

Summer Program Guide

Summer 2019
June - August

Your complete guide to everything at the J!

Fitness



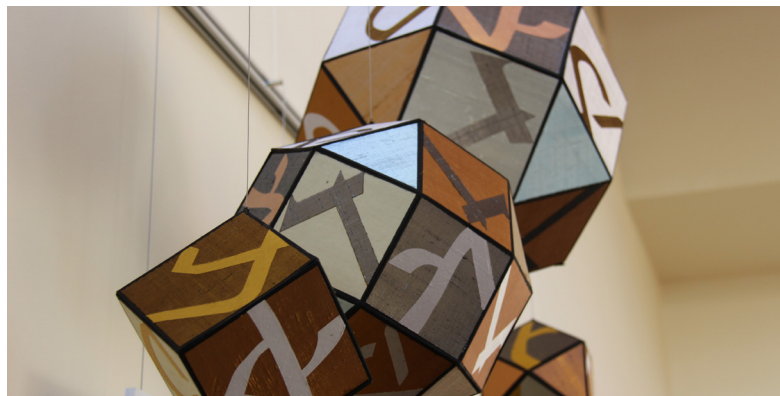
Sports



Arts + Culture



Day Camp



Aquatics

Mittleman
Jewish Community Center
Open to everyone!





Welcome

Dear Friends,

Summer is here – and that means ... CAMP! We are thrilled to **announce our new Sports, Recreation, + Camp team**. Jake Marr joins us as our new Sports, Recreation, + Camp Manager; Carli Rosenthal, who was previously part of our Membership team, is our new Assistant Manager; and Mak Dempsey, known to many of you from his work in our Day Camp and in our Sportsplex, is our new Program Lead. Jake, Carli, and Mak have been working hard to prepare a fun-filled and exciting array of camp programs and we are tremendously excited about this summer! If you haven't yet registered your children for Day Camp, please refer to the 2019 Day Camp Guide. You'll see our new daily themes highlighted on pages 12 and 13 of the Camp Guide.



Another opportunity for youth who want to take their athletic ability to the next level is our **Speed, Agility, and Quickness** specialty sports classes offered by our outstanding new personal trainer and Assistant Fitness Manager, Shawn Montiel. Of course, for soccer fans, we continue to offer our summer soccer leagues in our comfortable, air-conditioned Sportsplex. Leagues run Sunday, Tuesday, Wednesday, and Thursday from 6:00 - 10:00 pm.

This summer we are implementing **priority registration** for members to register May 15 + 16 in-person only. Registration will open to the public May 17.

As always, we are planning an enticing array of **educational, cultural, and social events**. Keep an eye out for details of our walking tours of Jewish Old South Portland and our young adult outdoor experience activities. And don't miss our ever-popular Jewish Community Night at the Hillsboro Hops!

As I mentioned in my last letter, the MJCC recently completed an ambitious and exciting **new Strategic Plan**. The plan addresses six important areas: Arts + Culture Programs, Programs for Children and Young Families, Community Engagement, Building Utilization, Financial Sustainability, and Fundraising. If you haven't yet picked up your copy of the plan summary, please stop by the Welcome Desk and request one! We are always trying to improve the experience for our members. If you have suggestions for other ways in which Team J can improve your experience, please be sure to let us know.

I look forward to seeing you the next time you "Find Yourself at the J!"

Warm regards,

Steve Albert
Executive Director

Location + Hours

6651 SW Capitol Hwy
Portland, OR 97219
503.244.0111 | oregonjcc.org

Hours of Operation

Monday - Thursday
6:00 am - 10:00 pm

Friday
6:00 am - 9:00 pm

Saturday - Sunday
8:00 am - 6:00 pm

Fitness + Cardio Center and pools close
15 minutes prior to building closure.

Special Hours + Closures

Fourth of July

Thursday, July 4
7:00 am - 12:00 pm

For admin office closures and class offerings on holidays, visit oregonjcc.org.

Pool Closures for Maintenance

Sunday, Aug. 25 - Saturday, Sept. 7
Reopening Sunday, Sept. 8

Racquetball Courts, Dance Studio, and Studio I Closures

Sunday, Aug. 4 - Saturday, Aug. 10
Reopening Sunday, Aug. 11

Our Facility


- Fitness + Cardio Center
- 25 yard swimming pool, 82-84°
- Warm Water Pool, 92-94° with ADA accessible entrance
- Three racquetball courts
- Locker rooms with lounge, sauna, steam room, whirlpool, digilock lockers, and accessible lockers
- All-gender changing rooms
- Gymnasium with eight basketball hoops
- Indoor rock climbing wall
- Free parking



Membership

Your Membership Includes:

- **Use of Our Entire Facility**
- **Priority Registration for Classes**
- **Free Group Exercise Classes such as**
 - Aquarobics
 - Cycle
 - Zumba
 - BODYPUMP™
 - Ai Chi
 - Yoga
 - Nia
 - Arthritis exercise
 - Pilates
 - Tai Chi
- **Free Drop-in Sports**
 - Rock climbing
 - Basketball
 - Indoor playground
 - Swimming
 - Gym hockey
 - Racquetball
- **Complimentary Services**
 - Towel
 - Shampoo
 - Soap
 - Lotion
 - Deodorant
 - Hair dryers
- **Discounted Rates**
 - Classes
 - Camps
 - Workshops
 - Advertising
 - Rentals
- **ADA Accessible**
 - Entrances
 - Parking
 - Pools
 - Restrooms
 - Lockers
 - Elevator

 We are an ADA accessible facility and pool.

Attention Members: Get a Free Month!

Refer a new member for a 12-month commitment and get a month of free membership for yourself!

Member Specials

June

10% off all Personal Training packages.
*Limit one purchase per member.
 Sessions expire January 31, 2020.*

July

One Day Sale
 Tuesday, July 16
 Buy 5 guest passes and get 5 free.
 Good for adult or child passes.
Must use passes by January 31, 2020.

August

10% off any Art and Culture Event for Fall 2019.
Limit one purchase per member.

JCCA Membership Perk

If you are traveling, don't forget to bring your MJCC member card to a JCCA-affiliated JCC at your destination to use their facility. Check that location's specific policy regarding reciprocity.

Did You Know?

You can switch from another sports club and have your enrollment fee waived.



Summer College Student Membership

One to three months membership. (Valid in June, July, August, September)
 Proof of valid student ID needed with application

Three months for \$150 or month-to-month for \$60/month.
 \$30 enrollment fee.

Membership Info

For more information on Membership, contact Kelsey Kaplan, Membership + Retention Manager at 503.535.3534 or kkaplan@oregonjcc.org.

Hillary Shifrin, Assistant Membership + Retention Manager at 503.535.3617 or hshifrin@oregonjcc.org.

MJCC 2019 DAY CAMP

Open to Everyone Ages 3 - 15



FULL + PARTIAL DAY OPTIONS
7:30 am - 6:00 pm all summer long.

SWIMMING
INCLUDED!

REGISTER TODAY!

oregonjcc.org/daycamp

Mittleman Jewish Community Center
503.452.3436 | daycamp@oregonjcc.org



Arts + Culture Events

Community Events

| | |
|---|---|
| 50s+ Walking Tour of Jewish PDX | 9 |
| Big Truck Day | 7 |
| Chai Baby/PJ Library | |
| Indoor Playground | 7 |
| Jewish Heritage Night at Hillsboro Hops | 9 |
| Monthly Mitzvah Projects | 7 |
| PDX Business Salon | 8 |
| Portland PRIDE Parade | 8 |
| Shaba-lah Family BBQ | 9 |
| Song of Miriam Brunch | 8 |
| Young Adults Walking Tour Jewish PDX | 9 |

Visual + Performing Arts

| | |
|-------------------------------|---|
| 2019 Call for Artists | 8 |
| Art + Spirit Workshop | 9 |
| Jewish Community Orchestra | 8 |
| Piano Concert - David Rothman | 9 |
| Portland Jewish Film Festival | 8 |

Lectures + Literature

| | |
|-----------------------------------|---|
| Book Club | 7 |
| Nosh + Drash with Rabbi Eve Posen | 7 |

Classes + Workshops

| | |
|----------------------------------|-------|
| Hebrew for Lunch | 7 |
| Infant Feeding + Parenting Group | 8 |
| Israeli Dancing | 9, 23 |
| Knit Together | 7 |
| Mah Jongg Open Play | 7 |
| Mah Jongg Classes | 8, 9 |
| Music Lessons | 7 |

For more information on Arts + Culture programs, please contact Lenny Steinberg at 503.535.3555 or lsteinberg@oregonjcc.org or Abbie Barash at 971.803.7311 or abarash@oregonjcc.org.

Activities by Age

Parent + Child

| | |
|---------------------|---------|
| Childcare Programs | 26 |
| Indoor Playground | 26 |
| Lil' Kickers Soccer | 17, 19 |
| Swim Lessons | 11 - 12 |

Preschool

| | |
|---------------------|---------|
| Childcare Programs | 26 |
| Lil' Kickers Soccer | 17, 19 |
| Music Lessons | 7 |
| Summer Day Camp | 4 |
| Swim Lessons | 11 - 12 |
| Vacation Day Camp | 26 |

Youth

| | |
|---------------------|---------|
| Club J | 17, 26 |
| Lil' Kickers Soccer | 17, 19 |
| Music Lessons | 7 |
| Summer Day Camp | 4 |
| Swim Lessons | 11 - 13 |
| Swim Team | 14 |
| Vacation Day Camp | 26 |

Teen

| | |
|--------------------------------------|--------|
| Athletic Speed, Agility, + Quickness | 17, 24 |
| Club J | 17, 26 |
| Drop-in Sports Schedule | 18 |
| Fitness Orientation | 24 |
| Junior Ignite | 24 |
| Maccabi Games | 17 |
| Music Lessons | 7 |
| Personal Training | 24 |
| Summer Day Camp | 4 |
| Swim Team | 14 |

NEW!
Priority Registration
for members May 15 + 16
in-person only.

Adult

| | |
|---------------------------------|-------|
| Ai-Chi | 14 |
| Aquarobics + Aqua Power | 14 |
| Aquatic Therapy | 15 |
| Arthritis Exercise | 14 |
| Basketball Drop-In Games | 18 |
| BodyART | 22 |
| BODYPUMP™ | 22 |
| The Body Shop | 22 |
| Cafe at the J | 31 |
| Cardio Circuit | 22 |
| Core Strength + Movement Cycle | 22 |
| Dance for Parkinson's | 23 |
| Drop-in Sports Schedule | 18 |
| Fitness Trends <i>NEW!</i> | 23 |
| Forever Fit | 22 |
| Gym Hockey | 18 |
| IGNITE | 21 |
| Israeli Dancing | 9, 23 |
| Massage | 24 |
| Masters Swimming | 14 |
| Mikvah - Rachel's Well | 31 |
| Music Lessons | 7 |
| Nia | 22 |
| Nutritional Therapy | 21 |
| Personal Training | 21 |
| Physical Therapy | 21 |
| Physical Therapy Free Workshops | 23 |
| Pilates + Gentle Pilates | 22 |
| Pilates - Osteoarthritis | 22 |
| Pilates Reformer Training | 21 |
| Private Swim Lessons | 11 |
| Racquetball Drop-in | 18 |
| Refresh Your Workout! | 21 |
| Rock Climbing Drop-in | 18 |
| Senior Strength and Balance | 22 |
| Soccer Leagues | 19 |
| Tai Chi for Falls Prevention | 22 |
| Water Fusion | 14 |
| Wellness Coaching | 21 |
| Yoga - Chair | 22 |
| Yoga - Cycle | 22 |
| Yoga - Happy Hour | 23 |
| Yoga - Hatha + Vinyasa | 23 |
| Yoga - Sculpt | 23 |
| Yoga Therapy | 21 |
| Zumba | 23 |

Rent the MJCC

(Members receive a 20% discount!)

oregonjcc.org/rentals



Auctions + Fundraisers
Conferences + Seminars
Birthday Parties



All-Night Grad Parties
Bar/Bat Mitzvahs
Dances + Proms
Wedding Receptions



Ballroom + Meeting Rooms
In-house Cafe
On-site Parking



ARTS + CULTURE

Art influences society by changing opinions, instilling values and translating experiences across space and time.

- Arts Council England

Sponsor a Program at the J!

Help bring a vibrant array of events to the MJCC by becoming a sponsor of any future program. Your commitment will help to ensure a wide variety of creative programs in the performing, visual, cinematic, and literary arts for the Greater Portland community.

For more information, contact Lenny Steinberg at lsteinberg@oregonjcc.org.

Portland Pride Parade

Join the MJCC and the entire Jewish community for our third pride parade. Sunday, June 16
11:00 am - 2:00 pm
Downtown Portland



For more information on Arts + Culture contact Lenny Steinberg at 503.535.3555 or lsteinberg@oregonjcc.org

Arts + Culture

Ongoing

Monthly Mitzvah Project

Each month, the MJCC and PJA communities collect items for different agencies in Portland. Items can be dropped off in the blue bin located in the MJCC lobby, next to our Welcome Desk.

June - Fruit for Shavuot for Neighborhood House Food Pantry

Chai Baby/PJ Library Indoor Playground

Parent/child plays in the Sportsplex with snacks, drinks, and storytelling.

Wednesday, June 12

Will return on September 4

10:00 am - 12:00 pm

Free and open to the community.

In partnership with PJ Library, Chai Baby, Portland Jewish Academy

Book Club

Calling all book lovers! Come to the J and discuss literature throughout the year.

Second Tuesday of each month

12:00 pm

June 11 - *The Right Stuff* by Tom Wolfe, led by Naomi

July 9 - *The Sparrow* by Mary Doria Russell, led by Marge

August 13 - *Girl with Gun* by Amy Stewart, led by Marci

Nosh + Drash with Rabbi Eve Posen

A monthly discussion covering a wide range of topics that draw on our experiences.

Thursday, June 13

Topic: How Do We Receive Torah?

3:00 - 4:00 pm

Free and open to the community.

In partnership with Congregation Neveh Shalom

Hebrew for Lunch

Join Sylvia Frankel in the lobby for a discussion in Hebrew. Purchase lunch or just enjoy the conversation. Some conversational Hebrew required.

Tuesdays, 12:15 pm

Knit Together: A Crafting Community

Calling all knitters. Bring your knitting projects and chat in the lobby.

Tuesdays, 1:00 - 2:00 pm

Mah Jongg Open Play

Open games in the Cafe at the J. Bring your friends and play.

Sundays, 12:30 pm

Mondays, 12:30 pm

Tuesdays, 12:30 pm

Rose City Music Academy

Take private or group piano, violin, and voice lessons at the MJCC with excellent faculty from Rose City Music Academy. Call for prices. Small group lessons available for beginners.

Call 503.308.TUNE (8863) or email rosecitymusicacademy@gmail.com

Did You Know?

Mah Jongg is a tile game that originated in China. Rumor has it that the game is 2,500 years old.

BIG TRUCK DAY

Fun for all ages!



Come out to see police vehicles, fire trucks, limos, race cars, construction trucks, and more! Enjoy food stations, games, and live music.

SAVE THE DATE!

Monday, Sept. 2

10:00 am - 1:00 pm

Free and open to the community



June

Mah Jongg for Beginners

Learn to play this ancient game. It will give your mind a workout!

Tuesday Mornings

May 28 - June 25

10:30 am - 12:30 pm, CG303

Cost: \$100. Members: \$85.

Register: oregonjcc.org/registration

Mah Jongg for Intermediate Players

Take your game to the next level.

Tuesday Afternoons

May 28 - June 25

1:30 - 3:30 pm, CG304

Cost: \$100. Members: \$85.

Register: oregonjcc.org/registration

Infant Feeding + Parenting Support Group

Share the joys and challenges of breastfeeding, feeding, and new parenting! Join the group if you are breastfeeding, formula feeding, pumping, bottle feeding, or supporting a breastfeeding parent. Group moderated by Lara Greenberg, a Board Certified Lactation Consultant (IBCLC). Expert guest speakers will join us for two of the groups to share knowledge on hot parenting topics, including infant gum/tooth care and postpartum mood disorders. Healthy snacks and activities for older siblings provided.

Thursdays

10:00 - 11:30 am

May 30, June 6, 13, and 27, CG305

No class on June 20

Cost: \$20.

Drop-in: \$6 per class.

Register: oregonjcc.org/registration

Song of Miriam Brunch

Annual awards brunch celebrating and honoring women volunteers in the Jewish community. The MJCC will be honoring Andrea Sanchez, Past Board Co-President, at the event.

Sunday, June 2

10:00 am

Sponsored by Jewish Women's Round Table

2019 Call for Artists

Calling all Jewish artists in the Pacific Northwest! ORA is seeking art and fine craft in all media for the 13th Annual Celebration of Art 2019 on November 2 and 3, 2019. All original work, nothing mass produced.

Sunday, June 2

11:00 - 11:30 am

Congregation Neveh Shalom

2900 SW Peaceful Lane

Jury fee: \$25 (jury fee can be applied to membership of \$50)

For more details visit: northwestartists.org

In partnership with ORA

Jewish Community Orchestra Young Artist Showcase Part 2

JCO provides enjoyable music to the Jewish and surrounding communities of the Portland Metro area.

Meyerbeer - Struensee Overture

Lalo - Symphonie Espagnole, op. 21 mvmt. 1
Darah Watts, violin

Barber - Violin Concerto, op. 14 mvmt. I
Paul Lee, soloist

Dvořák - Cello Concerto in b minor mvmt. III
Hailey Kang, soloist

Borodin - Symphony No. 2 in b minor

Sunday, June 2

3:00 pm

Tickets available at the door

\$10 adults, \$8 seniors, \$5 students.

Children under 6 free.

Jewish Pride Greater PDX Marches in the Pride Parade

Join the MJCC and the entire Jewish community as we march together at the Portland Pride Parade for the third year in a row. Keep an eye out for events happening all weekend long (jewishportland.org/pride).

Sunday, June 16

11:00 am - 2:00 pm

Downtown Portland



Portland Jewish Film Festival

The 27th annual Portland Jewish Film Festival is produced by the Northwest Film Center and co-presented with the Institute for Judaic Studies. While the Festival celebrates the diversity of Jewish history, culture, identity, and filmmaking, the hope is that these films, and the stories they tell, resonate beyond their settings and speak to universal experiences and issues that confront our common humanity.

June 16 - June 30

All films held at the Portland Art Museum – Whitsell Auditorium

Co-sponsored by the MJCC

PDX Business Salon

If You Build It. ... The Future of Baseball in Portland

Hear from Nathan Nayman of Portland Diamond Project, and Tom Goldman, NPR's Sports Correspondent.

Wednesday, June 19

6:00 - 8:00 pm

Location: TBA

More details soon!

Did You Know?

This will be the third year the Jewish community has marched together in the Pride Parade. Around 15 synagogues and organizations will participate this year!

Piano Concert with David Rothman

Join us for an evening with concert pianist, David Rothman as he performs works of classical music featuring Beethoven and Schumann

Tuesday, June 25

7:00 pm

Cost: \$10. Member: \$5.

Register: oregonjcc.org/pianoconcert

July

Mah Jongg for Beginners

Learn to play this ancient game. It will give your mind a workout!

Tuesday Mornings,

July 16 - August 20

10:30 am - 12:30 pm, CG400

Cost: \$110. Member Cost: \$90.

Register: oregonjcc.org/registration

Mah Jongg for Intermediate Players

Take your game to the next level.

Tuesday Afternoons

July 16 - August 20

1:30 - 3:30 pm, CG401

Cost: \$110. Member Cost: \$90.

Register: oregonjcc.org/registration

Israeli Dancing

Join us for a fun, introductory Israeli dance class. All levels are welcome. Six people needed to run class.

Wednesdays, July 17 - September 18

7:00 - 8:00 pm, CG402

Cost: \$100 Members + Guests.

Drop-in Fee: \$15 per class.

Register: oregonjcc.org/registration

Young Adults Walking Tour of Jewish PDX

Take a walking tour of South Portland through old Jewish neighborhoods.

For 20s, 30s, and 40s.

Wednesday, July 17

Happy Hour at 5:30 pm

Tour begins at 6:30 pm

Meet at Lair Hill Bistro

2823 SW 1st Ave

Cost: \$7 includes first drink and appetizers.

Register at: oregonjcc.org/yawalkingtour

In partnership with OJMCHÉ and JFGP



Shaba-lah Family Shabbat BBQ

Bring your family or join your child at camp for a special Shabbat. Enjoy a Shabbat set to the theme of camp this week with stories, songs, and more.

Friday, July 19

3:30 pm

Cost: MJCC Camp Families: \$10.

Community Members: \$15 per family.

Register at: oregonjcc.org/shabbatbbq

August

Art + Spirit Workshop: Entering into the Shiviti

Through the traditional Jewish art form known as the Shiviti, we will study, contemplate, and enter into artistic expression. Please bring the medium of your choice—visual and expressive arts, songwriting and composing, sculpture, glass, fabric arts, and more. A half-hour talk on the history, mystical practice, and examples of traditional and contemporary forms will be followed by Q&A, Shiviti gazing, time to create your own Shiviti art work, and debriefing.

Rabbi Dr. Goldie Milgram is an artist, educator, author, and spiritual guide honored by the Covenant Foundation and National Jewish Book Council for her innovative programs, books, and resources. Her new book release is Wisdom from Reb Zalman: Embracing the Jewish Spirit (Reclaiming Judaism Press).

Thursday, August 1

6:30 pm

Cost: \$18.

Register: oregonjcc.org/artandspirit

In partnership with ORA

Jewish Heritage Night at the Hillsboro Hops

Join the Jewish Federation of Greater Portland and the Mittleman Jewish Community Center for Heritage Night at the Hillsboro Hops game against the Eugene Emeralds!

Monday, August 19

7:05 pm

Ron Tonkin Field

4460 NW 229th Ave, Hillsboro

Ticket info coming soon!

In partnership with JFGP

50s+ Walking Tour of Jewish PDX

Take a walking tour of South Portland through old Jewish neighborhoods.

Thursday, August 22

Happy Hour at 5:30 pm

Tour begins at 6:30 pm

Meets at Lair Hill Bistro

2823 SW 1st Ave

Cost: \$7 includes first drink and appetizers.

Register at: oregonjcc.org/50swalkingtour

In partnership with OJMCHÉ, JFGP

Did You Know?

Jews have lived in Oregon for more than 165 years.



AQUATICS

Every time you move in the water, you're putting every muscle group to work. Swimming is a great form of resistance training and can help improve your muscle strength.

Pool Hours

Main Pool (82-84°)

Monday - Thursday 6:00 am - 9:45 pm

Friday 6:00 am - 8:45 pm

Saturday + Sunday 8:00 am - 5:45 pm

Warm Water Pool (92-94°)

Monday - Friday 7:30 am - 8:00 pm

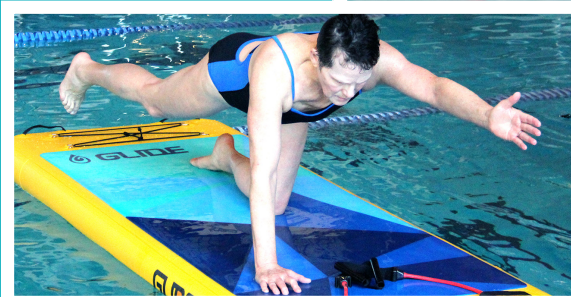
Saturday + Sunday 9:00 am - 5:30 pm

Pool Schedules

Please refer to pool schedules at oregonjcc.org/pools for weekly lap, open recreational swim, adults-only swim, and program times.

Pool Accessibility Lift

The MJCC Aquatic Center has two accessibility lifts for patrons who need assistance getting into and out of the pools. Our Main Pool lift is self-operated and has a weight capacity of 300 pounds. Our Warm Water Pool lift is operated by our staff and has a weight limit of 250 pounds.



NEW

Use Your Noodle! on page 15.



For the most up-to-date class information, visit oregonjcc.org/aquatics or contact Ryan Ochoa, rochoa@oregonjcc.org 503.452.3433

About Swim Lessons

Swim Lesson Assessment

We are pleased to offer free swim lesson assessments to participants who are new to our program. During the assessment, one of our instructors will lead your child through a series of skills to determine their appropriate level. Please call ahead to schedule your assessment.

Enrollment FAQs

- You may register online or in person at the Welcome Desk.
- Payment must be provided at time of registration to guarantee a spot.
- Swim lesson registration fee does not include open swim before/after class. Participants in open swim must pay the daily admission fee or use their membership card before entering the pools. Supervision policy applies.
- If participants miss a class, they are not allowed to drop in to other classes or levels. If a class or program is cancelled due to inclement weather or other cause, we are unable to schedule make-up sessions or provide refunds. We will give one voucher per session, for 10% off enrollment of one class during the next program session, regardless if more than one class is cancelled. This voucher may not be turned into a refund.

Note: swim diapers with tight fitting waist and legs required for children not yet potty trained.

Accommodating Wait Lists

All programs operate with minimum enrollment requirements and maximum enrollment capacities. We reserve the right to cancel, change, or combine programs when minimum program enrollments have not been met.

Once a program is filled, a wait list will be created. You will be called if an opening becomes available or if additional classes are created. *Note: If additional classes are created, they may not be at the same time or day as the original program.*

Private + Semi-Private Lessons

Private and semi-private lessons may be scheduled in either pool, and are based on swim instructor availability, participant's schedule, and pool space. Availability may change each program session. When capacity is reached, new requests will not be accepted. Any requests submitted prior to reaching capacity will be held on a wait list. Contact Member Services to fill out a private swim lesson request form. Please allow five to seven business days for our private lesson coordinator to contact you. *Prices are per person.*

Private: 5 x 1/2 hour (one-on-one)

Cost: \$255. **Member Cost:** \$180.

Semi-private: 5 x 1/2 hour

(one instructor to two students)

Cost: \$188. **Member Cost:** \$125.

Contact Ben Lincoln: blincoln@oregonjcc.org

Swim Lesson Levels

Starfish: Parent + Child Ratio 1:15

Learn water entry, bubble blowing, kicking, floating, and underwater exploration.

Warm Pool

Angelfish: Intro to Water Ratio 1:5

Learn to enter and exit the water, submerge face, exhale underwater, explore floating, and moving with support. Work on water acclimation and breath control.

Prerequisites: None. *Warm Pool*

Blowfish: Fundamental Water Skills Ratio 1:5

Learn to submerge entire head, float, glide, and paddle on front and back, roll over, and use combined arm and leg motions. Progress to independent floating, swimming, and jumping. *Prerequisites:* Child is comfortable in the water, willingly able to submerge eyes, nose and mouth, can float with assistance, and move independently in shallow water or with floatation. *Warm Pool*

Crocodile: Stroke

Development Ratio 1:5

Learn front and back crawl and elementary backstroke. Work on endurance and treading water. Practice swimming 25 yards. *Prerequisites:* Child can float on front and back and swim 15 feet independently without floatation. Child is comfortable going under water and entering the deep end of the pool. *Warm Pool and Main Pool*

Dolphin: Stroke

Improvement Ratio 1:5

Improve front and back crawl, elementary backstroke, and treading water. Learn the basics of breaststroke, sidestroke, butterfly, and standing dives. *Prerequisites:* Understands front and back crawl, is comfortable swimming 25 yards in deep water, and can perform a sitting and kneeling dive. *Main Pool*

Eel: Stroke Refinement Ratio 1:6

Refine and coordinate all the strokes. Learn racing and surface dives, open turns, shallow angle dives, breaststroke, and butterfly. *Prerequisites:* Can perform front and back crawl, understands breaststroke and dolphin kicking, can perform a standing dive, and is comfortable swimming 50 yards. *Main Pool*

Flying Fish: Stroke + Skill

Proficiency Ratio 1:8

Refine strokes to increase ease, efficiency, power, and smoothness. Learn the principles of fitness swimming such as drills, interval training, flip turns, and basic lifeguard rescue techniques. *Prerequisites:* Able to swim front and back crawl, breaststroke, and has a basic understanding of butterfly. Can dive from the side of the pool and swim 100 yards. *Main Pool*

Swim Lesson Discounts for Day Camp Families and Transport

MJCC Summer Day Camp families receive 10% off swim lessons.

Children who are enrolled in swim lessons and MJCC Day Camp during the same week will be escorted to and from camp to swim lessons. A waiver needs to be submitted to the MJCC at least one week prior. *

**Please note: this is only for children enrolled in MJCC Day Camp during the swim lesson weeks.*



Swim Classes

Parent + Child (6 mo. - 2 yrs.)

Weekend Sessions

| Class | Day | Time | Date | Code | Cost/Member | Location |
|----------|-----|----------------|-------------|-------|-------------|-----------|
| Starfish | Sun | 9:00 - 9:30 am | 6/16 - 8/18 | AQ401 | \$77/\$63 | Warm Pool |
| Starfish | Sat | 9:00 - 9:30 am | 6/22 - 8/24 | AQ402 | \$77/\$63 | Warm Pool |

*Please note: No class Sunday, June 30 or Saturday, July 6.

Did You Know?

Encouraging your child to swim can improve their mental and emotional health. The natural buoyancy of the water is more relaxing than other types of exercise.

Preschool (3 - 6 yrs.)

Weekend Sessions

| Class | Day | Time | Date | Code | Cost/Member | Location |
|-------------------------|-----|------------------|-------------|-------|-------------|-----------|
| PS Angelfish + Blowfish | Sun | 9:35 - 10:05 am | 6/16 - 8/18 | AQ403 | \$99/\$81 | Warm Pool |
| PS Angelfish + Blowfish | Sun | 10:10 - 10:40 am | 6/16 - 8/18 | AQ404 | \$99/\$81 | Warm Pool |
| PS Crocodile | Sun | 10:45 - 11:15 am | 6/16 - 8/18 | AQ405 | \$99/\$81 | Warm Pool |
| PS Dolphin | Sun | 11:20 - 11:50 am | 6/16 - 8/18 | AQ406 | \$99/\$81 | Warm Pool |
| PS Angelfish + Blowfish | Sat | 9:35 - 10:05 am | 6/22 - 8/24 | AQ407 | \$99/\$81 | Warm Pool |
| PS Angelfish + Blowfish | Sat | 10:10 - 10:40 am | 6/22 - 8/24 | AQ408 | \$99/\$81 | Warm Pool |
| PS Crocodile | Sat | 10:45 - 11:15 am | 6/22 - 8/24 | AQ409 | \$99/\$81 | Warm Pool |
| PS Dolphin | Sat | 11:20 - 11:50 am | 6/22 - 8/24 | AQ410 | \$99/\$81 | Warm Pool |

*Please note: No class Sunday, June 30 or Saturday, July 6.

Preschool Session I (3 - 6 yrs.)

Two Week Sessions

| Class | Day | Time | Date | Code | Cost/Member | Location |
|-------------------------|--------|----------------|-------------|-------|-------------|-----------|
| PS Angelfish + Blowfish | M - Th | 3:45 - 4:15 pm | 6/17 - 6/27 | AQ411 | \$88/\$72 | Warm Pool |
| PS Crocodile + Dolphin | M - Th | 4:20 - 4:50 pm | 6/17 - 6/27 | AQ412 | \$88/\$72 | Warm Pool |
| PS Angelfish + Blowfish | M - Th | 4:55 - 5:25 pm | 6/17 - 6/27 | AQ413 | \$88/\$72 | Warm Pool |
| PS Crocodile + Dolphin | M - Th | 5:30 - 6:00 pm | 6/17 - 6/27 | AQ414 | \$88/\$72 | Warm Pool |
| PS Angelfish + Blowfish | M - Th | 3:45 - 4:15 pm | 7/8 - 7/18 | AQ415 | \$88/\$72 | Warm Pool |
| PS Crocodile + Dolphin | M - Th | 4:20 - 4:50 pm | 7/8 - 7/18 | AQ416 | \$88/\$72 | Warm Pool |
| PS Angelfish + Blowfish | M - Th | 4:55 - 5:25 pm | 7/8 - 7/18 | AQ417 | \$88/\$72 | Warm Pool |
| PS Crocodile + Dolphin | M - Th | 5:30 - 6:00 pm | 7/8 - 7/18 | AQ418 | \$88/\$72 | Warm Pool |
| PS Angelfish + Blowfish | M - Th | 3:45 - 5:15 pm | 7/22 - 8/1 | AQ419 | \$88/\$72 | Warm Pool |
| PS Crocodile + Dolphin | M - Th | 4:20 - 4:50 pm | 7/22 - 8/1 | AQ420 | \$88/\$72 | Warm Pool |
| PS Angelfish + Blowfish | M - Th | 4:55 - 5:25 pm | 7/22 - 8/1 | AQ421 | \$88/\$72 | Warm Pool |
| PS Crocodile + Dolphin | M - Th | 5:30 - 6:00 pm | 7/22 - 8/1 | AQ422 | \$88/\$72 | Warm Pool |
| PS Angelfish + Blowfish | M - Th | 3:45 - 4:15 pm | 8/5 - 8/15 | AQ423 | \$88/\$72 | Warm Pool |
| PS Crocodile + Dolphin | M - Th | 4:20 - 4:50 pm | 8/5 - 8/15 | AQ424 | \$88/\$72 | Warm Pool |
| PS Angelfish + Blowfish | M - Th | 4:55 - 5:25 pm | 8/5 - 8/15 | AQ425 | \$88/\$72 | Warm Pool |
| PS Crocodile + Dolphin | M - Th | 5:30 - 6:00 pm | 8/5 - 8/15 | AQ426 | \$88/\$72 | Warm Pool |

Youth (6 - 11 yrs.) Weekend Sessions

| Class | Day | Time | Date | Code | Cost/Member | Location |
|----------------------|-----|---------------------|-------------|-------|-------------|-----------|
| Angelfish + Blowfish | Sun | 10:00 - 10:40 am | 6/16 - 8/18 | AQ427 | \$131/\$108 | Main Pool |
| Crocodile + Dolphin | Sun | 10:45 - 11:25 am | 6/16 - 8/18 | AQ428 | \$131/\$108 | Main Pool |
| Eel + Flying Fish | Sun | 11:30 am - 12:10 pm | 6/16 - 8/18 | AQ429 | \$131/\$108 | Main Pool |
| Crocodile + Dolphin | Sat | 10:15 - 10:55 am | 6/22 - 8/24 | AQ430 | \$131/\$108 | Main Pool |
| Angelfish + Blowfish | Sat | 11:00 - 11:40 am | 6/22 - 8/24 | AQ431 | \$131/\$108 | Main Pool |
| Eel + Flying Fish | Sat | 11:45 am - 12:25 pm | 6/22 - 8/24 | AQ432 | \$131/\$108 | Main Pool |

***Please note:** No class Sunday, June 30 or Saturday, July 6.

Contact

For more information on Aquatic programs, contact Ryan Ochoa at 503.452.3433 or rochoa@oregonjcc.org.

Youth (6 - 11 yrs.) Two Week Sessions

| Class | Day | Time | Date | Code | Cost/Member | Location |
|----------------------|--------|----------------|-------------|-------|-------------|-----------|
| Crocodile + Dolphin | M - Th | 3:45 - 4:25 pm | 6/17 - 6/27 | AQ433 | \$116/\$96 | Main Pool |
| Eel + Flying Fish | M - Th | 4:30 - 5:10 pm | 6/17 - 6/27 | AQ434 | \$116/\$96 | Main Pool |
| Angelfish + Blowfish | M - Th | 5:15 - 5:55 pm | 6/17 - 6/27 | AQ435 | \$116/\$96 | Main Pool |
| Crocodile + Dolphin | M - Th | 3:45 - 4:25 pm | 7/8 - 7/18 | AQ436 | \$116/\$96 | Main Pool |
| Eel + Flying Fish | M - Th | 4:30 - 5:10 pm | 7/8 - 7/18 | AQ437 | \$116/\$96 | Main Pool |
| Angelfish + Blowfish | M - Th | 5:15 - 5:55 pm | 7/8 - 7/18 | AQ438 | \$116/\$96 | Main Pool |
| Crocodile + Dolphin | M - Th | 3:45 - 4:25 pm | 7/22 - 8/1 | AQ439 | \$116/\$96 | Main Pool |
| Eel + Flying Fish | M - Th | 4:30 - 5:10 pm | 7/22 - 8/1 | AQ440 | \$116/\$96 | Main Pool |
| Angelfish + Blowfish | M - Th | 5:15 - 5:55 pm | 7/22 - 8/1 | AQ441 | \$116/\$96 | Main Pool |
| Crocodile + Dolphin | M - Th | 3:45 - 4:25 pm | 8/5 - 8/15 | AQ442 | \$116/\$96 | Main Pool |
| Eel + Flying Fish | M - Th | 4:30 - 5:10 pm | 8/5 - 8/15 | AQ443 | \$116/\$96 | Main Pool |
| Angelfish + Blowfish | M - Th | 5:15 - 5:55 pm | 8/5 - 8/15 | AQ444 | \$116/\$96 | Main Pool |



Adult Aquatic Exercise Classes

Main Pool Classes

Aquatic exercise classes are free to members and day pass users.

Aquarobics

This no-to-low impact class is perfect for those looking to start a fitness routine or add variety to an existing one. The water provides buoyancy for support while you build a strong body. Great for rehabilitating after injuries.

Monday - Friday 9:00 - 10:00 am
Saturday 9:15 - 10:15 am

Aqua Power

High energy routines let you burn the most calories while still enjoying a no-to-low impact workout. Get ready to heat it up in our cool pool!

Tuesday + Thursday 7:30 - 8:30 am
Saturday 8:15 - 9:15 am

Masters Swimming

Keep fit and work out with masters swimming. Our masters swim program is led by a long-time member volunteer Ronald Cobb.

Tuesday + Thursday 6:30 - 7:30 pm
Monday, Wednesday, Friday 6:00 - 7:15 am

Warm Pool Classes

Arthritis Exercise

In Association with the Arthritis Foundation

Warm water helps relieve arthritis pain and stiffness. This class will help you gain flexibility, range of motion, and strength while relieving pain. Appropriate for persons without arthritis.

Monday - Friday 10:00 - 11:00 am

Ai-Chi

This meditative class combines deep breathing with progressive movements of the arms, legs, and torso. Based on Tai-Chi, Ai-Chi helps improve balance and range of motion and promotes relaxation and cardiovascular health.

Tuesday + Thursday 8:45 - 9:45 am

Water Fusion

Use the warm water to stretch far beyond ordinary limits. Drawing on the latest physiological knowledge, focus on breathing deeply, stretching, and relaxing.

Monday + Wednesday 6:00 - 7:00 pm

Swim Teams

Stingrays Swim Team (Ages 7+)

Develop proper technique and learn the basics of competitive swimming to participate in USA Swimming meets. Increase swimming endurance while making new friends.

Prerequisites: Must be able to swim 100 yards each of freestyle, backstroke, and breaststroke. *Main Pool*

For a tryout, contact Head Coach Jennie Condon at jcondon@oregonjcc.org.

Practice Schedule

June 5 - 27

BRONZE + SILVER

Monday - Thursday: 4:45 - 5:45 pm

Cost: \$110 month. Member Cost: \$90 month.

GOLD

Monday - Thursday: 4:45 - 6:15 pm

Cost: \$120 month. Member Cost: \$100 month.

July 1 - 31

BRONZE + SILVER

Monday - Thursday: 4:15 - 5:15 pm

Cost: \$110 month. Member Cost: \$90 month.

GOLD

Monday - Thursday: 4:00 - 5:30 pm

Cost: \$120 month. Member Cost: \$100 month.

August 1 - 15

BRONZE + SILVER

Monday - Thursday: 4:15 - 5:15 pm

Cost: \$55 month. Member Cost: \$45 month.

GOLD

Monday - Thursday: 4:00 - 5:30 pm

Cost: \$60 month. Member Cost: \$50 month.

Tryouts for new swimmers for the fall season will be Sept 25 and 26, 4:30 - 5:30 pm; the regular season will begin October 2.

Junior Rays

(Pre-Swim Team ages 5+)

Junior Rays will return in the fall.

Aquatics Program

We offer a comprehensive aquatics program. We have a 25-yard lap pool and a Warm Water Pool which is ideal for relaxation, recuperation, and recreation.

Both pools offer ADA-compliant accessibility lifts for those who need assistance getting in and out of the water.

Our staff can show you how the lifts operate and can even assist you.



Personal Training

Aquatic Therapy

Our aquatic therapy offerings are currently on hold as we work to recruit a new Aquatic Therapist. When a new therapist is available, we will send an announcement to members welcoming the therapist to our team.

Half hour: Cost \$60. Member Cost: \$40.



Water Workout Ideas

Use Your Noodle

Pool noodles are more than just toys. Spice up your exercise routine with a noodle. We have different sized noodles with different densities to provide more or less resistance, depending on your fitness goals. Remember good posture and breathing are important parts of safe, effective exercise.

Here are some ways to use your noodle the next time you are in the pool!

Leg Press

In just over waist-deep water, place your foot in the middle of the noodle and press down towards the pool bottom. Keeping the motion slow and staying in control, raise your leg to hip level, then press down again. Perform as many reps as you wish, alternating legs to perform equal reps.



Hamstring Stretch

In just over waist-deep water, place the noodle under your knee, allowing the flotation provided by the noodle to help you stretch. The noodle may also be placed under the ankle to perform this stretch.



Lateral Hip Stretch

In chest-deep water, place the noodle under your ankle and rotate your leg to the side, allowing the flotation provided by the noodle to help you stretch. Be sure to maintain good posture and regulate your breathing.



Quad Stretch

In just over waist-deep water, place the noodle under your ankle and allow the noodle to lift your leg behind you. Breathe deep and hold the stretch for at least 10 seconds.



Pro Tip

For additional balance, perform exercises and stretches at the wall. Position yourself perpendicularly to the wall, hold the wall with one hand, or with your back to the wall for the leg press, hamstring stretch, or lateral hip stretch. For the quad stretch, position yourself perpendicularly to the wall and hold the wall with one hand, or face the wall and hold the wall with one or two hands.

Adult Aquatic Exercise Classes

Don't forget about the free classes in the main and warm pools. See page 14.



SPORTS

"Sports keep kids really involved in a good place."
- Darby Hector

MJCC Sportsplex Facts

- Size of field: 160 ft x 67 ft
- Climate controlled heat and air-conditioned facility
- LED energy efficient + brighter lighting
- Free +convenient parking lot
- Side turf area for warming up
- Table area available for food + gatherings
- 135 different soccer teams comprised of 60 adult teams and 75 first grade through high school teams
- 1,150 different soccer participants in youth, high school, and adult teams
- 1,250+ games annually
- Hosts soccer players from all around the Greater Portland area



TEENS

Athletic Speed, Agility, and Quickness class.
See page 17 for details.



For the most up-to-date class information, visit oregonjcc.org/sports

Sports + Recreation Classes

Parent + Child

Lil' Kickers at The J

Lil' Kickers is a non-competitive, introductory soccer and movement skills program for children ages 18 mo. - 9 yrs. See page 19 for details.

Youth

Club J (ages 6 - 12 yrs.)

Explore all the J has to offer including swimming, soccer, basketball, racquetball, board games, and more! Supervised drop-in play all around the J. Adult must remain in the building while child is in our childcare programs.

Extended Summer Hours

Sunday Mornings

9:15 - 11:45 am

Monday - Friday Mornings

8:15 - 11:25 am

Monday - Thursday Evenings

5:00 - 7:45 pm

Cost: \$20. Member Cost: \$7.

Teen

Athletic Speed, Agility, and Quickness (ages 12 - 17)

This is the perfect class for off-season or someone determined to make the team. Top athletes work hard to refine their athletic skills. Improve the basic qualities you need to take your sport of choice to the next level.

Instructor: Shawn Montiel, Gymnasium

Tuesdays

June 25 - August 20

3:00 - 3:55 pm, FIT402A

Cost: \$190. Member Cost: \$150.

No class Tuesday, July 2

OR

Thursdays

June 27 - August 22

3:00 - 3:55 pm, FIT402B

Cost: \$190. Member Cost: \$150.

No class Thursday, July 4

Sign up for both Tuesday and Thursday together, FIT402C

Cost: \$350. Member Cost: \$270.

See our summer teen fitness offerings on page 24.

Oregon Teens to Compete in Detroit at JCC Maccabi Games® and ArtsFest®

Over the last few years, our JCC has been honored to bring approximately 60 teens to participate in the JCC Maccabi experience. Team Oregon has had tremendous success in both the Games and ArtsFest®.

We are delighted to share with you that we will be heading to **Detroit on August 4 - 9, 2019**. This is a wonderful opportunity for our area youth to travel, compete, and meet new Jewish friends from around the world.

Teen Artist Applications are still being accepted! Available arts include (ages 12-17): acting/improv, dance, musical theater, rock band, social media squad, visual arts, and vocal performance/glee.

If you or someone you know is interested in joining our delegation, please contact Lenny Steinberg at lsteinberg@oregonjcc.org or 503.535.3555.



Summer Break

MJCC Sports + Rec classes take a break over the summer months. Stay tuned for our Fall Program Guide for new classes and offerings.

Contact

For more information on Sports, Recreation + Camp programs, contact Jake Marr at 503.452.3440 or jmarr@oregonjcc.org.



Free Drop-in Sports Schedule

Adults

| Sport | | Sun | Mon | Tues | Wed | Thurs | Fri |
|--------|------------------------|-----------------------|-------------------------------------|-----------------|-------------------------------------|-----------------|-------------------|
| Adults | Women's Basketball | | | 8:45 - 10:00 am | | | |
| | Basketball | 8:00 - 11:00 am | 12:00 - 2:00 pm * 5:00 - 7:00 pm | 12:00 - 2:00 pm | 12:00 - 2:00 pm * 6:00 - 8:00 pm | 12:00 - 2:00 pm | 12:00 - 2:00 pm * |
| | Gym Hockey | 10:00 am - 12:00 pm * | 7:00 - 9:00 pm | | 7:00 - 9:00 pm | | |
| | Racquetball (2 courts) | 9:00 am - 12:00 pm | 4:00 - 7:00 pm | 4:00 - 8:00 pm | 4:00 - 7:00 pm | 4:00 - 8:00 pm | 4:00 - 6:00 pm |

**First Sundays in the month - July, 7, August 4, and September 1.*

All Ages

| Sport | | Sun | Mon | Tues | Wed | Thurs | Fri |
|----------|---------------|--------------------|----------------|----------------|----------------|----------------|----------------|
| All Ages | Basketball | 11:00 am - 1:00 pm | 3:00 - 5:00 pm | 3:00 - 5:00 pm | 3:00 - 5:00 pm | 3:00 - 5:00 pm | 3:00 - 5:00 pm |
| | Rock Climbing | Details Coming! | | | | | |

** Full court. Drop-in Basketball is on one court, except where indicated.*

Youth in sixth grade and under must be accompanied by an adult.

More drop-in sports times may be available outside of this schedule and this schedule is subject to change. Please check with the Welcome Desk for the most up-to-date information.

Organized Adult Drop-in Basketball

Join MJCC members and guests for organized adult drop-in play weekday afternoons from 12:00 - 2:00 pm and Sunday from 8:00 - 11:00 am. All skill levels are welcome! Women's Drop-in basketball is every Tuesday from 8:45 - 9:30 am. Please inquire at the Welcome Desk for more information.

Gym Hockey

Gym Hockey is played in a gymnasium using plastic sticks, a felt puck, and sneakers. Friendly pick-up games are offered twice a week and open to adults of all ages. Gym hockey has all the passing and teamwork of hockey but without the danger. There is no contact (no checking) and the sticks or pucks won't hurt you. It's a great workout. Mondays and Wednesdays, 7:00 - 9:00 pm. For more information or to be added to the Gym Hockey email list, contact MJCC member Rick Brinkman at rick@gymhockey.com.

Did You Know?

Team sports provide regular exercise, which helps boost immunity and contributes to overall physical health.

MJCC Indoor Soccer

Adult Co-ed Soccer League

Play recreational games in our climate-controlled, indoor soccer facility. If you are a lifetime soccer player or new to the game, the MJCC soccer community has a place for you! More information can be found at oregonjcc.org/soccer. Make a team and join our adult soccer co-ed league.

Interested in playing and are a free agent? No problem, email Carli Rosenthal at croenthal@oregonjcc.org for help in joining a pre-existing team.

Sundays

July 28 - September 22
6:00 - 10:00 pm

Tuesdays

July 23 - September 10
6:00 - 10:00 pm

Wednesdays

July 24 - September 11
6:00 - 10:00 pm

Thursdays

July 25 - September 12
6:00 - 10:00 pm



Lil' Kickers at The J

Join this non-competitive, co-ed introductory soccer and movement skills program for ages 18 mo. – 9 yrs.

Cost (7 weeks): \$17.50 per class.

MJCC members receive a 20% discount when registering for a full session at MJCC. (Discount not available online. Must call Lil' Kickers to enroll and receive discount.)

Registration is always open. For the current session dates and times, visit oregonjcc.org/lilkickers, pdxlilkickers.com, or contact Lil Kickers directly at pdxlilkickers@comcast.net and 503.810.9266.



MJCC

Ages + Levels of Classes

July 15 - August 26

Bunnies

(18 - 24 months; parent + child)
Sunday 10:00 am

Thumpers

(25 - 36 months; parent + child)
Sunday 11:00 am

Hoppers

(3 - 4 year olds; Beginners)
Sunday 10:00 am

Jackrabbits

(3 - 4 year olds; Intermediate)
Sunday 11:00 am

Big Feet

(5 - 6 year olds; Beginners)
Sunday 10:00 am

Micro

(6 - 7 year olds)
Sunday 11:00 am



FITNESS

"Work hard in silence. Let success be your noise."
— Frank Ocean

Adult Fitness + Cardio Center

- Precor® + Matrix® cardiovascular exercise equipment
- 26 Studio cycling bicycles
- Two Group Exercise studios
- IGNITE Private Small Group Training Studio with exclusive use of the Movestrong functional station
- Individual MYE® digital televisions on most cardio machines

Locker Rooms

- Equipped with sauna, steam room, whirlpool, and digilock lockers
- Free towel service
- Long-term, half-locker rentals available for members (\$9 per mo.)



Check out Classes and Workshops!

Try BodyArt or Cycle Yoga on page 22.
See Fitness Trends and upcoming
Ask the Physical Therapist Workshops
on page 23.



For the most up-to-date
class information, visit
oregonjcc.org/fitness
or contact Joe Seitz,
jseitz@oregonjcc.org
971.803.7309

Personal Training + Physical Therapy

Traditional Personal Training

Maximize your exercise routine by working with a personal trainer one-on-one. Your trainer will help you design a plan that will best suit your needs.

Nutritional Therapy

Nutritional therapy is a system of healing based on the belief that food provides the medicine we need to obtain and maintain a state of optimum health. In addition to weight loss, many conditions can be relieved effectively with nutritional therapy ranging from chronic fatigue, energy loss, insomnia, depression, backache, skin complaints, asthma, and headaches.

Instructor: Hilary Conway, Nutritional Therapist

Pilates Reformer Training

Pilates teaches body awareness and posture with easy movements that improve flexibility, agility, and range of motion, using exercises that originate from the core to integrate all muscles. Working on the reformer can be rehabilitative for a variety of conditions and is great for athletes of all ages. *Instructor: Angie*

Yoga Therapy

This one-on-one Yoga Therapy adapts the practice of yoga to the needs of the individual, from people with specific or persistent health concerns, to intermediate and advanced students wanting to deepen their understanding and move to new levels.

Instructor: Tara Atkinson

Personal Training Rates

1 hour - Cost: \$81. Member Cost: \$61.
5 x 1 hour - Cost: \$389. Member Cost: \$289.
10 x 1 hour - Cost: \$739. Member Cost: \$539.
1/2 hour - Cost: \$59. Member Cost: \$39.
5 x 1/2 hour - Cost: \$283. Member Cost: \$183.
10 x 1/2 hour - Cost: \$542. Member Cost: \$342.

Refresh Your Workout!

Is your workout tired, stale, and ineffective? Use this new, quick training offer to get some life and increased effectiveness back into your workout. Package includes two sessions. The first hour will be used to discuss your goals and formulate a plan to take your results to the next level. The next hour will take these goals and design a routine to challenge and turbo charge your results!
2 x 1 hour - Cost: \$162. Member Cost: \$110.

New to Personal Training? Try Our Intro to PT Package!

Limit one package per person. Three one-hour training sessions of any type. Cost: \$169. Member Cost: \$109.

Wellness Coaching

Wellness Coaching works on personal or professional goals. Topics range from life-work balance and career satisfaction, to communication skills and overall health. The personal life coach will design a unique, confidential plan to help achieve a healthy state of being.

Personal Life Coach: Christine Gilmore

1 hour - Cost: \$95. Member Cost: \$75.
3 x 1 hour - Cost: \$285. Member Cost: \$205.
5 x 1 hour - Cost: \$459. Member Cost: \$359.

IGNITE

Specialized. Personalized.
Training at a fraction of the cost.

Reach your goals in our private studio in small groups up to four people.

Cost per person

One 45-min. session:
Cost: \$52. Member Cost: \$32.

Package of five sessions:
Cost: \$250. Member Cost: \$150.

Package of ten sessions:
Cost: \$500. Member Cost: \$300.

To register for IGNITE, call Joe Seitz at 971.803.7309 or visit the Welcome Desk.

Please Note: All Personal Training packages expire six months from the date of purchase. Personal Training and IGNITE package rates are per person. Packages cannot be split between multiple people.

Physical Therapy

Move Strong Physical Therapy clinic is located inside the MJCC and is open to both members and guests. Locally owned, Move Strong delivers the highest quality, one-on-one, hands-on treatment, individualized to each patient's needs.

Dr. Ariel Salzman DPT, OCS, CMPT and Dr. Erin Kincaid, DPT, CLH have diverse treatment backgrounds with multiple board and specialty certifications in their fields.

Physical therapy can treat many conditions, including joint pain, back pain, arthritis, muscle and tendon injuries, poor balance and fall prevention, running pain, post-surgical rehabilitation, lymphedema and post-cancer rehabilitation, women's health, pelvic floor dysfunction, pelvic pain, and incontinence.

Move Strong accepts insurance as well as cash pay options. Call today for your insurance eligibility and condition specifics.

Clinic contact info: 503.451.3750
info@movestrongphysicaltherapy.com
movestrongpt.com

See page 23 for upcoming Ask the Therapist Free Workshops!

Contact

To register for personal training programs, call Joe Seitz at 971.803.7309 or visit the Welcome Desk.



Ariel Z. Salzman



Erin Kincaid

Free Adult Group Exercise Class Descriptions

Group Exercise Schedule

Group exercise classes are free to members and day pass users. Find the schedule online under Schedules and Forms or pick up one in the MJCC Lobby to see times and instructors.

BodyART

Integrates unique flowing sequences with active moves, controlled postures, and physiotherapy training guided by breath to promote strength, flexibility, balance, and awareness. Classes offer a wide range of intensity and energy and are designed to benefit all ages and fitness levels.

Instructor: Christina

The Body Shop

Push your limits with a class that combines cardio, strength, balance, and flexibility. Focus on HIIT training concepts, functional movements, and overall total body conditioning for a long, lean, strong body.

Instructors: Alex N., Hilary, Payton, Shawn

BODYPUMP™

BODYPUMP™ is for anyone looking to get lean, toned, and fit fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 430 calories. Instructors will coach you through the scientifically-proven moves and techniques. *Instructors: Julie, April, Amy D., Donna, Sarah*

Cardio Circuit

Use HIIT principles in this 30-minute intense circuit training to increase performance in a group setting and challenge the limits of your fitness. Be efficient in your fitness movement and workout time. *Instructor: Payton*

Core Strength + Movement

Sculpt a strong mid-section, while focusing on functional training concepts that will take your workouts from inside the gym and incorporate them into your everyday life. Suitable for all fitness levels. *Instructor: Alex N.*

Cycle

Sprint, climb, spin, and sweat in this high energy group biking experience set to powerful music. This cardio workout is done on a stationary bike and is based on cycle principles which focus on cadences, heart-rate zones, drills, climbs, and sprints. *Instructor: Jennifer, Angie*

Forever Fit

Move it, strengthen it, and stretch it in this mixed-format class. Guaranteed to work all your muscles, including your heart. Great for beginners and active seniors.

Instructor: Jessica

Nia

Recharge, rejuvenate, and come alive with this blend of dance, martial, and healing arts! Nia stimulates body, mind, and spirit. Great for all fitness levels.

Instructor: Patricia



Pilates (Mat)

Improve range of motion, postural strength and balance, abdominal strength, stability and control, and learn the body's awareness to its position in space. (For private Pilates Reformer call 971.803.7309.) *Instructor: Angie, Julie*

Gentle Pilates

Perfect for those new to Pilates who prefer a slower pace or have injuries or disabilities. Includes movements to improve core strength, balance, and flexibility. *Instructor: Angie*

Osteoarthritis Pilates

Pilates movements lengthen your body and can help relieve soreness. Stretching is thought to help with blood flow and the delivery of nutrients to muscles and tendons. Subtle improvements in posture may also result in fewer aches and pains. *Instructor: Angie*

Senior Strength and Balance

Use your muscles in a safe environment to strengthen and practice the important movements that increase balance and movement ability. Seniors can experience strength gains later in life and practice balance moves to reduce the likelihood and seriousness of falling and other common movement injuries. *Instructor: Jessica*

Tai Chi for Falls Prevention

Improve balance, mobility, and flexibility while also increasing muscular strength and reducing blood pressure. This class consists of a series of individual dance-like movements and forms that flow smoothly and gently from one to the other in a sequence. *Instructors: John, Kristin*

Chair Yoga

Designed for seniors, people with physical challenges, or anyone wanting a slower-paced exercise program. Yoga poses focus on balance, strength, and flexibility using a chair.

Instructor: Amy

Cycle Yoga

This class combines 30 minutes of high intensity cycling followed by 25 minutes of yoga. Cycling is a combination of hills, endurance and speed set to a beat of fun energizing music. Yoga will focus on strength and lengthening, using a Vinyasa yoga sequence. For all fitness levels.

Instructor: Sabra

Happy Hour Yoga

Leave your week's mental and physical stress behind. Start Shabbat and the weekend clear, calm, and refreshed. Experience the tranquility of Vinyasa Yoga mixed with a spark of spirituality. Everyone and all levels welcome.
Instructor: Vivian

Vinyasa Yoga

Flow through this class focusing on meditative breath, body strength, proper body alignment in asanas (postures), flexibility, and balance. A variety of levels are available.
Instructors: Tara, Carol M., Amy L., Sabra

Gentle Hatha Yoga

Slower-paced than traditional yoga offerings, this yoga class is a blend of Iyengar (alignment focus), a bit of Viniyoga (moving with breath), and Anusara influence (mind, body, spirit). Perfect for beginners, people with injuries or disabilities, or those who just want to take it a bit easier. *Instructors: Amy, Tara*

Zumba

Dance your way to fitness, with Latin and international rhythms. Maximize caloric output, burn fat, and tone your body in a fun, party-like atmosphere.
Instructors: Sandy, Amanda, Mandana



Adult Dance Classes

Israeli Dancing

Do you know the difference between a Hora and a Debka? Join us for a fun and introductory class in the basics of Israeli folk dancing! All levels are welcome. (min: 6 participants)
Instructor: Allison Victor
Wednesdays, July 17 - September 18
7:00 - 8:00 pm, CG402
Cost: \$100 Members + Guests.
Drop-in Fee: \$15 per class.
Register: oregonjcc.org/registration

Dance for Parkinson's

Dance for Parkinson's Oregon offers dance classes for people with Parkinson's Disease and their care partners. Participants stretch and strengthen muscles, focusing on balance and rhythm through many styles of dance and music.
Most Wednesdays, 1:30 - 2:30 pm
Cost: \$5 - \$15 per class, sliding scale.

More info and class dates:
Madeleine Denko - 971.263.2761
Virginia Belt - 503.789.4575
danceforparkinsonsoregon@gmail.com

Fitness + Movement Classes

Sculpt Yoga

Sculpt your body with this new class that combines powerful yoga poses with light weights, thera-bands, and exercise balls to increase strength, tone muscles, and improve flexibility. *Instructor: Tara Atkinson*

Mondays

June 24 - August 19

8:00 - 8:55 am, FIT400A

Cost: \$296. Member Cost: \$136.

No class Monday, July 1

OR

Wednesdays

June 26 - August 21

8:00 - 8:55 am, FIT400B

Cost: \$296. Member Cost: \$136.

No class Wednesday, July 3

Sign up for both Monday and Wednesday together, FIT400C

Cost: \$590. Member Cost: \$270.

Fitness Trends **NEW!**

Talk about some of the most popular trends in fitness. Learn which exercise trends to watch this year and how to use them to your advantage. *Instructor: Joe Seitz*
Wednesday, August 7
1:00 - 2:00 pm, FIT 401
Cost: \$10. Member Cost: \$5.

Ask the Physical Therapist Free Workshop Series

Dr. Ariel Salzman DPT, OCS, CMPT and Dr. Erin Kincaid, DPT, CLH of Move Strong Physical Therapy will lead these free workshops.

Watch for these workshops coming this summer!

- Neck Pain

- Exercise Before, During, and After Pregnancy

Are you a new member? Have you gotten your free orientation?

Be sure to schedule your free appointment to get all you can out of the fitness center. Call Joe Seitz at 971.803.7309 or visit the Welcome Desk.

Massage at the J

Massage

Reap the benefits of massage as part of your wellness and fitness routine. We offer Swedish, therapeutic, sports/athletic, deep tissue, and custom massages. To book a massage, call 503.244.0111.

1/2 hour: Cost: \$70. Member Cost: \$50.

1 hour: Cost: \$90. Member Cost: \$70.

1 1/2 hours: Cost: \$115. Member Cost: \$95.

(3) pack 1 hour massages:

Member Cost: \$195.

(3) pack 1 1/2 hour massages:

Member Cost: \$270.

Massage Cancellation: We have reserved a massage appointment especially for you! If you need to cancel a massage appointment, please call our Welcome Desk at 503.244.0111 at least 24 hours in advance. You will be charged a \$35 cancellation fee for any missed appointments or for less than 24 hour notice.

Meet Our Massage Therapist

Sofia Vidalis, LMT

Sofia is a licensed massage therapist with over 15 years of experience. Her wide range of training includes but is not limited to working with chiropractic physicians and providing massage services during sporting events. In addition to Swedish and treatment-focused bodywork, Sofia incorporates Eastern-style modalities as well. A few examples are Reflexology, Shiatsu, and Hawaiian style massage "Lomi-Lomi." Sofia has worked with wind-surfers of Maui, the Portland Marathon, and mothers in labor.



Teen Fitness

Stay active this summer with our teen fitness offerings!

Athletic Speed, Agility, and Quickness (ages 12 - 17)

This is the perfect class for off-season or someone determined to make the team. Top athletes work hard to refine their athletic skills. Improve the basic qualities you need to take your sport of choice to the next level.

Instructor: Shawn Montiel, Gymnasium

Tuesdays

June 25 - August 20

3:00 - 3:55 pm, FIT402A

Cost: \$190. Member Cost: \$150.

No class Tuesday, July 2

OR

Thursdays

June 27 - August 22

3:00 - 3:55 pm, FIT402B

Cost: \$190. Member Cost: \$150.

No class Tuesday, July 5

Sign up for both Tuesday and Thursday together, FIT402C

Cost: \$350. Member Cost: \$270.

Teen Fitness Orientation (ages 12 - 17)

Learn how to safely and effectively use the fitness floor equipment. Required for all 12 - 17 year olds using the fitness floor.

To make an appointment, call Joe Seitz at 971.803.7309 or visit the Welcome Desk.

Teen One-to-One Personal Training

1 hour - Cost: \$81. Member Cost: \$61.

5 x 1 hour - Cost: \$389. Member Cost: \$289.

10 x 1 hour - Cost: \$739. Member Cost: \$539.

1/2 hour - Cost: \$59. Member Cost: \$39.

5 X 1/2 hour - Cost: \$283. Member Cost: \$183.

10 X 1/2 hour - Cost: \$542. Member Cost: \$342.

To make an appointment, call Joe Seitz at 971.803.7309 or visit the Welcome Desk.

Junior IGNITE (ages 10 - 17)

Keep your kids active with Junior IGNITE. Our instructors will tailor a class to fit the needs of your 10-17 year old. Grab a friend or two or we will pair you up for some fitness fun. Group sessions are 45 minutes and consist of two to six participants and will be grouped by age when possible. Schedule Junior IGNITE with a trainer today!

45 minute workout:

Cost: \$52. Member Cost: \$32.

Package of five sessions:

Cost: \$250. Member Cost: \$150.

10 workout package:

Cost: \$500. Member Cost: \$300.

CHILDCARE

Drop-in Childcare and Club J have extended hours
in the summer. See page 26.



Options

Indoor Playground
(ages 6 mo. - 5 yrs.)

**Chai Baby + PJ Library
Special Indoor Playground**
(ages 6 mo. - 5 yrs.)

Vacation Day Programs
(ages 3 - 11 yrs.)

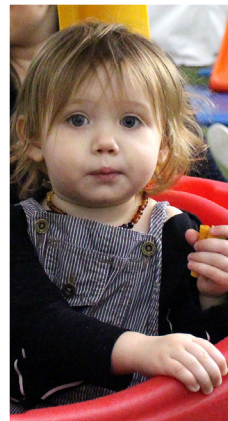
Club J
(ages 6 - 12 yrs.)

Drop-in Childcare
(ages 6 mo. - 5 yrs.)

CHILDCARE at the J

Ages 6 mo. - 12 yrs.

Kids of all ages have a blast in our
childcare programs.



For the most up-to-date
class information, visit
oregonjcc.org/childcare

Childcare

Indoor Playground (ages 6 mo. - 5 yrs.)

Play in our climate-controlled Sportsplex! Toys and equipment available, including a trampoline and gymnastics equipment. Adult must remain in the Sportsplex.

September through June

Last day is June 14

Monday, Wednesday, Friday
10:00 am - 12:00 pm

Cost: \$7. Member Cost: Free.

Chai Baby/PJ Library Special Indoor Playground

Sponsored by Chai Baby and PJ Library, second Wednesday of each month. Kosher snacks, storytelling/singing, and a raffle for free books! Chai Baby runs September through June.

10:00 am - 12:00 pm, Free
Second Wednesday of the month through June 12. Will return on September 4.

Vacation Day Camp (ages 3 - 11 yrs.)

Need something for your kids to do when school is out of session? Keep them busy and having fun at the MJCC with sports, swimming, gymnastics, arts and crafts, games, and more! Kids must be potty-trained. Register now!

May 23, 24
June 10, 17, 18, 19, 20, 21

Full day: 8:00 am - 5:30 pm

Half day: 8:00 am - 1:00 pm

Questions: contact Carli Rosenthal at 503.452.3436 or croenthal@oregonjcc.org.

Summer Day Camp

Check out our Summer Day Camp Guide or visit our website at oregonjcc.org/daycamp for information and to register.

Increased Summer Childcare + Club J Hours (June 24 - August 23)

Drop-in Childcare (ages 6 mo. - 5 yrs.)

Drop your child off while you work out or relax at the MJCC. Your child will enjoy playing games, reading books, coloring, and more.

Adult must remain in the building while child is in our childcare programs. Pre-registration not required. Child may stay for a maximum of two hours per session. Unlimited Childcare and Club J use are available for a flat monthly rate. Inquire at the Welcome Desk.

Sunday Mornings
9:15 - 11:45 am

Monday - Friday Mornings
8:15 - 11:25 am

Monday - Thursday Evenings
5:00 - 7:45 pm

Cost: \$20. Member Cost: \$7.

Club J (ages 6 - 12 yrs.)

Explore all the J has to offer including swimming, soccer, basketball, racquetball, board games, and more! Supervised drop-in play all around the J. Adult must remain in the building while child is in our childcare programs.

Sunday Mornings
9:15 - 11:45 am

Monday - Friday Mornings
8:15 - 11:25 am

Monday - Thursday Evenings
5:00 - 7:45 pm

Cost: \$20. Member Cost: \$7.

**Interested in "Unlimited Childcare"?
Contact the Welcome Desk.**

Please refer to our website for all childcare and Club J holiday closures.

Childcare + Club J Punchcard for Members!

Purchase a punchcard for Drop-In Childcare or Club J and get your 11th visit free! Ten visits at \$7 per visit (\$70 total). Each stamp is one child per visit. For more information or to purchase, stop by the Welcome Desk.

Contact

For more information, contact Kelsey Kaplan at 503.535.3534 or kkaplan@oregonjcc.org.

Register for Summer Day Camp Now!



This year, we are proud to introduce an enhanced program with a new and experienced management team.



Ensure the future of the MJCC by giving a Legacy gift.



Doug and Amy Blauer with their children, Sam and Lucy.

SUPPORT

Support the MJCC!

Here is what your generous tax-deductible donation to the MJCC supports:

- Scholarships to benefit seniors on fixed incomes and others in need;
- Arts and cultural programming that put the “Jewish” in MJCC;
- Our Warm Water Pool which provides therapeutic healing for members who need it most;
- Day Camp scholarships, new equipment in the fitness center, facility upgrades and so much more.

We are committed to ensuring that no one is ever turned away due to an inability to pay.

Introducing the **Friends of the Center Society**, the Major Gift Society of the Mittleman Jewish Community Center. Honoring Portland’s Jewish history while acknowledging the donors who support the “J” over the past 100+ years, the Friends of the Center Society is an opportunity to engage and connect with the MJCC, its supporters and the community at large.

For over 100 years, the Mittleman Jewish Community Center has been the “living room” of Portland’s Jewish Community. Twelve thousand people come through the doors of the MJCC on a yearly basis, and nearly 4,000 individuals utilize our facilities as members. Membership, program fees and rentals account for approximately 86% of our annual revenue, and we are dependent upon donations and grants to make up the difference.

Over the years, our programs and services have evolved and expanded, but our mission remains unchanged—to enrich our community by providing for the social, cultural, educational, and recreational needs of the Jewish community, and serving as a common meeting place for the entire community.

Please consider a Sustaining Membership, or a monthly donation to support scholarships, or cultural programming at the MJCC.

For more information about supporting the Mittleman Jewish Community Center, contact Saul Korin at 503.452.3427.

Thank you for your support of the Mittleman Jewish Community Center. Donate at oregonjcc.org/donate.

MJCC Legacy Society

This group of dedicated community members has made the extraordinary commitment to remember the MJCC in their estate plans. We are deeply grateful to these individuals for their support to ensure the long-term sustainability of our Center. Interested in becoming a Legacy Society member? Contact Steve Albert at salbert@oregonjcc.org or 503.535.3592.

Anonymous
Steve Albert and Janie Goldenberg
Bruce Abrams
John and Carol Arnsberg
Stacy Barna
Barry and Karla Benson
Amy and Doug Blauer
Gerel Blauer
Stephen Butler
Milton Carl z”l
Edith Dorsen
Becky and Greg Ewer
Howard and Jen Feldman
John and Beth Germain
Robert E. and Lesley G. Glasgow
Jonathan and Sarah Glass
Bernard Goldhammer z”l
Nancy J. Green z”l
Merrill and Perry Hendin
Lisa Katon and Noah Kressel
Eric and Anna Kodesch
Eric and Robin Kornblit
Tony and Priscilla Kostiner
Jordana and Ryan Levenick
Howard and Wendy Liebreich
Gail Mandel and Steve Klein
Jeanne Newmark
Jeff and Anne Nudelman
Stacey L. and Marshal R. Oller
Sue Perkel
Robert and Rita Philip
James E. Richman
Bert and Laurie Rogoway
Gayle and Paul Romain
Steve Rosenberg and Ellen Lippman
Stan and Madelle Rosenfeld
Kyle and Rebecca Rotenberg
Bunny and Jerry Sadis
Stephen and Becki Saltzman
Faye Gordon Samuels
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Lois and Leonard z”l Schnitzer
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His Story Is Our Story

Ensure that your legacy and values are passed to the next generation. OJCF is securing a strong future for Oregon and Southwest Washington.

Oregon Jewish Community Foundation
503.248.9328 | www.ojcf.org

Membership

Contents

Arts + Culture

Aquatics

Sports

Fitness

Childcare

Support

MJCC Info

CAROLYN and ROBIN WEINSTEIN

Working for you and our community since 1978

TO LEARN MORE VISIT
cweinsteinpdxhomes.com

OR CONTACT US PERSONALLY
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carolynandrobin@hasson.com

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Steven Klein

Board Members

Richard Barker

Avi Ben-Zaken

Barry Benson

Amy Blauer, Secretary

Joyce Evans

Jonathan Glass, Immediate Past Co-President

Marni Glick, Treasurer

Gail Mandel

Erik Richmond, VP For Strategy

Danelle Romain

Steve Rosenberg

Andrea Sanchez, Immediate Past Co-President

Jonathan Singer

Jennifer Zeidman

Jason Zidell, VP for Facilities

MJCC Staff

Leadership Staff

Steve Albert, Executive Director

Beth Germain, Chief Financial Officer

Jennifer Harrington, Assistant Executive Director

Miriam Stroud, Human Resources Director

Becky Ewer, Marketing + Creative Director

Saul Korin, Director of Donor Engagement

+ Philanthropy

Lenny Steinberg, Program Director

Department Program Managers

Bethany West, Rentals + Events

Jake Marr, Sports, Rec + Camp

Joe Seitz, Fitness

Kelsey Kaplan, Membership + Retention

Ryan Ochoa, Aquatics

Statement of Non-Discrimination

The Mittleman Jewish Community Center (MJCC) assures that no person shall be discriminated against because of race, color, creed, sex, age, national origin, sexual orientation, gender identity, marital status, religion, political affiliation, veteran status, physical, sensory or mental disability, familial status, or any other reasons protected under Title VII of the Civil Rights Act of 1964, the Civil Rights Restoration Act of 1987, section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. No person shall be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity for which they are otherwise eligible.

JCCA Membership Perk

As a member of JCCA, the Mittleman Jewish Community Center enjoys many perks. One perk is mutual reciprocity with membership at other JCCA member facilities. The MJCC welcomes all out-of-town JCC members for a maximum of 14 non-consecutive days per calendar year. After 14 days, we have a special offer of \$3 per day per person. Members of the MJCC will enjoy reciprocal membership at other JCCA facilities according to that location's specific policy. Make sure to bring your member ID card!

Stay connected with the J!

Sign up for email alerts from the programs you use the most as well as our weekly What's Happening email blast at oregonjcc.org/newsletters

Cancellation Policy

A full refund will be given when the MJCC cancels a program or a participant requests to drop a class (excluding MJCC camps) at least 24 hours before the first class. The MJCC reserves the right to cancel, change, or combine programs at any time.

Enrollment FAQs

- You may register online or in person at the Welcome Desk.
- Payment must be provided at time of registration to guarantee a spot.
- If participants miss a class, they are not allowed to drop into other classes. If a class or program is cancelled due to inclement weather or other cause, we are unable to schedule make-up sessions or provide refunds. We will give one voucher per session, for 10% off enrollment of one class during the next program session, even if more than one class is cancelled. This voucher may not be turned into a refund.

Accommodating Wait Lists

All programs operate with minimum enrollment requirements and maximum enrollment capacities. We reserve the right to cancel, change, or combine programs when minimum program enrollments have not been met. Once a program is filled, a wait list will be created. You will be called if an opening becomes available or if additional classes are created. Note: If additional classes are created, they may not be at the same time or day as the original program.

Inclement Weather and Building Closures

If a class or program is cancelled due to inclement weather or other cause, we are unable to schedule make-up sessions or provide refunds if requested during the current program guide session. One voucher per session will be issued for 10% off enrollment of one class during the next program session. One voucher will be given per program session, regardless if more than one class was cancelled. This voucher may not be turned in for a refund.

Schnitzer Family Campus

Cafe at the J - Nosh on Food!

Cafe at the J is Portland's only kosher dairy restaurant certified by Oregon K and offers sandwiches, soups, salads, pizza, falafel, pasta, bagels, and more! It is located inside the MJCC. Surf the net while you enjoy the cafe with our free wifi.

| | |
|-----------|---|
| Sunday | 9:30 am - 4:00 pm (limited menu) |
| Monday | 7:30 am - 4:30 pm |
| Tuesday | 7:30 am - 4:30 pm, 5:30 - 8:00 pm (meat) |
| Wednesday | 7:30 am - 8:00 pm |
| Thursday | 7:30 am - 8:00 pm |
| Friday | 7:30 am - 4:00 pm |
| Saturday | Closed |

Visit the Cafe on Tuesdays for weekly kosher meat dinners!

Coffee Happy Hours

Weekdays from 2:30 - 3:30 pm all coffee drinks at the Cafe at the J are HALF OFF! Get that afternoon "pick-me-up" or decaf.

Rachel's Well - Community Mikvah

Hours of Operation by appointment only.

To schedule: email mikvahpdx@gmail.com
or call 971.220.5580.
jewishportland.org/mikvah

Rachel's Well is owned and operated by the Jewish Federation of Greater Portland. The project is a true communal endeavor as it has received support from all segments of the community.



The MJCC is a proud beneficiary of the Jewish Federation of Greater Portland and is proud of our partnership with them in strengthening our local Jewish community and the greater Portland community.

TRIP OF THE CENTURY

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2020



This trip is for the first-timer, the many-timer, those who want exciting outdoor adventures, and those who want a slower pace. It will meet the diverse religious and dietary needs of the participants. In addition, bar and bat mitzvah opportunities are available for people of all ages. Most of all, it will bring together people from across our Jewish community and build bonds that will last a lifetime.

For details, go to pdxisrael.kenes-tours.com.



Day Camp



Racquetball



Childcare



Events



Rentals

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