MAYERSON JCC
of Cincinnati

FALL PROGRAM GUIDE
AUGUST - DECEMBER 2026



OY VEY 5K!

Sunday, October 18

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

8485 Ridge Road I Cincinnati, OH 45236 I 513.761.7500

MayersonJCC.org

Welcome

As the leaves begin to change, the Mayerson JCC is excited to welcome the community into a season of connection, creativity, and meaningful experiences.

This fall, we invite you to explore programs and events designed to bring people together across generations and interests. Celebrate Sukkot with Under One Roof, a community art exhibit featuring special events and a festive reception, or browse local vendors and seasonal offerings at our Fall Market. Lace up your running shoes for the annual Oy Vey 5K, a community favorite that combines fun, fitness, and Jewish spirit.

We are also proud to introduce Bellinis & Budgets: A Women's Financial Freedom Series, a multi-part workshop designed to help women ages 18 - 40 feel more confident and empowered in their financial lives.

Alongside these special events, our ongoing programs continue throughout the season, including fitness classes, swim lessons, and programming for children and families. Get fit before the holidays with our personal trainers or learn better habits by learning to Shop with a Coach.

Whether you are looking to stay active, learn something new, connect with others, or simply have fun, there is something for everyone this fall at the J.

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.

TABLE *of* CONTENTS

4 Fitness & Wellness
7 J Spa
8 Adult Sports & Recreation
9 Inclusion
10 Swim Lessons
13 Young Adult Events
14 J Prime
16 Arts, Ideas & Jewish Life
21 Children & Family
23 PJ Library
27 Youth Sports
34 60 & Better

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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 7, 2026. The Indoor Aquatic Center is open year-round. For more detailed information and hours, visit **MayersonJCC.org/Hours**.

Indoor Pool Hours

Monday - Thursday: 6am - 7:45pm
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: 9:30 - 11am
Open Swim: 10am - 8pm

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

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

Fall Holidays

Please make note of these special hours in observance of Jewish and federal holidays. Learn more about Jewish holidays at **MayersonJCC.org/Hours**

Monday, September 7: Labor Day
Building: 7am - 5pm*
Pool: Closes at 4:30pm
J Cafe: 8am - 2pm
Administrative Offices and 60 & Better Center are closed.

Friday, September 11: Erev Rosh Hashanah
Building: 7am - 5pm*
Pool: Closes at 4:30pm
J Cafe: 8am - 2pm
Administrative Offices, Early Childhood School, and 60 & Better Center close at 3pm.

Saturday, September 12: Rosh Hashanah 1st Day
Building closed.

Sunday, September 13: Rosh Hashanah 2nd Day
Building: 7am - 7pm
J Cafe is closed.

Sunday, September 20: Erev Yom Kippur
Building: 7am - 5pm*
Pool: Closes at 4:30pm
J Cafe: 8am - 2pm

Monday, September 21: Yom Kippur
Building closed.

Saturday, September 26: Sukkot 1st Day
Building: 7am - 7pm

Sunday, September 27: Sukkot 2nd Day
Building: 7am -7pm
J Cafe is closed.

Saturday, October 3: Shemini Atzeret
Building: 7am - 7pm

Sunday, October 4: Simchat Torah
Building: 7am - 7pm
J Cafe is closed.

Monday, October 12: Columbus Day/Indigenous Peoples Day
Building: 5:30am - 9pm
Administrative Offices, Early Childhood School (Teacher In-Service), and 60 & Better Center are closed.

Thursday, November 26: Thanksgiving Day
Building: 7am - 3pm*
Pool: Closes at 2:30pm
J Cafe: 8am - 2pm
Administrative Offices, Early Childhood School, and 60 & Better Center are closed.

Friday, November 27: Day After Thanksgiving
Building: 5:30am - 7pm
J Cafe: 7:30am - 2pm
Administrative Offices, Early Childhood School, and 60 & Better Center are closed.

Thursday, December 24: Christmas Eve
Building: 7am - 5pm*
Pool: Closes at 4:30pm
J Cafe: 7:30am - 2pm
Administrative Offices, Early Childhood School, and 60 & Better Center close at 3pm.

Friday, December 25: Christmas Day
Building: 7am - 5pm*
Pool: Closes at 4:30pm
Administrative Offices, Early Childhood School, J Cafe, and 60 & Better Center are closed.

Thursday, December 31: New Year's Eve
Building: 7am - 5pm*
Pool: Closes at 4:30pm
J Cafe: 8am - 2pm
Administrative Offices, Early Childhood School, and 60 & Better Center close at 3pm.

Friday, January 1, 2027: New Year's Day
Building: 7am - 5pm*
Pool: Closes at 4:30pm
J Cafe: 8am - 2pm
Administrative Offices, Early Childhood School, and 60 & Better Center are closed.

**Due to early building closures, there will be no programs after 2pm on these days and the pool will close 30 minutes before the closure time listed above.*

FITNESS & WELLNESS

FINANCIAL AID

Financial Assistance for membership and program fees is available to qualified applicants. Email membership@mayersonjcc.org for an application.

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, taught by highly qualified instructors. See our schedule at **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 12 - 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.

SPORTSMETRICS® USA

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

All Pilates 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*

Experience what it's like to move with greater ease, less pain and greater strength with our Pilates Reformer small group program. Benefits include support from your small group, muscle tone, improved posture, simply feeling better and a multitude of other mental and physical rewards. Introductory package must be completed.

WEEKLY DROP-IN PILATES REFORMER

Ages 16+
Fridays | 12 - 1pm
Starting at $30 per session

Members-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+
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. This group welcomes beginner-to-intermediate levels.

JUMPBOARD INTERVAL TRAINING

Ages 16+
Ongoing Enrollment
Training options available
$113 per month*

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

PILATES FOR GOLF

Ages 16+
Tuesdays, October 20 - December 15
6 - 7pm
J Members: $216

Improve your golf game through targeted Pilates training. This series focuses on core strength and multi-plane movement to support a more effective swing. Participants will complete a Kinotek assessment to evaluate shoulder, spine, and hip mobility.

POP-UP PILATES

AUGUST PAUSE AND RESET

Ages 16+
Thursday, August 27
5:30pm for current J Pilates participants
6:30pm for J Members and Public
$30

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

SEPTEMBER PILATES PLAYLIST

Ages 16+
Thursday, September 17
5:30pm for current J Pilates participants
6:30pm for J Members and Public
$30

This class will blend music, movement, and breath with energetic and upbeat music. Get ready to feel the burn and have fun!

OCTOBER PILATES GLOW WITH THE FLOW

Ages 16+
Thursday, October 15
5:30pm for current J Pilates participants
6:30pm for J Members and Public
$30

Get your glow on with this fun Pilates class! Enjoy a reformer class lit by glow sticks and accompanied by music to set the mood.

NOVEMBER CLASSICAL PILATES

Ages 16+
Thursday, November 19
5:30pm for current J Pilates participants
6:30pm for J Members and Public
$30

In this class, we will go back to the foundation of Pilates and run through the movement sequences as Joe intended. This class will enhance your mobility, breathwork, and strength.

DECEMBER YOGALATES

Ages 16+
Thursday, December 10
5:30pm for current J Pilates participants
6:30pm for J Members and Public
$30

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

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 account on a monthly basis. Cancellation requests must be received no later than the end of business on the first day of the last month you wish to participate.***

For more information or to register for ongoing classes, email pilates@mayersonjcc.org.

FITNESS & WELLNESS

FINANCIAL AID

Financial Assistance for membership and program fees is available to qualified applicants. Email membership@mayersonjcc.org for an application.

SMALL GROUP TRAINING

Ages 16+
Ongoing Enrollment
Training options available
J Members: Starting at $96* per month
Public: Starting at $117* 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 **fitness@mayersonjcc.org.**

Enrollment in Small Group Training programs is ongoing. Fees are charged to your account on a monthly basis. Cancellations must be made by the 1st of the month before you plan to cancel.

CALORIE BANK BEFORE YOU THANK

Ages 16+
October 18 - November 22
FREE

Bank 7,000 calories before Thanksgiving and receive a J Bucks gift card. Every 10 minutes you work out equals 100 calories banked, so let's get moving!

SHOP WITH A COACH

Ages 16+
Wednesdays, September 16, October 7, October 28, and November 18
2pm
J Members: $25 | Public: $35

What if a small change in how you shop could bring you closer to your health goals? Join a coach for this 90-minute guided grocery store experience. Bring your shopping list, with optional purchases.

SPORTS PERFORMANCE TRAINING PROGRAM

Ages 12+
J Members and Public: $25
Training options available
One-hour sessions; minimum 4-week commitment. Best results are seen year-round. However, we see strong improvements 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.





50-Minute Customized Sugar Scrub for only $65

Body scrubs are perfect for post-summer skin. Our sugar scrubs benefit the skin by exfoliating dead dermis cells, increasing blood flow, and helping the skin better hold moisturizing products. This service includes a scrub customized with your favorite essential oil, followed by a moisturizing cream application. Sugar scrubs are less drying than salt versions, making this service suitable for almost all skin types. Your technician will suggest a variety of essential oil options, including citrus, floral, or peppermint scents.

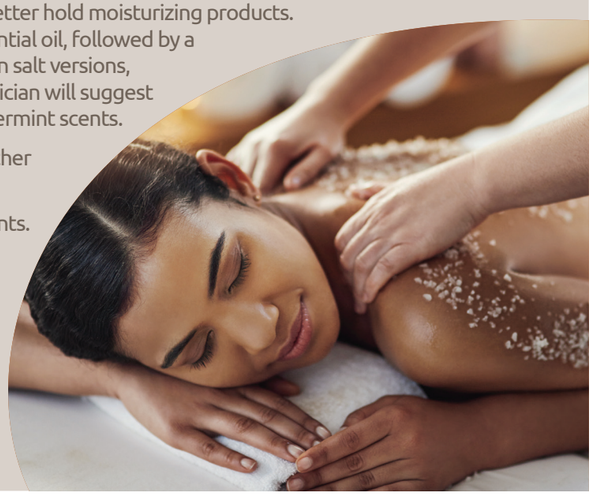
Mention this offer when booking. May not be combined with other discounts or used to purchase gift cards.

Please note: Peppermint is not recommended for pregnant clients.

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

Offer expires December 31, 2026.

LEARN MORE AND SCHEDULE AN APPOINTMENT AT
MayersonJCC.org/J-spa



ADULT SPORTS & RECREATION

SPORTS LEAGUES

PICK-UP PICKLEBALL

Ages 15+
Fall 1: August 23 - October 13
Fall 2: October 18 - December 22
Sundays: 9am
Mondays: 1pm
Tuesdays: 7pm
Mayerson JCC
J Members: FREE | Public: $45

Pickleball is a fast-growing sport that combines tennis and table tennis into a fast-paced, exciting game. Whether you are a beginner or an experienced player, we have a spot for you!

PICKLEBALL INSTRUCTION

Ages 15+
Fall 1: September 2 - September 23
Wednesdays: 1pm and 6pm
Fall 2: October 21 - November 11
Wednesdays: 1pm | Mayerson JCC
J Members: $60 | Public: $80

You've heard how fun it is to play, and now you can learn how! Pickleball is a great sport to learn how to play at whatever age you are. You'll learn how to play and keep score. Equipment is provided.

JCC FALL DOUBLES PICKLEBALL TOURNAMENT

Ages 15+
Sunday, November 15
8am - 1pm | Mayerson JCC
J Members: $28 | Public: $36

The JCC Fall Doubles Pickleball Tournament is back with 3 Divisions: Competitive, Intermediate, and Recreational. Each team plays four games in a round-robin format then competes for their division championship.

MEN'S BASKETBALL FALL LEAGUE

Ages 18+
Mondays, September 14 - January 11
Additional scrimmages on Wednesdays
6pm | Mayerson JCC
J Members: $139 | Public: $180 (includes Wednesday Pickup Basketball)

The JCC Men's Basketball League provides its players with a fun environment for friendly competition and team camaraderie. The season has a 10-game regular season, tournament, All-Star Game, and awards. It's going to be a great season. Registration opens Tuesday, September 1. Spots fill up fast!

Presenting Sponsor - Café Alma

ADULT ARCHERY CLASS

Ages 18+
Fall 1: August 23 & 24, September 27, October 11
Fall 2: October 18 & 25 and November 1 & 8
Sundays, 1pm | Mayerson JCC
J Members: $60 | Public: $80

Archers will learn how to shoot with both a recurve bow and compound bow on our JCC archery range. A Level 2 USA Archery Instructor will lead this class. Equipment is provided. No experience needed.



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, August 23 - December 20
1 - 3pm | Mayerson JCC
J Members: FREE | Public: $26

This engaging adaptive class offers low-impact exercise, socializing, and creative crafts.

ADAPTED BASKETBALL

Ages 16+
Thursdays, September 10 - December 17
7 - 8pm | Mayerson JCC
J Members: FREE | Public: $26

In this exciting, team-focused exercise class, participants will work on basketball fundamentals while socializing and being active.

SPECIAL OLYMPICS POWERLIFTING

Ages 16+
Saturdays, September 19 - November 21
11am - 12pm | Mayerson JCC
J Members: FREE | Public: $26

Join us in partnership with the Special Olympics of Hamilton County (SOHC) for powerlifting courses and training. Spots are limited, so sign up quickly!

Please Note: Competitive athletes will need to register with both the JCC and SOHC.

SPECIAL EDUCATION LAW WORKSHOP

Thursday, October 22
6:30pm | Mayerson JCC
J Members: $16 | Public: $20

Join education attorney Carla Loon Leader for a crash course on Special Education Law and Advocacy. This workshop will cover education law to give you the tools to advocate for your child and ensure their success at school.



SENSORY KITS AVAILABLE

Sensory kits are designed to help individuals manage their sensory needs while enjoying community programming at the J. Members can borrow a kit from the Welcome Desk! Learn more about these and other supports at 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**

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. Group lessons cannot be prorated, refunded, or made up due to limited class capacity.

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
Ongoing Enrollment
JCC Leisure Pool
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 50

Ages 2 - 4
Ongoing Enrollment
JCC Leisure Pool
Class ratio: 1:4

This class is designed for children who are too advanced for the Parent/Toddler class but are not yet ready for Swim 101. Parents/guardians will be in the water to assist and support their child throughout class. It is also ideal for children who may be fearful of the water or need additional help building confidence and comfort before participating in lessons independently. The goal of this class is to help transition children toward independent swim lessons and prepare them for the Swim 101 level.

DAY	TIME
Sun	11am
Mon	5:50pm
Sat	9am

SWIM 101

Ages 3 - 5
Ongoing Enrollment
JCC Leisure Pool
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	9 - 9:30am
Sun	10:20 - 10:50am
Mon	4:30 - 5pm
Mon	5:50 - 6:20pm
Tues	4:30 - 5pm
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	11:40am - 12:10pm
Sat	12:20 - 12:50pm

SWIM 102/103

Ages 6 - 12
Ongoing Enrollment
JCC Leisure Pool
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



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

SWIM 201

Ages 3 - 5
Ongoing Enrollment
JCC Leisure Pool
Class ratio: 1:6
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
Sun	11 - 11:30am
Wed	6:30 - 7pm
Thurs	5:10 - 5:40pm

SWIM 202/203

Ages 6 - 12
Ongoing Enrollment
JCC Lap Pool
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

SWIM 302/303

Ages 6 - 12
Ongoing Enrollment
JCC Lap Pool
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

ADULT BEGINNER SWIM LESSONS

Ages 18+
Ongoing Enrollment
JCC Lap Pool
Class ratio: 1:8
Starting at $120 per month*

This introductory class helps students feel comfortable and safe in the water, covering back floating, basic swimming on front and back, treading water, and submerging.

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

ADULT INTERMEDIATE SWIM LESSONS

Ages 18+
Ongoing Enrollment
JCC Lap Pool
Class ratio: 1:10
Starting at $120 per month*

This class is for adults comfortable with submersion, floating, kicking on front and back, and basic freestyle. The instructor will focus on refining freestyle and backstroke.

DAY	TIME
Sun	1 - 1:45pm
Mon	7:15 - 8pm

AMERICAN RED CROSS LIFEGUARD TRAINING

Ages 15+
Ongoing Enrollment
Mayerson JCC Indoor Pool
Registrants must attend all classes of selected session

Sign up to participate and receive your lifeguard certification from the American Red Cross. Spots are limited!

Women's-Only
October 18 - 29

DAY	TIME
Sun	2 - 8pm
Tues	5 -10pm

Full Class
October 9 - 11

DAY	TIME
Sat	9am - 6pm
Sun	9am - 6pm

Full Class
December 19 -21

DAY	TIME
Fri	4 - 8pm
Sat	9am - 6pm
Sun	9am - 6pm

Contact aquatics@mayersonjcc.org with questions. Participants must attend all classes of the selected session and must complete the required swimming skills prerequisite prior to taking the course.

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

To register for swim lessons, email **aquatics@mayersonjcc.org.**

TO LEARN MORE & REGISTER VISIT:
MayersonJCC.org/**Aquatics**

Financial Aid

Financial Assistance for membership and program fees is available to qualified applicants.
Email **membership@mayersonjcc.org** for an application.

ALL AGES EVENT

OY VEY 5K

Sunday, October 18

10am | Mayerson JCC | $36

Walk or run during our annual Oy Vey 5K! Invite your whole family on this 3.1-mile journey through Amberley Village. All ages welcome at this family-friendly event. We will be cheering you on every step of the way!

MayersonJCC.org/**OyVey5K**



2026
Mayerson JCC
ANNUAL MEETING

Wednesday, September 30
6pm | Mayerson JCC
FREE with RSVP

This year we mark a meaningful milestone: 18 years in our home in Amberley Village. We will celebrate how we have lived our mission of connecting people and look forward with purpose to our next chapter of building an even more vibrant community.

LEARN MORE & REGISTER AT
MayersonJCC.org



J 20s & 30s

LEARN MORE & REGISTER AT:
MayersonJCC.org/**YoungAdults**

Bellinis and Budgets:

A Financial Empowerment Club for Women

Sundays
October 25, November 8,
December 6, and February 7
11am | Locations will vary
J Members: $15 per class | $50 session bundle
Public: $18 per class | $65 session bundle

Bellinis & Budgets: A Women's Financial Freedom Series is a 4-part workshop series designed for women ages 18 - 40 who want to feel more in control of their financial lives but don't always know where to start.

LEARN MORE & REGISTER AT:
MayersonJCC.org/**YoungAdults**





Thursday, September 24
6pm | Mayerson JCC
J Members: $15 | Public: $18

In preparation for Sukkot, Rabbi Drew Kaplan, host of the Jewish Drinking Podcast, will guide us through a tasting centered around the holiday and the Jewish history of bourbon. Ticket includes a bourbon flight, light appetizers, and your first drink ticket.

LEARN MORE & REGISTER AT:
MayersonJCC.org/**YoungAdults**



J Prime programs are made possible through a generous grant from The Foundation for Cincinnati Jewish Seniors

Closer to Fine:

A backyard Indigo Girls singalong



Saturday, November 7
7pm | Location Provided with RSVP
FREE with RSVP

Join us for an intimate, nostalgia-filled evening under the stars as we gather in a cozy backyard to sing the Indigo Girls songs that raised us. We'll circle up by the fire, sip drinks, and let the harmonies (and memories) carry us through the night.

ARTS, IDEAS & JEWISH LIFE





Judaism Inbound is our flagship course — a rigorous, non-denominational exploration of Jewish history, text, theology, and practice. This is not a survey class. It is part lecture series, part study club, part spiritual laboratory. We don't tell you what to believe. We hand you the clay and trust you to sculpt something that is yours.

What we cover: Judaism Inbound moves through the full landscape of Jewish life — from foundational texts and the many Jewish ideas about God, to Shabbat, lifecycle rituals, Jewish history, ancestral lineages, lost wisdoms, and what it might mean to build a Judaism that is genuinely yours. Each session pairs rigorous learning with honest conversation, drawing on ancient texts, contemporary thinkers, and the Judaism Unbound podcast universe. You'll leave not with a set of answers, but with the confidence and tools to keep asking the right questions.

Who is this class for? Disenchanted but hopeful Jews? Folks on the way to Judaism? Friends of Jews who want to learn more? The answer is: all of the above! While this class was designed as an introduction to Judaism for those on the path towards conversion, our curriculum works for anyone, including non-Jews curious about Judaism who do not seek to convert, those considering conversion, and Jews looking to be re-introduced to Judaism.

Part lecture series, part study club, part spiritual laboratory, and an introduction to Judaism class that covers Judaism as a religion, history, culture, and spiritual mode. Judaism InBound is built around the concept that Judaism is constantly evolving and is currently in a period of exceptionally radical change. We believe that there is no singular way to teach "what Jews believe" or "what Jews do," and it is even harder to introduce an entity that may look very different very soon. As such, this course is designed to both teach about and challenge mainstream Judaism. We intend to familiarize students with longstanding tenets of Judaism while also empowering them to view what they learned as raw material that they can shape to best reflect their own lives.

Cost: $500 . Generous scholarships available
Format: Weekly, 90 minutes . In-person at the Mayerson JCC

ARTS & IDEAS SEASON SPONSORS
The Rockwern Charitable Foundation
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SUN AUG 30

10am - 2pm

Mayerson JCC

fall market

J MAYERSON JCC

Local Produce • Food Trucks • Handcrafted Art

Stock up on apples and honey for Rosh Hashanah, the Jewish New Year, and browse fresh produce, handcrafted goods, jewelry from local vendors, and food trucks! Filled with local favorites, unique finds, and more!

LEARN MORE & REGISTER AT
MayersonJCC.org

UNDER ONE ROOF
Chai

חי

UNDER ONE ROOF ART EXHIBIT
On Display at the J
Thursday, September 24 - Monday, October 5
Free to visit | Mayerson JCC Courtyard

Celebrate the festival of Sukkot* this fall with the Under One Roof community art exhibit in our sukkah. The exhibit will be on display in a temporary sukkah in the Mayerson JCC courtyard and will feature artwork designed by various individuals and groups as they interpret the central theme, Chai.

Chai is the Hebrew word for life. The two letters that make up the word, chet and yud, add up to the number 18. As we celebrate the JCC's milestone 18th year, we contemplate how this building, and the people within it, have transformed and flourished.

What brings the JCC to life after 18 years in this building? Our answer – **the community that calls this place home.**

COMMUNITY DINNER IN THE SUKKAH
Tuesday, September 29
5:30pm | Mayerson JCC
Price TBD

Join the JCC community in our new sukkah for dinner and singing for all ages. You'll be able to order a pre-set kosher meal from a local caterer that you are invited to eat in our sukkah.

UNDER ONE ROOF ART RECEPTION
Wednesday, September 30
7 - 8pm | Mayerson JCC
Free with RSVP

Enjoy an evening of community and art as we celebrate the festival of Sukkot, after our Annual Meeting. Visit the Under One Roof reception to enjoy desserts, artwork, and conversation.

Presenting Sponsor:
ROCKWERN CHARITABLE FOUNDATION

Strengthening Jewish Cincinnati
Jewish Foundation of Cincinnati
JEWISH FEDERATION OF CINCINNATI

LEARN MORE & REGISTER AT
MayersonJCC.org/UnderOneRoof

Sukkot (often translated as the "Festival of Booths" or "Tabernacles") is a major weeklong Jewish holiday. It serves a dual purpose: celebrating the fall harvest and commemorating the temporary shelters the Israelites lived in during their 40-year journey through the Sinai desert.

ARTS & IDEAS SEASON SPONSORS
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ISRAELI DANCING

Tuesdays
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.

HOXWORTH BLOOD DRIVE

Tuesday, September 29
9am - 3pm | Mayerson JCC
FREE with RSVP

Come help the community by giving blood. Your donation can save up to three lives. This will be a mobile bus in the parking lot.

OCTOBER 7 PROGRAM

Wednesday, October 7
5pm | Mayerson JCC
FREE with RSVP

Come together as a community in shared remembrance and to honor the victims of October 7, 2023.

In partnership with the Jewish Federation of Cincinnati.



Craft & Kvetch

connect, make, create

First Thursday of the Month
6pm | Locations will vary.
FREE with RSVP

Join us on the first Thursday of the month to Craft & Kvetch! Bring your current WIP (Work-In-Progress) and meet fellow crafters at a fun location. Crafting will commence **September 3, October 1, November 5, and December 3.** Materials not provided.



theatre AT THE J

presents

ARISTOPHANES' "THE BIRDS"

Thursday, November 12 at 7pm
Sunday, November 15 at 2pm
Mayerson JCC
Child: $12 | Adult $15

Presented by the cast of Everyone's a Star: Juniors! *The Birds* was originally written by Aristophanes as a satire on man's society. In this loose adaptation by Claudia Haas and Richard Cash, three children embark on a journey that leads them to the Great Birds' Nest in the Sky.



DRAGON TROUBLE

Sunday, December 6
Minis 1: 1pm
Minis 2: 3pm
Mayerson JCC
Child: FREE | Adults: $5

Dragon Trouble is a children's play about a mischievous fairy who creates problems in a peaceful kingdom just because she is bored. The dragons fight with the princesses and knights until some magicians come along and help restore peace to the kingdom.

The same play will be performed by two different casts. Tickets are for one performance only. Expected run time is 15 - 20 minutes.



Learn more at
MayersonJCC.org/Theatre

As One

As one, we build a healthy Jewish Cincinnati.

Our goal is to meet the needs of our community.

Your support matters.
jewishcincinnati.org/give

Meet Our 2026-2027 Campaign Leadership

Annual Campaign



Jim Heldman



Rini Levy

Major Gifts



Bryna Miller



Kai Schneider

Community Campaign



Max Fisher



Tracy Juran

For more information about the Jewish Federation's Annual Campaign, please contact Sunny Krantz, Director of Annual Giving, at 513-985-1513

JEWISH FEDERATION CINCINNATI

CHILDREN & FAMILY

SAFE SITTER BABYSITTING CLASS

Ages 11 - 18
Wednesday, November 25
9am | Mayerson JCC
J Members: $140 | Public: $150

Earn your Safe Sitter Babysitting Certification through this interactive, comprehensive course that shares the latest information on childcare, basic first aid, and emergency protocols. Participants should bring a water bottle and a packed lunch.

KIDS NIGHT OUT

Ages 5 - 13
Fall 1: Saturday, October 17
Fall 2: Saturday, December 19
6pm | Mayerson JCC
J Members: $25 | Public: $33

Hang out with friends and enjoy a night of camp magic! We'll play games, swim, eat pizza and s'mores, catch a movie, and live our best lives during Kids Night Out.

In Partnership with

CAMP AT THE J

CREATIVE DANCE

Ages 3 - 5
Fall 1: Thursdays, August 27 - October 15
Level 1: 10:15 - 11am
Level 2: 11 - 11:45am *(must have completed Level 1)*
Mayerson JCC
J Members: $160 | Public: $208

Fall 2: Thursdays, October 22 - December 10
Level 1: 10:15 - 11am
Level 2: 11 - 11:45am *(must have completed Level 1)*
Mayerson JCC
J Members: $140 | Public: $182

Level 1: An introductory dance class taught by Cincinnati Ballet's Otto M. Budig Academy where students learn the basics to dance and movement. Dancers will enjoy exploring movement through music and games, while building social skills, flexibility, and strength.

Level 2: A ballet and creative movement class taught by Cincinnati Ballet's Otto M. Budig Academy that builds upon the skills learned in Creative Dance 1 including advancing dance vocabulary and technique.

In partnership with
cincinnati BALLET OTTO M. BUDIG ACADEMY



j baby

Prenatal classes with a Jewish lens!



Coming this Winter!
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

LEARN MORE AT:
MayersonJCC.org/JBaby

New Baby, Big Mazel!

Did your family recently grow through birth, adoption, or surrogacy? We'd love to welcome your little one with a free gift and connect you with PJ Library.

Tell us about your newest arrival and join a community of families celebrating Jewish life from the very beginning.

Visit **MayersonJCC.org/PJLibrary** to let us know!

PJ Library® & PJ OUR WAY™



PJ Library® & PJ OUR WAY™

BACK TO SCHOOL AT THE POOL

Ages 12 & under
Sunday, August 23
6 - 7:30pm | Mayerson JCC
J Members: $5 | Public: $7

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

PJ GOES TO CAMP

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

PJ goes to family camp! Join our surrounding PJ Library communities from Dayton, Columbus, and Louisville at Camp Livingston for a fun-filled weekend!

THE ROBERT KROHN LIVINGSTON CAMP Livingston since 1920 MEMORIAL CAMP

THE GREAT PJ CHALLAH BAKE

Ages 12 & under
Thursday, September 17
5:30pm | Mayerson JCC
Members: $10 | Public: $13

A fun, hands-on family experience where PJ Library families mix, braid, and bake challah together while connecting with community and preparing for Shabbat. A kosher dairy dinner will be provided.

Sponsored by Judy and Mark Petricoff.

MITZVAH MAKERS: SWEET TREATS FOR GIVING THANKS

Ages 12 & under
Sunday, November 15
3pm | Mayerson JCC
FREE with RSVP

In the spirit of Thanksgiving, families will come together for a hands-on service experience focused on gratitude and community care.

In partnership with:

ROCKWERN CHARITABLE FOUNDATION



LEARN MORE & SIGN UP:
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!

Everyone's a Star

EVERYONE'S A STAR: MINI
Ages 5 - 8
Sundays, August 23 - December 6
Minis 1: 2 - 3pm
Minis 2: 3 - 4pm
Mayerson JCC
J Members: $275 | Public: $325

Learn the basics of acting and teamwork in this drama class, best suited for K - 2nd grade. All students will perform in a short play called *Dragon Trouble* about a mischievous fairy who creates problems in a peaceful kingdom, just because she is bored.

STAGE CREW APPRENTICESHIP
Ages 10 - 17
Tuesdays and Thursdays
October 6 - November 15
5 - 7pm | Mayerson JCC
J Members: $240 | Public: $320

This six-week program gives students ages 10 - 17 the opportunity to learn the behind-the-scenes aspects of running a show! Students will work with an instructor to help bring the set of our Junior show to life!

This class is art focused, and no power tools will be used. A waiver must be signed by parents after registration.

EVERYONE'S A STAR: JUNIOR
Ages 8 - 14
Tuesdays and Thursdays
August 25 - November 15
5 – 7pm | Mayerson JCC
J Members: $450 | Public: $500

Make friends and learn acting skills in this educational drama class, best for 4th - 8th graders, and 3rd graders with prior performing experience. All students will participate in a fully produced performance of Aristophanes' *The Birds*, adapted by Claudia Haas.

Additional tech rehearsals required beginning on November 1.
Performances November 12 and 15.



theatre AT THE J

LEARN MORE & REGISTER AT
MayersonJCC.org/theatre

FRiDAYNiGHTSHABBAT

Friday, October 16
5:30pm | Mayerson JCC
FREE with RSVP

Join us for a night of connection, community, and conversation as we celebrate Shabbat here at the Mayerson JCC. Bring your family, friends and come ready to eat, chat, sing and play our way into the weekend.

In Partnership with Friday Night Shabbat.



LEARN MORE & REGISTER AT
MayersonJCC.org

Hanukkah

FRiDAYNiGHTSHABBAT

Friday, December 11
5pm | Mayerson JCC
FREE with RSVP

Join us for an especially joyful Friday Night Shabbat celebration as we welcome the light of Chanukkah together! Families will enjoy food, songs, activities and plenty of fun and meaningful Chanukkah traditions as part of the JCC's *Kehilah Kadosha* (sacred community).

In Partnership with Friday Night Shabbat.



LEARN MORE & REGISTER AT
MayersonJCC.org

BREAK CAMP AND SNOW DAY CAMP

Grades K - 6
When school is out, the J is in!
Sign up for a fun day of swimming, sports, arts & crafts, and more.

9:30am - 3:30pm
J Members: $75 | Public: $90
Cost is per day.

Optional Extended Hours:
Pick-up by 6pm
J Members: +$20 | Public: +$26

FALL BREAK CAMPS
November 2
November 3
November 23
November 24
November 25

WINTER BREAK CAMPS
December 21
December 22
December 23
December 28
December 29
December 30
December 31
January 4

CAMP AT THE J

Snow Day Camp dates will be announced in the event of a Snow Day.

LEARN MORE & REGISTER AT
MayersonJCC.org/BreakCamps



ARCHERY

Grades K - 6
Fall 1: August 23 & 24, September 27, October 11
Fall 2: October 18 & 25 and November 1 & 8
2 - 3pm | Mayerson JCC
J Members: $60 | Public: $80

Kids ages 5 - 11 will learn how to shoot both a recurve bow and compound bow on our JCC archery range. The course will be taught by a level 2 USA Archery Instructor. Equipment is provided.

YOUTH SPORTS

Mayerson JCC Youth & Family and Blue Jays Sports are proudly sponsored by Dr. Jacob Stadiem & Northeast Orthodontic Specialists and the Knue Family.

JCC LITTLE BLUE JAYS

SOCCER
Ages 3 - 5
August 27 - October 15
J Members: $104 | Public: $136
PRACTICE & SCRIMMAGE:
Thursdays, 4:30 - 5:30pm

Kids ages 3 - 5 will learn how to dribble, score, and play goalie in this Little Blue Jays class. Practices will have both skill development and scrimmages.

BASKETBALL
Ages 3 - 5
October 22 - December 17
J Members: $120 | Public: $156
PRACTICE AND SCRIMMAGE:
Thursdays, 4:30 - 5:30pm

Kids ages 3 - 5 will learn to dribble, pass, rebound, and score in this Little Blue Jays program. Each practice will include skill development and a scrimmage game.

T - BALL
Ages 3 - 5
August 25 - October 13
J Members: $104 | Public: $136
PRACTICE AND SCRIMMAGE:
Thursdays, 4:30 - 5:30pm

Kids ages 3 - 5 will learn how to hit, throw, field, and run the bases in this Little Blue Jays class. Practice times will include skill development and scrimmages. Players must provide their own glove.

JCC BLUE JAYS

BASKETBALL
J Members: $139 | Public: $179

BOYS GRADES K - 2
October 22 - February 25
PRACTICE:
Thursdays, 5:30 - 6:30pm
GAMES:
Sunday afternoons beginning in December

GIRLS GRADES K - 2
October 20 - February 23
PRACTICE:
Tuesdays, 5 - 6pm
GAMES:
Sunday afternoons beginning in December

BOYS GRADES 3 - 4
October 21 - February 28
PRACTICE:
Wednesdays, 5 - 6pm
GAMES:
Sunday afternoons beginning in December

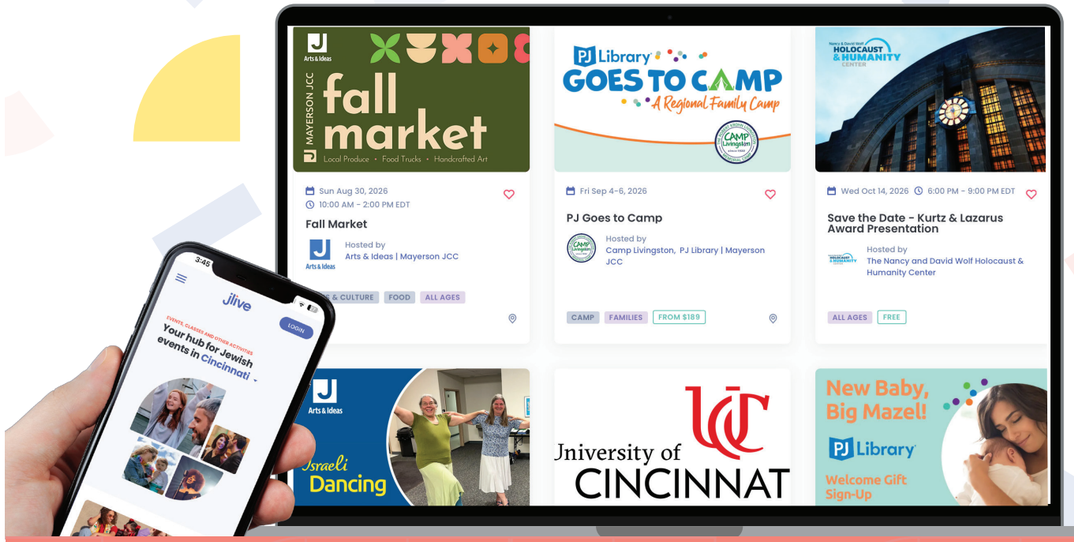
BOYS GRADES 5 - 6
October 21 - February 28
PRACTICE:
Wednesdays, 6- 7pm
GAMES:
Sunday afternoons beginning in December

BOYS GRADES 7 - 8
October 20 - February 28
PRACTICE:
Tuesdays, 6- 7pm
GAMES:
Sunday afternoons beginning in December



jlive

Visit jlive.app



Looking for Jewish Events in Cincinnati?

Start with Jlive.

Jlive is your hub for Jewish events in Cincinnati, connecting people of all ages to programs, classes, and celebrations across the community.

DISCOVER. SHARE. REGISTER.

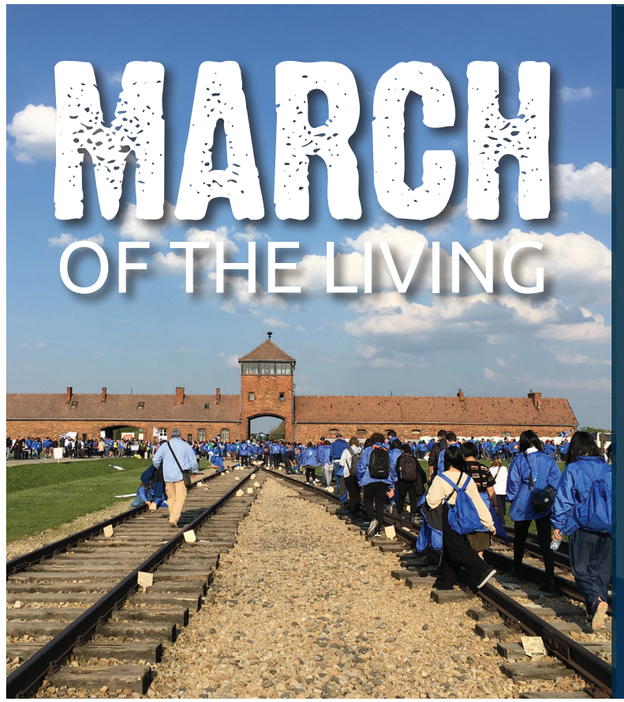


Download Today

DOWNLOAD ON THE Apple Store

GET IT ON Google Play

TEENS



MARCH OF THE LIVING INFO SESSIONS

Tuesday, October 20 | Mayerson JCC
Tuesday, October 28 | Virtual
6 - 7pm

Come learn about March of the Living 2027, an opportunity to join Jewish teens from all over the world for a profoundly moving experience in Poland and Israel. These information sessions will allow parents and teens to ask questions about this once-in-a-lifetime trip. Teens and parents do not need to attend the same sessions, and attending info sessions is not a requirement of the trip.

LEARN MORE AND APPLY AT
MayersonJCC.org/**MOTL**

2027 MACCABI GAMES

DATE AND LOCATION TBD

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

Contact Anne Goldstein at **angoldstein@mayersonjcc.org** for more information.



Cincy Journeys

INVESTING IN OUR FUTURE



CAMP GRANTS

UP TO $3,500

Summer memories last a lifetime.

Overnight Jewish camp is full of the fun and adventure your kids crave and the confidence-growing, values-building experiences you want for them too.

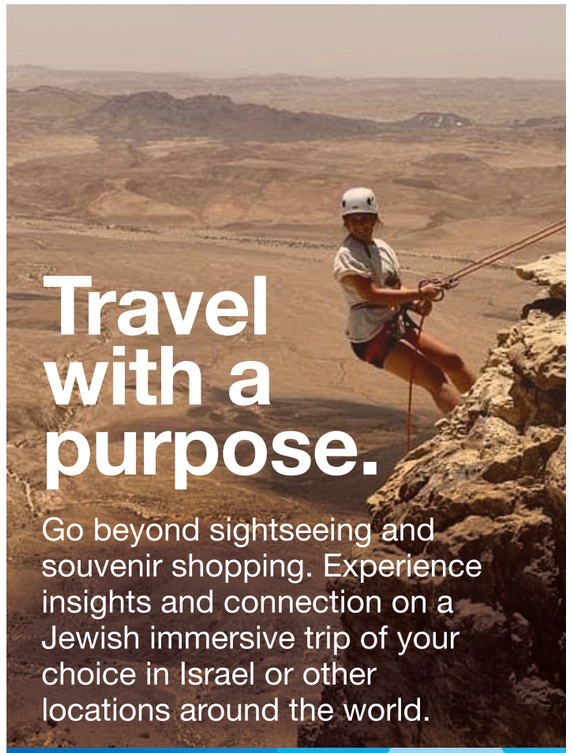
One of our approved camps is sure to be the perfect fit!

cincyjourneys.org

Strengthening Jewish Cincinnati

JEWISH FEDERATION CINCINNATI

Jewish Foundation of Cincinnati
INVESTING IN OUR COMMUNITY



Travel with a purpose.

Go beyond sightseeing and souvenir shopping. Experience insights and connection on a Jewish immersive trip of your choice in Israel or other locations around the world.

TRAVEL GRANTS

UP TO $8,000

Cincy Journeys

INVESTING IN OUR FUTURE

Get your grant today.

cincyjourneys.org/apply

Must be 16 to 18 years old for Beyond Israel travel and 16 to 26 for Israel travel.

Strengthening Jewish Cincinnati

JEWISH FEDERATION CINCINNATI

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INVESTING IN OUR COMMUNITY



Fuel Your Future

Receive a grant and professional development by working at an approved Jewish overnight camp in the United States or Canada.

cincyjourneys.org/apply

Open to Cincinnati Jewish young adults ages 18 to 26.

Cincy Journeys

INVESTING IN OUR FUTURE

FELLOWSHIP GRANTS

CAMP COUNSELOR

Ages 18-26

LOCAL RESIDENTS ONLY

DO WHAT YOU LOVE

Strengthening Jewish Cincinnati

JEWISH FEDERATION CINCINNATI

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INVESTING IN OUR COMMUNITY



VISIT THE J CAFE

- KOSHER
- BREAKFAST
- SALADS AND SOUP
- COFFEE
- PIZZA
- AND MORE

MON-THURS: 8AM - 6PM
FRIDAY: 8AM - 2PM
SATURDAY: CLOSED
SUNDAY: 8AM - 3PM

AT THE MAYERSON JCC of Cincinnati

Thank you to the generous sponsors

of the 2026 J Classic held at Losantiville Country Club on June 11!

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Kendra Scott
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King's Island
Looking Glass Hospitality

Main Event
Matt the Miller's Tavern
Mayerson JCC
MegaCorp Pavillion
Melting Pot
Modern Tribe
Nancy & David Wolf Holocaust
& Humanity Center
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Dunkin'
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Goodfellas Pizzeria
J Cafe
Koriela Catering
Losantiville Country Club

Marx Hot Bagels
Out of Thyme Kitchen Studio
The Park Pour
Walt's Hitching Post

Young Buck Deli
Ziqr Progressive Indian Restaurant

To see the list of generous Course of Caterers and other in-kind J Classic supporters, please visit MayersonJCC.org.

Thank you to our dedicated J Classic **volunteers!**

60 & Better programs are open to members of the JCC and/or 60 & Better Center. Contact Melissa Shrimplin to learn more about the 60 & Better Center at 513.761.7500 ext. 1218.

60 & Better Center

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.



60 & Better
2027 Membership Renewal

Starting on **October 1**, you can renew your 2027 60 & Better membership. Please stop into our center to complete the 2027 registration form. You are also welcome to renew in January.

Are you a full JCC Member? Please complete your 2027 registration form in our 60 & Better office. Once completed, you will be eligible for your $4 meal at the J Cafe. Thank you!

Stay up to date!



To access all of our 60 & Better Programs, please pick up a newsletter outside the 60 & Better Center office.

When Attending a Class...

Our goal is to provide the highest-quality, most enjoyable classes for our members. We make every effort to avoid cancellations and strive to secure qualified substitute instructors when regular instructors are unavailable. When last-minute cancellations do occur, we do our best to notify participants, although limited notice may occasionally make this difficult.

When we are fortunate to have a substitute instructor, we kindly ask for your understanding and flexibility, as each instructor may approach the class in their own unique way.

Thank you for your patience and support. We look forward to continuing to offer enriching classes and programs for many years to come.

SPECIAL EVENTS

Tuesday, October 27
6:30pm | Mayerson JCC
$10



The historic Cincinnati, Ohio-based record label, King Records, released and fully embraced rhythm and blues! This show features Ricky Nye, Inc. (Noah Wotherspoon - guitar; Eli Gonzalez - tenor & baritone sax; Matt McCoy - upright bass & Jack Mansfield - drums) for the rhythm & blues set - promising to be an exciting tribute to the legacy of King Records! Cash bar will be available.

Mindfulness: A Daily Practice
Tuesday, October 20
4 - 6pm | Mayerson JCC
Facilitator: Dr. Ken Manges

You may have wondered if meditation could help you feel calmer, clearer, and more at ease—but weren't quite sure where to begin. In this upcoming 2-hour workshop, designed especially for those new to meditation, you'll discover a simple, practical approach that meets you exactly where you are. Led by a familiar voice from Psychologically Speaking in The American Israelite, Dr. Ken Manges, this session gently explores why meditation can feel difficult, even when we know it's good for us. We'll uncover the 7 common myths that hold people back and learn how overthinking often gets in the way of getting started. You'll also experience both formal and informal techniques you can easily bring into your daily life. This is not about "emptying your mind," but about understanding it in a new way—one that brings more calm, clarity, and presence while you take on the challenges of everyday life.

Jigsaw Puzzle Challenge
Thursday, September 10
1 - 4pm | Mayerson JCC

Do you love solving puzzles? Challenge yourself with J friends solving jigsaw puzzles in small groups. Use your communication skills and experience the reward of creating a beautiful puzzle alongside teammates. Snacks and refreshments will be provided!

Medicare 101
Thursday, September 3
11am - 12pm | Mayerson JCC

Medicare open enrollment is coming! RetireMed is proud to partner with the Mayerson JCC of Cincinnati to present our signature "Medicare 101" seminar. This engaging and informative session is designed to help employees and retirees better understand the Medicare landscape.

Walk a Mile in My News
Wednesday, October 7
4 - 5:30pm | Mayerson JCC
FREE with RSVP
Facilitator: Braver Angels Volunteers

Our news sources impact how we see the world. As a result, staying within our own media "echo chambers" may limit our understanding of complex issues and contribute to polarization. Participants will better understand how media and social media actively contribute to polarization today, explore potential bias in our own news sources, interact in small groups engaging in respectful discussion and understand ways to engage with people who have different political perspectives.

Contact Melissa Shrimplin for full itinerary and pricing at **mshrimplin@mayersonjcc.org**

60 & Better programs are open to members of the JCC and/or 60 & Better Center. Contact Melissa Shrimplin to learn more about the 60 & Better Center at 513.761.7500 ext. 1218.

FALL DAY TRIPS

Registration for Day Trips will open on Friday, July 31 at 9am. Register at home by creating a Mayerson JCC account. You can also register by phone or in person. 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** to view the full list of Fall Day Trips.

Refunds can only be given if there is a waitlist and we are able to fill your spot. Feel free to reach out with any dietary questions.



Primavista and Crazy for You

Wednesday, September 2
4:30 - 10pm | Warsaw Federal Incline Theater
$45 includes ticket and transportation; dinner is on your own.

Let's enjoy views of our city and a delicious Italian dinner at Primavista! After dinner, we will walk over to the theater for our show. *Crazy for You*® tells the story of young New York banker Bobby Child, who is sent to Deadrock, Nevada, to foreclose on a rundown theatre. Memorable Gershwin tunes from the score include "I Got Rhythm," "Naughty Baby," "They Can't Take That Away from Me," "Embraceable You," "But Not for Me," "Nice Work If You Can Get It," and "Someone to Watch Over Me."

Cincinnati Reds vs LA Dodgers

Thursday, September 17
11:30am - 5pm | Great American Ball Park
$50 includes ticket and transportation

Don't miss the fun at Great American Ball Park! These seats under cover in section 128 behind first base are sure to make it a great day out with J friends. Go Reds!

BLINK Cincinnati B&B Cruise and Pompilio's

Thursday, October 8
4:30 - 9:30pm | Newport, KY
$99 includes dinner, cruise, and transportation; dessert and specialty drinks are on your own

Experience the nation's largest light, art, and projection mapping experience as you cruise through the downtown riverfront. Enjoy special drinks, live music from one of our house bands, and a front-row seat for the show. Before our cruise, we will enjoy dinner out at Newport's favorite Pompilio's.

Solo Aging programs are open to anyone who is aging independently, living solo, or planning for their future independence. While especially relevant for those navigating life on their own, you do not need to be a solo ager to benefit from these programs and connections.

Queen Bee Cabaret at Ghost Baby

Wednesday, October 21
4 - 9pm | Ghost Baby
$50 includes two signature drinks, show tickets, transportation; dinner is on your own.

Ghost Baby exists to rattle the extraordinary. Buried five stories under Vine Street, this cocktail lounge and music venue claims a 170-year-old space that once served as a lagering tunnel. Come and enjoy a signature drink, a stiff drink, or hand-selected wine and beer options. Afterwards, experience the Queen Bee Cabaret with its classic burlesque show and live tunes. We will enjoy dinner at Krueger's Tavern before the show.

Note: Partial nudity Burlesque show.

Alpaca Farm Fun

Monday, November 2
10am - 5pm | New Richmond, Ohio
$30 includes tour and transportation; lunch is on your own

This is not your typical farm visit. This farm is home to the adorable New Richmond alpacas. We will get to meet and feed these alpacas. After our tour, we will shop at the amazing farm store. We will enjoy lunch at Landing Casa Del Rio.

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**.



Let's make lasting memories together on this Alaskan springtime Adventure with J friends! Explore Denali National Park and enjoy scenic cruising through Hubbard Glacier and Glacier Bay National Park with this land and sea adventure!

You will likely spot some combination of Alaska's Big Five: grizzly bears, caribou, moose, dall sheep, and wolves. In addition, there are countless bucket list opportunities-such as river rafting, flightseeing or getting a sloppy kiss from a sled dog.

Kosher food options will be available.

Join us for our Alaska cruise info session on Tuesday, October 6 at 4pm. RSVP to Melissa at **mshrimplin@mayersonjcc.org**

60 & BETTER

60 & Better programs are open to members of the JCC and/or 60 & Better Center. Contact Melissa Shrimplin to learn more about the 60 & Better Center at 513.761.7500 ext. 1218.

Navigating Life with our 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:

CARE PARTNER SUPPORT SERIES: FIVE WEEKS TO CHANGE
Wednesdays, October 7 - November 4
7 - 8pm | Virtual
$54 per family for the series

Facilitator: Diane Slovin DLS Consulting
Independent Certified Advanced Consultant/Mentor
Positive Approach to Care®

This workshop series is designed to educate and connect care partners of a person living with dementia through five 90-minute virtual weekly sessions. Sessions cover strategies and tools to assist you in how to work best with your partner, and it helps you to best meet their needs and to reduce stress, for both of you. Gain awareness and knowledge of care strategies to support those living with dementia and the people taking care of them.

DISCUSSIONS WITH THE SOCIAL WORKER: GRIEF IN THE LATER YEARS
Wednesday, October 21
4 - 5:30pm | Mayerson JCC
FREE with RSVP
Facilitator: Donna McCartney of The Goldstein Grief Center

There are many unique aspects of grief that individuals experience later in life. This presentation offers the opportunity to explore how individuals are impacted by death losses and non-death losses while aging and the ways in which individuals can be intentional to acknowledge these losses and finding meaning in their lives.

In Partnership with The Goldstein Family Grief Center

DISCUSSIONS WITH THE SOCIAL WORKER: THE WOULDA, SHOULDA, AND COULDAS OF GRIEF
Wednesday, December 2
4 - 5:30pm | Mayerson JCC
FREE with RSVP
Facilitator: Donna McCartney

Feelings of guilt and regret can be one of the most uncomfortable parts of grief. It is common for grieving individuals to focus on what they did not do, or regret doing, on their caregiving journey. Join us for a discussion about grief, guilt, and regret. In this workshop, we will learn about grief and why our minds often take us to these complex emotions, as well as tools to soften the "woulda, shoulda, couldas" of grief.

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 invites 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**.

*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**.*

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 Cafe
- Hot Kosher lunch, Monday-Friday at noon
- To Go Meals

MAYERSON JCC
of Cincinnati

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. Please stop into our 60 & Better center for membership cost information.

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 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** 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 If you need an individual accommodation or have questions about our inclusion and accessibility efforts, contact **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.

The Manuel D. & Rhoda
MAYERSON JCC
on The Jewish Foundation of Cincinnati Campus
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.

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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.**

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**.

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