



**MAYERSON JCC**  
*of Cincinnati*

SUMMER PROGRAM GUIDE  
**JUNE - AUGUST 2026**



Jewish Life | Fitness | 60 & Better Center | Early Childhood School | Camp at The J  
Sports | Arts & Ideas | J Cafe | After School Care | Aquatics | J Spa

8485 Ridge Road | Cincinnati, OH 45236 | 513.761.7500

**MayersonJCC.org**

# Welcome

Summer at the Mayerson JCC is a time for growth, inclusion, and fun in the sun.

From summer swimming lessons to Camp at the J, we are proud to offer programs that bring people together across generations and perspectives. This summer, don't miss the annual J Classic: the Mayerson JCC's largest annual fundraising event. Celebrate Pride Month with the Jewish community by participating in the Pride Parade and joining us for the always-popular Rainbow Challah Bake.

Our summer offerings include sports such as Men's Basketball, Grown-Up Swimming, and Pickleball. In August, a group of young athletes will be traveling to Toronto to compete in the annual Maccabi Games.

Alongside these special events, we invite you to stay active with our ongoing fitness opportunities, including small group training and Pilates.

Wherever your interests lead, we hope you'll find a place to connect, grow, and belong at the Mayerson JCC this summer.

Warmest regards,



Holly Wolfson  
CEO



Bob Oestreicher  
President

**MayersonJCC.org**  
**513.761.7500**

Strengthening Jewish Cincinnati

Jewish Foundation of Cincinnati  JEWISH FEDERATION CINCINNATI

Supported by the Jewish Foundation of Cincinnati, Jewish Federation of Cincinnati, Council on Aging of Southwestern Ohio, and other generous donors.

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## JCC Board Members

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Ariel Weiss

## BUILDING HOURS

### REGULAR BUILDING HOURS

**Monday - Thursday:**  
5:30am - 9pm

**Friday:**  
5:30am - 7pm

**Saturday - Sunday:**  
7am - 7pm

### Fitness, Indoor Track, and Training

Monday - Thursday: 5:30am - 9pm  
Friday: 5:30am - 7pm  
Saturday - Sunday: 7am - 7pm

### J Play Hours

*Drop-in Care for ages 0 - 12*  
Monday - Thursday:  
8:15am - 1:15pm; 4 - 7pm  
Friday: 8:15am - 1:15pm  
Saturday - Sunday: 8:15am - 2:15pm

### J Cafe Hours

Monday - Thursday: 8am - 6pm  
Friday: 8am - 2pm  
Saturday: Closed  
Sunday: 8am - 3pm

Our Outdoor Pool is open May 23 – September 1. The Indoor Aquatic Center is open year-round.

### Indoor Pool Hours

Monday - Thursday: 6am - 8pm  
Friday: 6am - 6:30pm  
Saturday and Sunday: 7am - 6:30pm

### Single Gender Swim Hours

Women's Only Swim:  
Tuesdays/Thursdays 8 - 9pm

Men's Only Swim:  
Mondays/Wednesdays 8 - 9pm

### Outdoor Pool Hours

Monday - Thursday: 10am - 8pm  
Lap Swim: 7 - 9am  
Swim Lessons: 9:30am - 12:15pm  
Open Swim: 10am - 8pm

Friday  
Lap Swim: 7 - 9am  
Open Swim: 9am - 6:30pm

Saturday - Sunday  
Lap Swim: 7 - 9am  
Open Swim: 9am - 6:30pm

## Summer Holidays

**Friday, May 22: Shavuot 1st Day**  
Building: 5:30am - 7pm  
Administrative Offices, J Cafe, and 60 & Better Center closed.

**Monday, May 25: Memorial Day**  
Building: 7am - 5pm\*  
Pool: Closes at 4:30pm  
J Cafe: 8am - 2pm  
Administrative Offices, Early Childhood School, and 60 & Better Center are closed.

Please make note of these special hours in observance of Jewish and federal holidays. Learn more about Jewish holidays at [MayersonJCC.org/Hours](http://MayersonJCC.org/Hours)

**Friday, July 3: Independence Day (Observed)**  
Building: 5:30am - 7pm  
J Cafe: 8am - 2pm  
Administrative Offices, Early Childhood School, and 60 & Better Center are closed.

**Saturday, July 4: Independence Day**  
Building: 7am - 5pm\*  
Pool: Closes at 4:30pm

\*Due to early building closures, there will be no programs after 2pm on these days

## SWIM LESSONS

Learn more on  
pages 12 & 13





# As One

**We Inspire.**  
We Protect.  
We Rebuild.




**JEWISH  
FEDERATION  
CINCINNATI**

[jewishcincinnati.org/give](http://jewishcincinnati.org/give)

*Thank you. Your support matters.*

# SUMMER HIGHLIGHTS

Learn More on Page 16

## RAINBOW CHALLAH BAKE


Thursday, May 28  
6 - 8:30pm  
Mayerson JCC



Learn More on Page 17

## JEWISH COMMUNITY NIGHT AT THE REDS

Monday, June 1  
7:10pm  
Great American Ball Park



Learn More on Page 20

## j baby

August 2026  
Tuesdays  
6 - 8:30pm  
Mayerson JCC



Learn More on Page 21

## PJ Library GOES TO CAMP

*A Regional Family Camp*

September 4 - 6, 2026

### GROUP EXERCISE

The J offers a wide array of FREE Group Ex classes with your membership. From low-impact beginner classes to high-intensity advanced classes, there's something for every skill level all taught by highly qualified instructors. See our schedule at [MayersonJCC.org](http://MayersonJCC.org).

### PERSONAL TRAINING

Improve your workouts with one of our highly qualified trainers who can help you achieve your fitness goals including weight loss, strength training, toning, and post-rehabilitation through program design, education, individual support, motivation, and more!

We offer private, small group, and partner training, as well as specialized Pilates Reformer training. To start your training out right, you'll receive a FREE InBody® health and fitness body composition assessment when you sign up for personal training.

Contact the Fitness Director for more information at 513.761.7500 ext. 1266.

### TEEN ORIENTATION

Members ages 13 - 15 can gain exclusive access to the Fitness Center and are allowed to use specified equipment after completing this informative orientation.

Register with the Fitness Director at 513.761.7500 ext. 1266.



Ask us about the world's leading ACL injury prevention program!

*All Pilates Reformer small group training participants must have completed the three required 30- or 60-minute private sessions before enrolling.*

## PILATES

### PILATES REFORMER

Ages 16+

#### Ongoing Enrollment

Training options available  
Starting at \$87 per month\*

Pilates classes are a total-body workout designed to strengthen your core, improve posture, lengthen, and strengthen your muscles. Utilizing low-impact, joint-friendly moves, Pilates classes are great for any age. Introductory package must be completed.

### WEEKLY DROP-IN PILATES REFORMER

Ages 16+

Training options available  
Starting at \$30 per session

Pilates participants-only weekly drop-in class. Pilates classes are a total-body workout designed to strengthen your core, improve posture, lengthen, and strengthen your muscles. Utilizing low-impact, joint-friendly moves, Pilates classes are great for any age. Introductory package must be completed.

## SPECIALTY PILATES

### CHAIR AND TOWER PILATES

Ages 16+

#### Ongoing Enrollment

Training options available  
\$113 per month\*

Take your Pilates to the next level with a "wunda chair"/tower class. This class will build core stability, upper body strength, and increase overall physical conditioning! This is an intermediate to advanced level program. Six months of consecutive Pilates Reformer experience is required.

## SPECIALTY PILATES

### STRETCH AND MOBILITY

Ages 16+

#### NEW! Ongoing Enrollment

Training options available  
\$113 per month\*

This Pilates group training will restore and renew muscles through a combination of targeted stretches. The workout will connect the body, mind, and spirit, focusing on breathing to engage a full body workout. This group welcomes beginner-to-intermediate levels.

### JUMPCARD INTERVAL TRAINING

Ages 16+

#### NEW! Ongoing Enrollment

Training options available  
\$113 per month\*

The jumpboard class helps to increase your aerobic workout while incorporating low impact muscle strength and coordination.



## POP-UP PILATES

### YOGALATES

Ages 16+

#### Thursday, June 18

5:30pm for current J Pilates participants  
6:30pm for all other J Members  
J Members: \$30

This class will combine the best of both worlds! Vinyasas, core work, balance, warriors, and more await you in this Yogalates class.

### PILATES HIIT MASHUP

Ages 16+

#### Thursday, July 16

5:30pm for current J Pilates participants  
6:30pm for all other J Members  
J Members: \$30

Get your heart rate up and tone your core with this fun combo class! We will alternate between reformer and HIIT movements.

### PAUSE AND RESET

Ages 16+

#### Thursday, August 27

5:30pm for current J Pilates participants  
6:30pm for all other J Members  
J Members: \$30

Take time for yourself to pause and reset. This class will combine gentle, healthy movement with stretching and anchor you to your breath.

*No prerequisites or previous experience is required for the 6:30pm Pilates Pop-Up classes.*

*\*Enrollment in Pilates programs is ongoing. Fees are charged to your payment method on file on a monthly basis. Cancellation requests must be submitted by the end of the first day of your final month.*

### SMALL GROUP TRAINING

Ages 16+

#### Ongoing Enrollment

Training options available

J Members: Starting at \$87\* per month

Public: Starting at \$108\* per month

Our small group training programs will help you address weight loss, muscle strength, flexibility, and post-rehabilitation. With some of the best fitness classes, fitness facilities, and personal trainers in Cincinnati, we will keep you moving towards your fitness goals. We will focus on different programs of exercises for each session.

For more information or to register, email [rhorton@mayersonjcc.org](mailto:rhorton@mayersonjcc.org).

**\*Enrollment in Small Group Training is ongoing. Fees are charged to your payment method on file on a monthly basis. Cancellation requests must be submitted by the end of the first day of your final month.**

### TREK TO ISRAEL

Ages 16+

June 1 - August 15

FREE

It's a free program. 6/1-8/15. Trek to Israel without having to leave the Fitness Center! Each time you work out for 30 minutes, you'll earn 100 miles. Earn 6,200 miles to reach Israel and win \$10 credit to your J account!



### SPORTS PERFORMANCE TRAINING PROGRAM

Ages 12+

\$25 per class

Training options available

*One-hour sessions; minimum 4-week commitment.*

*Best results are seen year round. However, we see strong improvement at 12 - 24 sessions.*

Our Sports Performance Training Program uses high-speed treadmill training, turf, and track drills to prepare you for your best season. Focus on speed, agility, running form, strength, and core training. Includes plyometrics and skill assessments for progress.



## Make a Splash at the J

Have you come to a JCC program in the last year? Join the J now and pay no enrollment fee.

*Mention this ad when you sign up.*

*\*Must have participated in a Mayerson JCC program in the past 12 months and must not have been a member in the past 18 months. Offer expires May 31, 2026.*



## SMOOTH SUMMER DEAL

Receive **25% off** when you book three or more waxing services in the same visit. All services must be for the same client, during one appointment. Please mention this deal when booking. Offer cannot be combined with other discounts or used to purchase gift cards. PLUS, refer a friend to the J Spa and you'll both receive **25% off**.

### SKIN BENEFITS OF WAXING

Waxing removes hair at the root for smoother, longer-lasting results than shaving. It also gently exfoliates the skin, removing dry skin cells without nicks or cuts, leaving skin smooth and stubble-free.



CUSTOM MASSAGE • FACIALS • WAXING  
BODY TREATMENTS • SPA PACKAGES  
OPEN TO THE PUBLIC

Offer expires August 15, 2026

LEARN MORE AND SCHEDULE AN APPOINTMENT AT  
[MayersonJCC.org/J-spa](http://MayersonJCC.org/J-spa)



# ADULT SPORTS & RECREATION

## SPORTS LEAGUES

### PICK-UP PICKLEBALL

Ages 16+  
**June 1 - August 18**  
**Sundays: 9am**  
**Mondays: 1pm**  
**Tuesdays: 7pm**  
Mayerson JCC  
J Members: FREE | Public: \$45

Pickleball is a fast-paced, fun game that combines elements of tennis and table tennis. This is a time when players can play pick-up games with other pickleball players. Players must bring their own equipment, and no instruction is provided.

### MEN'S BASKETBALL SUMMER LEAGUE

Ages 18+  
**Mondays, June 1 - September 14**  
**6pm** | Mayerson JCC  
J Members: \$139 | Public: \$169

The JCC Men's Basketball League provides its players with team camaraderie, friendly competition, and great exercise. We play a 10-game regular season and have a postseason playoff with awards. Registration opens May 1. Equipment is provided.



### GROWN-UP SWIMMING LEAGUE

Ages 18+  
**June - August** | Various Locations  
\$75 for league participation and meets

Grown-Up Swimming is a league for adults 18 and over who want to have a laid-back atmosphere to race and be social. With standard swimming events and relays mixed in with activities like jeans races (yes, in your jeans!) and cannonball competitions, Grown-Up Swimming is all about getting back in the water and having fun. This low-pressure, high-fun swimming environment is for people of all ages (18+) and abilities.

Team practices at the J will take place twice weekly in the evenings with monthly enrollment and are separate from the \$75 league/meet participation fee. Additional meets will take place at community pools around Cincinnati. Join us, fresh off a 2025 championship season, as we look to defend our title this year.

Contact our Grown-Up Swimming Coach, Becca Blumer, at [becca@grownupswimming.com](mailto:becca@grownupswimming.com) for more information about joining our team.



Your Lane  
is Waiting.  
Join Grown-Up  
Swimming.

# INCLUSION

For children and adults with intellectual and physical disabilities who are able to participate independently or with the help of their own direct support professional. These inclusive classes are taught by our Schloss Special Needs and Services instructors and advocates.

### FITNESS AND FRIENDS

Ages 16+  
**Sundays, May 31 - August 8**  
**1 - 3pm** | Mayerson JCC  
J Members: FREE | Public: \$26

This engaging adaptive class offers low-impact exercise, socializing, and creative crafts. Participants should be able to engage independently or with their own direct support professional.

### ADAPTED TOTAL BODY WORKOUT

Ages 18+  
**Wednesdays, June 3 - August 18**  
**June 3 - August 18**  
**7 - 8pm** | Mayerson JCC  
J Members: FREE | Public: \$26

This inclusive, adapted workout combines cardio and strength training in a circuit format, with stretching and yoga for a total body workout. Participants should be able to engage independently or with the help of their own direct support professional.



### SENSORY KITS AVAILABLE

Sensory kits are designed to help individuals manage their sensory needs while enjoying community programming at the J. See the welcome desk to borrow one at your next visit! Learn more about the Sensory Kits and how to borrow one at [MayersonJCC.org/Inclusion](http://MayersonJCC.org/Inclusion).

*These programs are generously funded in part by The Mayerson JCC Excellence Fund, The Milton and Frances Schloss Special Needs and Services Fund for Children and Adults, the Jewish Federation of Cincinnati, and The Jewish Foundation of Cincinnati.*



LEARN MORE AT:  
[MayersonJCC.org/Inclusion](http://MayersonJCC.org/Inclusion)

# Swim Lessons at the J

We offer year-round swimming lessons for all ages and abilities. Our aquatics program is designed to teach personal water safety and stroke development. All lessons are taught by certified instructors.

Enrollment in our swim lessons program is ongoing. Families are billed monthly, and cancellation requests must be received no later than the end of business on the first day of the last month you wish to participate.

## PARENT/TODDLER

*Ages 12 months - 3 years*  
Class ratio: 1:8  
Starting at \$80 per month\*

This class provides a joyful, child-centered environment with songs and activities to build water skills and a love of the water. An adult must be in the water with each child.

DAY	TIME
Sun	9:40 - 10:10am
Mon	5:10 - 5:40pm
Wed	5:10 - 5:40pm
Sat	9:40 - 10:10am

## SWIM 100 WATER ACCLIMATION

*Ages 3 - 5*  
Class ratio: 1:4  
Starting at \$80 per month\*

This class is for ages 3 - 5 with little water experience. Students learn front kick with flotation, back float with support, safe entries/exits, and submerging with air exchange to prepare for Swim 101.

DAY	TIME
Sun	9 - 9:30am 11 - 11:30am
Mon	4:30 - 5pm
Tues	4:30 - 5pm
Wed	4:30 - 5pm
Sat	9 - 9:30am
Sat	11:40am - 12:10pm

## SWIM 101

*Ages 3 - 5*  
Class ratio: 1:4  
Starting at \$80 per month\*

For kids ready beyond Swim 100, this class builds kicking, breath control, submersion, surface swimming with pop-up breathing, and rollover to back float. Graduates can swim 15 feet unassisted and float on their back for 5 seconds.

DAY	TIME
Sun	10:20 - 10:50am
Mon	5:50 - 6:20pm
Tues	5:10 - 5:40pm
Wed	5:50 - 6:20pm
Thurs	4:30 - 5pm
Thurs	5:50 - 6:20pm
Sat	10:20 - 10:50am
Sat	12:20 - 12:50pm

## SWIM 102/103

*Ages 6 - 12*  
Class ratio: 1:6  
Starting at \$80 per month\*

Designed for older beginners, this class teaches submersion, breath control, flutter and in-line kicking, and freestyle. Graduates can swim 25 feet of basic freestyle unassisted, breathing as needed.

DAY	TIME
Tues	5:50 - 6:20pm
Thurs	6:30 - 7pm
Sun	11:40am - 12:10pm

## SWIM 201

*Ages 3 - 5*  
Class ratio: 1:4  
Starting at \$80 per month\*

This class follows Swim 101. Students will learn freestyle with side breathing and backstroke, refine breath control, flutter kick, and streamline, and swim 25 feet unassisted in both strokes upon graduation.

DAY	TIME
Wed	6:30 - 7pm
Thurs	5:10 - 5:40pm

## SWIM 202/203

*Ages 6 - 12*  
Class ratio: 1:6  
Starting at \$80 per month\*

This class follows the 100-level classes. Students will learn freestyle with side breathing and backstroke, refine breath control, flutter kick, and streamline, and swim 25 feet in both strokes upon graduation.

DAY	TIME
Sun	12:20 - 12:50pm
Sat	11 - 11:30am

*Supporting Sponsor: Northeast Orthodontics Specialists - Dr. Jacob Stadiem*

## SWIM 302/303

*Ages 6 - 12*  
Class ratio: 1:6  
Starting at \$80 per month\*

This class follows Swim 202/203. Students will learn breaststroke and butterfly while reviewing freestyle and backstroke. Graduates will swim 25 yards of all four strokes.

DAY	TIME
Tues	6:30 - 7pm

## ADVANCED STROKE DEVELOPMENT

*Ages 7 - 16*  
Class ratio: 1:8  
Starting at \$120 per month\*

This class builds swim team skills while improving strokes and endurance. Swimmers who graduate are able to swim 50 yards each of all strokes with turns and dives, plus a 100-yard Individual Medley.

DAY	TIME
Tues	7 - 7:45pm

## ADULT BEGINNER SWIM LESSONS

*Ages 18+*  
Class ratio: 1:8  
Starting at \$120 per month\*

This introductory class will give students the skills they need to feel comfortable and safe in the water. The instructor will cover skills such as back floating, basic swimming on the front and back, treading water, and submerging.

DAY	TIME
Mon	6:30 - 7:15pm
Sat	1 - 1:45pm

## ADULT INTERMEDIATE SWIM LESSONS

*Ages 18+*  
Class ratio: 1:10  
Starting at \$120 per month\*

This class is for adults who are comfortable with submersion, floating, and kicking on front and back, and are ready to start learning strokes. The instructor will teach freestyle and backstroke with a goal of refining those strokes and increasing endurance so students can swim for fitness and recreation.

DAY	TIME
Sun	1 - 1:45pm

## GROWN-UP SWIMMING PRACTICE

*Ages 18+*  
Begins June 1  
Choice of Monday or Wednesday 7 - 8pm  
Saturday, 7:30 - 8:30am (All Team)  
J Members: \$85  
Public: \$105

Structured, coached swim practices designed to build technique, endurance, and overall fitness. This registration covers practices only and does not include league or meet participation. Joining the Grown-Up Swimming league is optional and requires a separate \$75 fee.

## SWIM 100, 101, 102, 103 AND 201 INTENSIVE CLASSES

*Ages 3 - 5*  
2-Week Sessions run from June 1 - July 31  
Monday - Thursday 11 - 11:30am or 11:40am - 12:10pm  
Class ratio: 1:6  
Starting at \$120 for two weeks

These classes build on skills introduced in foundational swim lessons, focusing on building and refining foundational water skills, including kicking, submersion, breath control, surface swimming, and floating, while improving overall comfort and ability in the water.



## Financial Aid

Financial Assistance for membership and program fees is available to qualified applicants. Email [membership@mayersonjcc.org](mailto:membership@mayersonjcc.org) for an application.

Swim lesson days and times are subject to change based on interest and capacity. Please check the website for updated offerings and pricing.

TO LEARN MORE & REGISTER VISIT:  
[MayersonJCC.org/Aquatics](http://MayersonJCC.org/Aquatics)

Come celebrate a day of community while supporting the J!



**Thursday, June 11, 2026**  
Losantiville Country Club

The J Classic is the Mayerson JCC's largest annual fundraising event. Each summer, hundreds of people gather at Losantiville Country Club for a great day of activities, including the Adams Golf Tournament, tennis, pickleball, canasta, mah-jongg, Course of Caterers Dinner, J Classic Raffle, and the Young Adult Par-Tee.

Scan to learn more and register!



REGISTER TO PLAY, EAT, AND SUPPORT AT  
**MayersonJCC.org/JClassic**



**J 20s & 30s**

**PAR-TEE**

**Thursday, June 11**  
**6pm** | Losantiville Country Club  
\$36 or included with J Classic Ticket

Join the J at Losantiville Country Club for the young adult event of the summer, the Par-Tee! Your ticket includes the Course of Caterers Dinner event, an open bar, and music provided by M2DM Entertainment. You are also invited to play Pickleball during the Course of Caterers.



REGISTER TO PLAY, EAT, AND SUPPORT AT:  
**MayersonJCC.org/JClassic**

*Friday Night*  
**SHABBAT**

*Best for families with kids ages 12 & under*  
**Friday, June 5**

5:30pm | Mayerson JCC

Join us at the JCC for a fun and welcoming Friday Night Shabbat designed for young families. Celebrate the Sabbath in community with friends old and new as we sing blessings and songs, share a meal, and enjoy time together. We can't wait to welcome Shabbat with you!

*In partnership with Friday Night Shabbat*

**FRIDAYNIGHTSHABBAT**



Scan to learn more and register!



## ARTS & IDEAS SEASON SPONSORS

The Rockwern Charitable Foundation  
Jean E. Feinberg

The Friedlander Family Fund  
Jen and John Stein

## RAINBOW CHALLAH BAKE

Thursday, May 28

6 - 8:30pm | Mayerson JCC  
J Member Adult: \$19 | Public Adult: \$22  
J Member Age 18 & Under: \$11 | Public Age 18 & Under: \$13

Join us for an evening of unity and challah-making in celebration of Pride Month. Make your own rainbow dough and, while it rises, enjoy spending time with community. People of all ages, genders, backgrounds, and identities are welcome!



## Israeli Dancing

Every Tuesday  
7 - 9pm | Mayerson JCC  
FREE with RSVP

Join us for Israeli Dancing at the JCC! Lively music, fun dancing, and new friends await at this weekly, free class. This is an informal class where all skill levels are welcome.

## JEWISH COMMUNITY NIGHT AT THE REDS

Monday, June 1  
7:10pm | Great American Ball Park  
Starting at \$25

Kick off summer at Great American Ball Park for Jewish Community Night as we play the Kansas City Royals! We'll have an entire section reserved for you to socialize and meet new friends, all while enjoying the fun of the ballpark.



## Put Your Pride in MOTION

Saturday, June 27  
11:00 a.m.

Presented in partnership by:



March with us  
in the Pride Parade  
[jewishcincinnati.org/pride](http://jewishcincinnati.org/pride)



## theatre AT THE J

Wednesday, May 13 at 6:30pm  
Thursday, May 14 at 6:30pm  
Sunday, May 17 at 2pm

Mayerson JCC  
Children: \$9 | Adults: \$13



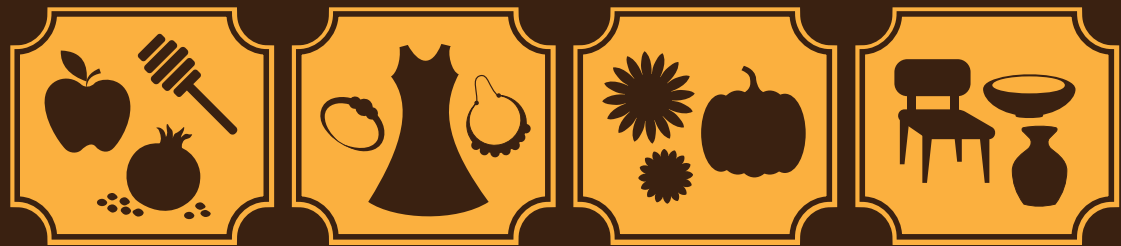
Scan here for tickets!



LEARN MORE & BUY TICKETS AT  
[MayersonJCC.org/theatre](http://MayersonJCC.org/theatre)

# FALL MARKET

**J** MAYERSON JCC



LOCAL PRODUCE • FRESH FOOD • HANDCRAFTED ART



**Sunday, August 30**  
**10am - 2pm | Mayerson JCC**

Enjoy shopping, food, and more at the 2026 Fall Market! Browse a variety of produce and handcrafted goods from dozens of local vendors.

**INTERESTED IN  
BEING A VENDOR?**

LEARN MORE AT  
[MayersonJCC.org/FallMarketVendor](https://MayersonJCC.org/FallMarketVendor)  
or contact Anne Goldstein at  
[angoldstein@mayersonjcc.org](mailto:angoldstein@mayersonjcc.org)

**jlive**  
Visit [jlive.app](https://jlive.app)



## An Easy Button for Jewish Life

Discover what's happening across Jewish Cincinnati, all in one place.



**DISCOVER. SHARE. REGISTER.**

Download Today



# CHILDREN & FAMILY

## j baby

Prenatal classes with a Jewish twist!

Tuesdays, August 4 - September 1  
6 - 8:30pm | Mayerson JCC  
J Members: \$137 | Public: \$164

So, you're starting a Jewish family, but need some help to prepare? The J offers soon-to-be parents essential classes on the basics of childbirth and infant care through J Baby! Join in community with others who are expecting their first child during this prenatal series, taught by certified professionals, pediatricians, and doulas.

### Interested?

Contact Marisa Phillips at [mphillips@mayersonjcc.org](mailto:mphillips@mayersonjcc.org)

LEARN MORE AT:  
[MayersonJCC.org/JBaby](https://MayersonJCC.org/JBaby)



## GOOD LUCK TO TEAM CINCINNATI!

Cincinnati athletes will be participating in the 2026 Maccabi Games in Toronto August 2 - 7.

The JCC Maccabi Games are an Olympic-style sporting competition held each summer and is the second-largest organized sports program for Jewish teenagers in the world. Jewish teens gather from across the U.S. and around the world, forming friendships and memories that will last a lifetime!



### SCOOPS, SUNSHINE, AND A TASTE OF SHAVUOT

Ages 12 & under  
Sunday, May 31  
3 - 4:30pm | Weller Park  
FREE with RSVP

Join us in the park for a sweet Shavuot celebration! We'll learn about the giving of the Torah at Mount Sinai, enjoy ice cream with fun toppings, play in the park, and celebrate this joyful holiday together.

### BACK TO SCHOOL AT THE POOL

Ages 12 & under  
Sunday, August 23  
6 - 7:30pm | Mayerson JCC  
J Members: \$6 | Public: \$8

School is back in session, but the fun doesn't have to stop yet! Get together with your friends at the pool, enjoy a BBQ dinner and a night swim!

## PJ Library GOES TO CAMP

A Regional Family Camp

Ages 12 & under  
Friday, September 4 - Sunday, September 6  
Camp Livingston

The weekend will begin with a magical, Jewish-camp-style Shabbat dinner and memorable Havdalah service held under the stars. Throughout the event, family campers can enjoy lakefront activities like kayaking, canoeing, and tubing. You can also tackle the high ropes course and climbing wall, choose from a wide variety of sports, and make Jewish-themed crafts to take home to remember the weekend. Family campers will also enjoy campfires with s'mores and Jewish storytelling and will sleep in cabins.



At bedtime, parents can enjoy special adult-only programming while supervision is provided for kids in the sleeping areas.



LEARN MORE & SIGN UP:  
[MayersonJCC.org/PJLibrary](https://MayersonJCC.org/PJLibrary)

PJ Library and PJ Our Way family programs are offered at the J and other local venues to children up to 12 years old with at least one Jewish parent. In partnership with the Jewish Federation of Cincinnati, and thanks to generous funding from Anne Heldman z"l, the Fisher family (founding sponsor), and the Harold Grinspoon Foundation.

**PJ Our Way** grows with your children! Now kids ages 9 - 12 can choose their own books each month from a safe, kid-friendly website. They'll love building a library of their own!

Our award-winning 60 & Better Center offers many wellness, learning, and social opportunities, arts classes, day trips, and helpful services. Adults ages 60 & Better are also eligible to receive discounted meals, Meals on Wheels, Shalom Phone telephone reassurance, and much more.

For more information about 60 & Better Programs, please pick up a newsletter outside the 60 & Better Center office.

## CELEBRATIONS

### FATHER'S DAY LUNCHEON

Thursday, June 18

11:30am | Mayerson JCC

\$4 | RSVP by June 12

Father's Day is almost here! Let's come together to celebrate all the fathers and father figures in the 60 & Better Center.



### SUMMER LUNCH & LINE DANCE PARTY

Wednesday, July 8

11:30am - 1:30pm | Mayerson JCC

\$4 | RSVP by July 2

Join us for a summer luncheon with line dancing instruction by Renee Warner of Just the Steps Line Dance.



### L'CHAIM JAZZ BRUNCH

Thursday, August 13

11am | Mayerson JCC

\$8 | RSVP by August 6

Ed "Sax" Thomas is back by popular demand! Join us for a savory brunch and soul-stirring jazz music featuring local musician Ed "Sax" Thomas on saxophone. Toast your friends with a mimosa, mocktail, or coffee.



## DAY TRIPS

# Summer Day Trips

Registration for Day Trips will open on Friday, May 8 at 9am. Register at home by creating a Mayerson JCC account. Feel free to register by phone or in person at the 60 & Better Office. Refunds can only be given if there is a waitlist and we are able to fill your spot. Please reach out with any dietary questions. Visit [MayersonJCC.org/DayTrips](http://MayersonJCC.org/DayTrips) to view the full list of Summer Day Trips.

### ROAR FARM ADVENTURE

Monday, June 1

11am - 5pm | Red Oak Animal Rescue

\$30 includes tour & motorcoach; lunch is on your own

Let's support and tour Red Oak Animal Rescue in New Richmond, Ohio. Wendy Lake, the founder, has been saving animals her whole life. In 2006, her family moved to New Richmond with eight horses, a few cats, and three dogs. As more animals were rescued, it quickly grew into something larger.

Red Oak Animal Rescue Inc. was accepted as a 501(c)3 nonprofit organization in 2016. Fast forward to today, and they have over 200 residents.



### MILLER HOUSE ARCHITECTURE TOUR

Wednesday, July 29

8:30am - 6pm | Miller House

\$55 includes tour & motor coach; lunch is on your own

Hop on our private motor coach for a fun ride to Columbus, Indiana. Enjoy lunch and the Miller House and Garden Tour. Commissioned by industrialist and philanthropist J. Irwin Miller and his wife Xenia Simons Miller in 1953, Miller House expands upon an architectural tradition developed by Ludwig Mies van der Rohe—epitomizing the international Modernist aesthetic—with an open and flowing layout, flat roof, and stone and glass walls.

### Interested in exploring Cincinnati and beyond with us?

Day Trips are for 60 & Better members only. To learn more about membership, contact Melissa Shrimplin at 513.761.7500 ext. 1218 or visit [MayersonJCC.org](http://MayersonJCC.org).

### PLAIN FOLK CAFE DINNER & LIVE MUSIC

Thursday, August 6

5 - 10pm | Plain Folk Live Music Cafe

\$10 for transportation; dinner and drinks are on your own

Enjoy a summer night out at the Plainfolk Cafe. Located in a two-room schoolhouse built in 1913, the Pleasant Plain Public School is home to the new Plain Folk Live! Enjoy their craft beer selection, cafe menu, and live entertainment inside or in any of the outside dining areas.

### HANUKKAH CRUISE: 11-DAY EASTERN CARIBBEAN: WINDWARD & LEeward ISLANDS

Tuesday, December 1 - Saturday

December 12

Holland America Rotterdam Ship

Looking for some fun in the sun with new J friends? Enjoy the best of the Eastern Caribbean on this beautiful 11-day round-trip cruise from Fort Lauderdale, Florida. You're in for an unforgettable experience that takes you from Sint Maarten's Dutch-influenced streets to Dominica's hot springs and St. Thomas' luxury shopping. Enjoy lighting the menorah candles each night during Hanukkah.



Contact Melissa Shrimplin for full itinerary and pricing at [mshrimplin@mayersonjcc.org](mailto:mshrimplin@mayersonjcc.org)



## SPECIAL EVENTS

Our 60 & Better Center hosts special events for members, offering a wide array of options to learn more about Judaism, hear from experts on pop culture or topics on aging, or enjoy a meal with friends.

### 60 & BETTER COMEDY CLUB

**Thursday, July 9**

**4pm** | Mayerson JCC

FREE with RSVP

Performer: Nina Perlove

*"Solar Sages: A Jewish Yente's Search for Meaning After a Solar Eclipse"*

Nina Perlove is originally from Ann Arbor, Michigan but has lived in Cincinnati for more than 25 years. She has a Doctorate in Flute Performance from CCM, and her early adoption of YouTube earned her an international following and the nickname "The Internet Flutist." She is Executive Director of the Foundation for Cincinnati Jewish Seniors and in her free time enjoys blending her love of Jewish culture and communal life with comedic storytelling. She describes her standup comedy style as monothematic, stream of consciousness, observational character comedy...with sing-a-longs and a shterai of yiddish.

Light appetizers and refreshments will be served during the show.



### DEMENTIA: WHAT IT IS AND HOW TO IMPROVE QUALITY OF LIFE

**Wednesday, July 29**

**4 - 5:30pm** | Mayerson JCC

Facilitators: Diane Slovin

and Judy Hall

FREE with RSVP

Open to the public

Are you a care provider? In 2020, 53 million family members were caring for loved ones, and this number is only growing. Join us to learn and better understand what individuals experience with dementia.

This program is for anyone who is affected by dementia. Get the answers to what and who a care partner is (it may surprise you). We will begin with an interactive presentation for caregivers facilitated by Diane Slovin, Certified Independent Positive Approach to Care® Advanced Consultant/Mentor and a presentation from Grace Hospice about hospice care and the signs it might be appropriate. Then Grace Hospice will lead an interactive Dementia Live+ experience to help you understand how dementia affects your loved one's perception of life.

## Depolarizing Ourselves: How to Approach Difficult Political Conversations

**Wednesday, June 24**

**4 - 5:30pm** | Mayerson JCC

FREE with RSVP

Open to the public

Facilitators: Braver Angels Volunteers

Respect, not agreement, is an essential key for a healthy discussion. This workshop addresses how we may inadvertently encourage polarization. The goal of this group is to become more aware of our own "inner polarizer" and to learn how to interact without demonizing, dismissing or stereotyping large swaths of the population. This workshop is designed to help you lessen the effects of polarization when you encounter subjects that you disagree with in your political conversations.

*In Partnership with Braver Angels*



## Families and Politics: How to Talk about Politics when we Disagree

**Wednesday, August 5**

**4 - 5:30pm** | Mayerson JCC

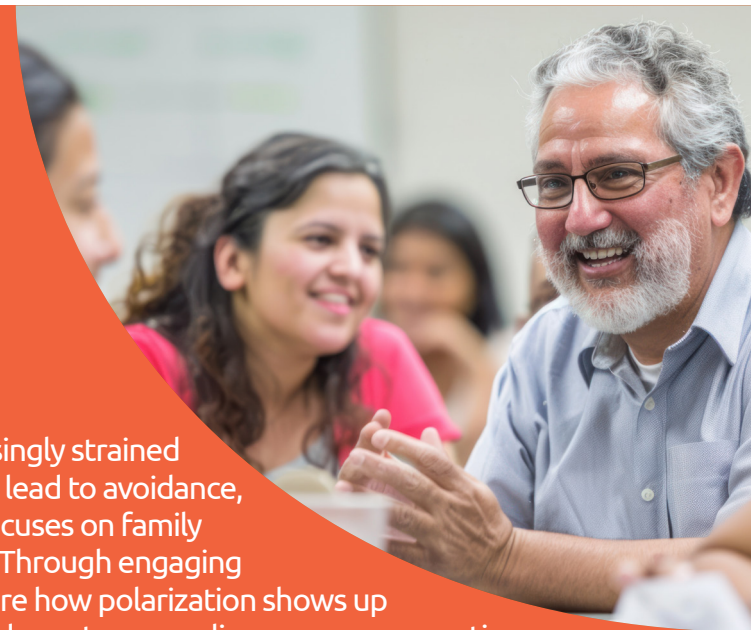
FREE with RSVP

Open to the public

Facilitators: Braver Angels Volunteers

Family relationships—and close friendships—are increasingly strained by today's polarized climate. Political disagreements can lead to avoidance, resentment, or even lasting rifts. While this workshop focuses on family dynamics, the tools apply to any important relationship. Through engaging exercises and moments of humor, participants will explore how polarization shows up in everyday interactions. We'll learn to recognize our tendency to generalize or assume negative intent and practice replacing it with curiosity and empathy. Participants will leave with practical strategies to navigate difficult conversations and preserve meaningful connections across political differences.

*In partnership with Braver Angels*



## Terri Kern Workshop: Wet Black Sgraffito Tiles

**Thursday, July 30**

**1 - 4pm** | Mayerson JCC

\$40 includes workshop and one tile creation

\$10 per extra tile creation

Join Terri Kern for a fun and relaxing in-person workshop that explores her personal approach to creating designs and narratives on a clay tile using her wet black sgraffito technique. The workshop will include basic design elements, design transfer, wet black sgraffito, and controlled-line detail painting. Each video demonstration will be followed by working studio time, and Terri will demonstrate and help as needed. After the tiles are finished, Terri will bisque and glaze fire them in her studio, then they will be ready for pickup at the J.



## Support from a Social Worker

We know life can present challenges, from coping with grief to navigating how your relationships change over time. Our 60 & Better social worker is available for one-on-one conversations and offers group discussions to support your current needs. Here are just a few opportunities to engage:

### DISCUSSIONS WITH THE SOCIAL WORKER: SPEAKING GRIEF

Wednesday, June 17

4 - 5:30pm | Mayerson JCC

FREE with RSVP

Open to the public

Facilitator: Donna McCartney of The Goldstein Grief Center

The documentary *Speaking Grief* brings to light the difficult and emotional topics of death and grief. The film provides a diverse representation of grieving people navigating their unique grief journeys, while also normalizing and validating the grief experiences of viewers. Please join us for a group screening of this documentary followed by a time for discussion and reflection.

*In Partnership with The Goldstein Family Grief Center*

### DISCUSSIONS WITH THE SOCIAL WORKER: COPING WITH THE HOLIDAYS

Wednesday, August 12

4 - 5:30pm | Mayerson JCC

FREE with RSVP

Facilitator: Donna McCartney of The Goldstein Family Grief Center

Holidays are a sacred time of reflection, renewal, and reconnection. It is important to recognize that this time can bring about new grief for individuals who are navigating loss. This program is designed to help individuals prepare emotionally and practically for the upcoming holidays. It will include a discussion about the impact of grief on the holidays and practical tools for caring for yourself and others during this spiritual season.

*In Partnership with The Goldstein Family Grief Center*

### ADULT CHILDREN OF AGING PARENTS GROUP

4th Tuesday of the month

6:30pm | Mayerson JCC

FREE with RSVP

Open to the public

Facilitator: Louis Liner

More adults these days find themselves becoming a caregiver for a family member, especially as the older demographic continues to grow in number. While there are many resources available for adult children who are caring for their aging parents, challenges often arise when locating these resources, as well as identifying and connecting with people in similar situations who understand their needs. The Mayerson JCC 60 & Better Center, in partnership with Jewish Family Service, invite you to participate in this group to explore and address these challenges.

Learn more & Register at

### MayersonJCC.org/ IntergenerationalRelationships

If you are interested in joining, please contact Louis Liner at 513.761.7500 ext. 1226 or [lliner@mayersonjcc.org](mailto:lliner@mayersonjcc.org).

*The 60 & Better Center's Social Worker position is generously funded by the Foundation for Cincinnati Jewish Seniors. If you are interested in joining any of these groups, please visit MayersonJCC.org to register. If you have any questions, contact Louis Liner at 513.761.7500 ext. 1226 or [lliner@mayersonjcc.org](mailto:lliner@mayersonjcc.org).*

## Helpful Services

### Transportation

513.722.7255

Our transportation services provide independence and access to many of the activities that contribute to a better quality of life.

Services, including rides to and from the JCC, are subject to driver availability.

### Shalom Phone

513.761.7500 ext. 1226

This FREE outreach program provides socialization with volunteer callers. If you are in need of this service or would like to volunteer, please call Louis Liner at 513.761.7500 ext. 1226.

### Meals on Wheels

513.792.5667

Meals on Wheels provides regular nutrition and daily contact with caring volunteers.

SERVICES INCLUDE:

- Meals for the homebound
- Private Kosher Meals on Wheels
- Emergency kosher meals

### Dining

513.761.7500 x 1222

You have many delicious and affordable dining options at the JCC. Choose any combination of up to two meals per day:

- Senior Meal Deal at the J Café
- Hot Kosher lunch, Monday-Friday at noon
- To Go Meals

### 60 & Better Membership

513.761.7500 x1218

Membership to the 60 & Better Center allows seniors ages 60+ to participate in any programs offered by the 60 & Better Center. Membership to the 60 & Better Center costs \$50 per individual and \$90 per couple for the calendar year.

Full membership to the Mayerson JCC is also available at a discounted price for seniors, and includes access to the 60 & Better Center, Fitness Center, Indoor and Outdoor Pools, indoor walking track, and additional community programming. Contact [membership@mayersonjcc.org](mailto:membership@mayersonjcc.org) for more information.

### General Financial Aid

The Mayerson JCC offers need-based financial assistance in an effort to make the JCC accessible to everyone. Scholarships are offered for JCC membership, programming, Camp at the J, After Crew, and the JCC Early Childhood School. Contact: [membership@mayersonjcc.org](mailto:membership@mayersonjcc.org) for an application.

### Inclusion

The Mayerson JCC works to provide accommodations to ensure people with disabilities can participate in our programming. The Schloss Special Needs and Services Fund strives to support and enrich the lives of individuals with special needs and their families.

If you need a specific accommodation or have questions about our inclusion and accessibility efforts, contact [inclusion@mayersonjcc.org](mailto:inclusion@mayersonjcc.org).



*Inclusion programs at the J are generously funded in part by The Mayerson JCC Excellence Fund, The Milton and Frances Schloss Special Needs and Services Fund for Children and Adults, the Jewish Federation of Cincinnati, and The Jewish Foundation of Cincinnati.*

**8485 Ridge Road, Cincinnati, OH 45236**

*Supported by The Jewish Foundation of Cincinnati and other generous donors. Certain programs also receive funds administered by the Council on Aging of Southwestern Ohio.*

**Jewish Federation of Cincinnati Partner Agency**

## Support the J

### CONSIDER A GIFT TO THE JCC

From giving a young star the opportunity to shine on stage, to helping kids develop new skills in a sports league, to providing an inviting space for seniors to mingle and enjoy a hot meal, your support is essential to helping them and many more find a home at the Mayerson JCC. Now and forever, we continue to uphold our mission and values by connecting people so that they can live happier and fuller lives, creating a more vibrant Jewish community.

Please consider making a tax-deductible donation to help us continue to serve our community. Every dollar makes a difference. To donate, visit [MayersonJCC.org/Support](http://MayersonJCC.org/Support).

### VOLUNTEER

Whether you want to give back to the community, make new friends, earn community service hours, or enhance your resume, the Mayerson JCC has many volunteer opportunities available year-round. Volunteers are matched with positions that fit their skills and interests. See opportunities and sign up online at [MayersonJCC.org/Volunteer](http://MayersonJCC.org/Volunteer).

### CREATE YOUR JEWISH LEGACY

Consider a legacy gift to the JCC or PJ Library. Your impact can continue beyond your lifetime, as you help to create important community connections for generations to come. This could be the most important gift you ever make.

Contact Rick Lefton at 513.761.7500 ext. 1293 or visit The Legacy Flame near the J Cafe to learn more about how you can join this vitally important initiative!



CREATE YOUR JEWISH  
**LEGACY**