

# CELEBRATE

friendships | traditions | community



50 years on Mercer Island  
AND 70 YEARS IN GREATER SEATTLE



70 Years of Friendship,  
Tradition + Community  
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SeaJAM 2019:  
A Celebration  
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STROUM JEWISH  
COMMUNITY CENTER   
FALL 2019 PROGRAM GUIDE



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## Annual Corporate Partners

The SJCC is pleased to introduce our new Annual Corporate Partner Program. We're happy to customize benefits to meet your organization's goals for marketing exposure, employee engagement, mission alignment, community impact, and philanthropic leadership. Please help us welcome our newest Annual Corporate Partners:



The Stroom Jewish Community Center will inspire connections to build community and ensure Jewish continuity.

Together we create outstanding programs, partnerships, and spaces that welcome everyone to learn, grow, and celebrate Jewish life and culture.

## core VALUES

### JEWISH PEOPLEHOOD

*K'lal Yisrael*

More than a thousand community members celebrated together at our annual Purim Carnival.

### WELCOMING EVERYONE

*Hachnasat Orchim*

We were overwhelmed by the generosity of our community on our first Circle of Friends Day of Giving. We exceeded our goals, allowing us to continue to connect with families across the Puget Sound.

### LEARNING *Limud*

In 2018-19, the J launched a partnership with the University of Washington Osher Lifelong Learning Institute, opening sessions for adults 50+. No homework—just learning for the joy of learning!

### JOY *Simcha*

Our annual Early Childhood School completion ceremony is the perfect place to witness *simcha*.

### RESPECT + COMMON COURTESY *Derech Eretz*

J Camp is built on pillars of community, love, and spirit. At weekly Shabbat celebrations, counselors hand out "values" bracelets to acknowledge kids who have demonstrated these values during the week.

### TAKING CARE OF ONE'S SELF, BODY + SOUL

*Shmirat haNefesh v'haGuf*

Instructors lead more than 50 fitness classes every week, one of the many great ways people nourish their bodies and souls at the J.

### COMMUNITY OF FRIENDS *Kehillah shel Chaverim*

Friendships in our Early Childhood School don't end with the annual completion ceremony. Days later, the kids jumped into J Camp. In a dozen years, they'll be side-by-side as camp counselors. Who knows? In 20 years, they'll bring their own kids to ECS, and laugh when their kids grow up together... at the J.

Everyone is welcome.

**SJCC.org**

#AllLoveNoLonely



## Time flies when you're having fun,

and that's what we experience every day here at the SJCC! It's nearly impossible to track the smiles and high-fives we see around this building each summer day. For 70 years, and 50 years on Mercer Island, people have connected through song, recreation, study, and timeless traditions, to create lasting friendships and shared memories.



# welcome TO THE J



As you flip through this guide, take note of the program variety and the intentional program design. There's something for everyone and each program works to serve the SJCC's mission to create outstanding programs, partnerships, and spaces that welcome everyone to learn, grow, and celebrate Jewish life and culture.

We'll officially celebrate this timeless mission September 13-15. Please celebrate with us at one of our incredible SeaJAM events (see page 7) and/or submit your tastiest challah creation for our challah bake-off. There's something for everyone that weekend, just like at the J all year long.

As we look to the next 50 years, the Stroum Jewish Community Center of Greater Seattle continues to plan for growth. Through discussions with community partners and the city of Mercer Island, SJCC leadership is getting closer to seeing the path to redevelopment. We will ask for your help in envisioning the future, so please look for updates in our newsletter and continue watching [SJCC.org/blog](http://SJCC.org/blog) for updates.

Lastly, as we roll toward fall, Rosh Hashanah, and the start of year 5780, we also transition our SJCC Board of Directors. An enormous thanks goes to Liz Friedman, who has served as the SJCC Board President for the last two years. Her leadership has advanced the SJCC board immensely, specifically in the area of governance, creating a stronger platform for informed, thoughtful, and empowering dialogue. Further, her grace and inclusive nature has made us stronger and more mature.

We now welcome Oren Nissim as our new Board President. Oren brings an entrepreneurial lens paired with deep appreciation for the ways in which the J enriches our community. As you read Oren's letter (right), please join me in welcoming him into this role. Like Liz, Oren didn't grow up in this community; after a handful of years he's stepping up to lead this agency forward. For this, we are thankful.

Thank you for always supporting the SJCC and I hope to see many of you September 13-15, as we celebrate 50!

Amy Lavin  
SJCC Chief Executive Officer

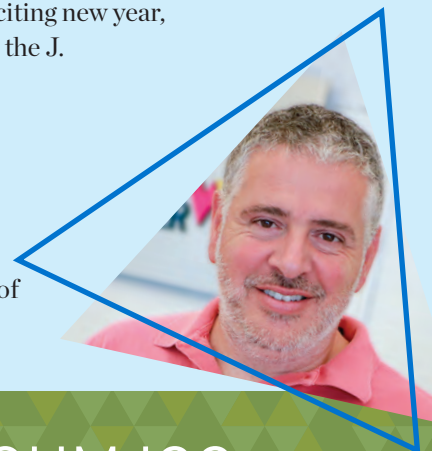
## FROM THE NEW BOARD PRESIDENT

It is with great pleasure and enthusiasm that I am stepping into the role of the new Board President for our beloved SJCC. I feel like I am stepping into very large shoes, as I am taking over for Liz Friedman, who has done incredible work these past two years in leading the Board, and I consider myself lucky to have served on the Board with her. Thank you Liz, for all of your amazing work. Today we have an outstanding team at the J, who work tirelessly to make our experience better every day, and an amazing Board that is focused on our continued growth.

I grew up in Israel, and have had the fortune to experience "start-up nation" many times over, both as a captain in the army, as well as in the high-tech sector. In many ways I feel that sense of creation right now at the SJCC. We are living in one of the most exciting regions of this world, and the community we serve keeps growing. Their needs continue to change and we have the opportunity to chart what the J will grow to be, and how to shape our programming and our physical spaces to serve our community into the future. I look forward to this exciting new year, and to welcoming you at the J.

Best,

Oren Nissim  
Incoming SJCC Board of  
Directors President



## #STROUMJCC

Images on the front cover are from our Instagram, @StroumJCC. The image on the left is a J Camper celebrating in the 1980s. The one on the right is from the 2019 Early Childhood School completion ceremony. Bridging 70 years at the J!

# CELEBRATE

Friendships | Traditions | Community



For so many families, the Stroum Jewish Community Center of Greater Seattle is simply part of their DNA.

**T**hey grew up here—from preschool and J Camp to volunteer committees and board presidencies. It's not uncommon to hear stories of people who are still best friends with—or even married to—the friends they made in the J's Early Childhood School, to talk to adults who played basketball here as kids and now coach their children's Dinky Dunkers team, or to see multigenerational families making the J part of their holiday traditions year after year.

In 2019, the SJCC is celebrating its 50th anniversary on Mercer Island and its 70th in greater Seattle. In that time, the J has had 34 board presidents, two different names, and expanded its programs to reach more and more families, but, says longtime member Sharon Lott, its heart hasn't changed.

"It's still a home away from home where people open their hearts to others and where everyone is welcome," she says. "There may be more people and programs, the building may change, but the values are still the same."

Throughout this year, we're sharing stories of families who've been impacted by the J—and impacted the J in return. Three longtime J families—the Lotts, Alhadeffs, and Fishers—reflect on their generations of involvement.

## The Lott Family

### *Three Generations of Best Friends*

"There's something special about this place," Sharon Lott says. "The people you meet here, you kind of fall in love with them in a sense. It's a little bit magical."

Sharon and her husband, Marty, have been a part of the SJCC on Mercer Island since it began—literally. They were at the groundbreaking for this building in 1968, shovels in hand. Marty's father, Manny, had been part of the group that helped fundraise for the Mercer Island facility. Both families had been involved long before the move to Mercer Island: from dances at the downtown Seattle location, to BBYO meetings, to card games and workout sessions. "The J has touched every single person in my family," Sharon says.

One of Sharon and Marty's strongest connections is with the Early Childhood School, where their two sons, Jeremy and Jordan, attended preschool, and where three generations of best friendships began. "It's where we met our very best friends who are still our best friends to this day," Sharon says. "My children and their children became best friends in ECS and now my grandchildren and their grandchildren are best friends too."

*Finding lifelong friends at the J can happen at any stage of life.* For Sharon's mom, Frances, it didn't happen until after her husband passed away in 1980. In search of community, she started volunteering with the J's Golden Agers club. "It was such a good salvation for her," Sharon says. She began to teach Sephardic cooking classes, learned to swim, and made amazing friends. "It was the best thing that ever happened to her."

Passing the Jewish connection—and particularly her Sephardic heritage—down through the generations is something that's extremely important to Sharon, and it led her to create Sephardic Day at the J in 2017. This community festival was a celebration of the food, music, language, and traditions of Sephardic culture, Jews who hail from the Mediterranean. "I really wanted to do something so my grandchildren would know where they came from, know their



heritage, and understand why growing up Sephardic was so important to me,” Sharon says. She was thrilled the program reached far beyond her own grandchildren—more than 550 people attended that first festival. “People came out of the woodwork,” she says. “They had such a sense of pride to see their culture celebrated.”

Over the generations, Sharon and her family have been grateful to have the J as a hub for the community and their family. *“It’s so important for people to be in a place with Jewish values and ideas, where they get to have pride in their Jewish identity, where they can understand what being Jewish means.”* That’s why the Lott family has supported the J for so many years and will continue to do so, Sharon says. “We’re fortunate to be here and enjoy the J, just like our parents, our grandparents, our children, and our grandchildren,” Sharon says. “I want my grandchildren to have the same life-shaping experiences Marty and I had here. We want to perpetuate it for the future.”



**The Lott Family:** Mercer Island groundbreaking in 1968; Sharon and her mother, Frances Cordova; Jordan’s ECS class photo in 1984 (second from right in back row); and Marty and Sharon with granddaughter Josselyn at her ECS completion in 2011.

## The Alhadeff Family From Preschool to “I Do”

Did Emily and Aaron Alhadeff’s parents realize they were matchmaking when they decided to send their kids to the SJCC Early Childhood School? Probably not, says Aaron with a laugh—it just turned out to be an added bonus.

The couple became good friends in preschool (“we’re standing next to each other in every one of our class pictures,” Emily says) and stayed connected over the years. In fourth grade, Emily wrote Aaron that classic elementary school note: “Do you like me? Check yes or no.” The rest, as they say, is SJCC history.

When Aaron returned to Seattle after college, the J was the first place he volunteered. It was a natural step, given how connected both he and Emily had been over the years. They both went to J Camp, Aaron participated in the JCC Maccabi Games (a Jewish Olympics-style competition), and he later went on to serve as the J’s board president, from 2012-14. *“When they had kids, they knew they’d send them to preschool at the J. “There wasn’t even a thought to go anywhere else,”* Emily says.

As their kids have gotten older—Max is 13 and Charlie is 11—the J isn’t as integrated into their daily lives as it once was, but it’s an organization



**The Alhadeff Family:** Kenny and Marlene Alhadeff with Emily and Aaron; the note Emily wrote Aaron; Emily, Aaron, Max, and Charlie at the J’s 2015 Sukkot celebration.



they're still dedicated to supporting. "We realized that if neither of us ever stepped foot in here again—never went to another carnival or film festival or had another kid in any program—it was still an important place to support, because *it remains a backbone for community and continuity for everyone*," Aaron says.

As their kids grow up, Emily and Aaron are confident the boys will stay connected to the J. It's so woven into the fabric of their family, they don't feel the need to tell their kids the importance of the organization. Rather, they show them through their active involvement. "They just know. It's organic," Emily says. "As long as they can remember, the J has been in their lives."

The J has had an invaluable impact on their lives, and they know it's been the same for countless families over the years. "We're not a unique story," Aaron says. "But we are representative of a lot of the good the J does—both that we've been able to give and to receive. For us, for our parents, and for our kids."

## The Fisher Family

### *The Ties that Bind Generations*

Over the years, Eddie Fisher and his family have celebrated countless milestones at the J. Those special occasions—from first days of preschool to his granddaughter Paige's bat mitzvah—are often marked with a family photo on the wooden bench in front of the building. The bench is special to the Fishers because it's dedicated to the memory of Babs Fisher<sup>21</sup>, Eddie's wife, who passed away in 2004. For Kim Fisher, Eddie's daughter-in-law, the spot perfectly encapsulates their connection at the J. "It's a symbol of family, commitment, friendship, and our future," she says.

The J connection has always run solidly through the Fisher family. Eddie's three sons (Eric, Rodney, and Craig) grew up at the J and Eddie was Board President from 1980 to 1982. Kim has been involved at the J for over 40 years, from gymnastics classes to the Board of Directors. Most of Eddie's nine grandchildren have spent countless hours at the J. Rodney and his wife, Lauren, have three daughters who are wrapping up a memorable summer at J Camp: 15-year-old Dani has been a counselor in training for Performing Arts Camp, and 13-year-old twins Ava and Barrett have been adventuring around Seattle with X Camp. "Dani loves sharing her passion for theater with kids of all ages, and Ava and Barrett have made so many new friends and can't wait to return next summer and follow in their sister's footsteps," Lauren says. Paige and Drew, Kim and Craig's children, both attended the J's Early Childhood School and J Camp, and have helped launch several teen volunteering and social action programs.

Keeping his family connected to the J from generation to generation (*dor l'dor* in Hebrew) is important to Eddie, but it isn't a passive activity. "Passing down my stories, personal experiences, and love for community isn't something you can just hand down to the next generation," he says. *"The respect and sentimentality I have for the JCC and our Jewish community has to be shown and felt, it has to be a priority. That's the tie that binds my generation to the next."*

Eddie is thrilled to see the J continue as a thriving—and critical—hub for our community. "It adds value to a person's quality of life," he says. "It has done that for me and I hope it will continue to do that for many generations to come." Kim echoes that optimism: "So much is changing about how we interact with one another, how we prioritize our time, how we work and play. My hope is that the J continues to be a place where we can stay connected."

If Eddie's grandchildren are any indication, the J is on the right path. They have deep roots here and he doesn't see that changing any time soon. Paige agrees: "As I graduate high school and go to college and beyond *I hope that at every phase of my future I can find a way to connect at the J.*"

Seeing younger generations have such a deep connection to a place that means so much to him has been truly meaningful to Eddie. "Seeing my grandchildren involved in the community is what it's all about," he says. "They are the future of the J and I couldn't be more proud!"



#### The Fisher Family:

Eddie and his grandchildren at Paige's bat mitzvah; Kim and Paige; Paige and her brother, Drew, on Babs' bench; Eddie with sons Eric, Craig, and Rodney; Dani Fisher gets hugs from J campers this summer as a counselor in training in Performing Arts Camp.

## Faces of the J

This story is just one of thousands that have shaped the J throughout the last 70 years. Our Faces of the J series tells many of these stories through our Facebook feed (SJCCSeattle) and on our blog (SJCC.org/blog). Check it out TODAY!

# SEA JAM

SEATTLE JEWISH ARTS + MUSIC FESTIVAL

**Fri Sept 13 | 4:30 pm**

## "CHALLAH" FOR THE J THE GREAT CHALLAH CONTEST

As the SJCC celebrates decades of bringing community together, it seems fitting—and tasty—that we host a challah baking competition to kick off SeaJAM. Even if you don't compete, come to this free pre-Shabbat gathering to enjoy the contest, sing songs, have a nosh, toast the J, and take home a complimentary challah, thanks to Schwartz Brothers Bakery.

- *Want to join a Shabbat dinner around town after the contest? Go to [SJCC.org](http://SJCC.org) to connect to a OneTable Shabbat gathering or other gathering around town.*

**Sat Sept 14 | 8 pm**

## AN EVENING WITH DEBRA MESSING

Debra Messing is best known for her role on NBC's Emmy-winning comedy series *Will & Grace*. She'll discuss her award-winning work in TV, film, and theater, including her advocacy as a Global Health Ambassador, the Women's March, LGBTQ causes, and being a positive example for Jewish women and moms onscreen and off. Moderated by Misha Berson, *The Seattle Times*.  
AT BENAROYA HALL,  
DOWNTOWN SEATTLE

- *VIP ticket includes catered reception (7 pm), photos with Messing, reserved best-of-house seats.*

BUY  
TICKETS  
AT  
**SJCC.ORG**

**Sun Sept 15 | 10:30 am**

## CHEF JOEL GAMORAN SJCC 50TH ANNIVERSARY CELEBRATION BRUNCH + BANTER

For 70 years (50 on Mercer Island), the Stroum Jewish Community Center of Greater Seattle has been a place to form friendships, honor traditions, and build community. Celebrate this momentous milestone at our Anniversary Celebration Brunch and talk featuring Early Childhood School graduate and Sur La Table's National Chef Joel Gamoran.

- *Chef talk followed by a gourmet brunch created by Chef Gamoran, catered by Mangia Bene Catering. Signed copy of "Cooking Scrappy" included.*

**Sun Sept 15 | 5 pm**

## SOLD OUT THE MACCABEATS FAMILY CONCERT

The Maccabeats are a Jewish music and a cappella phenomenon. With a little Jewish humor and an integration of traditional and secular wisdom, they entertain audiences of all backgrounds and ages with an eclectic repertoire of Jewish and Israeli songs, pop hits, and signature mash-ups.

## THANK YOU TO OUR SEAJAM SPONSORS

**Presenting Sponsors: Margo and Jacob Engelstein**

Executive Producer Sponsor: The Lott Foundation

Aegis Living, Sharon Gantz Bloome/Fund of the Tides Foundation, Charlie's Produce, Mary Lee Real Estate, and MBK Senior Living/Island House · The Bellettini, ParentMap



**#DYK** *(Did you know?)*

Chef Joel Gamoran grew up at the J—he graduated from our Early Childhood School! For more fun J facts, follow us on Twitter: @StroumJCC.



# arts + IDEAS

## The J is thrilled to bring you another amazing season of Arts + Ideas.

This season's artists will make you think, laugh until you cry, consider a different side of things, dance the night away, and connect to our community.

**Sun Sept 22 | 2 pm**  
*holiday cooking class*

### "CHALLAH-DAY" BAKING: ROUND CHALLAH FOR THE HOLIDAY

Celebrate the Jewish New Year baking beautiful round challah. We'll share personal stories and recipes and discuss the tradition behind making round challah for Rosh Hashanah in this hands-on class. Parents + kids encouraged.

**Sun Oct 13 | 2 pm**  
*holiday cooking class*

### SUKKOT COOKING CLASS: PUMPKIN + POTATO BOREKAS

Make traditional Sephardic borekas, delicious filled pastries. Taught by members of the Seattle Sephardic Network, who will share stories of the unique history, culture, and traditions of Sephardic Jews in Seattle.

- Includes a full meal in the J's sukkah in the Keshet Garden after the class.

BUY  
TICKETS  
AT  
**SJCC.ORG**

**f #ICYMI**

*[In case you missed it...]*

The Seattle Jewish Film Festival turns 25 in 2020!  
Join us March 21-29 + April 4-5. Follow us:

- SJCC Facebook: SJCCSeattle
- Arts + Ideas Facebook: SeattleJFF

**Thu Oct 17 | 7:30 pm**  
*film + filmmaker*

### "SAFE SPACES" + DIRECTOR Q&A

NYC professor spends a week with family while defending his controversial behavior at his college. The sharp good-natured comedy is sure to provoke conversations in this #MeToo era.

- Followed by live Skype Q&A with director Daniel Schechter.



**Tue Oct 29 | 8 pm**  
*concert*

### RAMI KLEINSTEIN AND PIANO: NORTH AMERICAN TOUR

Teev and the SJCC present one of Israel's most renowned pop superstars in an intimate performance. Often compared to Elton John and Billy Joel, Kleinstein is known for his beautiful love songs, soothing voice, and exquisite piano playing.

- Limited VIP best-of-house seats available.



All events are subject to change.  
Check SJCC.org for updates.





**Sat Nov 2 | 8 pm**  
concert + comedy

BUY  
TICKETS  
AT  
**SJCC.ORG**

### SANDRA BERNHARD: "QUICK SAND"

Sandra Bernhard is a pioneer of the one-woman show. Her live performances are a provocative hybrid of comedy and rock 'n roll, a raucous mix of political satire, pop culture commentary, and cabaret with her Sandyland Squad Band. Don't get stuck in the mundane, the "quick sand."

- *VIP ticket includes reception (7 pm) photos with Bernhard, best-of-house reserved seats, signature Sandy cocktail/wine/beer, and appetizers.*

**Sun Nov 17**  
**1 pm, 3:15 pm,**  
**5 pm**  
films



### MOVIE MADNESS MARATHON: SJFF ENCORES

Three films, one day! Binge on the best from Seattle Jewish Film Festival 2019: "Heading Home," a family film about baseball in Israel; "Light of Hope," an epic drama; and "The Tobacconist," a coming-of-age buddy flick about Sigmund Freud.

- *Buy a single ticket or an all-day pass.*

**Thu Nov 21 | 7:30 pm**  
chef talk + tasting

### ISRAELI CHEF ADEENA SUSSMAN: "SABABA" COOKBOOK

In Hebrew, *sababa* means "everything is awesome"—and it is with this sunny spirit that Adeena Sussman dreams up meals in her Tel Aviv kitchen. Her book is a mix of both personal stories and global flavors. Meet Israel's next hot chef and taste some of her Kosher dishes.



**Sun Dec 8 | 11 am**  
family holiday concert

### HANUKKAH COMMUNITY CONCERT + CELEBRATION

Cantorial soloist Elana Jagoda is best known for her PJ Library albums, "Zum Gali Gali" and "Uri Uri." Her creative fusions of musical styles ignite kids and adults alike. Seattle's own Chava Mirel and her Trio's electrifying concerts connect communities with an inclusive message of love and compassion.

*Games, food trucks, latkes, and activities for kids of all ages!*

**Tue Dec 10 | 7 pm**  
play reading + playwright



### "EIGHT NIGHTS" A STAGED READING

The powerful new play by award-winning LA writer Jennifer Maisel presents the lives of immigrants who inhabit an apartment from 1949 to 2016. Performed by Book-It Repertory Theatre.

- *Followed by a panel discussion with Maisel and experts about immigrant and refugee experiences. A portion of ticket sales and donations will benefit Jewish Family Service Refugee & Immigrant Services.*

**Wed Dec 25 | 5 pm**  
film + feast

### KUNG PAO XMAS: "ABE"

Abe, a twelve-year-old boy played by Noah Schnapp ("Stranger Things"), cooks to unite his half-Israeli and half-Palestinian family. Mixing youthful idealism and the healing power of food, this family film is a holiday feast: Chinese food and a movie on Xmas Day.



**SJCC BOX OFFICE: 206-388-0833**

# CELEBRATE Membership

The value of SJCC  
membership throughout life...



*"I just have always been so appreciative and really grateful to have this facility here.... not just the friendship and the cultural aspect and the community, but what it was doing for my children, and really for my parents, particularly my mother, who was here a lot. I remember at one point there were three generations of us in an aerobics class.... It had nothing to do with Judaism, but it's what got us here. It's why we were here. And I'm kind of proud to have a JCC that has done this so successfully for so many people for so many years."*

— Linda Morgan



*"I love that we do so much programming that is of interest to and accessible to a very broad set of community members. Those who want to learn more about things Jewish, or those who want to be a part of discussions, or those who want to see or hear incredible artists, or get in a workout in a place where people are really kind. So, we really have it all. No matter who you are, I think you can find a great spot at the J."*

— Liz Friedman



*"[Working at the J] is about the community. We have all these families from the J who send their kids to camp, and the kids become counselors, and the counselors become adults, and they have kids, and they send their kids to camp. I think it's just a very solidly built up community that we've built for the JCC. It's very well-known, and it's known to be a lot of fun, and [a place to] have a really great experience. I think that's what drew me to it initially. It's really close, really tight. It's one of my first jobs, because I'm only 16. So, it's nice to have a job in which you feel very welcome and you feel very supported by your staff members and your co-workers and your boss. It's a really good experience."*

— Josh Geisser



## MEMBERSHIP BENEFITS

SJCC members enjoy lots of benefits:

- ▶ Discounts on all programs, events, and classes
- ▶ More than 50 fitness classes at no extra cost
- ▶ Fitness Center that features state-of-the-art HOIST Strength equipment and Octane cardio machines
- ▶ 25-yard indoor swimming pool
- ▶ Indoor running track, basketball gym, racquetball courts
- ▶ Early registration to select SJCC programs and events
- ▶ [SJCC.org/membership/benefits](https://www.sjcc.org/membership/benefits)

## MEMBERSHIP DISCOUNTS

We offer discounted memberships (30-50%) within our community. Please bring a company ID to our Welcome Desk to get started.

- ▶ Employees at Jewish organizations
- ▶ City of Mercer Island employees
- ▶ Mercer Island teachers
- ▶ Families at the French American School of Puget Sound, Yellow Wood Academy, Pacific Dragons Swim Team, Northwest Yeshiva High School
- ▶ Veterans and active duty military
- ▶ Employees at various corporations
- ▶ [SJCC.org/membership/discounts](https://www.sjcc.org/membership/discounts)

## REFER A FRIEND

Already a member? Refer one friend for an annual membership and you get one month free. Refer two friends, get two months free, and so on.

- ▶ [SJCC.org/ReferAFriend](https://www.sjcc.org/ReferAFriend)



# who TO CALL

## MEMBERSHIP

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*All events are subject to change.  
Check SJCC.org for updates.*

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For more information about this magazine,  
please contact John Shaffer at JohnS@sjcc.org.



# SEATTLE JEWISH UNIVERSE

There's a whole universe of Jewish options to explore in the greater Seattle area, but it can be hard to know where to start. That's where Seattle Jewish Universe comes in!

We're your gateway to Seattle's Jewish community—whether you're looking to send your kids to camp, shoot some hoops, find the right congregation, or expand your mind with continuing education.

[seattlejewishuniverse.org](http://seattlejewishuniverse.org)



# fall at THE J

## September

### MON SEPT 2

#### Labor Day

Offices + ECS closed; fitness open 9 am – 3 pm

### TUE SEPT 3

#### First Day of Early Childhood School

#### Kidstown Open House

Meet counselors and sign up for 2019-20

### WED SEPT 4

#### Rosh Hodesh Empowerment Circle Informational Session

Supportive peer group for 8th grade girls

#### First Day of Kidstown

Before and after school care

### WED SEPT 4, 11, 18, 25

#### UW Osher Current Events Roundtable

For adults who love our UW Osher classes:  
open discussion of headlines + news

### FRI SEPT 6, 13, 20, 27

#### Tot Shabbat

#### SJCC and Crossroads Mall, Bellevue

Songs, challah + fun for young tots;

Sept 6: at SJCC only

### SUN SEPT 8

#### GIFT Retreat

Teen philanthropists put values in action

### MON SEPT 9

#### First Day of Early Childhood Enrichment

#### First Day of After School Classes

### MON SEPT 9, 23 + OCT 7, 21

#### UW Osher at the J Course:

#### Contemporary Ethics

Look at life-and-death issues through a variety  
of moral theories

### TUE SEPT 10

#### New to Town Happy Hour: Rosh Hashanah Seattle Cider Company

Toast to a happy new year over fresh-pressed  
handcrafted cider; with the Jewish Federation  
of Greater Seattle

All events are at the SJCC on Mercer Island,  
unless listed otherwise.

### WED SEPT 11, 18, 25 + OCT 2

four-class series

#### UW Osher at the J Course:

#### The Roots of Rock 'N' Roll

Hear great tunes and see rare film + video clips  
from music pioneers

## SeaJAM

DETAILS ON PAGE 7

### FRI SEPT 13

#### "Challah" for the J: The Great Challah Contest

### SAT SEPT 14

#### An Evening with Debra Messing at Benaroya Hall

### SUN SEPT 15

#### 50th Anniversary Brunch + Banter with chef Joel Gamoran

#### Family Concert with the Maccabeats

### TUE SEPT 17

#### UW Osher at the J Lecture: Endless Opportunities

Local author and activist Harriet Mendels shares  
her story of escaping Europe in 1939

### THU SEPT 19

#### Rosh Hashanah Meditation

Enter the High Holidays with a renewed sense  
of mindfulness and intention; with Rabbi Olivier  
BenHaim, from Bet Alef Meditative Synagogue

### SAT SEPT 21

#### Garden Glean at the J

Gather the last of the year's crops for those  
in need and celebrate Shabbat together;  
in the J's Keshet Garden

### SUN SEPT 22

#### "Challah-Day" Baking: Round Challah

Celebrate a sweet new year with this hands-on  
cooking class

### SUN SEPT 29

#### Erev Rosh Hashanah

Fitness open 8 am – 3 pm

### MON SEPT 30

#### Rosh Hashanah

SJCC closed

## October

### TUE OCT 1

#### Rosh Hashanah

SJCC closed

All events are subject to change.  
Check SJCC.org for updates.

### WED OCT 2

#### Rosh Hashanah Ritual — Tashlich

A High Holiday tradition: cast away last year's  
sins to start the new year with positivity

### THU OCT 3

#### Yom Kippur Meditation

Honor Yom Kippur with a renewed sense of  
mindfulness and intention; with Rabbi Olivier  
BenHaim from Bet Alef Meditative Synagogue

### WED OCT 2, 16, 23, 30

#### UW Osher Current Events Roundtable

### FRI OCT 4, 11, 18, 25

#### Tot Shabbat

### TUE OCT 8

#### Kol Nidre/Erev Yom Kippur

ECS, offices, fitness, building close at 3 pm;  
no afternoon Kidstown

### WED OCT 9

#### Yom Kippur

SJCC closed

### SUN OCT 13

#### Sukkot Cooking Class: Borekas

Make traditional Sephardic filled pastries;  
taught by the Seattle Sephardic Network

### MON OCT 14

#### Sukkot

Offices and ECS closed

Kidstown and fitness open regular hours

### THU OCT 17

#### UW Osher at the J Lecture: Mexico Today

UW professor Carlos Gil walks through Mexico's  
history, culture, and politics

#### Film: "Safe Spaces" with Director Q&A

College professor defends his controversial  
behavior, while facing family challenges;  
comedy film followed by director live via Skype

### FRI OCT 18

#### Sukkot Family Dinner

Food, dancing, and entertainment for  
the whole family

### SUN OCT 20

#### Tools for Teens

Information session on new program: teen  
stress management and emotional skills

#### Sukkot Glean

#### Oxbow Farms, Carnation

Gather the last of the year's crops for those in  
need; then stay to shake the lulav and etrog  
and visit the pumpkin patch

### MON OCT 21, 28 + NOV 4, 11, 18, 25

six-week series

#### Finding Calm Parenting Workshop

For parents of kids up to age 6: reduce stress,  
strengthen bonds, and find balance at home;  
with the Community of Mindful Parents



**WED OCT 23****ParentMap Every Child Resource Fair**

Parents, get resources to support neurodiverse learners, and help exceptional children thrive

**SUN OCT 27 + NOV 3, 10, 17** *four-class series*  
**Cyber Seniors**
**The Summit on Capitol Hill**

Teens teach seniors tech tricks for smartphones and tablets

**SUN OCT 23-DEC 11****Tools for Teens**

Teen stress management and emotional skills

**TUE OCT 29****L'Dor v' Dor Music Class with Baby Jam**

For grandparents, babies, and preschoolers, with award-winning music group Baby Jam

**Concert: Rami Kleinstein and Piano**

One of Israel's most renowned pop stars, often compared to Elton John and Billy Joel

# November


**FRI NOV 1, 8, 15, 22****Tot Shabbat****SAT NOV 2****Concert + Comedy: Sandra Bernhard's "Quick Sand"**

A pioneer of the one-woman show brings her raucous mix of political satire + pop commentary

**MON NOV 4****Registration Opens for After School Classes and Early Childhood Enrichment**

Members early registration; open for all Nov 11

**TUE NOV 5****New to Town Happy Hour:****A Real "Kraut" Pleaser****Firefly Kitchens, Seattle**

Hands-on fermentation class where you make your own sauerkraut

**WED NOV 6****Kindergarten Readiness Panel**

expert panel shares ideas about preparing kids to start elementary school

**WED NOV 6, 13, 20, 27****UW Osher Current Events Roundtable****MON NOV 11****School's Out J Camp: Veterans Day**

A full day of fun with our J Camp team

**MON NOV 11, 18 + DEC 2, 9** *four-class series***UW Osher at the J Course:****U.S. Museum Masterpieces Part II**

Art historian discusses some of the greatest works of art in museums from Boston to LA

**SAT NOV 16****Shabbat and Shwim**

Kid-friendly Shabbat celebration, plus pool play time

**SUN NOV 17****Dinner at Our House**

Prepare dinner to feed homeless teens

**Movie Madness Marathon: SJFF Encores**

Three films, one day: the best of SJFF 2019

**MON NOV 18****Kidstown Early Release Afternoon****THU NOV 21****UW Osher at the J Lecture:****Black Holes Are (Almost) Out of Sight**

The latest research on black holes, what they do, and how they impact our universe

**Israeli Chef Adeena Sussman: "Sababa"**

From her Tel Aviv kitchen, personal and global stories and regional recipes

**FRI NOV 22****ECS Holiday Book Fair + Fundraiser****Island Books, Mercer Island**

Buy holiday gifts; part of each purchase is donated to ECS

**MON NOV 25, TUE NOV 26, WED NOV 27****School's Out J Camp for Thanksgiving**

Full days of fun with our J Camp team

**THU NOV 28****Thanksgiving**

Offices, ECS, and Kidstown closed  
fitness open 9 am – 3 pm

**FRI NOV 29****Day After Thanksgiving**

Offices, ECS, and Kidstown closed  
fitness open 9 am – 3 pm

# December


**WED DEC 4, 11, 18****UW Osher Current Events Roundtable****FRI DEC 6, 13, 20, 27****Tot Shabbat****SUN DEC 8****SJCC Community Hanukkah Celebration**

In concert: Elana Jagoda and Chava Mirel; arts + crafts, games, food trucks + latkes

**TUE DEC 10****Theater: "Eight Nights," A Staged Reading**

The lives of immigrants who live, one after another, in the same apartment, 1949-2016

**SUN DEC 15****Dinner at Our House**

Prepare dinner to feed homeless teens

**SUN DEC 15****Hands On Hanukkah****Crossroads Mall, Bellevue**

Holiday arts + crafts

**THU DEC 19****UW Osher at the J Lecture:****Stories of Human Migration**

Drought and floods, war and hope—what brought people to the Pacific Northwest

**Hanukkah Meditation**

Bring in the light of the holidays; with Rabbi Olivier BenHaim, from Bet Alef Meditative Synagogue

**DEC 22-30****Hanukkah****DEC 23, 24, 26, 27, 30, 31 + JAN 2, 3****Winter Break J Camp**

When school's out, the J has fun and games

**TUE DEC 24**

ECS closed; offices and J Camp open regular hours; fitness closes at 7 pm

**WED DEC 25**

Offices, ECS, and Kidstown closed  
fitness open 9 am – 3 pm

**Kung Pao Xmas: Film "Abe" and Dinner**

Boy cooks to unite his divided family

**TUE DEC 31****New Year's Eve**

ECS and Kidstown closed  
offices and fitness close at 5 pm

# January


**WED JAN 1****New Year's Day**

Offices, ECS, and Kidstown closed  
fitness open 9 am – 3 pm

**SUN JAN 5****Dinky Dunkers Open House**

Learn all about our kids' basketball league

**MON JAN 6****Winter After School Classes, Early Childhood Enrichment Classes and Swim Start****SAT JAN 11****SJCC Fundraiser and Celebration: 2020****MON JAN 20****School's Out J Camp**

Martin Luther King, Jr. Day

GET THE LATEST  
on everything going on at the J  
**SJCC.ORG**

# support THE J



## When you invest in the Stroum Jewish Community Center,

you ensure a strong community that goes well beyond its walls. At its core, the J forges friendships, links generations, and fortifies community, leading to happier and healthier lives grounded in shared Jewish values.

By supporting the SJCC—whether you're Jewish or not—you nurture a sense of belonging for people of all ages.

### OUTRIGHT GIFT

Donations provide the quickest and most significant opportunity to provide immediate program and scholarship support. Make your gift online today or request a distribution from your donor-advised fund or charitable checking account.

### OTHER GIFTS

Consider donating appreciated stock as your annual gift. Stock, bonds, mutual funds, life insurance, and qualified IRA rollovers can all fuel the important work we do.

### WORKPLACE GIVING

When you give through a workplace giving program, your investment in the J can grow. Many employers match 1:1; some even match 4:1, making your gift go even further.

### TRIBUTES + MEMORIALS

Honor a loved one or offer condolences with tribute and memorial gifts. Make a minimum contribution of \$18 and we'll send a card on your behalf to let your honoree know of your thoughtful gesture.

### CORPORATE SPONSORSHIP

Align your business with a brand known to build community. Whether you're our neighbor on Mercer Island or a regional supporter, let's work together to foster the arts, celebrate diverse cultures, and build the strongest community possible.

### LEGACY SOCIETY

Ensure that friendships are forged, generations are linked, and community is strengthened by designating the SJCC in your will. Your legacy commitment ensures continuation of our efforts for generations to come.

JOIN US  
FOR THE SJCC ANNUAL  
CELEBRATION AND FUNDRAISER

2020

JANUARY 11

MAKE  
YOUR  
GIFT AT  
**SJCC.ORG**

Learn more by  
contacting our  
Development Team at 206-232-7115.

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Thank you to our 2019 donors! Our donors provide essential support that bridges the gap between program revenue, tuition, and member dues and the full cost of running the J. This sustaining support keeps our programs innovative, first-rate, and accessible to all. For that we are incredibly grateful.

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Sprague Israel Giles

*This list reflects contributions between September 1, 2018, and August 1, 2019. We strive to publish accurate recognition and apologize for errors or omissions. To make a correction or a donation, please contact Jenna Sytman at 206-388-1998 or JennaS@sjcc.org.*

# fitness

Get stronger, jump, dance, splash, and play—  
surrounded by friends and fitness experts

## Heart Pumping

**AQUATIC SPORT** [INT](#) | Mon + Wed 9 am

**AQUATIC SPORT ADVANCED** [INT/ADV](#) | Fri 10:15 am  
Heart-pumping workout with no added impact on your joints.

**BOOT CAMP** [INT](#) | Tue 9:45 am + 6:30 pm

**BOOT CAMP EXPRESS** [INT](#) | Sat 10:30 am  
Fun, energetic exercises challenge cardio and muscle.

**CARDIO SCULPT** [INT/ADV](#) | Mon 8:30 am

High + low intensity step intervals for dynamic conditioning.

**CIRCUIT STRENGTH** [INT](#) | Wed 8:30 am

**CIRCUIT STRENGTH ADVANCED** [ADV](#) | Fri 9:45 am  
Go at your own pace to get stronger, followed by stretching to lengthen.  
In advanced, try new equipment and more complex movements.

**CYCLING** [ALL](#) | Tue + Thu 6 am, Sun 9 am

Pump the pedals to start your day with energy; bikes must be reserved online for this popular class.

**EVERYBODY CYCLE** [ALL](#) | Tue 11 am

Fun, inclusive cycling and core exercise class.

**ENDURANCE RIDE+** [ALL](#) | Sat 9 am

45-minute cycle followed by 30 minutes of core exercises;  
bikes must be reserved online for this popular class.

**FUNCTIONAL CONDITIONING** [ALL](#) | Thu 8:30 am

Strengthening exercises deconstructed and rebuilt for stronger performance.

**HIGH INTENSITY INTERVAL TRAINING** [INT/ADV](#)

Mon + Wed 9:45 am

High intensity intervals + maximum aerobic and anaerobic benefit.

**STEP & STRENGTH** [INT/ADV](#) | Sun 10:15 am

Step aerobics choreography with weight conditioning to tone and shape.

**TOTAL BODY CONDITIONING** [ALL](#)

Tue 7:15 am + 8:30 am, Thu 7:15 am

Functional movements and body alignment to tone and strengthen.

**ULTIMATE CONDITIONING** [INT/ADV](#) | Sun 10:15 am

**ULTIMATE CONDITIONING** [ADV](#) | Thu 9:45 am + 6:30 pm  
Intense body conditioning for stability, strength, power conditioning, and flexibility; some classes incorporate TRX suspension strength training.

**ZUMBA®** [ALL](#) | Sun 10:15 am

Dance to great music with fast and slow rhythms to tone and sculpt.

## Yoga + Pilates

**CORE SCULPT YOGA** [ALL](#) | Thu 6:30 pm

Athletic vinyasa (flow) yoga for a full mind-body workout, plus core yoga postures to increase strength, balance, and flexibility.

**DYNAMIC YOGA** [BEG/INT](#) | Wed 6 am

Basic yoga postures, with a touch more intensity.

**FUSION YOGA** [ALL](#) | Fri 9:45 am

Mind-body centered yoga with basic postures and mindful breathing

**GENTLE FLOW YOGA** [ALL](#) | Tue 6:30 pm

Sun salutations, flowing poses, balance work, and mindful breathing.

**HATHA YOGA** [ALL](#) | Mon 8:45 am

Learn and perfect poses to build flexibility, strength, balance, and focus.

**PILATES** [BEG](#) | Sun 8:10 am + [INT/ADV](#) | Sun 9:10 am

Lengthen and strengthen your entire body using core muscles.

**PI-YO** [INT/ADV](#) | Fri 8:30 am

Pilates plus yoga postures for strength, agility, and balance.

## Movement + Tai Chi

**MEDITATION/CHI KUNG** [ALL](#) | Tue + Thu 9:45 am

Meditation in two ways: peaceful stress release plus meditative movements for a little energy boost.

**TAI CHI** [ALL](#) | Fri 11 am

A series of movements for the body and mind as an interconnected system.

## Rock Steady Boxing

**ROCK STEADY BOXING** [ALL](#) | Mon + Thu 11 am

Dynamic class for people with Parkinson's; includes boxing, strength training, agility, balance, fine motor skills, and flexibility for a creative workout; screening required before first class.

## Seniors

**SENIOR CARDIO FITNESS** [ALL](#) | Mon + Wed + Fri 7:15 am

Flex muscles to music; some classes incorporate bands, weights, & mats.

**SENIOR CARDIO SCULPT** [ALL](#) | Tue 11 am

Moderately intense aerobic workout with chairs for seated exercise or for supported standing movement.

**SENIOR SPLASH** [ALL](#) | Tue + Thu 11:30 am

Improve agility, flexibility, and endurance in the shallow end; no swimming ability required.

**SENIOR TOTAL BODY FITNESS** [ALL](#) | Mon + Thu 11 am

Increase strength and expand range of movement; some classes incorporate hand-held weights, elastic tubes, exercise balls + chairs.

**SENIOR YOGA STRETCH** [ALL](#) | Wed 11 am

Pilates plus yoga postures for strength, agility, and balance.

All classes are subject to change. Check SJCC.org for updates.



# Swim Lessons

Fall swim lessons start Sept 7 and end Nov 22. Winter registration starts Nov 4 for SJCC members and Nov 11 for all; lessons will be Jan 6 through March 19.

## LIL' BUBBLERS *PARENTS + TOTS 6 MONTHS-3 YEARS*

Sat or Sun 9:30 am

## PRESCHOOL *3-5 YEARS OLD*

Mon & Wed (twice a week) 1:45 pm + 4:30 pm

Tue & Thu (twice a week) 12:45 pm

Tue or Thu 4:30 pm

Fri 12:45 pm + 1:45 pm

Sat or Sun 10 am

## KIDS *6-12 YEARS OLD*

Mon & Wed (twice a week) 5 pm

Tue or Thu 5 pm

Sat or Sun 10:30 am

## PRE-COMPETITION 1 *5-12 YEARS OLD*

Tue or Thu 4:30 pm

## PRE-COMPETITION 2 *5-12 YEARS OLD*

Mon or Wed 4:30 pm | Tue or Thu 5 pm

## PRE-COMPETITION 3 *5-12 YEARS OLD*

Mon or Wed 5:15 pm

Private and small group swim lessons are available all year for all ages and skill levels; email [Aquatics@sjcc.org](mailto:Aquatics@sjcc.org).

► [SJCC.org/SwimLessons](http://SJCC.org/SwimLessons)



# Pool Schedule

## LAP SWIM

Times in **bold** show when the pool is open **ONLY** to lap swimming. At times listed in *italics*, lap swim is in specific lanes and the pool is shared with other activities.

<b>SUN</b>	<b>8 - 9 am</b> <i>9 - 10 am</i> <i>11 am - 5 pm</i> <b>5 - 6:45 pm</b>	<b>THU</b>	<b>5 - 11:30 am</b> <i>12:30 - 4 pm</i> <i>6 - 9 pm</i> <b>9 - 9:45 pm</b>
<b>MON</b>	<b>5 - 6 am</b> <i>6 - 7 am</i> <b>7 - 9 am</b> <b>10 am - 1:45 pm</b> <i>2:15 - 4 pm</i> <i>6 - 9 pm</i> <b>9 - 9:45 pm</b>	<b>FRI</b>	<b>5 - 6 am</b> <i>6 - 7 am</i> <b>7 - 9 am</b> <i>9 - 10:15 am</i> <i>11:15 am - 4:30 pm</i> <i>6 - 6:45 pm</i>
<b>TUE</b>	<b>5 - 11:30 am</b> <i>12:30 - 4 pm</i> <i>6 - 9 pm</i> <b>9 - 9:45 pm</b>	<b>SAT</b>	<b>8 - 9 am</b> <i>9 - 10 am</i> <i>11 am - 5 pm</i> <b>5 - 6:45 pm</b>
<b>WED</b>	<b>5 - 6 am</b> <i>6 - 7 am</i> <b>7 - 9 am</b> <i>10 am - 4 pm</i> <i>6 - 9 pm</i> <b>9 - 9:45 pm</b>	<b>MASTERS SWIM <i>ALL</i></b> Mon + Wed + Fri 6 am Fri 9 am <i>Pool workouts that focus on stroke technique, endurance and overall swim fitness. Not for beginners.</i>	

## OPEN SWIM

Lap lanes are available during all open swim times.

<b>SUN</b>	11 am - 5 pm	<b>THU</b>	2:45 - 4 pm 6 - 6:30 pm
<b>MON</b>	3:30 - 4 pm	<b>FRI</b>	11:15 am - 12:45 pm 2:45 - 4:30 pm
<b>TUE</b>	2:45 - 4 pm 6 - 6:30 pm	<b>SAT</b>	11 am - 5 pm
<b>WED</b>	10 am - 4 pm		

Schedules are subject to change.  
This schedule starts September 1.

► Check our website for updates:  
[SJCC.org/PoolSchedule](http://SJCC.org/PoolSchedule)

Learn more about fitness at the J:

► [SJCC Senior Manager, Health, Fitness + Wellness Josh Cross](http://SJCC.org/Fitness-Aquatics) at 206-388-1989 or [SJCC.org/Fitness-Aquatics](http://SJCC.org/Fitness-Aquatics)

Learn more about aquatics at the J:

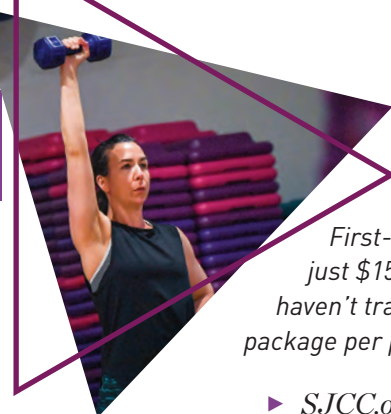
► [SJCC.org/Fitness-Aquatics](http://SJCC.org/Fitness-Aquatics)

# Personal Training

Whether you're a regular exerciser who needs someone to help you stay on track or you're getting into it for the first time, we have a personal trainer that's right for you.

*First-Timers' Special: Four sessions for just \$150! For first-time clients, or those who haven't trained in more than two years. One package per person; only for SJCC members.*

► [SJCC.org/PersonalTraining](http://SJCC.org/PersonalTraining)



# class levels

Take this level

ALL

BEG

INT

ADV

if you...

are new or want lots of ways to modify movements

are new to group classes or want to try something new

are ready for the next level or more complex moves

are ready for new challenges and fast-paced classes

# community CONNECTIONS

*Take a break from the everyday—celebrate and learn with family and friends, explore our world, and mindfully share experiences*

## The J is a place for everyone,

from infants and young children who attend Tot Shabbat with their parents, to teens learning stress management, to young adults at New to Town Happy Hours, to older adults expanding their world in UW Osher lectures and discussion groups.

Holidays are some of the most special times at the J. In the fall, we start with young adults toasting to the new year, a hands-on round challah baking class, and meditation for the High Holidays. Our entire community is invited to our annual Hanukkah celebration, which this year is a double-bill family concert. We hope you'll join us, and help foster a sense of belonging for people of all ages.

## Shalom Baby!

Shalom Baby welcomes parents and their babies with a personal delivery of a basket filled with goodies, including resources to find friendships and support during the special infant and toddler years. If you or someone you know is expecting, drop by our Welcome Desk to sign up for a Shalom Baby basket delivery.

► *Sign up at [SJCC.org/ShalomBaby](http://SJCC.org/ShalomBaby)*

## A GIFT from Teens at the J

This fall, the J's teen philanthropy program, Giving Initiative for Teens, enters its second year with nearly double the number of participants. GIFT teaches fundraising, non-profit management, and Jewish values. In the first year, the teens raised an incredible \$21,000, and then

donated that to non-profits dedicated to issues the teens selected: domestic violence and mental health.

*"You can't be afraid to be the lone voice advocating for what you believe in."*

— Boaz Malakoff, age 17

Funded by Jewish Teen Funders Network and the Samis Foundation.



## HOLIDAYS

### NEW TO TOWN HAPPY HOUR: ROSH HASHANAH

**Tue Sept 10 | 6:30 pm**

**Seattle Cider Company**

*Toast to a happy, healthy, and sweet new year! Join us and the Jewish Federation of Greater Seattle as we taste fresh-pressed, handcrafted apple cider.*

### MEDITATION: ROSH HASHANAH

**Thu Sept 19 | 7 pm**

*Enter the holidays with a renewed sense of mindfulness and intention; led by Rabbi Olivier BenHaim, Rabbi at Bet Alef Meditative Synagogue. Series continues for Yom Kippur and Hanukkah.*

### GLEAN AT THE J

**Sat Sept 21 | 11 am**

*Help gather the last of this year's crops from the Kesher Garden for those in need. Enjoy a nosh of apples and honey to welcome the upcoming new year.*

### "CHALLAH-DAY" BAKING: ROUND CHALLAH

**Sun Sept 22 | 2 pm**

*Details on page 8.*

### TASHLICH: A ROSH HASHANAH RITUAL

**Wed Oct 2 | 3 pm**

*During the High Holidays, it's customary to cast away sins from the past year with the tradition of tashlich: throwing pieces of bread into a natural body of water. We'll meet at the J and walk to the lakefront so we enter the new year with positivity!*

### MEDITATION: YOM KIPPUR

**Thu Oct 3 | 7 pm**

*Enter Yom Kippur with a renewed sense of mindfulness.*

### SUKKOT FAMILY DINNER

**Fri Oct 18 | 6 pm**

*Entertainment, dancing, food, and fun for the whole family. Everyone is welcome to join us in the harvest celebration of Sukkot.*

### SUKKOT GLEAN

**Sun Oct 20 | 10 am**

**Oxbow Farms**

*Help gather the last of this year's crops for those in need. Then, stay to shake the lulav and etrog, gather pumpkins, and shop the farm stand.*

### COMMUNITY HANUKKAH CELEBRATION

**Sun Dec 8 | 11 am**

*Details on page 9.*

### HANDS ON HANUKKAH

**Sun Dec 15 | 11 am**

**Crossroads Mall, Bellevue**

*Free hands-on Hanukkah experience for all families; make dreidel sun-catchers, create handprint menorahs, and craft latkes.*

### MEDITATION: HANUKKAH

**Thu Dec 19 | 7 pm**

*Connect with the awe and wonder of the miracle of light.*

*All events are subject to change.  
Check [SJCC.org](http://SJCC.org) for updates.*



# TOTS, PARENTS + GRANDPARENTS

## TOT SHABBAT

**Fridays, 9:45 am**

**SJCC + Crossroads Mall**

Celebrate Shabbat with music and challah every Friday. At the J: stay for drop-in playtime afterward.

## FINDING CALM WORKSHOP SERIES

**Mondays Oct 21, 28 + Nov 4, 11, 18, 25  
10:30 am**

Help strengthen parent/child bonds, with a focus on self-regulation, self-compassion, and child emotional development. This six-week series is taught by instructors from the Community Of Mindful Parenting.

## L'DOR V'DOR: MUSIC CLASS WITH BABY JAM

**Tues Oct 29 | 10 am**

Grandparents: bond with your grandchildren as you sing along to music together with Baby Jam, an award-winning early childhood music class for birth to three years old.

## SHABBAT AND SHWIM

**Sat Nov 16 | 9:30 am**

Celebrate Shabbat with your little one with music, singing, a nosh, and pool play time.

# TEENS

## INTRO TO ROSH HODESH: JEWISH AND FEMALE TEEN EMPOWERMENT CIRCLE

**Wed Sept 4 | 6:30 pm**

In a supportive peer group with a trained mentor, girls will discuss issues that affect their lives through a Jewish lens. Group will meet monthly throughout the year: Oct 30, Nov 20, Dec 18, Jan 22, Feb 26, March 11, April 29, May 20, and June 10.

## CYBER SENIORS

**Sundays Oct 27, Nov 3, Nov 17  
3 pm at The Summit**

Around the country, teens are helping seniors learn to use and advance their skills with devices like iPhones and iPads. The J is partnering with the Kline Galland/Summit to help residents learn the basics and some slick new tricks.

## TOOLS FOR TEENS: STRESS MANAGEMENT AND EMOTIONAL RESILIENCE SKILLS

**Information session: Sun Oct 20 | 4:30 pm  
Wednesdays, Oct 23-Dec 11 | 6:30 pm**

Through art, mindfulness, games, relaxation exercises, and journaling, teens will identify tools and practices to call on inner resources to navigate daily stress and difficult emotions with kindness and self-compassion.

# ADULTS + SENIORS

## UW OSHER CURRENT EVENTS ROUNDTABLE

**Wednesdays, 10:15 am**

Discuss events of the day in an informal and friendly environment. If it's more comfortable, observe at first and jump in at any time.

## UW OSHER: CONTEMPORARY ETHICS

**Mondays Sept 9, 23 + Oct 7, 21 | 10 am**

Applying moral theories to the issues of capital punishment, war, and end-of-life ethics (suicide, termination of life support, physician-aided dying).

## UW OSHER: ROOTS OF ROCK 'N' ROLL

**Wednesdays, Sept 11, 18, 25 + Oct 2 | 1 pm**

Hear great music, see rare film and video clips, and examine the legacies of the pioneers. Learn how rhythm and blues, gospel, and country all converged to create this genre. We'll also talk about where rock 'n' roll is going now.

## UW OSHER: A HOUSE IN SCHEVENINGEN, HARRIET'S JOURNEY TO THE U.S.

**Tue Sept 17 | 10:30 am**

Local author and activist Harriet Mendels takes us from Holland to Hoboken, NJ, in May 1939. Through slides and stories, we'll learn about her life as a non-English speaking child in America and how Harriet's family escaped just one year before the German invasion.

## UW OSHER: MEXICO TODAY

**Thu Oct 17 | noon**

Learn about Mexico through selected imagery and historical, cultural, and political references. Taught by UW history professor emeritus Carlos Gil, expert in Mexico and Latin American history and modern culture.

# FAMILIES

## PARENTMAP EVERY CHILD RESOURCE FAIR AND LECTURE WITH JONATHAN MOONEY

**Wed Oct 23**

**5 pm resource fair, 7 pm lecture**

Get resources to help exceptional children thrive! This event supports families with neurodiverse learners. Includes a free lecture by writer and activist Jonathan Mooney, as well as a resource fair for families.

## DINNER AT OUR HOUSE

**Sun Nov 17 + Dec 15 | 4 pm**

Whisk, simmer, flip, bake, and blend as we cook dinner in the SJCC kitchen for homeless teens. A family activity.

## NEW TO TOWN HAPPY HOUR: A REAL "KRAUT" PLEASER

**Tue Nov 5 | 6:30 pm**

**Firefly Kitchens**

Learn about gut health, snack on kraut, and jar your own in this hands-on Fermentation 101 class. Then join us at Reuben's Brews for a locally handcrafted beer.

## UW OSHER: MUSEUM MASTERPIECES IN THE U.S. PART II

**Mondays, Nov 11, 18 + Dec 2, 9**

Art historian Kolya Rice discusses some of the greatest works of art housed in American museums. We'll travel virtually to museums from Boston to LA to explore key concepts, themes, and analyses of art from around the world.

## UW OSHER: BLACK HOLES ARE (ALMOST) OUT OF SIGHT

**Thu Nov 21 | noon**

Come learn about astronomical black holes, what they can (and can't) do, and the part they play in the universe. Taught by UW professor emerita Julie Lutz, who does continuing research on stellar evolution.

## UW OSHER: STORIES OF HUMAN MIGRATION, THE GREAT RIFT VALLEY TO THE PACIFIC NORTHWEST

**Thu Dec 19 | noon**

Why do people move from one part of our planet to another? For more than 200,000 years, humans have been moved by drought, floods, crop failure, war, the quest for survival, and/or the hope of a better future. What happens when vast numbers of humans are on the move? This talk can help us better know the mosaic of peoples who settled in the Pacific Northwest.

Osher programs are brought to the J by the University of Washington Osher Lifelong Learning Institute, and are sponsored by the Summit at First Hill/ A Kline Galland Community.

All events are subject to change. Check SJCC.org for updates.

Get details on all these programs at

► [SJCC.org/CommunityConnections](https://www.sjcc.org/CommunityConnections)



## #DYK (Did you know?)

More than 125 Jewish families requested Shalom Baby baskets in the past year, often the first step to connecting to the J. Join our Shalom Baby Facebook group to connect with other parents of young kids!

# early childhood SCHOOL

## LEARNING TO LEARN

*our program nurtures foundational skills for kindergarten and beyond*

At its core, the mission of the SJCC Early Childhood School is to support the potential of each child through a collaborative learning process. Within that process is a progressive philosophy that fosters readiness for school, and readiness for lifelong curiosity and learning.

We are motivated by research that shows early childhood programs that offer plenty of uninterrupted time for imaginative play, creative arts, social interaction, and hands-on experiential learning provide children's developing minds a solid foundation for later learning.

### Learning in the Early Years

#### *Integrated Learning*

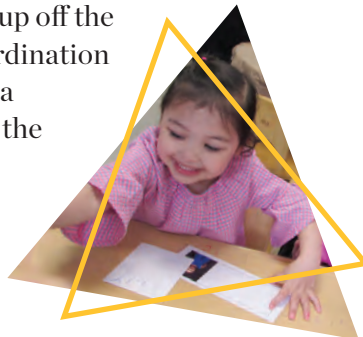
Different from traditional educational programs, where math skills are learned only in math classes or science skills in science, young children in ECS learn valuable skills all in the context of play. For example, building block towers yields knowledge of shapes, sizes, and dimensions; allows for problem solving and peer communication; enhances cognitive functions; and boosts literacy as children tell the story of their creation.

#### *Learning is a Developmental Process*

Well-researched studies show that children move naturally through stages of development, processing with their minds and bodies. For example, to learn to crawl, newborns must first gain neck strength; next they learn to push themselves up off the ground; then they acquire coordination to move their legs and arms in a controlled motion; crawling is the next natural "step."

#### *Scaffolding*

Scaffolding is widely considered an essential part of the learning process when children are ready to learn new skills. For example, a child may show



interest in writing their name. Then a teacher may make a name card and talk with the child as they write each letter to guide the experience and help the child gain a new skill. The child's interest is already there, which makes the acquisition of this skill attainable; the teacher is a guide with the right tools and resources to build learning.

### Kindergarten Readiness

Beyond readiness for kindergarten, our program focuses on skills that children will need throughout their academic careers and their lives. ECS children have ample opportunities to explore pre-literacy and pre-math skills through integrated experiences in a child-driven context.

#### *Literacy and Writing Skills*

Learning to write letters is a process that begins years before ABCs and XYZs appear on paper.

Children need to acquire fine motor skills and be exposed to a print-rich environment to see letters, language, and words used in authentic ways. We shape our days to offer ample time for children to explore with a multitude of materials. They're encouraged to draw, write, paint, cut, and sculpt—all to share their emerging vision.

#### *Early Math Skills*

Early math skills emerge organically. A color-mixing activity can provide the chance to learn about creative expression alongside math, science, language skills, cooperation, and more.

Mixing challah dough in class on Fridays not only celebrates Shabbat, but also showcases math: counting cups of flour, watching dough rise to double its size, dividing ropes of dough to braid, and the final sum: tasting unforgettable, yummy results.





# ECS Events

**THU AUG 29**  
Welcome Night

**TUE SEPT 3**  
First Day of School  
*With bagels and coffee*

**THU SEPT 12**  
New Family Brunch

**TUE SEPT 17**  
Fall Community Night

**SUN OCT 20**  
Family Movie in Pajamas

**OCT 22 + 23 + 24**  
Picture Days

**WED NOV 6**  
Kindergarten Readiness Panel

**THU NOV 7**  
Sibling, Class + Retake Picture Day

**SAT NOV 16**  
Parents Night Out

**FRI NOV 22**  
Holiday Book Fair and Fundraiser  
*at Island Books*

**FRI JAN 17**  
Diversity Shabbat Lunch

*Get details at*

► [SJCC.org/ECSEvents](https://www.sjcc.org/ECSEvents)

*All events are subject to change.  
Check SJCC.org for updates.*

**THU JAN 23**  
Pancake Breakfast

**FRI FEB 28**  
Dor l'Dor Day

**WED MARCH 18**  
Spring Community Night

**MON MARCH 23**  
Passover Seder — Ones

**TUE MARCH 24**  
Passover Seder — Twos

**WED MARCH 25**  
Passover Seder — Threes

**THU MARCH 26**  
Passover Seder — Pre-K

**SUN APRIL 26**  
Gardening Day

**THU MAY 14**  
Truck Day

**WED JUNE 17**  
End of the Year Party

**THU JUNE 18**  
Last Day for  
Nine 1/2 Month Classes  
Pre-K Completion Ceremony



 #ECS

Hey, ECS families!  
Join the SJCC ECS  
Facebook group this  
fall to stay in the know  
all school year! Follow  
SJCCSeattle and  
request to join the ECS  
Group.

## Invite friends to join our school!

Arrange a personal tour to learn more  
about our program, meet teachers, and see  
our classrooms. Registration for the  
2020-21 school year starts early next year.

For children from 3 months – 6 years.

Contact [NicciB@sjcc.org](mailto:NicciB@sjcc.org)  
for more information.

Tuition assistance is available.

Everyone is welcome.

# Enrichment Classes

## MINDFUL MONKEYS

3s and 4s  
Pre-K

Mon 12:30 pm  
Mon 1:45 pm

*Children explore ideas of a balanced mind and body, and  
practice healthy mindful habits like yoga.*

## DISCOVERING SCIENCE

Pre-K

Mon 1:45 pm

*Hands-on experiments to nurture an inquisitive mind and  
foster a love of scientific discovery.*

## NOVA GYMNASTICS

3s and 4s  
Pre-K  
Pre-K

Tue 12:30 pm  
Tue 1:45 pm  
Thu 1:45 pm

*Tumble, jump, leap, and stretch to build strength and  
grace; instructors are USA Gymnastics certified.*

## COOKING UP KNOWLEDGE

3s and 4s  
Pre-K

Wed 12:30 pm  
Wed 1:45 pm

*Learn basic cooking skills as we bite into diverse  
cultures through food.*

## NEW! TRENDY CRAFTS

Pre-K

Wed 1:45 pm

*The theme is “decorate your space”; projects  
include glass trays, canvas art, shrinky dinks,  
and much more.*

## ITTY BITTY ATHLETES

3s and 4s

Thu 12:30 pm

*Develop coordination and motor skills with fun  
sports games.*

## SUPREME SPORTS

Pre-K

Thu 1:45 pm

*Improve coordination and self-confidence through basic  
athletic skills, with games galore!*

## CREATIVE MOVEMENT AND MUSIC

3s and 4s

Fri 12:30 pm

*Move and groove to music from around the world; share  
culture through the rhythms of dance.*

## KARATE X

Pre-K

Fri 1:45 pm

*Challenge young bodies and minds with this whole-body  
class; taught by experienced instructors in a program  
designed for preschoolers.*

## SWIM LESSONS

*Get the splashing schedule on page 17.*

## WINTER SESSION

**MON NOV 4**

**Registration Open for Winter Enrichment**

*Members early registration; open for all Nov 11.  
Classes start Jan 6.*

*Get details at*

► [SJCC.org/ECSenrichment](https://www.sjcc.org/ECSenrichment)

# J kids

*The J is where kids create memories and build friendships that last a lifetime, learn new skills, and explore the world*



## Kidstown is the J's before and after school care program.

- ▶ dedicated, experienced staff members
- ▶ homework help
- ▶ arts + crafts, gym games, outdoor play
- ▶ flexible schedule to fit extracurricular activities
- ▶ extended care on Wednesdays for early release

## NEW! KIDS CITY

This fall, Kidstown is expanding to add a space for kids in grades 3-5. It's a new place for kids to get BIG and GROW BIGGER. When you register older kids for Kidstown, we'll show them their new "neighborhood."

- ▶ register at [SJCC.org/Kidstown](http://SJCC.org/Kidstown)
- ▶ contact Kidstown Coordinator Vance Snelson at [VanceS@sjcc.org](mailto:VanceS@sjcc.org) or 206-829-2668



## KIDSTOWN + KIDS CITY

KINDERGARTEN-5TH GRADE

MORNINGS 7-9 am Mon-Fri

AFTERNOONS 4-6:30 pm Mon, Tue, Thu, Fri  
2-6:30 pm Wed

## KIDSTOWN OPEN HOUSE

**Tue Sept 3 3-4:30 pm**

Meet our counselors, learn about our classes, and visit Kids City, our new space for older elementary kids.

*Not a drop-off event; parents tour with their kid(s).*

## KIDSTOWN BENEFITS

### FREE TRANSPORTATION

Kids at Mercer Island elementary schools are picked up each morning and dropped off each afternoon by Mercer Island School District buses.

### SUPER ACTIVE KIDS

There's no place else for swimming and classes like dance, basketball, karate—plus other sports and gym games—after a day in school.

*Classes are an additional cost.*

### NEED QUICK CARE?

If parents need care during regular hours, but not on a regular basis, give drop-in Kidstown + Kids City a try!

- ▶ contact Kidstown Coordinator Vance Snelson at [VanceS@sjcc.org](mailto:VanceS@sjcc.org) or 206-829-2668

### NEW! AFTER SCHOOL PLUS

When kids take our after school classes, sign them up to stay in Kidstown for the rest of their day.



 #SJCCKids

All summer long we told the J Camp story on our Instagram: @StroumJCC. Did you follow along?





## J Camp

Summer 2019 brought 1,050 campers to the J for an amazing summer we'll never forget!

Even though summer is over, J Camp is in session when school is out!

- ▶ Nov 11
- ▶ Nov 25, 26, 27
- ▶ Winter Break J Camp:  
Dec 23, 24, 26, 27,  
30, 31, Jan 2, 3
- ▶ Jan 20
- ▶ Summer J Camp  
returns June 22-  
Aug 28, 2020



### GET READY FOR 2020!

The SJCC is planning for Maccabi 2020 next August.  
Email [info@SJCC.org](mailto:info@SJCC.org) to get on our list for more information.

## After School Classes

### HIP HOP DANCE

K-5th

Mon 4:15 pm

Learn basic skills like keeping rhythm with hip-hop hits, following choreography, and developing body movement.

### NEW! STEAM MAKER: SPACE TRAVEL PUPPET SHOW

3rd-5th

Mon 4:30 pm

K-2nd

Thu 4:30 pm

Make puppets and props to wow audiences with special technical effects; fall theme is the 50th anniversary of Apollo 11 landing on the moon.

### WATTS BASKETBALL ACADEMY

K-5th

Tue 4:30 pm

Fundamentals of basketball taught by former Seattle Sonics guard Donald "Slick" Watts.

### COOKING UP KNOWLEDGE

K-5th

Wed 2:30 pm

Learn basic cooking skills as we bite into diverse cultures through food.

### NEW! TRENDY CRAFTS

K-5th

Wed 2:30 pm

Inspired by the theme "decorate your space"; we'll create glass trays, canvas art, shrinky dinks, and much more.

### STEM SPORTS: MULTI-SPORT

K-5th

Thu 4:30 pm

Learn basics like dribbling (basketball), throwing (football), kicking (soccer), and game play to understand the science behind the sports.

### LITTLE CODERS

K-2nd

Fri 4:30 pm

Just for young learners: the basics of computational thinking, like coordinates, loops, and conditionals, with a blend of unplugged and online activities.

### KARATE X

K-5th

Fri 4:45 pm

Challenge young bodies and minds with this whole-body class; taught by experienced instructors in a program designed for elementary kids.

### NEW! CREATIVE ART NETWORK: COMIC BOOKS

K-5th

Fri 4:45 pm

Create your own comic book! Develop characters and settings to build your own stories and worlds.

## SWIM LESSONS

Get the splashing schedule on page 17.

## WINTER SESSION

MON NOV 4

Registration Open for Winter Enrichment

Members early registration; open for all Nov 11.  
Classes start Jan 6.

Get details at

▶ [SJCC.org/AfterSchoolClasses](http://SJCC.org/AfterSchoolClasses)

All classes are subject to change.  
Check [SJCC.org](http://SJCC.org) for updates.

**STROUM JEWISH  
COMMUNITY CENTER**  
OF GREATER SEATTLE

3801 East Mercer Way  
Mercer Island WA 98040  
SJCC.org

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Seattle WA  
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Everyone is welcome.



## Celebrating 50 years on Mercer Island

AND 70 YEARS IN GREATER SEATTLE



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