes due to Parkinson's. Tremble Clefs is voice therapy and mutual social support through singing, performance and the power of making music together. **Pre-registration required**

WITH BIRTHDAY PARTIES AT THE SHANNA & BRYAN GLAZER JCC!

PLANNING A PARTY?

Let the Shanna & Bryan Glazer JCC team take the stress out of party planning and make your child's big day one to remember!

Sit back, relax and enjoy the celebration while we handle the details. We'll help make your child's birthday easy, exciting and extra special!

Looking for something different?

email us at **birthdayparties@jewishtampa.com**
or call **813.575.5900**

COMMUNITY + VOLUNTEER OPPORTUNITIES

CONNECT

Welcoming You to Jewish Tampa

SUPPORTED BY KAREN & KEITH SCHILIT

CONNECT provides opportunities for the community to make meaningful connections to people, resources and Jewish experiences in the Tampa area. Open to people of all faiths and backgrounds.

For more information, or to RSVP for any **CONNECT** event, contact Lisa Robbins at 813.769.4723, lisa.robbins@jewishtampa.com or visit JewishTampa.com/Welcome.

CONNECT Bagel Brunch
Meet your Jewish community
Su 10:30 AM – 12:30 PM | October 11
Shanna & Bryan Glazer JCC
522 N. Howard Avenue, Tampa

Whether you're new to the community or a longtime Tampanian, we look forward to helping you get connected.

All ages welcome.

Advance registration required at JewishTampa.com/Welcome.

Children 12 and under are free!

Early bird price: $15 until Friday, September 18; $20 until Tuesday, October 6.

GIVE BACK WITH iVolunteer

Enjoy inspiring hands-on volunteer experiences and social action opportunities to give back to your community, organized by the Tampa JCCs & Federation.

Save the Date for upcoming iVolunteer experiences. Experiences open to people of all faiths and backgrounds. Space is limited. Registration required for all experiences.

For more information, or to RSVP for any iVolunteer event, contact Noa Friedman at 813.291.2302, noa.friedman@jewishtampa.com or visit JewishTampa.com/iVolunteer.

Reverse Tashlich
Tu 6:30 – 7:30 PM | September 8
Address will be provided upon RSVP one week before the event

Join the Tampa JCCs and Federation's iVolunteer team for Repair the Sea's 9th Annual Reverse Tashlich, a global Jewish movement dedicated to repairing the sea and safeguarding the water that sustain life on Earth Reverse Tashlich provide an opportunity to come together and engage in a hands-on effort to clean up our beaches, rivers and shorelines.

NETWORKING

cocktail hour

FREE FOR MEMBERS OF **The Network**

ALL OTHER GUESTS: $25

Connect over coal-fired pizza, cocktails and conversations

Includes one beverage, pizza, heavy appetizers and dessert

TUESDAY, NOVEMBER 10, 2026
6:00 - 8:00 PM

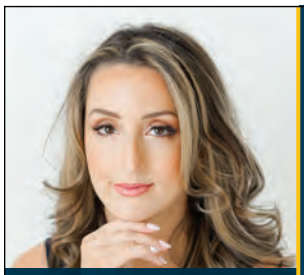
Grimaldi's Pizzeria
218 Westshore Plaza, Tampa

Space is limited. Advance registration is required by visiting JewishTampa.com/TheNetwork.
Deadline to RSVP is Wednesday, November 4th.

Tampa Jewish Community Centers & Federation — Better Together

The Network — Connect Professionally. Contribute Meaningfully.

GRIMALDI'S — Coal Brick-Oven Pizzeria



JENNIFER FELD
CONTESTANT

AARON SILBERMAN
CONTESTANT

CINDY SPAHN
CONTESTANT

TAMPA JEWISH COMMUNITY CENTERS & FEDERATION

2027 CAMPAIGN KICKOFF

THURSDAY, OCTOBER 15, 2026
SHANNA & BRYAN GLAZER JCC

5:30 PM - Major Donor Appreciation Dinner
5:30 PM - Young Adult Dinner
7:00 PM - Program and Dessert Reception

Cost
$36 per person
$18 Young Adults (ages 21-35)

featuring **Who knows one?** LIVE
A Jewish Geography in a live game show experience

Please register online at **JewishTampa.com/Kickoff**
or contact Sarah Rainey at **813.769.4738.**

This event is sponsored by **The Gould Family** **Ellen & Daniel Lipman**

Tampa Jewish Community Centers & Federation — Better Together

Shanna & Bryan Glazer JCC

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CHECK US OUT ONLINE AT

ShannaandBryanGlazerJCC
and
@ShannaandBryanGlazerJCC

Learn. Dance. Connect. Celebrate.

Whether you already know how to salsa or have two left feet, this fiesta is for everyone.

- Salsa Dance Lessons
- Light Bites
- New Connections and Plenty of Familia

Tampa JEWISH COMMUNITY CENTERS & FEDERATION

La Zeta 910 am 102.1 fm

THURSDAY, NOV. 5 | 6:00 - 8:30 p.m.
Shanna & Bryan Glazer JCC • 522 N. Howard Avenue, Tampa

$15 per person (before Nov. 5)

$20 per person (at the door)

Ages: 21+

On-line registration ends November 2
JewishTampa.com/ShalomSalsa

Questions? contact Jodi.Rothman@JewishTampa.com

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- Corporate conferences

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SBGJCCEventVenue.com