



## New Year

New Member Specials  
Celebrating 2021

**NEW YOU!**

*Open House specials kick off on*

**SUNDAY, FEB 21  
11AM—2PM**

*February Special: \$21 down, two months free\**

\*12 month membership required

New specials continue on the 21st of each month through May • Virtual tours • Raffles

Contact Monica Maher, Membership Director:  
508.756.7109 x 236 or mmaher@worcesterjcc.org

## CAMP KICK OFF!

**SUNDAY, FEBRUARY 28**  
**Starting at 11AM**

*Early Bird Specials*

February 28 - **ONE DAY ONLY!** .... 15% off\*  
March 1—March 15..... 10% off\*  
March 16—April 15 .....5% off\*

**\*MINIMUM 2 CAMP WEEKS**

**All Camp Registrations Done Online**

Register from the comfort of your home!

To register go to [www.worcesterjcc.org](http://www.worcesterjcc.org)  
on Sunday, February 28 at 11am  
and click on "register for summer camp"

Camp directors available for questions  
by phone 11am—2pm on 2.28

## Development

**Andrea Sullivan** Development Director, x 252  
asullivan@worcesterjcc.org



**Virtual Gala and  
Silent Auction  
Honoring Deb  
Martin and Dan  
Shertzer**

Save the date for  
this fun virtual  
event. All proceeds  
benefitting the JCC's  
Youth Scholarship  
Program.

If you wish to donate  
art or other items

for the online auction, email Andrea @ asullivan@  
worcesterjcc.org.

Sponsorship and tributes available. Email Andrea for  
more information.

**THE WORCESTER JCC**  
CORDIALLY INVITES YOU TO THE VIRTUAL

**2021**  
*Gala*

**TO BENEFIT THE JCC'S  
CAMP SCHOLARSHIP PROGRAM**

Honoring  
Deb Martin  
& Dan Shertzer  
for their generosity,  
service, and  
commitment  
to our  
community.

**Auction:  
February 26 – March 14**

**Virtual Event:  
Saturday, March 13, 2021**

**Sponsorship, Donations and Tributes at:  
[tinyurl.com/worcesterjccgala](http://tinyurl.com/worcesterjccgala)**

**Silent Auction: [biddingforgood.com/worcesterjcc](http://biddingforgood.com/worcesterjcc)**



## JCC Virtual Author Series

Presented by the Worcester JCC Author Series in partnership with the Vilna Shul and Falmouth Jewish Congregation



### **The Lost Family: How DNA Testing is Upending Who We Are** Tuesday, February 2, 2021, 7:00 pm. Free!

Author Libby Copeland discusses how commercial DNA testing (for ancestry and family history research) is changing how we view our families and themselves. She is joined by Alice Plebuch, who made a startling discovery about her own family history through a run-of-the-mill DNA test. What if you, like Alice, uncover a secret that rewrites the script of your entire being? These two women will discuss how to define family, race, and ethnicity, as well as how much DNA should get to tell us about who we are, as technology clashes with our intimate lives.

**Registration required. Click the link below for more information and to register:**

<https://vilnashul.org/events/event/the-lost-family-how-dna-testing-is-upending-who-we-are>

### **Songs of Victory & Triumph: A Multi-Genre Musical Celebration of Purim**

**Thursday, February 25, 2—3:15 pm, via Zoom, Please register at least 72 hours in advance for guaranteed free ticket! Prices up to \$12.50 after 2/22**

Celebrate Purim with James Sokol's journey through an array of music – Broadway, pop, opera & more! – exploring the theme of “triumph” along.

Celebrate Esther and Mordecai's triumph by joining popular San Francisco Bay Area instructor James Sokol to journey through a diverse array of music – Broadway, pop, opera & more! – exploring the themes of victory & triumph along the way. Audio & video clips bring the joy of music into our discussion!

**Registration required. Click the link below for more information and to register:**

<https://www.eventbrite.com/e/songs-of-victory-triumph-a-multi-genre-musical-celebration-of-purim-tickets-133120415747>

## Health & Wellness

Elaine Drawbridge, Fitness Director x 230, edrawbridge@worcesterjcc.org

Benefits of foam rolling, percussion therapy and vibration therapy.

Foam rolling is a great way to relieve sore and tired muscles and, to improve recovery times. Rolling can help loosen up tight muscles and fascia so that the body can heal naturally without having to resort to medications that often only masks the source of the problem. It is a great way to give yourself a deep tissue massage in areas that are overly fatigued from training. The benefits of foam rolling have been around for a very long time. Look at how you can gain the benefits of rolling with newer technology.

You will find in our fitness center, **Hyperice** products – products that use technology designed to relieve stiffness and pain. You may use the **Hypervolt** gun – percussion therapy which concentrates targeted pulses of pressure into the muscle/tissue.

It helps relieve muscle pain, stiffness and soreness by reaching both the superficial and deep muscle fibers. There are attachments – a bullet – it pinpoints problem areas and releases trigger points; a fork – the rounded ends work around specific muscle groups; a ball – greater surface area, best attachment to start with; and a flat – smaller surface area, great to use on more dense muscle groups. The **Hypervolt** delivers three speeds of rapid percussion, ideal to relieve tension and accelerate warmup or recovery after physical activity.

The **Hypersphere** mini operates with vibration therapy which consists of repeated rapid oscillations of localized pressure into the body's muscle and connective tissues. Of the three speeds, the lower speeds are useful for muscle relaxation and recovery while high speed is more ideal for



muscle activation and performance. The trigger point release on your tightest muscles can help you to recover faster and move better.

The **Vyper** is a vibrating fitness roller, giving you all of the benefits of foam rolling amplified by three powerful speeds of vibration. Level 1 is great for calves and back. Level 2 is pretty strong and can be used on hamstring, quads and glutes. Level 3 is really powerful – too strong for me, but perfect for the bigger/stronger body.

Ask the fitness staff about these products and how to use them.

## Early Childhood

**Nina Ryan, M.Ed.** Early Childhood Director,  
x 258, nryan@worcesterjcc.org

**Cassandra Hildreth**, Early Childhood  
Assistant Director, x 225  
childreth@worcesterjcc.org

### Register Now for Fall 2021!

Toddler / Preschool Ages 15 months –  
Kindergarten

EEC Licensed • Certified, professional  
teachers • Pre-math & pre-reading  
• Cooking, Music, Science, Gym  
• Full/ part-time • Summer Camp  
• Swim exploration • Strengthen  
social, emotional, physical & cognitive  
development • In-depth investigations  
& project work • Financial aid available  
• Low student/teacher ratios

## Youth

**Megan Catlin**, After School Director  
x 238, mcatlin@worcesterjcc.org

**Ben McCue**, Asst. After School Director  
x 231, bmccue@worcesterjcc.org

## Club J-All Day Remote School Assistance



Monday—Friday

Drop-Off: 8:00am

Pick-Up: Between 3:45—4:00pm

**Included Enrichments:**

Children will enjoy fun activities  
such as swimming, phys. ed., art,  
playground, and more!

### Limited Spots Available!

As Worcester Public and many other  
districts are fully remote or hybrid,  
parents need to work, and children  
need to be educated. The JCC will be  
here to accommodate your needs!

This program is designed to assist  
school-aged children (1st-6th grade) in  
small groups with their online remote  
learning. The program is not able to  
provide private 1 on 1 tutoring or  
accommodate special ed. services.

worcesterjcc.org • 508.756.7109

## Health & Physical Education

**Bob Berman**

Health & Phys. Ed. & Program Director x 233, bberman@worcesterjcc.org

### New! Sports Performance Workouts Ages 13 - 18

Performance Program for middle & high school students!

Teen Sports Performance Programs Training sessions are 60  
minutes in length and designed for young athlete's ages 13  
through 18 years old and made to enhance the performance  
of your young athlete in any venue they choose. Our  
emphasis is on teaching athletes the fundamentals of  
strength and conditioning in a safe learning environment.

4 week program starts February 3, Wednesdays 5-6pm,  
Saturdays 1-2pm

One Day Per Week: \$100 / Member \$120 / Non-Member

Two Days Per Week: \$160 / Member \$200 / Non-Member



Led by Certified  
Functional  
Strength Coach;  
Roberto Fuentes

### New Winter Kids Sports Classes! 5 Week Sessions

*\$70/Member, \$90/Non-member for all classes below*

**Micro Soccer** 2:00—2:45 pm **Mondays** February 15—March 15

This active class focuses on age appropriate soccer skills and fun games.

**Little Dribblers** 2:00—2:45 pm **Tuesdays** February 16—March 16

Learn the fundamentals of passing, dribbling and shooting on our adjustable  
hoops. Participants will experience various skill games such as red light/green  
light and dribble freeze tag.

#### Sports Galore

**Mondays** 4:00—4:45 pm February 15—March 15

**Thursdays** 2:00—2:45 pm February 18—March 18

Take part in this weekly mix of sports and activities.

**T-Ball** 9:00—9:45 am **Sundays** February 21—March 21

Children will learn basic baseball skills

**Boys & Girls Youth Basketball** February 21—March 21 (Sundays)

Enjoy a combination of fundamental skills, weekly games and fun contests.  
Players receive a team shirt and basketball!

*Grades 1 - 2, 10—10:45 am*

*Grades 3 - 4, 11—11:45 am*

*Grades 5 - 7, 12—12:45 pm*

## Aquatics

**Kelly Sampson** Aquatics Director x 235, ksampson@worcesterjcc.org

**Roberto Fuentes** Asst. Aquatics Director x 250, rfuentes@worcesterjcc.org

**Swimming indoors is a great cold weather exercise and exercise is  
important to our physical and mental health. Now more than ever!**

**Reserve your space on MyJ.**

**Winter Swim Session 2 starts February 15th for Swim Lessons & Swim Club**

Check our website for the Winter Session schedule of classes. We offer private  
and semi-private instruction. We can teach you to swim at ANY age Contact  
Kelly or Roberto with any questions of level placement for your swimmer.

Worcester



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## Community News

### Jewish Federation of Central Mass:

#### Hamantaschen Baking With JuJu, Sunday, February 21, 3pm, Via Zoom

RSVP: Mindy Hall, JFCM Director of Outreach, mhall@jfcmm.org for the Zoom link. Free event. Open to all PJ Library and PJ Our Way families.

Purim is coming! Time to bake the hamantaschen! Join JuJu Fisher in a virtual baking demonstration so you can learn how to make her Great Grandmother Jean's time-honored traditional hamantaschen recipe. A list of ingredients will be provided so you can bake along or try it yourself afterwards. Fun for the entire family!

Juliana (JuJu) Fisher has been a PJ Library member for nearly 12 years. She and her family have been active members of our PJ Library and PJ Our Way community. During her spare time after school and sports (she loves diving), JuJu is an avid cook and baker. Her favorite PJ Our Way books are the biographies with her favorite one about Wonder Woman's Gal Gadot.

### JCC TRIBUTES

*The Worcester JCC wishes to extend our appreciation to the following people for your generous donations.  
We thank you for your continued involvement and support!*

#### **The AQUATICS DEPARTMENT FUND to:**

Barbara Hersh from Monica Maher *in memory of Allan Hersh*

Andrea Hersh Bartfield from Nick & Avis Pilson *in memory of Allan Hersh*

Stephen Hersh & Family from Nick & Avis Pilson *in memory of Allan Hersh*

Sandy Hersh from Nick & Avis Pilson *in memory of Allan Hersh*

#### **The HEALTH & FITNESS CENTER FUND to:**

Lynda Monahan from Monica Maher *in memory of Florence Kirschbaum*

#### **The GENERAL BUILDING FUND to:**

Judith Martin from Marie Prince *in memory of Judith Martin*

#### **The SUMMER CAMP FUND to:**

Bob Berman from Jacqueline Herring *in honor of your 40 years at the JCC*

### Shabbat Candle Lighting Times:

February 5: 4:49pm      February 19: 5:07pm

February 12: 4:58pm      February 26: 5:16pm